

My Lived Experience
Through INSIGHT EXCHANGE, I have the opportunity to share my lived experience of violence in an accurate way through a safe, critical supported process.

I am supported to share the contents of my lived experiences and how I have resisted and responded to violence and other affairs to my ability.

Our Social Response
Through INSIGHT EXCHANGE we will have the opportunity to investigate our responses to violence, as individuals, communities and organisations.

My Insight Shared
INSIGHT EXCHANGE shares my lived experience, highlighting my responses and resistance to violence and the social responses 'were helpful or harmful'.
This reveals the role that individuals, communities and organisations play in people's experience of violence.

Our Social Responsibility
Through INSIGHT EXCHANGE we will have the opportunity to gain a more accurate understanding of lived experiences of violence and the role we play in social responses.

Insight initiatives

My Shared Insights

A focus on financial abuse

The following insights are based on interviews with people with lived experience of domestic and family violence focused on the financial abuse they experienced. The initiative to conduct the interviews was from an informal pro-bono collaboration by Rosie's Place, WASH House, and the Mt Drutt Family Violence Team. The narratives were provided by the individuals for the benefit of others. The interviews were conducted by Rosie's Place and the narratives were assembled by the Insight Exchange team.

Newly published narratives include:

- **Bronwyn** 'He would try and make me get money from my mother as she was on income support as well'.
- **Amira** 'His money was his money, and my money was our money'.
- **Belinda** 'It was his way or no way.'
- **Anna** 'Thirty dollars a fortnight for four kids.'

Read the other 'focus on financial abuse' narratives on the [Voices of Insight](#) page or the [supporting my independence page](#).

Exchange initiatives

Website Map

Open the new [website map](#) on the homepage to see what content is on Insight Exchange

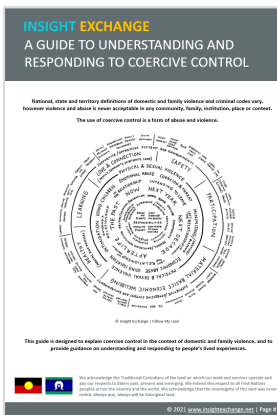
Webpage | What is domestic and family violence?

We have updated our landing page '[What is domestic and family violence?](#)' The same information is available in a [downloadable PDF](#).

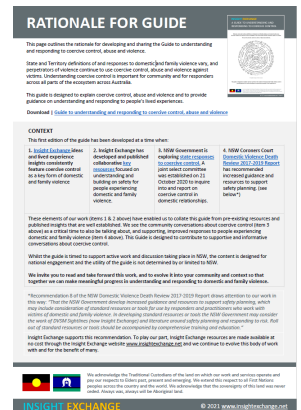
On both the landing page and the PDF we provide links to key resources such as Follow My Lead and My Safety Kit

(New) Guide to understanding and responding to coercive control, abuse and violence

This guide serves to reveal perpetrator responsibilities for the use of coercive control, abuse and violence and to inform our social responses.



Read the [Guide to understanding and responding to coercive control, abuse and violence](#)



Read the [Rationale for developing the guide](#)

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