

All Health Professionals are responders

The perpetration of domestic, family and sexualised violence (DFSV) can have long-lasting impacts on victim survivors' emotional, psychological, spiritual, financial, physical, sexual and reproductive health and wellbeing (1), including but not limited to chronic muscular and skeletal pain, headaches, memory loss, difficulty sleeping, mental distress, diabetes, asthma, use of alcohol and other drugs and digestive disease (2).

Strangulation by an intimate partner can have serious health impacts and increases the homicide risk for victim-survivors by 7.5 times (3).

All health professionals are well placed to listen to and follow the lead of victims-survivors who may reach out for advice or support in the privacy of an appointment with a health professional. It may be the first, only or last time the victim-survivor seeks support, so being ready to respond matters.

Any health professional may be seeing signs and symptoms of strangulation. The quality of responses to strangulation relies on building a foundational understanding about violence and abuse and the dangers of strangulation.

1. Australian Institute of Health and Welfare. *Family, domestic and sexual violence in Australia: continuing the national story*. Cat. no. FDV 3. Canberra: AIHW, 2019. DOI 10.25816/5ebcc837fa7ea
2. Coker, AL, Davis, KE, Arias, I, Desai, S, Sanderson, M, Brandt, HM, Smith, PH. Physical and mental health effects of intimate partner violence for men and women. *American Journal of Preventative Medicine*, 2002; 23(4):260–8
3. Glass, N, Laughton, K, Campbell, J, Block, CR, Hanson, G, Sharps, P & Taliaferro, E. 3Non-fatal strangulation is an important risk factor for homicide of women, *The Journal of Emergency medicine*, 2008, Vol. 35(3): 329-335.
4. Australian Institute of Health and Welfare. *Family, domestic and sexual violence* [Internet]. Canberra: Australian Institute of Health and Welfare, 2022 [cited 2023 Feb. 2]. Available from: <https://www.aihw.gov.au/reports/domestic-violence/family-domestic-and-sexual-violence>



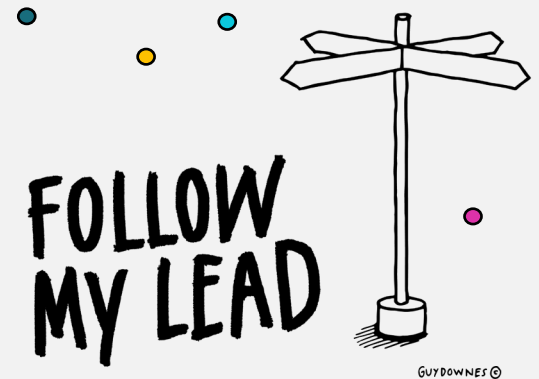
For women aged 15 to 44 years, intimate partner violence was ranked as the fourth leading risk factor for total disease burden.

Health practitioners have a key role in supporting victim-survivors of all forms of violence and abuse (4).

INSIGHT EXCHANGE


[Insight Exchange](#) is a not-for-profit initiative that centers on the expertise of people with lived experience of domestic, family and sexualised violence and gives voice to these experiences. It is designed to inform and strengthen social, service and systemic responses across the ecosystem.

www.insightexchange.net



Follow My Lead is an awareness raising resource about domestic and family violence for responders.

“ How you respond to me when I share with you, and in the time that follows, matters significantly to me. ”

 [Follow My Lead](#) animation (4mins)

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Dieticians

The perpetration of DFSV increases health risks for victim-survivors, including experiencing chronic health conditions.

Dieticians have regular contact with victim-survivors who are managing chronic health conditions.

Australian Institute of Health and Welfare. Family, domestic and sexual violence in Australia: continuing the national story 2019—In brief. Cat. no. FDV 4. Canberra: AIHW.

Every response matters

When a person who is experiencing domestic, family or sexualised violence reaches out it may be the first only or last time they seek support.

Introductory module – Any responder

Free (donated)

View and share the [introductory module for any responder](#) any role. The module is 50 minutes and contains lived experience insights, data, concepts, animations and introduction to resources you can take forward (at no cost).



<https://vimeo.com/775554936>

My workplace matters

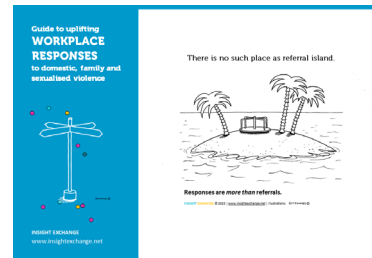
Between 55 and 70 per cent of people experiencing domestic and family violence are in the paid workforce.

UN Women, 2017, 'Taking the first step: Workplace responses to domestic and family violence'.

Guide: Uplifting workplace responses to DFSV

Free (donated)

The [Guide: Uplifting workplace responses to DFSV](#) invites you to build on being a workplace that has insight-informed design and responses to people experiencing domestic, family and sexualised violence.



www.insightexchange.net/workplace-responses/

Your response matters

The perpetration of strangulation is a serious problem globally. So, how can we improve our understanding of and responses to strangulation?

Foundations module – Strangulation

Free (donated)

View and share the Foundational Module: [Building understanding of and responses to strangulation](#)



www.insightexchange.net/strangulation/