

Dear Participants

A collection of messages to participants
who shared their lived experience insights.

INSIGHT EXCHANGE
www.insightexchange.net

INSIGHT EXCHANGE

Insight Exchange centres on the expertise of people with lived experience of domestic and family violence and gives voice to these experiences. It is designed to inform and strengthen social, service and systemic responses to domestic and family violence.

Launched in Australia in November 2017, Insight Exchange was established and developed in collaboration with Dr Linda Coates and Dr Allan Wade from the Centre for Response-Based Practice, Canada.

Insight Exchange is governed by Domestic Violence Service Management, a registered Australian charity (ABN 26 165 400 635).

Insight Exchange is sustained by generous donations from individuals and a silent donor, for the benefit of many.

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For more information visit

www.insightexchange.net

Insight Exchange website has a quick-exit button.



Insight Exchange acknowledges the Traditional Custodians of the land on which our work and services operate and pay our respects to Elders past and present. We extend this respect to all First Nations peoples across the country and the world. We acknowledge that sovereignty of this land was never ceded. Always was, always will be Aboriginal land.



This resource is for all people. Insight Exchange respects the diversity of all sexualities and gender identities including but not limited to; lesbian, gay, bisexual, transgender, intersex, queer and asexual + identities as well as heterosexual and cisgender identities.



**Messages from
people who draw
from Insight
Exchange**

(Nov 2021 - Current)

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The decision to share your insights and lived experiences of gendered violence and abuse is one I am sure that you did not make lightly. Some of us find it very difficult to share our stories, even in deidentified ways, for safety or livelihood reasons, and I cannot thank you enough for giving voice and clarity to the deliberate harm and ongoing impacts of domestic, family and sexual violence. There is nothing more moving and motivating, personally and professionally, than knowing that you are not alone.

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I cannot thank those who have shared their insights from lived experience enough. These resources and narratives have been shared within our organisation and a key part of our workplace response to domestic family violence and abuse.

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To the women who bravely told their stories about personal experiences with domestic violence and sexualised violence, I thank you. Thanks for trusting me to interpret your stories visually so others can learn from our experiences.

Your lived experience narratives were embedded deep inside me as I made the artworks, during the waking hours, sometimes occupying my thoughts all day, in both conscious and subconscious thought realms.

Together we are driving the change through powerful visual tropes which enables another layer to better understanding domestic violence and sexualised violence.

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Your bravery and generosity is so greatly appreciated and valued. You have a unique and critical role in being central to the development of services through sharing your valuable knowledge and expertise. By hearing your voice, we are able to change services and systems to better support survivors.

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Thank you for sharing your lived experience narratives. Your contributions are so significant. I have read all of the narratives and have been moved by all of them.

Your experiences hold me to account and sharpen my commitment to doing what I can to end domestic, family and sexualised violence.

Your knowledge is greater and more useful than many of the university courses I have completed. Your voice and your resistance matters!

Thank you for your generosity - you are making a difference in the field of domestic, family and sexualised violence and to other victims/survivors.

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Thank you for sharing your experience. It has been invaluable in so many ways. In my own learning and understanding through your experience I was able to see and feel situations differently (both personally and professionally).

Each and every story I read touched me and influenced me in a different but valuable way. To support others we work with to feel not so alone, or unusual, or strange in their experience. To influence and change the way we deliver services and programs to better respond to victim/survivors and people who use violence. To give us a platform and an experience to share when we are trying to influence others to challenge misconceptions and to better respond to victim/survivors and people who use violence.

Having a real life story to refer someone to has meant so much more and had a greater impact than talking about theory's or philosophies. It really gets the message across when you have something tangible to reflect on that it is real, it happened and we need to take stock and learn from this for the sake of so many others

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I want to say that through your generous, heartfelt and truth-telling of your experiences, the women who encounter these resources will see themselves reflected in a way they have never before. I trialled the proof of concept of the Resistance and Dignity (RaD) program in December last year with a group of women doing our existing DV program (Out of the Dark). The staff member and facilitator of OOTD sent me this feedback a few days later.

“...they told me that they spent the whole weekend thinking about resistance and all the times that they demonstrated that ‘little fire’ within them. They used to think that ‘trying to get away’ or ‘putting up a little bit of a fight’ but then not following through was a sign of weakness, but they now have recognised that this was the little fire within them that never stopped burning – wow, right?! Very much looking forward to seeing this program in action! Thanks again for taking the time to come and see the women, they enjoyed every moment”

So my final word to all of you is that your experiences and strength are lighting little sparks and fires in even the most hard to reach, dark corners of our community.... Thank you.

