



TALK

The status quo

Current responses to domestic, family and sexualised violence predominantly depend on victim-survivors telling someone. In other words, responses are designed as *responses to telling* not as proactive social responses to violence and abuse even when a victim-survivor is silent or silenced.

In today's ecosystem, victim-survivors need to 'tell' in order to access a resource, service, or to have their basic needs met.

Further, responsibility (by inference or direct communication) is put on victim-survivors to 'tell' in order to prevent future harm to others. Pressures like this exist informally in social responses and formally through processes (e.g. reporting schemes). But it is not the responsibility of victim-survivors to stop future violence, it is the responsibility of perpetrators, community, services and systems.

Purpose of this resource

This reflection resource is designed to reveal and value the strategic considerations of victim-survivors when deciding if, when and how to tell someone about experiences of violence and abuse.

Creating possibilities

What can we do to shape a world that stands against violence and abuse, pro-actively and meaningfully to meet people's needs whether or not they 'tell' (or how much they tell) of experiences of violence and abuse?

When we don't understand the significance of what victim-survivors are considering when deciding if, when and how to tell someone about experiences of violence and abuse, we will make the mistake of assuming that 'telling' is the 'start' and the 'determinant' of our response.

Responses don't 'start' when someone 'tells' us something. We have been responding all along (directly or indirectly) through our stance, our silence, our action or inaction about violence and abuse. We are responders even when nothing is told to us.

Content

Introduction (page [3](#))

Prevalence and support seeking data (page [4](#))

Insights – Lived experiences (page [6](#))

Myths (page [16](#))

Reflections (page [27](#))

Decisions (page [35](#))

Responses (page [43](#))

Introduction

The decision to tell someone about lived experience of violence and abuse can be ongoing, long sighted, spontaneous, accidental, a wanted or unwanted necessity, or a combination of these things, and more.

The decision to tell can be changed, yet having told can't be undone.

The so called 'lines of public and private' are blurred and shift. And the 'dominoes' of what is told privately can quickly and problematically become 'public'... to people or places outside of the victim-survivors' consent and control.

Understanding the thought and intent that victim-survivors put into deciding to tell and listening deeply when we are entrusted with what is told, will shape the quality of our responses.

This resource includes experiences of and resistance and responses to violence and abuse.

[illegible]

Many don't tell anyone.

Data

Only about half of people that experience domestic, family and sexualised violence tell anyone about the abuse. Of those that do tell someone, most are likely to tell their family or friends.

In Australia, 1 in 4 women (27% or 2.7 million) and 1 in 8 men (12% or 1.1 million) have experienced **violence by a current or former partner**** since the age of 15^[1].

Just over half of women who experienced violence by a current partner sought advice or support. Of these women, about two-thirds sought advice or support from a friend or family member.

An estimated 82% of women who experienced current partner violence never contacted the police^[2].

In Australia*, 1 in 5 women (22% or 2.2 million) and 1 in 16 men (6.1% or 582,400) have experienced **sexual assault** since the age of 15. Approx. 171,600 of these women experienced sexual violence in the past 12 months.

Only half of these women sought advice or support after an assault. Of those who sought help, the most common source was a friend or family member.

In almost 9 in 10 incidents the police were not contacted^[2].

[1] [Personal Safety Survey](#), Australian Bureau of Statistics (2023). In Australia, the most reliable source of data on experiences of domestic, family and sexualised violence is the Australian Bureau of Statistics *Personal Safety Survey*. ** 'Partner' is defined as a person who the respondent lives with or lived with, in a married or de facto relationship and excludes boyfriends, girlfriends or dates that the respondent does not and has not lived with.

[2] Australian Institute of Health and Welfare (2019). *Family, domestic and sexual violence in Australia: Continuing the national story 2019*. Cat. no. FDV 3. Canberra: AIHW. Accessed via: <https://www.aihw.gov.au/reports/domestic-violence/family-domestic-sexual-violence-australia-2019/contents/table-of-contents>



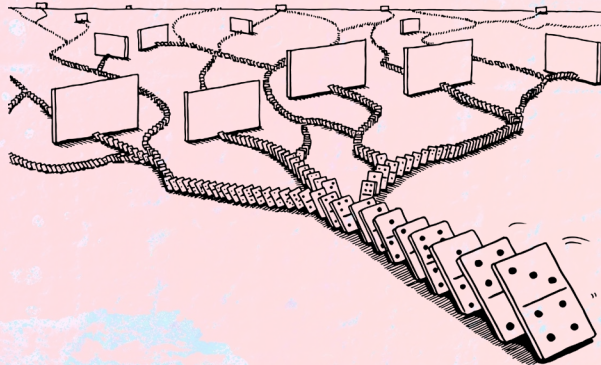
1

Lived experience insights

In this section you can explore examples of how situation and context informs if and why victim-survivors share (or not) about experiences of violence and abuse, and to who.

*All names are pseudonyms.

INSIGHTS



“

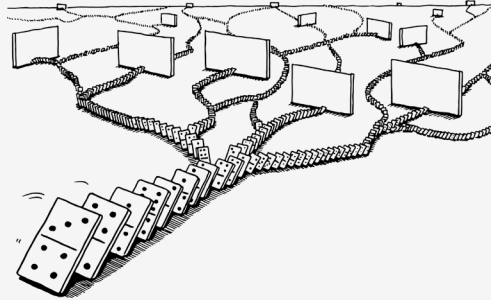
I am looking to see if you are judging me:

- Is it my ‘responsibility’ to others to disclose the violence to prevent the perpetrator abusing someone else?
- Am I less worthy, less brave, less courageous than other victim-survivors if I am not ‘public’ in my telling?
- Are my insights less valid if I do not attach my name and face to my experiences?
- How will my culture, race, gender, sexuality, ability, class, immigration status, age influence how people respond to my lived experience?

- Telling is not a ‘one-off’ event, and who and what I want to tell will change over time. How will I navigate expectations that I should ‘re-tell’?
- Will telling people affect how people see me and relate to me in ways that I don’t want?
- What assumptions, pressures or conclusions will people make about me and how will I be expected to respond?
- I have insights that I think may be useful to help people understand the impacts of violence and abuse and the creative and strategic ways that victim-survivors resist and respond, but I don’t want to be a public advocate. Can I still contribute to understanding?

”

“...that would mean him being arrested...”

