

New Animations | My Safety Kit

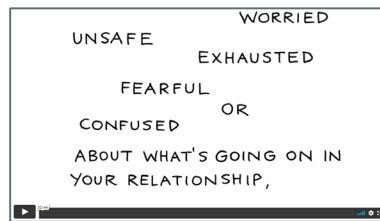
The Insight Exchange Team have worked with animator Guy Downes to develop 3 new short animations about [My Safety Kit](#).

We invite you to take these forward through your networks to support people who may be reflecting on their own relationships and (possible) experiences of domestic and family violence.

View the **My Safety Kit** animations



An introduction [for responders](#)
(2.4mins)



An introduction for [people reflecting on their relationships](#)
(2.4mins)



[Decision Making Tool](#)
(3.5mins)

Playing Insight Exchange Animations

The animations are hosted on Insight Exchange Vimeo channel (with captions).

Q. Can I use these animations in my community or place of work?

A. Yes – read about [using Insight Exchange](#).

Q. Can I play these animations as the host or participant in a meeting on MS Teams or Zoom?

A. Yes – read Guide for [playing video in Teams](#), and Guide for [playing video in Zoom](#)

Tip: Save these two images to your phone so that you can easily refer to the guide live.

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