

# Insight Exchange

## Update 29

**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 have been respected and responded to violence and other affairs to my death.

**My Insight Shared**  
INSIGHT EXCHANGE shares my lived experience, highlighting my responses and resilience to violence and the social responses I was hopeful or fearful.

This reveals the role that individuals, communities and organisations play in people's experience of violence.

**Our Social Responsibility**  
Through INSIGHT EXCHANGE we all have the opportunity to strengthen our responses to violence, as individuals, communities and organisations.

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

**Insight Exchange**  
UPHOLDING IDENTITY

### Insight initiatives

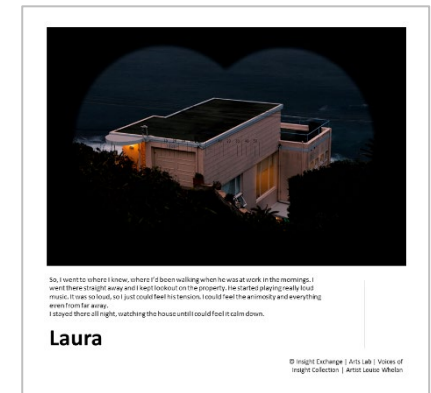
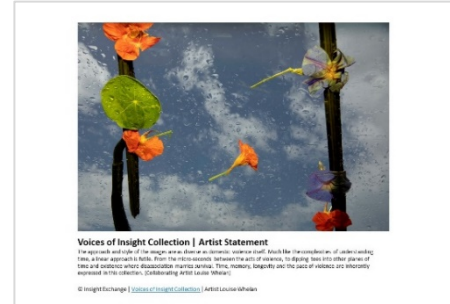
#### ARTS LAB

#### Voices of Insight Collection (New artworks and insights)


The [Voices of Insight Collection](#) is a series of original artworks inspired by the Insight Exchange Voices of Insight narratives. The initiative is designed to illuminate visual metaphors and symbols used by Insight Exchange participants as part of how they describe their lived experiences of domestic and family violence to inform social, service and systemic responses.

Each of these artworks was developed by collaborating Artist Louise Whelan and is informed by the participants who shared their insights. Each image links to the full Voices of Insight narrative.

Read more about the intention of the [Voices of Insight Collection](#) with collaborating [Artist Louise Whelan](#)



These artworks were developed in consultation with participants and each image is protected by copyright. To use Arts Lab Collection images permission must be sought from Insight Exchange – [Apply here](#)

Open the full [Arts Lab Collection](#) to explore lived experience insights. 

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