

My key insights

INSIGHT EXCHANGE

Foundations Module

Understanding and responding to

STRANGULATION

www.insightexchange.net/strangulation

© 2022 Insight Exchange



GUYDOWNES ©

The following de-identified insights are from 86 participants who provided consent to share their feedback

- 22 of the 86 have experienced domestic, family and/or sexualised violence
- 67 of the 86 are responding to people who have experienced domestic, family and/or sexualised violence
- 37 of the 86 are responding to people who have perpetrated domestic, family and/or sexualised violence

“

“How important language is to name the seriousness of the issue and the how it is a direct attack on a person's dignity.”

“The use of language to ask victims about strangulation.”

“This can happen to anyone.”

“Loss of bladder and bowel control after significant strangulation - elevates level of risk.”

“Be aware of my language more. Listen and validate client's account. Perpetrators account of what happened, and that this is often the common report that is reported.”

“Language and violence, my clients often don't have to words to describe what happened.”

“The terminology/wording we use to describe strangulation and ask questions about strangulation is key.”

“Explore further when perpetrators say 'pushed/moved/pinned.’”

“Be aware of language in relation to strangulation and the application of recording strangulation incidents.”

“To ask more questions e.g., what does that look like for the Person/Victim?”

“How society and the sector has minimised strangulation.”

“Language”

“Language we use with victims.”

“Statistics”

“Not concealing or minimising violence in my sessions with men. Asking more detail about specific behaviours to ensure I'm capturing strangulation.”

“The term "put pressure on your neck or hurt your head" I'm now aware of the different terminology used by victim/survivors. Understanding that if I don't frame my question this way I might actually miss vital information.”

“There is no safe way to strangle someone.”

“The experiences of women.”

“Language is very important.”

“The prevalence and normalisation of strangulation in pornography.”

”

My key insights (continued)

“

“Very important messages, often unspoken and/or unacknowledged.”

Strangulation is serious, terrifying and well hidden by victims and perpetrators and service providers.

“The session on language was powerful from an investigative perspective”

“Language”

“The current rates”

“I liked all of it”

“The timeframe for loss of bladder control and the need to ask the victim if they have changed their clothes. The victim blaming language and I really enjoyed the focus on a victims dignity.”

“Asking the questions on whether or not there has been any restriction of blood flow - strangulation.”

“Viewing perpetrating strangulation as one aspect of keeping the victim silenced.”

“Gaining more information on strangulation, statistics.”

“The 6 focus points, Meaning, Dignity, Deliberation, Resistance, Response, Language.”

“The high rates in places of homicide.”

“Strangulation is more prevalent than I thought.”

“Language is a very important aspect of asking people experiencing strangulation about their experience. Also, language is important when recording information.”

“The seriousness and the language we hear in our sessions the downplaying and the ways we can challenge this”

“The minimisation and justification that perpetrators will use and the importance of language in responding”

“The need for further and ongoing training for our Counsellors in their ability to recognise the 'clues' a caller may have experienced strangulation; and the impact that the use of language has and how it could indicate where our training needs to be developed more.”

“it uses DCJ Practice First Framework (that was rolled out department wide in 2017). Therefore, none of the material around the 6 stages (?) was new. We have already integrated it into our Practice for the last 6yrs.”

“That may not see external evidence of strangulation and need to ask & use of language with children as victims not witnesses.”

“Discuss strangulation in specificity with clients.”

”

My key insights (continued)

“

How much little time and pressure it takes to pose a risk of injury to the body.

Resistance is also mental.

The key signs of strangulation

Prevalence & non visible signs

Deep fear for victims

Language we use is so important

Language

Language

The language was amazing

The language and info was important, and details that are so helpful at times.

That strangulation is a deliberate behaviour

The seriousness of all forms of strangulation and the need for medical assessment

To focus on the narrative and challenge what has not been said.

Community awareness is key

How many are impacted by strangulation.

Validating the importance of language and naming what has actually occurred

Reminder of importance of language

Language used when talking with both survivors and perpetrators

Language resistance and responsibility and response

Extent of on-going trauma

How to respond

Strangulation is a high-risk indicator and asking questions about strangulation is crucial

Strangulations is a significant risk factor for death

Strangulation signs & symptoms may not always have visual evidence.

Understanding language usage in report writing.

Loss of dignity - awareness. Language careful of mutualising terms in talking and in case noting

That one in three women are affected

Great reminders about language and questioning

There is no safe way to strangle someone

Range of impacts on a victim

”