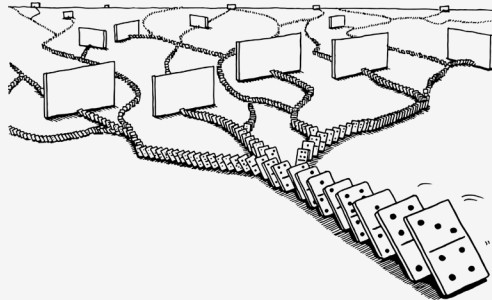


“He offered to take me to the hospital. He wanted to do that; he was owning up to it. And I was like, “no, we shouldn’t do that.” **I was scared about the visa. I was scared about what people thought. I think I was afraid for him as well.**

They’re going to ask me what’s happened. And I was going to have to tell them. And I didn’t want to do it, because that would mean him being arrested. And I guess the bottom line was I didn’t want that to happen to him. That wasn’t immediate, that was after he showed me he was sorry and all of that. It was a totally different feeling to the night before.”

Voices of Insight | [Laura](#)*

**“.... I can’t believe I
have said that...”**

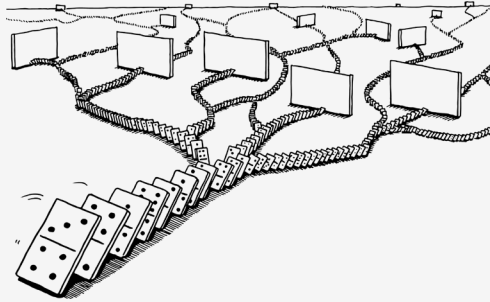


“It was several more years before I told anyone. I was in my early 20s when I first told a group of girlfriends. We were playing cards. It was a rainy day, and we were all sitting around in our flat in Auckland, playing cards and drinking, having glasses of wine and lots of girly banter. **I can’t remember the context, but I just blurted out, “I was gang raped.” And then went, “oh my God, I can’t believe I’ve said that.”**”

I was a nurse by then, and they were health students, and they went, “do you want to talk about that?” And I was like, “no. Okay, let’s keep playing cards”.

Voices of Insight | [Zoe](#)*

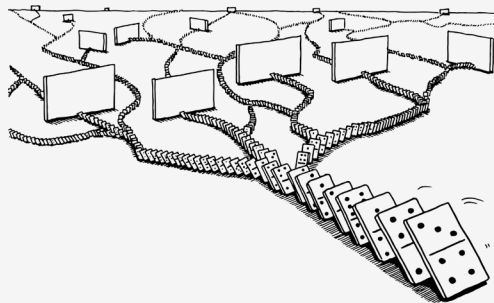
**“.... and everyone
looking at me with that
sorry face...”**



“In the hospital, I met my friend there. I was still in shock. I’d been through some exams and stuff and **I remember being really embarrassed to tell the nurses what happened, to the doctors, and everyone looking at me with that sorry face, and saying how sorry they were for me.**”

Voices of Insight | [Janine](#)*

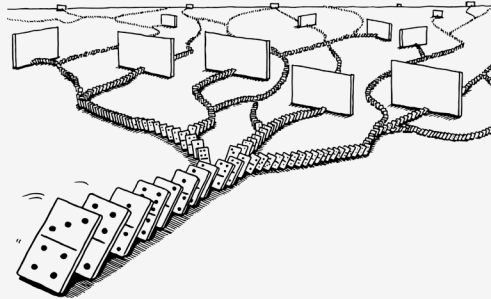
**“.... I couldn’t ask
for help verbally...”**



“I was acutely aware how skinny I was. I **think it was a manifestation of me not coping in that situation. And asking for help, in a way that got attention that I couldn’t ask for help verbally.** Not that I got help. People were concerned about me, but no one went, “oh you’re so sick, what’s going on at home?”

Voices of Insight | [Sam](#)*

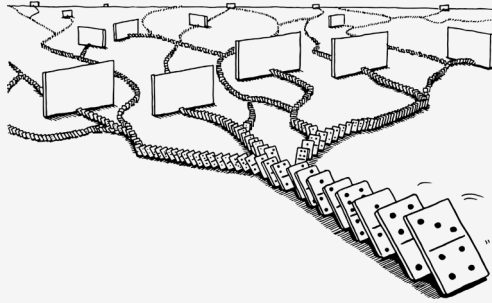
**“...they might stay
away...”**



“I guess it depends on how you’re brought up. I think carefully about using public resources and what’s okay, and what’s not okay. **I was also very hesitant to ask people for help. I think the hesitation is that once you tell people something like that they might stay away, because they fear, “oh, these kids are going through a hard time, I’m not going to let my kids play with them.”** And I think that my former self probably would have done that too – or made decisions like that.”

Voices of Insight | [Marion](#)*

“... all they needed to do was listen, just listen to me...”



All they needed to do was listen, just listen to me. I don't want people to necessarily tell me what to do because I am resourceful. Just listen to me. If the Police had listened, then he would have found that we weren't in a de facto relationship. If the doctors had listened, they would have known it wasn't PTSD causing this. If the DV services had listened, they would have realised that I was wanting to protect all my kids and Stevie too.

Voices of Insight | [Jules](#)*

More insights

On the Insight Exchange website you can browse more lived experience insights:

Voices of Insights

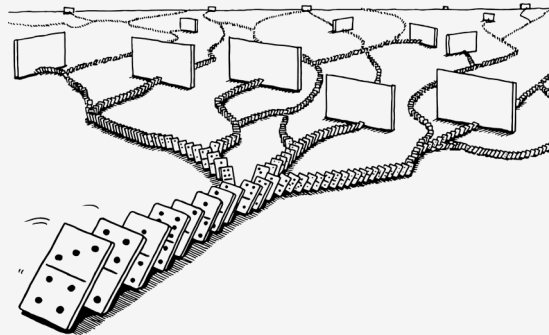
www.insightexchange.net/voices-of-insight/

Financial Abuse Collection

www.insightexchange.net/my-economic-safety/

No Hidden Door Collection - Artist Talk (8.5mins)

<https://vimeo.com/698966782>





2

Myths

In this section you can explore examples of social assumptions made when talking about experiences of violence and abuse.

These examples are not conclusive or exhaustive.

MYTHS

Myth:

Victim-survivors will *always* 'feel better' after telling someone.

Myth:

Everyone *will* understand.

Myth:

Everything gets better *after* you tell someone.

Myth:

After you tell someone you can '*move on*'.

Myth:

Telling someone is the *only* way to 'heal'.

Myth:

Telling someone is *always* the best and safest option.

Myth:

Talking 'publicly' and 'privately' is disconnected, and will *never* overlap.

