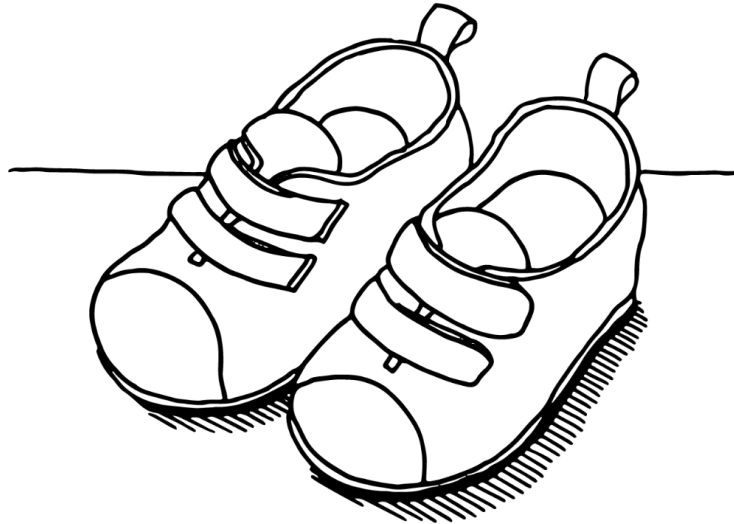


INSIGHT EXCHANGE

Foundations Module: Understanding and responding to

# STRANGULATION



## Interim Report Engagement and Insights

(March 2023)



**Strangulation is a serious form of violence perpetrated against children, young people and adults.**



**The perpetrator of strangulation needs to only subject the same pressure on the victims neck, as it takes to open a can of soft drink, to render them unconscious very quickly.**

**“Has there been any pressure put on your neck?”**



**“The body can respond differently to strangulation and assaults... Did you feel the need to change your clothes?”**

**The perpetration of strangulation is a serious problem globally.**

**So, how can we improve our understanding of and responses to strangulation?**



## **Engagement Data**

The interim summary presents point in time data about engagement in and responses to Insight Exchange materials focused on strangulation.

The materials and opportunities have been donated without cost barriers to use or share.

- Animation (5mins)
- Module (60mins)
- 90min virtual session for teams (60min module + 30min Q&A)
- Responses and insights from participants who viewed the module

## **Short animation:**

View, share and embed the short animation (5mins) re [the dangers of strangulation](#)



Count of viewings between Oct 2022 – Mar 2023 (6months)

▶ **1,692**

“ **Seeing the animation gave me the knowledge and confidence to ask the questions about strangulation.**

[VANS Social Worker]

”

## Foundations Module

### [Building understanding of and responses to strangulation](#)

This 60min module is freely available for individuals to view (includes Auslan sign-language).



"It was like a secret car accident - heading towards the violent void. My memory as the only witness. It came out of the blue, for no reason other than his rage and anger. It was 33 years ago, just 6 weeks into motherhood. I can still remember the colour and texture of the wallpaper where the whole 45kgs of my body was thrown against. His hands gripped around my throat, screaming violently into my face at a tissue-paper-thick distance. My panicked body screamed, the sound of my cries diminished as his grip got tighter, and harder. In slow motion, or a hypoxic altered state, I felt the passing of time run through me. As the white luminous stars washed over my vision, I was alone. I was expecting to die. What was to happen to my newborn? Who would look after him?"  
[Anon.]

© 2022 Artist: Louise Whelan

**Foundations Module**  
Understanding and responding to  
**STRANGULATION**

**INSIGHT EXCHANGE**  
[www.insightexchange.net](http://www.insightexchange.net)  
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Count of viewings between Oct 2022 – Mar 2023 (6months)

▶ **463**

## Virtual session with Q&A

Virtual sessions held between Nov 2022 – Mar 2023 (5months) included attendance from

**907** individuals

As of 31<sup>st</sup> March 2023

**113** teams

from organisations in Australia, New Zealand and Canada have booked into the 90min virtual sessions with Q&A before end of June 2023.

