

### Insight initiatives

#### I am I can

'I am. I can.' was created to invite reflection about the use of violence (in any form) being a 'choice'.

We can each choose non-violence in all relationships. We invite people who are using control, abuse and violence to **view this animation** and to **seek support**.



Despite factors, drivers or stressors of biology, psychology, society, culture, childhood, circumstances and Covid-19 a person can choose non-violence. **A person can choose non-violence in all relationships.**

View the ['I am. I can.' animation](#)

Support services (Australia and New Zealand) are listed on the ['I am. I can.' landing page](#)

### Exchange initiatives

#### Creating Conversations cards

We invite responders to view and reflect on the ideas presented in this animation.



Responders who are creating and supporting conversations about the use of violence as a choice may wish to draw from the **I am. I can.** Creating Conversations cards. The cards contain the words from the animation. You may wish to download, view or print use the cards to:

- talk about what reactions and responses to the ideas shared in the animation
- reflect on and identify where we individually and collectively make excuses for violence
- consider how we can be more informed and eliminate excuses as individuals, services and systems.

Download the **I am. I can.** Creating Conversation cards the ['I am. I can.' landing page](#)

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