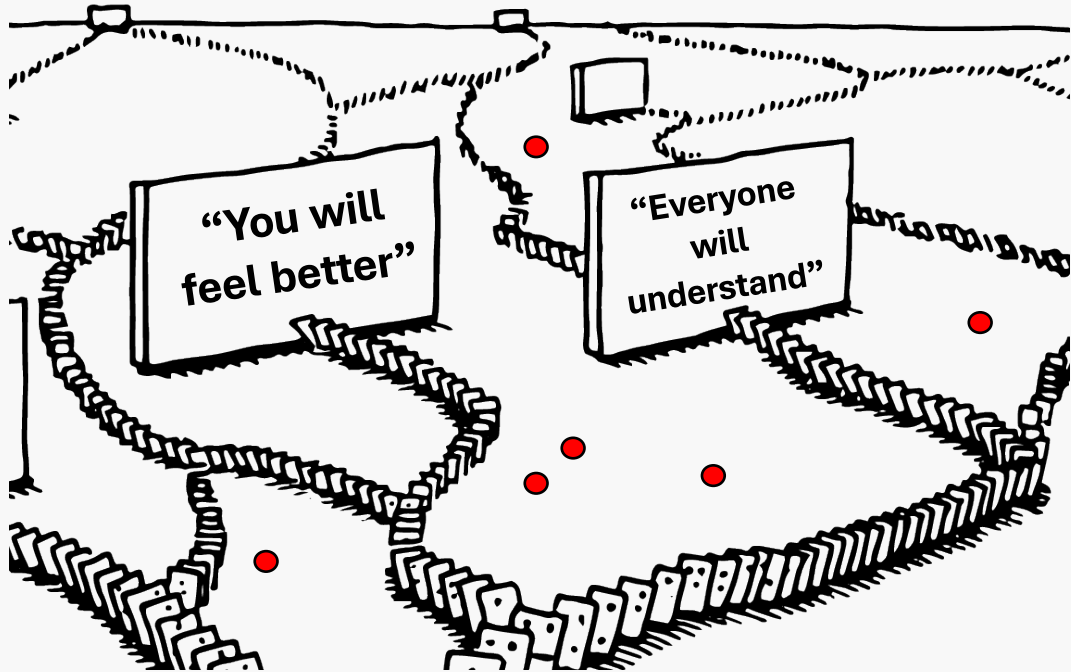
Myth:

Talking 'publicly' is *necessary* to contribute to social change.

Myth:

Reporting abuse to 'prevent' abuse against others is the *responsibility* of victim-survivors.

We cannot assume the ‘relief’ or ‘regret’ that a person experiences after telling someone about experiences of violence and abuse.



Not all ‘private’ responses are helpful and can hold so much significance because of our direct relationship to the person, and who they are in our lives.



“

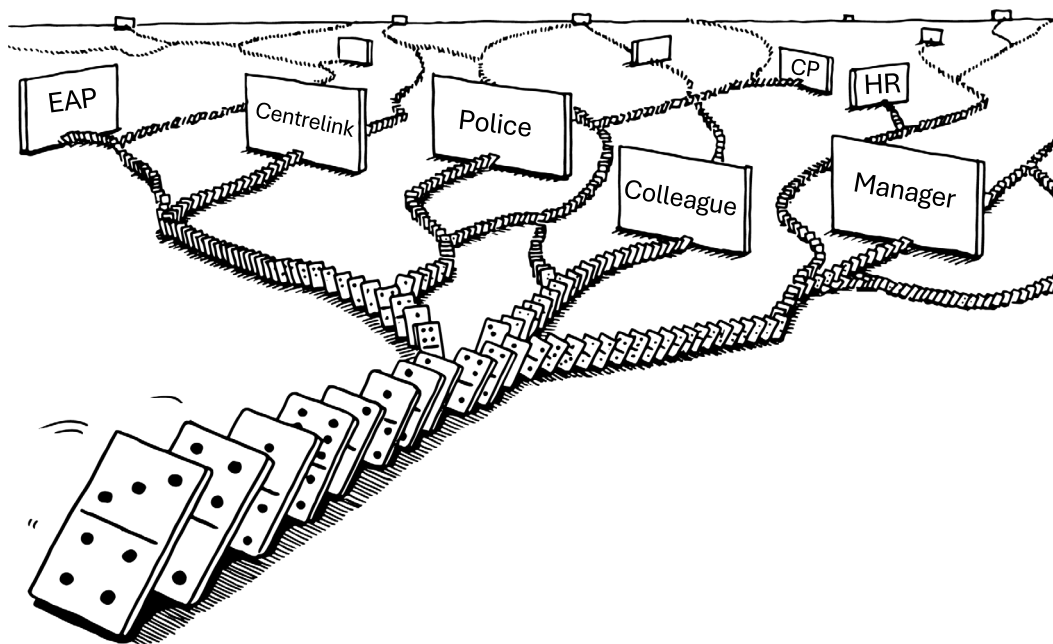
I am actively aware in advance, during and after, of the risks and benefits of telling someone formally or informally about experiences of violence and abuse.

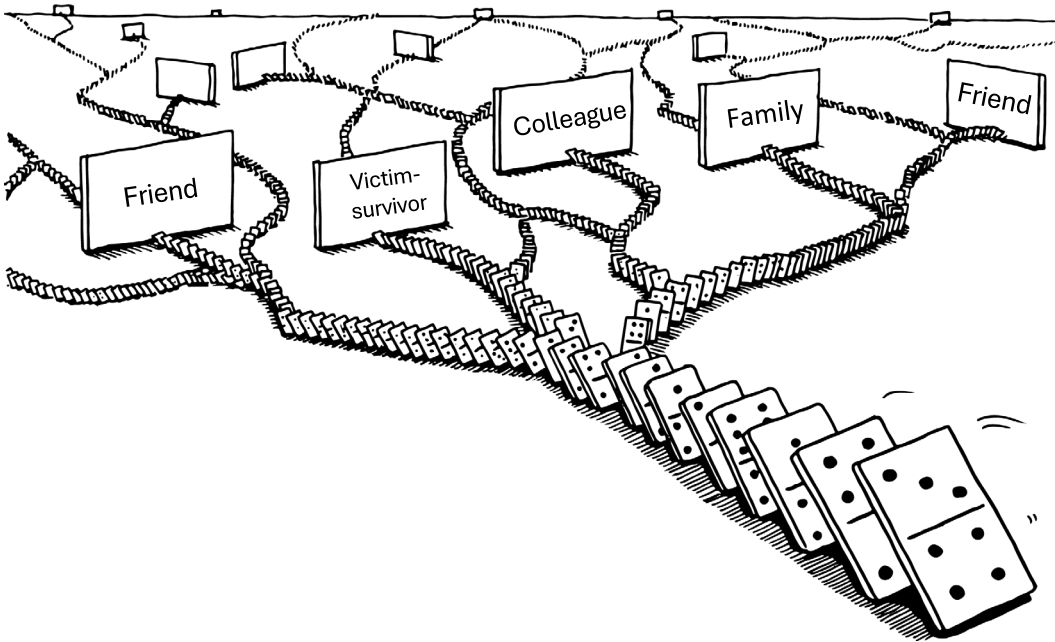
I might tell as few people as possible and the least amount I need to tell in order to safely access the supports I need.