- **64** [Teams in Australia](#)
- **36** [Teams in New Zealand](#)
- **13** [Teams in Canada](#)



## Examples of responses to the module

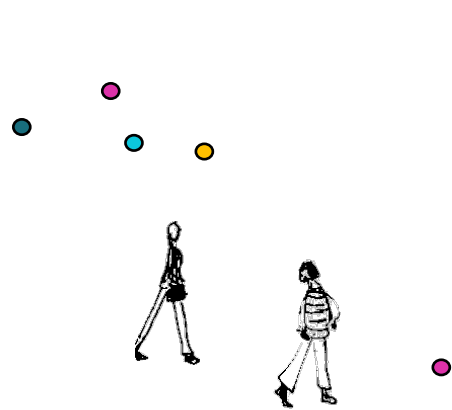
"This was excellent. I learnt a lot of useful knowledge about how to respond and better understand this issue. I was thinking about the workshop for days and thinking of ways I could help share my learnings."

"The presentation is very informative, and I greatly appreciate the use of victim survivors' voices and experiences."

"I thought it was fabulous, very easy to understand and to stay focused. I loved that it covered the Foundations as well."

"Fantastic presentation- brilliant at locating responsibility, acknowledging resistance of victim survivors and using appropriate language."

"A confronting but equally informative session. It gives more understanding about language used in relation to strangulation."



## Insights & wishes (Full Set)

The following links present the responses, insights and wishes of 110 people who viewed the module independently or via a virtual session with Q&A.

- Read '[My Key Insight](#)'
- Read '[Start Keep Stop](#)' summary

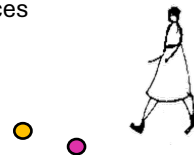
Organisations can apply to embed the module on eLearning platforms ([short application](#) required – no fees).

# I wish

I wish the following sectors, industries, systems of professions accessed the Foundations Module: Understanding and responding to **strangulation**.



Aged Care Sector	Emergency Department staff	Pediatricians
All sectors of society	Family Support Services	Paramedics
Allied Health	Fashion	Police & NSW Police Child Abuse Squad
Anyone who can hold the perpetrator responsible for their actions	GPs	Policy makers
Australian Federal Police	Hairdressers & Beauticians	Pre-Schools Corporate
Carers services	Hotels Airports	Prosecutors and Judges
Child Care Centres	Housing Service Providers	Physiotherapists
Child protection services and systems	Immigration Offices	Religious
Children Services	Lawyers & Family Law Courts	Rural and Remote communities
Community Centres	Judicial System	Sexual Assault Forensic Medical Examiners
Construction	LGBTIQA+ Communities	SHLV programme services; counsellors
Corporates	Local Health Districts	Social media and media - developers/owners
Court Advocates	Media and Design	Social workers & Australian Association of Social Workers (AASW)
Corrections Staff	Medical Professionals & medical Centres	Social Clubs
Dentists	Mental health services	Sports
Disability Sector	Midwifery and antenatal services	Trades
Domestic violence workers	Mines	Vets
Department of communities and justice	Multicultural Service Providers	Workplaces
Education - Schools, Uni, TAFE etc,	NSW Health	Youth Services
Emergency responders – Ambulance & Health	Nurses	
	Non-Gov service providers	
	Orange Door Staff	
	PACFA, ACA, APS , ASW - all the governing bodies of counsellors, psychologist and social workers	



## Excerpts from the collection of messages to people who shared their lived experience insights

“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)

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)

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

“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)

Read the collection of [messages to participants](#) who shared their lived experience insights.



# 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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Artworks: © Louise Whelan

Illustrations: © 2022 Guy Downes

For more information visit

[www.insightexchange.net](http://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.



Insight Exchange 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.



Scan the static QR code to open this URL  
[www.insightexchange.net/strangulation](http://www.insightexchange.net/strangulation)