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“I am a researcher and teacher at the Queensland University of Technology. In teaching on domestic and family violence, I see it as vital for students to hear victim-survivors’ voices, and the Insight Exchange stories on its website are an invaluable resource for this work. It is particularly important to know that survivors’ accounts were collected with respect for their process and agency.”

Dr Michael Flood. (July 2021)

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**Messages from
people who viewed
Foundations and
Foundations Applied
(2021)**

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Thank you for sharing. Your stories have contributed to my understand of how to work more effectively.

(Role: Community services, AOD & Mental Health, counsellor and psychotherapist)

Thank you for sharing something so incredibly personal.

(Role: Not for Profit community organisation that supports families and youth with counselling and case management (DFV, AoD, etc.).)

Thank you so much

(Role: Primary violence prevention)

Thank you, you are BRAVE.

(Role: Therapeutic casework with Aboriginal families)

Thank you - it helps to hear the voices of individuals with lived experience to remind yourself of why this work is so important

(Role: Domestic Violence sector)

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Thank you for sharing your story; Through hearing and reading your words, I could deeply connect with your own intentions and responses to your own situation.
(Role: Community Sector - Family Worker)

Thank you.
(Role: Domestic and Family Violence)

Thank you it was powerful and inspiring
(Role: Drug and Alcohol Treatment)

I honour and respect you.
(Role: Health)

Thank you. you have been heard and I will incorporate into my practice.
(Role: Health, Government, Social Work)

Very helpful, thank you
(Role: Health/Mental Health/Addiction)

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Thank you for sharing, I have learned a lot from your voices.
(Role: Men's Behaviour Change Therapeutic caseworker)

Thank you so much for your courage in sharing your experiences - it makes the invitation to change that our community needs so much more powerful when the ideas are embedded in real experiences.
(Role: Community sector - violence prevention)

Thank you for sharing, it gives insight into victim's situation
(Role: Family support worker)

Thank you for sharing your stories to bring meaning and context to this presentation.
(Role: Community Services)

Thank you for sharing your experience. I respect and admire your courage and perseverance.
(Role: State government, responsible for managing contracts with NGOs supporting vulnerable people and communities)

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**Messages from
people who viewed
Foundations and
Foundations Applied
(2022)**

“

Dear Participants, your lived experiences are so valuable to these trainings to make your voice heard to a much wider audience, thank you.

(Role: Facilitator/Counsellor Men's Behaviour Change)

I am so sorry you have you have been impacted by domestic and family violence. Thank you so very much for sharing your story so that we can learn and support other women and children who lives have been hurt so deeply by domestic and family violence.

(Role: Barnardos family connect and support program)

I do this work because I do not accept violence. Thankyou for assisting me to be more mindful of how to assist more meaningfully, sensitively and appropriately.

(Role: Domestic violence services)

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Thank you - I understand the perspectives of people who experience FDV more now.
(Role: Mental Health Services)

Thankyou for your bravery. You are an inspiration.
(Role: Domestic, family and sexualised counselling service)

Your stories are invaluable in the learnings for others. I hope to one day live in a world in which no person has to endure the abuse that you have, but until such a time arises, I pledge to continue to learn as much as I can to follow the lead of those impacted and to help them navigate their way to a safe place.
(Role: Science and Research Organisation)

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Thank you for sharing your stories and being able to further educate us.

(Role: Domestic violence services)

Thank you 

(Role: Domestic violence services responding to people who use violence)

Thankyou for sharing your experience, I acknowledge your courage and bravery in sharing your experience with Men's use of violence and abuse, in the service of healing, helping others in the hope of creating change for the benefit of the greater good, thank you.

(Role: Gov, Community, Front line Training & Intervention)

Your knowledge, courage and vulnerability in sharing your stories in this space is valued highly. Thank you.

(Role: Aboriginal Children and family Practitioner)

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Your lived experience sharing made it so much more real, live, visual and impactful. It made the content a person and not a statistic. Thank you so much for your bravery in sharing.

(Role: Social Services sector)

“We appreciate each and every single one of you for sharing your stories. The more that people share, the more that we can learn to better assist and help each survivor.”

(Education)

“Thank you for sharing towards this video I have learned a lot.”

(Counselling student)

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**Messages from
people who viewed
'Understanding and
responding to
Strangulation'**
(Nov 2022 - Current)

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“Thank you, Thank you. A few days after this watching this presentation I gave a lift to teenager on my way to work. During our car ride, we were chatting, and I noticed she had bruises on her neck. I felt confident to ask her about them in a gentle way, mindful of my language and trying to determine if she was safe. Before attending this presentation, I would have treated this differently - by either assuming they were 'love bites' or not feeling confident on how to ask. Understanding the seriousness of this issue, I feel more confident to approach it clearly, and with care.”
(Social Worker)

“Thank you for speaking, your words have been heard, are immeasurably valuable and will make a difference to the lives of others.”
(Domestic Violence Worker)

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“Your voices and experiences are essential and critical to our work. Without your voices we would be uninformed. Thank you for being brave and sharing with us and trusting us with this. We hope we can repay you by better at our work and listening all the time.”