”

“ I am always looking ahead to assess whether telling you is *just* telling you, or whether what I tell will travel in ways that I do not want or consent to.

”



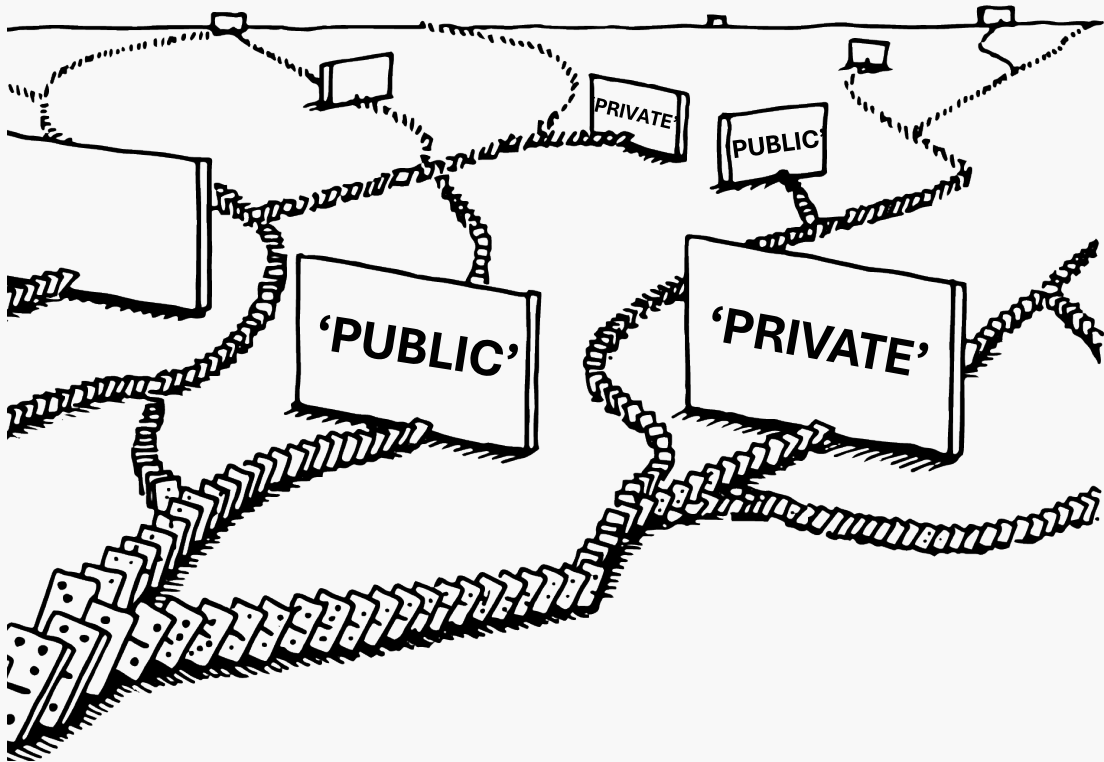


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I might be telling as selected details to selected people who I can trust or test for responses. I might share with people personally, anonymously or via supported processes to seek the support I need, *and* to make a difference for others.

”

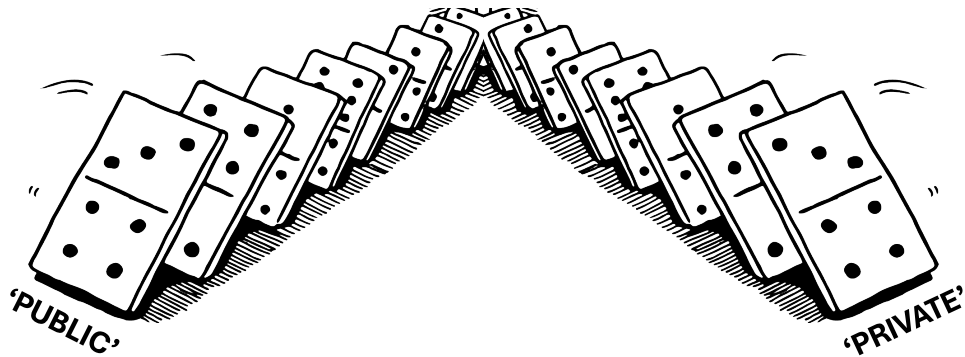
There is no fixed line that divides ‘public’ and ‘private’ domains.



There is an increased compulsion for victim-survivors to disclose violence and abuse ‘publicly’. Yet, who we tell what to is personal to our situation and context.

“

What is safe for me may be dangerous for someone else. And vice versa. So too, the lines of difference between ‘public’ and ‘private’ may differ from person to person and may change for me in meaning and impact.

