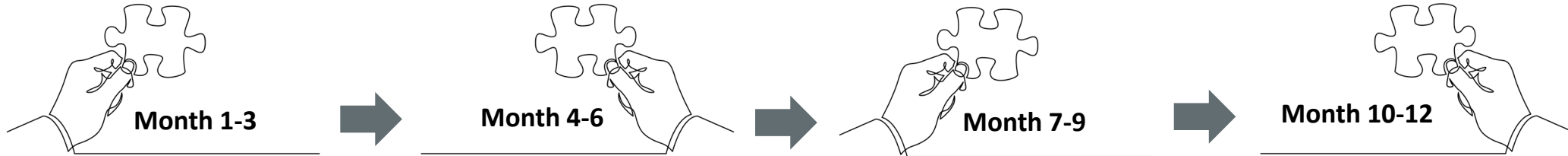


# “I am new to using Insight Exchange and don’t know where to start or what to share or use with others.”

The following navigation map is for any user of Insight Exchange. Whilst all the content hosted is intentional and interdependent we understand that it can be helpful to have a clear place to start and guided a path to follow. This navigation map is for you to use for yourself and or with a small group of people you can talk and reflect with. The map sets out 12months of content to explore. Items with ●● are to **read and reflect**. Items with 🗨️ are to **reflect and discuss**. Click on the step you are up to and the box will link you to the relevant information or page.



**Website**  
[www.insightexchange.net](http://www.insightexchange.net)

**Social Media**

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**Contact the Insight Exchange Team**  
[contact@insightexchange.net](mailto:contact@insightexchange.net)

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**Start somewhere**

What is domestic and family violence?

What do people experiencing domestic and family violence want me to know as a responder?  
**Follow My Lead**

I am supporting someone who is experiencing domestic and family violence - Explore **My Safety Kit**

What is sexualised violence?  
**My Dignity – My body is mine**

Understand using violence and abuse is a choice | **I am I can**

**HANDY THINGS TO KNOW**

About Insight Exchange

Insight Exchange Strategy and Engagement

**Build on understanding**

Discuss examples of following a person’s lead in your context. Where else can you adjust? 🗨️

Read about Response-Based Practice in the Foundations Guide

Explore examples of peoples lived experiences of domestic and family violence (Select an example from Voices of Resistance, Voices of Insight and Voices of Experience.)

Discuss examples of designing for dignity in your context. What is in place? What could improve? 🗨️

**HANDY THINGS TO KNOW**

About Centre for Women’s Economic Safety (CWES)

About Centre for Response-Based Practice, Canada

**Further Considerations**

Discuss the value of focusing on social responses in your context and what will build on safety 🗨️

Reflect on what decision-making is expected of victims’ of violence in your context and how this might be a helpful, unhelpful or harmful response 🗨️

What is economic abuse?

Explore some examples from financial abuse narratives

Read about playing our part in supporting economic safety (to be released)

**HANDY THINGS TO KNOW**

Examples of Insight Exchange Ideas Applied

Insight Exchange Engagement Report

**Be insight-informed**

Explore the role of the language in representation (Language Lab)

Explore the role of the arts in representation (Arts Lab)

Read and reflect on the Futures Lab Library of examples (to be released)

Continue reading about playing our part in supporting economic safety (to be released)

Engage in the insight-informed toolkit (in the Futures Lab) to reflect on your context (to be released)

**HANDY THINGS TO KNOW**

Our Language and use of Pronouns

About being a distribution sponsor