

Insight initiatives

My Shared Insights

New Insights on the website

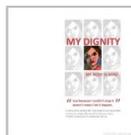
Voices of Insight are de-identified narratives of people's lived experience of domestic and family violence and other adversities. Read the latest Voices of Insight narrative published on Insight Exchange:

'Zoe' - 'The sexualised violence I experienced as a teen does not define me – I refuse it that.'

“ I made a decision when I was in the shower that I couldn't talk about it. I thought my father would blame me. He'd either blame me, and/or he'd want to go to the police. I felt terrified of the consequence of that. I knew I would be blamed, called a slut. That somehow it would be me, my fault. I was afraid of even speaking about it and having to tell anybody, and it being out there. If I could hold it in, somehow it would be like it didn't happen. If it came out then everyone was going to know, and I would become the focus of that, of everyone knowing. The shame of being raped was consuming. (Zoe) ”

...Wherever it is difficult to tell someone about domestic and family violence, it may be even more difficult to tell someone about sexualised violence....

[My Dignity - My body is mine](#) is for anyone who may be or has experienced sexualised violence and for anyone who may be responding.



Exchange initiatives

Insight Exchange Ideas Applied

Every six months we update the Insight Exchange Ideas Applied resource to share examples of how the ideas are being used across communities, sectors and systems.

The first edition was released at the end of June 2020 and included examples from CSIRO, Converge International, Northern Sydney Local Health District, Penrith Women's Health Centre. The updated edition (end of Dec 2020) features a comprehensive update from **Liberty Domestic and Family Violence Specialist Services** on the NSW coast.



Read the latest edition of [Insight Exchange Ideas Applied](#)

Following participation in the Insight Exchange initiative Practice Exchange 2019, with guest Dr Allan Wade from the Centre for Response-Based Practice, Canada, **Liberty Domestic and Family Violence Specialist Service** incorporated changes in a range of aspects of the organisation's work as follows:

- Governance
- Professional Development
- Men's Behaviour Change Program
- Women's Support Groups
- In Clinical Practice
- Other Ways

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