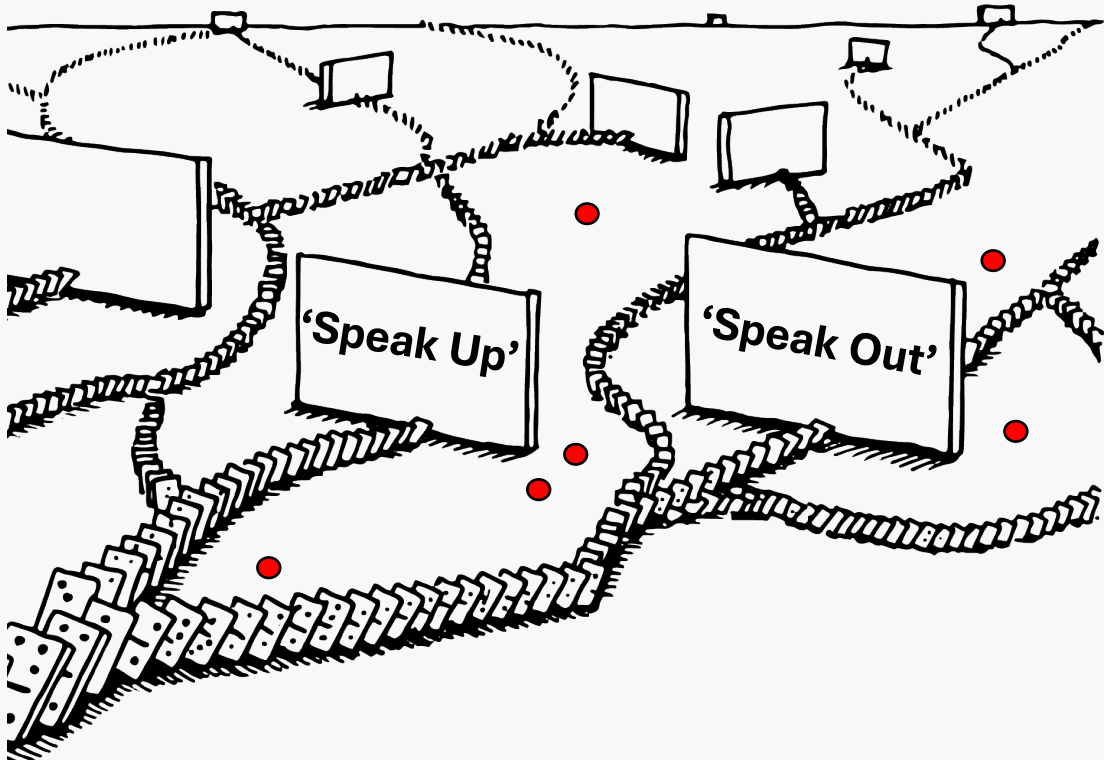


I may not have enough safety (now or ongoingly) to reveal my experiences of violence and abuse ‘privately’ and or ‘publicly’.

I may want to be ‘silent’, however no-one wants to be ‘silenced’.

”

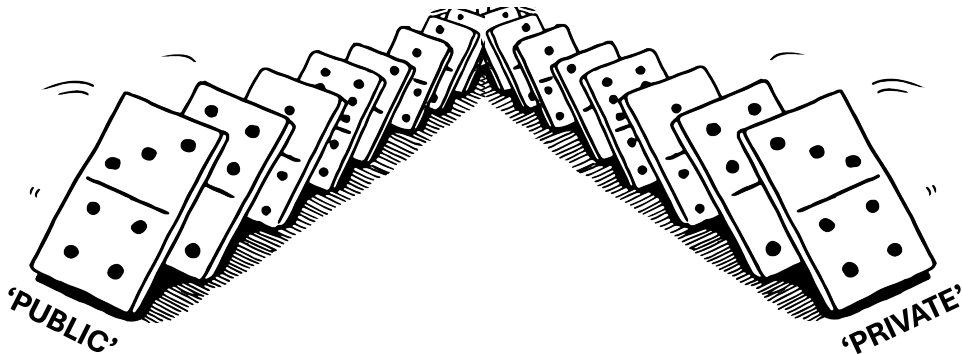
Social responses tell victim-survivors that ‘making a difference’ relies on ‘speaking up’ and ‘speaking out’.



Victim-survivor influence is represented in the media and social media about being ‘courageous’, ‘fearless’ and ‘brave’.

“

What I tell family and friends can contribute to deeper understanding of lived experience of violence and abuse and shape responses to others.



What I tell (and not tell) friends and family matters just as much as public facing efforts. And victim-survivors are not responsible to do either or both.

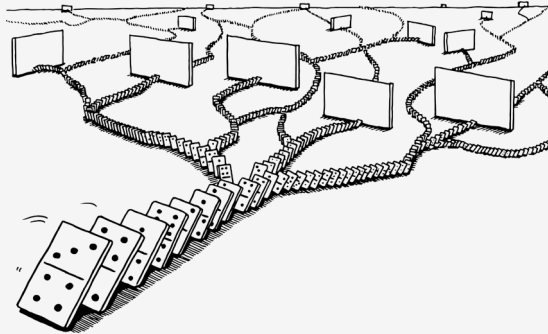
How I make a difference in my own way against violence and abuse can't be measured by anyone for its value.

”

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

Follow My Lead

www.insightexchange.net/follow-my-lead/



“When I tell someone about the violence or abuse I have experienced, what happens next will determine whether or not I seek support or tell anyone ever again.”



3

Reflections

In this section you can explore examples of reflections set out against the possible and anticipated experiences of deciding if to tell, and having told.

REFLECTIONS

Telling someone about experiences of violence and abuse

is not

- a binary 'line to cross'
- a sequential 'path to follow'
- a 'cycle to break'
- a 'bubble to burst'
- a 'volt to unlock'
- a 'cave to come out of'

Telling is not, or not only, a single act and does not have one single shape.

Telling someone about experiences of violence and abuse is personal, changing, and may be a proactive or responsive action (or inaction) to uphold dignity and build on safety.

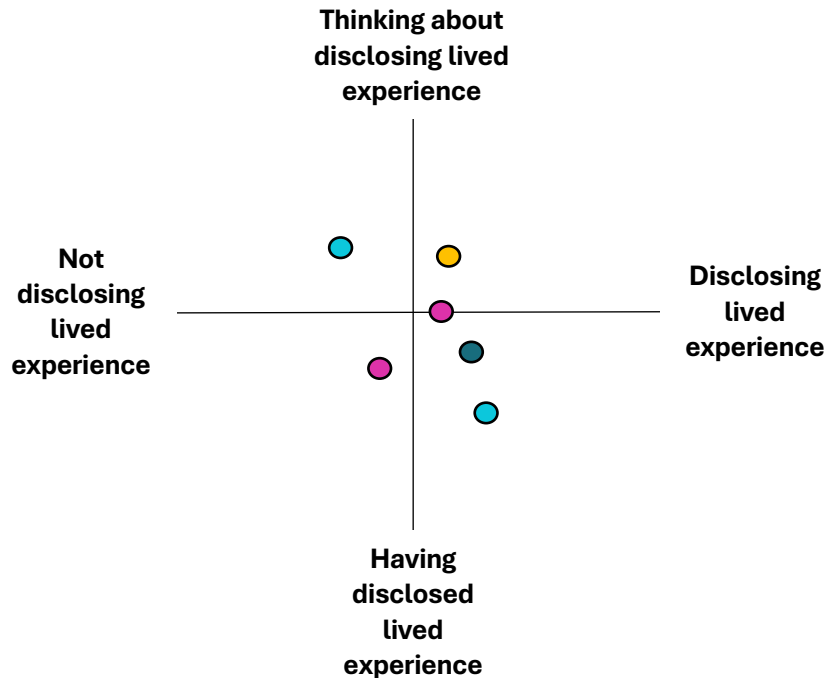
Deciding if, who and how to tell someone, if ever, might involve...

ongoing consideration.

Reflections about disclosure

Reflections about considering if, how and when to disclose vary because experiences of and responses to violence and abuse are unique and situational.