(Bushfire Recovery)

“In sharing your real and true lived experiences have been pivotal in the success of this learning module, Thank you!”

(Health)

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Thank you for participating and sharing your experience.

(Role: Mens Behaviour Change Program)

Thank you for your trust and courage in sharing aspects of your experience, so that I may be able to better support other women who have gone through similar experiences.

(Role: A counsellor in a Family Support Service for women and their family who have experienced domestic violence)

This is awesome training/insight to Strangulation, how this affects the Person physically, mentally and health, short and long term

(Role: Family Support)

You are brave, resourceful and strong. Don't let this experience stop you from doing what you love doing and your future goals.

(Role: Responding to sexual violence)

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“

A very difficult thing for you to talk about however just wanted to say thank you so very much for sharing your experiences.

(Role: Men's Behaviour Change Worker)

You are very brave and courageous, thank you for sharing your experiences to help us as responders to understand how better to respond to victims of this type of violence.

(Role: Men's Behaviour Change Worker)

To those who shared their lived experience for the purpose of education/training, I thank you it greatly increased my understanding.

(Role: Community mental health as rural counsellor)

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Thank you for being brave and for being YOU!
(Role: Men's Behaviour Change Worker)

I am so grateful as a worker to have heard your experience, thank you for being so generous with sharing your voice. It greatly supports how I can work to continue to support people who have experienced violence.
(Role: Men's Behaviour Change Worker)

Without your input, the understanding of strangulation is not as defined. Thank you.
(Role: Men's Behaviour Change Program - Victim Survivor Support Worker)

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Thank you for your courage in sharing your experience,
your voice is powerful.

(Role: Men's Behaviour Change Worker)

Thanks for sharing your lived experience

(Role: Men's Behaviour Change Worker)

Thank you.

(Role: Responding to victims in the criminal justice
system)

Thank you for being so brave.

(Role: NSW Health)

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Thank you. Thank you for your vulnerability in sharing your experiences. Thank you for giving a voice to what is far too often unseen and unknown.

Thank you for allowing us to learn from your victim-survivor experience so that we can continue to learn and understand more in how we provide support for women and children victim-survivors of violence.

(Role: DFSV Training and Clinical Quality development)

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Thank you for sharing, this really helps the men's workers understand and walk in the shoes of the lived experience and really hold men accountable.

(Role: Men's Behaviour Change Worker)

Thank you for sharing your story. You're helping more women and children than you know. We believe you.

(Role: Domestic Violence responder)

Dear participant thank you for your courage in sharing your story it helps us as workers become better social responders to people experiencing violence.

(Role: Domestic and Family Violence responder)

You are incredible for finding a way to turn such a horrific experience into something that can help to increase safety for others. Thank you.

(Role: not disclosed)

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Thank you, it's by you sharing your story that we can ensure we are supporting victims the best we can.

(Role: Case Management)

I extremely appreciate & value your bravery & honesty when sharing lived experience as it is much more impacting & insightful then just facts & stats alone.

(Role: Family Support - Community Services)

Thank you. You have helped me to understand the depth of emotional trauma, as well as physical trauma, that you have experienced.

(Manager, Victims of Sexual Assault)

Your bravery in sharing your experiences is so appreciated for the learning and insight it helps me to have in my work. I had a visceral response to hearing some of your stories and this brought home the seriousness in an incomparable way.

(Role: Post Separation Counselling)

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Don't underestimate how generous it is for you to share your story for the benefit of others learning about this. You are so very brave!
(Role: Health)

Thank you for your courage to share with us - I will bring your voice into my counselling sessions with men who use these violent behaviours in the hope of bring change.
(Role: Men's Behaviour Change Practitioner)

Thank you I appreciate your courage and honour your story.
(Role: not disclosed)

Thanks so much for firsthand courageous and honest story telling.
(Role: Family Therapeutic Services)

Your insights make a huge difference to learning.
(Role: not disclosed)

Thanks for being a voice of a lot of people that are not able to verbalise their experiences and need to be seen and listened.
(Role: Non-government organisation)

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That was extremely brave and useful for me as a practitioner - a profound impact.

(Role: Health)

You are so brave, strong, and worthy.

(Role: Family Support Worker and Advocacy)

Thank you for sharing your story, I know how incredibly difficult this must have been. We've learnt so much from you sharing.

(Role: Education)

Insightful and powerful.

(Role: Specialist Domestic Violence Worker)

Thank you for your candor.

