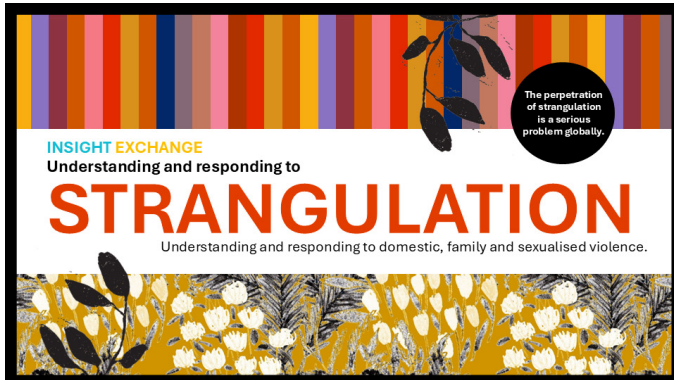


### STRANGULATION (NEW 2025)

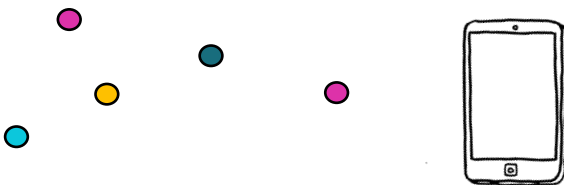


We invite you to view, share, embed the module [Building understanding of and responses to strangulation](#). (45mins) (New 2025)

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



Our thanks to people who shared lived experience insights to inform social, service and system responses to violence and abuse.



© 2025 Insight Exchange | Production with Reilly Baker & Mitchell Janson | Embedded animations developed with: Guy Downes | Strangulation Collection Artworks: Collaborating Artist Louise Whelan, Original Ink Illustrations: Guy Downes.

Note: This new module replaces previous the 2022-2024 module (now archived).

#### Content Outline:

In this module we explore:

- The dangers of strangulation. The information contained in the module should not be taken as medical advice nor is it a substitute for consultation, diagnosis, treatment, care, or advice provided by licensed medical professionals.
- Examples of data about the perpetration of strangulation
- Listening and responding to experiences of being subjected to strangulation.

As responders, what we understand about violence and strangulation informs what we think, what we notice, what we ask about, and what we do and don't do.

The insights in this module include victims' experiences of, responses to, and resistance against violence and abuse.

If you need to step away, stop the video, participate with more privacy, or talk to someone, you can take any of these steps to fit with your needs.

At the end of the module, we share two free (donated) materials you can use immediately, and many more.

#### Explore more

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