The following pages share reflections set out against the possible and anticipated experiences of deciding if to tell and having told.



Note: The following de-identified reflections have been contributed by individuals with lived experience of domestic, family and sexualised violence and/or experience in responding (formally or informally). Some participants shared more than one response and each page presents a combination of voices.

“

Thinking about disclosing lived experience

I am wondering what will happen when I disclose within the workplace? Who will know? Will I be believed?

What will the impacts be on my career prospects and the work I am passionate about?

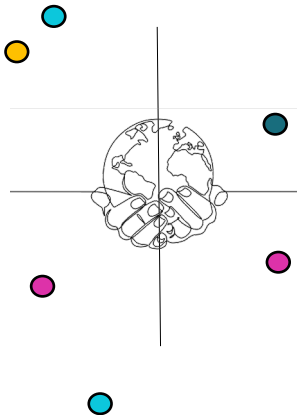
What assistance can be provided by work?

Will disclosing build on my safety and my family safety?

Not disclosing lived experience

I want to keep work and home separate.

I have reason to fear how the workplace will respond.



Disclosing lived experience

Will disclosure now impact on my career opportunities?

Will my colleagues now treat me differently?

Having disclosed lived experience

Did the workplace assist with any meaningful assistance?

What has changed at work since I have disclosed?

Do I feel safer at work now that I have disclosed?

”

“

Thinking about disclosing lived experience

It's not always clear to know how far do you want to take disclosure? Police? Family? Public? Media? Official inquiries? How much information to disclose?

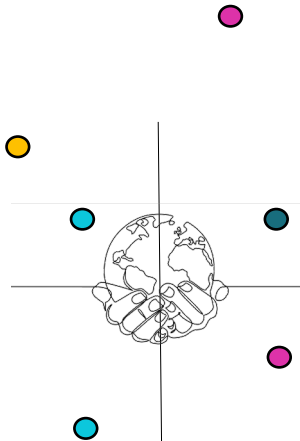
The possibility of legal action is a real consideration: time, money
loss of control, publicity

Not disclosing lived experience

I am living with the 'guilt' for not disclosing because I didn't take up the opportunity to prevent others experiencing abuse from the same perpetrator. Being told 'it's not your fault' can be, and feel, true and still not help.

I experience an awkwardness of talking with people about experiences of abuse as if it's happening to 'other' people – not like us.

I am not disclosing because what I experience is not as bad as the next person's experience of abuse/violence.



Disclosing lived experience

If disclosure is in the public media – that's a whole other ballpark; it can (potentially) increase safety, while decreasing control. It can also decrease safety... Likely to increase online abuse from strangers, and unsolicited disclosures from others:

- People may have expectations of your role
- People may assume all sorts of things and talk to you with pity
- Likely to be exhausting.

Having disclosed lived experience

Having disclosed, I can't put that genie back in the bottle.

It has left me wondering, am I now supposed to be a voice for everyone else?

”

“

Thinking about disclosing lived experience

I think about the impact on others who don't get a say in whether or not you disclose.

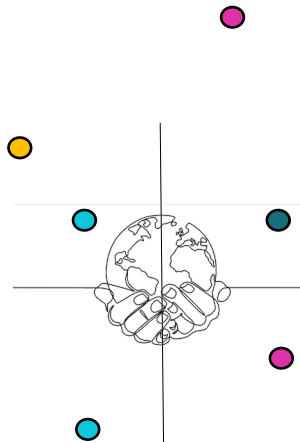
There is potential to lose a lot of control of what I have said as others could be brought into the situation.

Not disclosing lived experience

I am not willing to risk relationships because the disclosure could prompt a poor response which could irrevocably change other relationships.

It can be too dangerous. Too much at stake.

Someone shared with me “I wanted to share with you as I have no voice. I am a senior executive and I feel like the court system has financially abused me as much as my ex-husband. To have a voice might compromise my employment and I don't want pity. I don't want the feeling of shame or failure either.”



Having disclosed lived experience

Is this how you are defined now? ‘That person/girl/woman’.

I think the experience of having disclosed holds a potential for solidarity with others' experiences?

Disclosing lived experience

Telling a stranger can be an attractive option as they have no vested interest...

Particularly where perpetrator is loved; initial reactions are likely to be ‘not wanting to believe’ even if they do believe. That's tough.

Even people who do believe, can be unhelpful in their responses. Providing advice, pity, and changing their behaviour around you.

Conversely, could be a lifeline. Knowing someone knows; is there for you, believes you, treats you as they always have and you know you could ask something of, if needed. That's invaluable.

”

“

Thinking about disclosing lived experience

So many times, I have been on the cusp of disclosing and have felt paralysed with fear and not gone through with it. Playing out the conservation of disclosure in my head over and over and over, but not ever doing it.

- What happens when disclosure is meet with silence?
- Who do I disclose too?
- Does it have to be a service or a ‘professional’ or legal representative?
- How much detail do I need to disclose?

Not disclosing lived experience

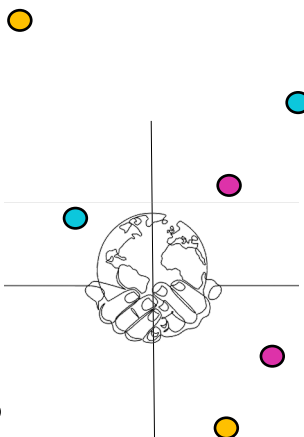
I think about protecting other people from the trauma.

I have that feeling of being ‘guilty’ or ‘not brave’ enough to disclose.

Experiences of trauma not needing an action.

I think about how disclosure and shame are so closely linked.

My idea of disclosure changes over time.



Disclosing lived experience

What does disclosure look like? Does it have to be a verbal or written event. It can be seen in artworks, poems, music.

Disclosing lived experience means being heard and believed.

I have been thinking about the temporal aspects of disclosure.

I wonder is disclosure a past or future-oriented experience?

Having disclosed lived experience

Will I be stigmatised after the disclosure?

Disclosing, then losing friends as they can't cope with the trauma event disclosed, or judge you because of it.

Disclosing a lived experience can have a domino effect where the person you are disclosing to also discloses.

There are unexpected outcomes of disclosing.

”

“

Thinking about disclosing lived experience

It is important to me the need to be heard and believed.

Does disclosure need an action? Do I need ‘professional help’ or have I been able to deal with this trauma myself?

Disclosure and remembering of past events when disassociation is a form of survival.