(Role: Youth, Women & Young Parenthood)

Thank you for sharing so we can help the next person who may not have the words.

(Role: NGO Family Services)

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Thank you for your courage to share your experience and insight.
(Role: DFV worker - women's support services)

I admire your courage and thank you for helping us gain a better understanding of your experience.
(Role: NSW Health)

Your stories help give a better picture of what is happening and what can be done in response.
(Role: Community Mental Health)

Thank you for disclosing your story.
(Role: AOD - community services - in an outreach role)

Thank you for sharing your very private stories. They help responders such as myself to appreciate the realness of this type of violence and recognize that real people are behind the words.
(Role: Sexual Assault Forensic Examiner)

Thank you for sharing your experience.
(Role: Family violence sector)

”

“

Thank you for your bravery and generosity in sharing your experiences.

(Role: Family physician who does acute sexual assault assessments and forensic examinations)

Dear participants, thank you for sharing your stories. The personal stories are what added weight to the material and made me connect with the presentation on a deeper level.

(Role: Social Worker - Family Violence Specialist)

Thank you for courageously sharing your experiences and insights to support our communities to learn and hopefully become more violence informed to respond to victim survivors and children in a way that holds perpetrators to account and acknowledges the dignity, resistance and trauma response for victim survivors and their children.

(Role: Family Violence Counselling Service- Social Worker)

Thank you for sharing some of your worst moments so that I can learn and help others.

(Role: NSW Health)

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“

Your authentic stories are very powerful and an important way for us to learn and understand your lived reality of strangulation in the context of violent assault. Thank you for sharing with us, it demonstrates your ongoing resistance to violence, your courage and self-determination. Ngā mihi nui.

Thank you for your courage and bravery to share such intimate details of your experiences

Lived experience gives statistics a voice, it transforms numbers on a page to someone's world.

I believe that your bravery in sharing your story will benefit more people that you can imagine in many ways.

Your sharing is invaluable to assist others experiencing DV
You are amazing to have resisted and survived and thank you so much for your story.

”

“

Thank you for your strength and courage.

I appreciate learning this module, I grew up witnessing a lot of emotional and physical abuse towards my mother, sibling and myself.

Thankyou, you have and will change many lives now and, in the future, and for generations to come.

Thank you for sharing your insights and experiences with the courage so that others can be responded to by skilled people/professionals equipped with the knowledge to keep women alive and safe.

Just sharing your stories out loud helps someone else. You are strong, and brave, and I thank you.

Thank you for sharing your acts of resistance and courage; I hope that your life is now filled with love and kindness.

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Thank you for sharing your story and giving me further knowledge that will help me better support people in the future. It takes tremendous courage to tell your story and report any incidents of domestic violence to Police.

Thankyou for the honesty and assisting my ability to understand your experiences.

Thank you for sharing something so raw.

Thanks you for the courageous manner that you described the incident of strangulation.

Dear Participants, your vulnerability in sharing you lived experience has inspired increased drive and bravery in me to ask specific questions about them ever being exposed to pressure on their necks.

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“

Your words were extremely powerful and really highlighted the absolute terror of strangulation. Thankyou for sharing your story with us.

Thank you so very much. You are incredibly brave, resilient and considerate of the wider community.

Thank you for your courage to share your experience and insight.

I admire your courage and thank you for helping us gain a better understanding of your experience.

Your stories help give a better picture of what is happening and what can be done in response.

Thank you for sharing some of your worst moments so that I can learn and help others.

”

“

Thank you for your bravery and generosity in sharing your experiences.

Dear participants, thank you for sharing your stories. The personal stories are what added weight to the material and made me connect with the presentation on a deeper level.

Thank you for sharing your experience.

Thank you for courageously sharing your experiences and insights to support our communities to learn and hopefully become more violence informed to respond to victim survivors and children in a way that holds perpetrators to account and acknowledges the dignity, resistance and trauma response for victim survivors and their children.

Thank you for sharing your very private stories. They help responders such as myself to appreciate the realness of this type of violence and recognize that real people are behind the words.

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INSIGHT EXCHANGE

We would like to thank all contributors, critical friends and communities, who have engaged directly or indirectly with Insight Exchange.

We would like to thank Dr Linda Coates and Dr Allan Wade and their colleagues at the Centre for Response-Based Practice, Canada for their visionary and pioneering work on social responses, resistance, language, and the upholding of dignity.

Most significantly, our thanks go to all people with lived experience of domestic and family violence who have generously shared their insights for the benefit of others.



Add to the collection

Please use the Insight Exchange **Contact Us** page to add your comments to the collection of messages to participants who have shared their lived experience insights.

www.insightexchange.net/contact-us/



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