

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

My Insight Shared
INSIGHT EXCHANGE shares my lived experience, highlighting my responses and resilience to violence and how my social responses were helpful or harmful.

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

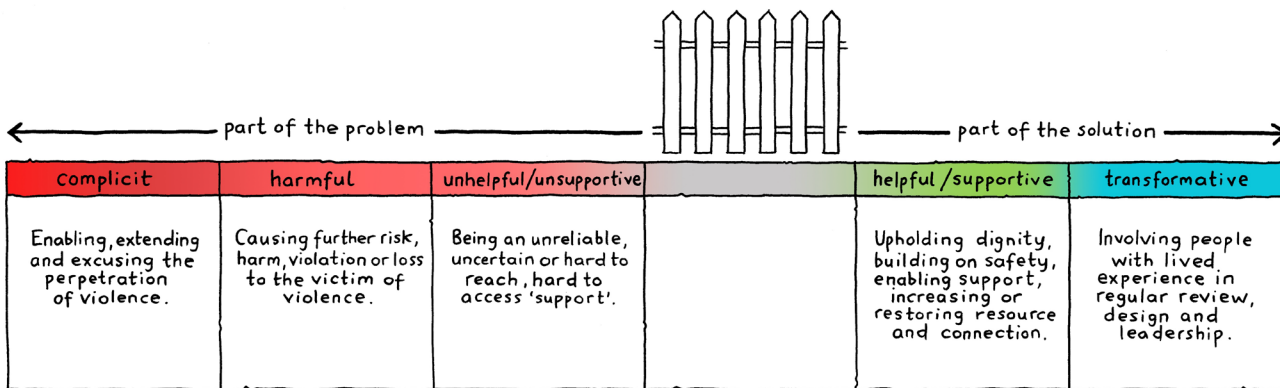
Our Social Responsibility
Through INSIGHT EXCHANGE we all have the opportunity to gain a more accurate understanding of lived experiences of violence and the role we play in social responses.

Upholding Dignity

Insight Exchange

GUYDOWNES ©

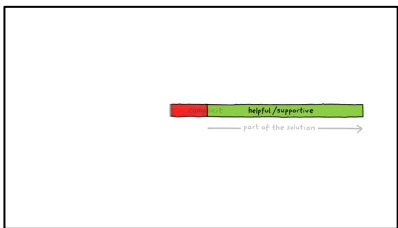
QUALITY RESPONSE CONTINUUM



What do we need to be thinking about when it comes to the **quality** of our responses to domestic, family and sexualised violence?

The **quality response continuum** is an Insight Exchange tool designed to support critical reflection about the quality of our responses.

View the [Quality Response Continuum](#) animation (3.30mins)



Explore the library of Quality Response Continuum examples

<https://www.insightexchange.net/quality-response-continuum/>

The examples are illustrative only for supporting the self-reflection of responders. These examples are not conclusive, exhaustive or advisory and do not provide a full context.

The industries and situations listed are a sample start. Other examples can be added over time.

Build your own example/s

We see in the Insight Exchange animation '[Seeing Possibilities](#)' (6mins) that every sector is a **possible door** to information and support for victim-survivors of domestic, family and sexualised violence.

Populate an example from your context using the [blank template \(PDF\)](#).

Share your examples to build the library for shared learning

We welcome your contributions to build on the exchange of insights.

Contact Insight Exchange for support to refine your example.

Share your example with Insight Exchange (without identifying names/organisations) to build on this library send to contact@insightexchange.net

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