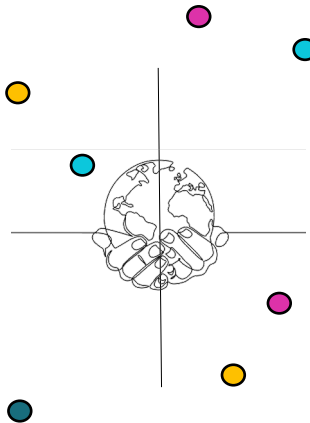
Disclosure as evidence... Flexibility of memory retrieval, Is my memory distorted? Is my memory of the trauma accurate?

Not disclosing lived experience

Relief of not disclosing after leaving an intimate relationship, knowing in hindsight that the disclosure would have been used against you.

Feeling guilty about not disclosing to an intimate partner, husband, wife, best friend etc.

Am I any lesser of a person for not disclosing and carrying the trauma with me throughout my life?



Having disclosed lived experience

I feel like I have burdened someone else by disclosing my trauma.

Does disclosure need an action?

Disclosure and the integration of the trauma, what comes after disclosure for both the person who has disclosed and the one hearing the disclosure.

Will disclosure give me any relief?

Disclosing lived experience

Not being believed when I disclosed to my mother because the abuser has convinced her otherwise.

Having come from a catholic upbringing and now resisting the religion. Disclosure almost feels like a confession, so it would be counter-productive.

Disclosure does not equal restoration

Disclosure as a way to make sense of, and explain past behaviour.

Loosing a friendship after disclosing.

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4

Decisions

In this section you can explore examples of possible benefits and risks that victim-survivors may consider when deciding if, and in what ways, to talk about experiences of violence and abuse.

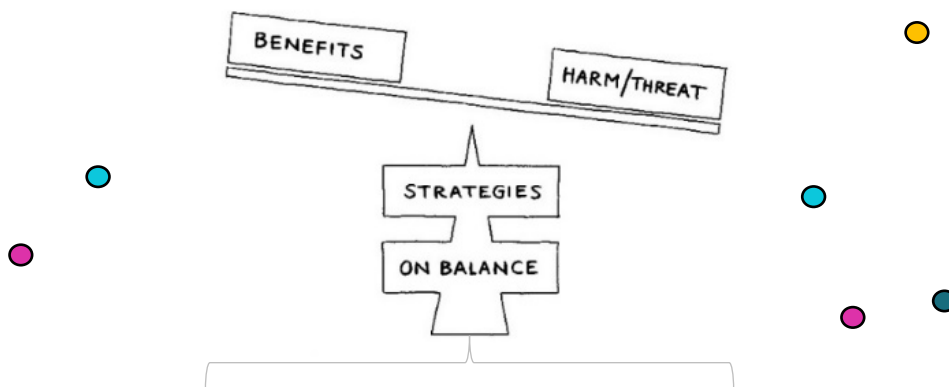
DECISIONS

“


I am thinking of talking about my experiences of domestic,
family and sexualised violence



”


In deciding to tell, I will weigh up the potential
benefits and risks.

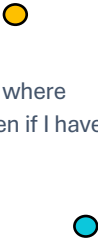


What are the BENEFITS?	What are the RISKS?
What STRATEGIES could maximise the benefits and mitigate the risks?	ON BALANCE – does a decision need to be made? What decision/s are being made?

STRATEGIES What are the benefits?	RISKS What are the risks?
<p>The workplace is able to assist by providing support via leave, financial assistance, counselling via Employee Assistance Program (EAP), flexibility in changes to working environment, improvements in safety (change email/phone numbers etc) and supportive colleagues.</p> 	<p>No one believing me.</p> <p>No meaningful assistance provided.</p> <p>The process of “dealing” with my disclosure loses sight of me and my wishes.</p> <p>The complexity of my situation being simplified.</p> <p>People assume it’s in the past not current.</p> <p>Fear of the perpetrator discovering I have told someone.</p>
STRATEGIES What strategies could maximise the benefits and mitigate the risks?	ON BALANCE On balance – does a decision need to be made? What decision/s are being made?
<p>Explore what other policies offer me to see if these things meet my needs without having to talk about the violence and abuse.</p> <p>Look at what workplaces like mine are required to offer, so I know what minimum things I can rely on.</p> <p>Ask on behalf of a hypothetical colleague, not ask directly about myself.</p>	<p>Decision to share information in small pieces to see what the response of the workplace is.</p> <p>For example:</p> <ul style="list-style-type: none">• What happens when I apply for DV leave?• What is the response of my manager to this application for DV leave?

STRATEGIES What are the benefits?	RISKS What are the risks?
<p>Potential to influence policy, system and social change.</p> <p>Also to ‘shout my injustice from the rooftops’ would be cathartic.</p>	<p>Lose employment or opportunities for career advancement.</p> <p>Loss of friends.</p> <p>Loss of family support.</p> <p>To be seen by anyone as pitiful or a failure would be too humiliating.</p> <p>Ex-husband could ‘arc up again’.</p>
STRATEGIES What strategies could maximise the benefits and mitigate the risks?	ON BALANCE On balance – does a decision need to be made? What decision/s are being made?
 <p>I could share parts of my story carefully, anonymously, through a third party/parties.</p>	<p>I will test the waters with a third party, anonymously flag some of the issues I experienced.</p> 

STRATEGIES What are the benefits?	RISKS What are the risks?
<p>I might get some legal orientation.</p> <p>I may find out more about my legal options in case I decide they are useful.</p> <p>I may be able to use the system/s to put a stop to the abuse and not having to confront him myself and being exposed to his accusations.</p> <p>I may be able to be more informed of my options and rights if, when and where, I decide to exercise them legally.</p> 	<p>My need for understanding my rights and a bigger picture being misunderstood and reformulated as an obligation to initiate legal action. And being directly pressured to initiate any legal action.</p> <p>Not knowing which institutions are trustworthy, and them now having records of my experience. Being portrayed by institutions as not being serious about my decisions because I am not sure to pursue legal action. Him escalating his violence if he finds out.</p> <p>Being portrayed and understood by friends and family members as “leaving a door open”, “not protecting my children enough” or “weak” because legal actions are portrayed as the ultimate option and the “logical” next step, if I decide not to go through legal processes. Legal processes take time, money and do not necessarily fit well in my own balance of safety.</p>
STRATEGIES What strategies could maximise the benefits and mitigate the risks?	ON BALANCE On balance – does a decision need to be made? What decision/s are being made?
<p>Asking for information anonymously (it could be a phone call).</p> <p>Taking counsel from other victim-survivors who can share their lived experience and even recommend better services.</p>	<p>For the moment I need information but free of the burden to make any decisions with it.</p> <p>Keep implementing the strategies I have already being doing and if/when they stop working reflect on possible next steps/changes.</p> <p>Keep trusting my understanding that not telling does not mean not doing and not knowing.</p>

STRATEGIES What are the benefits?	RISKS What are the risks?
<p>I might be able to access the medical supports I need.</p> <p>I may experience validation to not doubt myself or forget events, records.</p> <p>Someone safe might know why I do certain things for my safety and might support me with them.</p> <p>Someone else knowing may help with proof for restrictions of the person who is abusing me.</p> <p>The person abusing me would know I talk, if they eventually find out, this could make them act better.</p>	<p>How distressing it can it be for me to talk about it? Can I sustain the physical effects of distress?</p> <p>I'm not just disclosing the violence, I am showing my resistance and safety strategies, I am exposed to my strategies being weaponised against me. I am talking about myself, my desires, how I see the future.</p> <p>Could someone abuse me further knowing about my vulnerablised position?</p> 
STRATEGIES What strategies could maximise the benefits and mitigate the risks?	ON BALANCE On balance – does a decision need to be made? What decision/s are being made?
<p>In what ways can I make room for the physical consequences and their impact on me when I tell someone?</p> <p>I can measure which parts to tell that will bring me immediate safety, and which will bring me (us) medium or long term safety.</p>	

STRATEGIES What are the benefits?	RISKS What are the risks?
STRATEGIES What strategies could maximise the benefits and mitigate the risks?	ON BALANCE On balance – does a decision need to be made? What decision/s are being made?



More resources

On the Insight Exchange website you can browse more information and reflection resources:

What is domestic and family violence?

www.insightexchange.net/what-is-dfv/

My Safety Kit – Animations and booklet

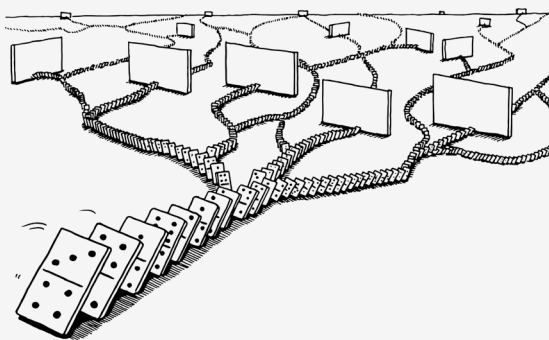
www.insightexchange.net/my-safety-kit/

My Dignity – Booklet

www.insightexchange.net/my-dignity/

My Support Options (workplaces)

www.insightexchange.net/my-support-options/





5

Uplifting our responses

In this section you can explore examples of possible responses that build on safety and dignity in the conversation and in silences.

RESPONSES

Responses are more than listening and talking.

When we don't understand the significance of what victim-survivors are considering – if and/or how much to share about their experiences of violence and abuse, we will make the mistake of assuming that 'telling' is the 'start' and the 'determinant' of our response.

Responses don't 'start' when someone 'tells' us something. We have been responding all along (directly or indirectly) through our stance, our silence, action or inaction about violence and abuse. We are responders even when nothing is told to us.



**FOLLOW
MY LEAD**


When a victim-survivor talks to me about their experiences of violence and abuse, I may be the first, only or last person they tell. My response always matters.

Am I respecting their decision about

- what and how much to talk about?
- when to be silent?
- who they choose to talk to and not talk to?

Follow My Lead – Short Animation & Booklet

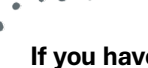
www.insightexchange.net/follow-my-lead/



**Thanks for
taking the time
to talk with me.**

**I want to be led by
you on what you tell
me and how much
you tell me. I'm also
ok with silences too.**

**Sometimes I may need
to ask questions to
understand. I will be
led by you on what is
useful and/or safe
enough to answer.**



If you have talked to others in the past (or recently), how did they respond to you?



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



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.

Using this resource: The information contained within this resource is for general information purposes only. Insight Exchange assumes no responsibility for how the information in this resource is used.

Read more about using our resources:
www.insightexchange.net/guide-using/

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Insight Exchange information and reflection resources



This resource focuses on valuing what victim-survivor's fears tell us about perpetration of, and lived/living experiences of violence and abuse.

Understanding and valuing victim-survivors' lived expertise and their specific **reasons to fear**, informs and improves the quality of our responses.

FEAR | Purpose of this resource

This reflection resource is designed to support critical analysis of how we understand and ask about fear as a measure of meaning, significance and severity of domestic, family and sexualised violence.

The resource is designed to support responders to move from measuring the 'state of mind' of the victim-survivor, to asking about the life/living of a victim-survivor.

As responders we can better understand victim-survivors many **reasons to fear**, when we explore what victim-survivors are having to do, not do, give up and go without to be able to survive and lead their lives.

Scan the static QR code to open the Insight Exchange resource '[FEAR](#)'.

This resource includes experiences of and resistance and responses to violence and abuse.

www.insightexchange.net





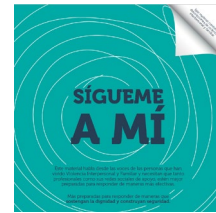
Follow My Lead

English with Australian support contacts



Follow My Lead Aotearoa

English with NZ support contacts



Sígueme a Mí

Spanish with Mexico support contacts



My Safety Kit

English with Australian support contacts



My Safety Kit Aotearoa

English with NZ support contacts



Mi Kit de Seguridad

Spanish with Mexico support contacts



My Dignity – My body is mine

English with Australian support contacts



Guide to Selecting a Counsellor

English with Australian support contacts



Voices of Insight Collection

Lived experience insights

Explore more about workplace responses here: www.insightexchange.net/workplace-responses/

These information and reflection resources (and more) can be found on www.insightexchange.net

Acknowledgment



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 & RBP Aotearoa uphold Tino Rangatiratanga in partnership with Māori – the generations who have gone before, and the generations yet to come. We extend this respect to all Indigenous peoples. We acknowledge Sovereignty was never ceded.



Insight Exchange acknowledges the Indigenous Peoples in Mexico. We acknowledge the right of Indigenous Peoples in Mexico to self-organization and self-determination. We pay our respect to Indigenous ancestors, elders and communities and their collective ownership of the land. We honour all Indigenous Peoples in Mexico, and acknowledge all who have maintained their forms of community organization rooted in resistance against the pressures from the State.

Our Thanks

The content in this resource has been developed over time with international and local content experts and lived experience expertise. We also thank the individual donors who make this work possible, to participants contributing to publications referenced in this resource, and most significantly to the people who have shared their lived experience insights for the benefit of many.



INSIGHT EXCHANGE

www.insightexchange.net

Scan the static QR code to open Insight Exchange.
Insight Exchange website has a quick-exit button.

