

Stop Family Violence



Introduce yourself as the presenters:

Acknowledgement

Gippsland Family Violence Alliance acknowledges the Gunai/Kurnai, Bunurong, Bidewell & Ngarigo/Monero people as the Traditional Owners and Custodians of the lands now also known as Gippsland. We pay our respects to elders past, present and visiting and acknowledge they hold the stories, traditions, spiritual connection and living cultures of this Country.

We recognise the Gunai/Kurnai, Bunurong, Bidewell & Ngarigo/Monero people's long and continued connection and protection of the beautiful coastline from the oceans through inland areas and to the rugged southern slopes of the mountain ranges. We recognise their continued connection to these lands and waters and acknowledge that they have never ceded sovereignty. Always Was Always Will Be, Aboriginal Land!



An Acknowledgement of Country is an opportunity for anyone to show respect for Traditional Owners and the continuing connection of Aboriginal and Torres Strait Islander peoples to Country.

An Acknowledgement of Country can be offered by any person.

We encourage those giving the presentation to research which Country they are on, and to do a specific acknowledgement where possible.

Acknowledgement

The Gippsland Family Violence Alliance would like to acknowledge the victims and survivors of family violence, whose tenacity, advocacy and courage have shaped the family violence service sector and provided us with the evidence base for our work.

We would also like to acknowledge those who have lost their lives due to family violence and the families, friends and communities who have been impacted by these devastating crimes.



An Acknowledgement of Victim/Survivors is an opportunity to acknowledge those who have lost their lives, but also to acknowledge any current cases or statistics which may be in the news.

We encourage those giving this presentation to make a comment on the current statistics or cases relevant to family violence.

A Safe Learning Environment

Uphold the dignity and privacy of the people we know

Commitment to participation, but with the right to pass

Respectful conversations

Attitude of curiosity

Practice self-care

Permission for facilitators to move the group along

We can't be articulate and IT savvy all the time!



Setting the rules for a safe learning environment, allows you to establish yourself as the person who can move conversations along, and remind participants of their responsibilities.

This may allow you to shut down conversations later on or to challenge beliefs.

Our Safe Learning Environment includes:

- Upholding the dignity and privacy of the people we know. While we do encourage you to ask questions and to share anecdotes, we do remind participants that experiences of violence are deeply personal and we should maintain the privacy and confidentiality of those we know.
- Commitment to participate but with the right to pass. We encourage everyone to get involved however we understand that some people may need to opt out of certain activities or discussions.
- Respectful conversations. We can challenge ideas, but not people.
- Attitude of curiosity. Be open to learning or reframing your beliefs and ask questions, instead of assume knowledge.
- Practice self-care. Statistically many of you may have experienced family violence. Please practice self care, reach out to the facilitators or 1800respect if you need someone to talk to.

- Permission for the facilitator to move the group along. We encourage conversation, but in the interest of time, we may need to move the conversation along.

- We can't be articulate and IT savvy all the time. Please remember we are human, and sometimes things go wrong.

Learning Outcomes

At the end of this session participants should be able to:

- Identify forms of family violence
- Identify the STOP Family Violence Resources
- Seek assistance through the Gippsland Family Violence Alliance Website
- Have a basic, safe conversation with someone experiencing family violence.



www.gippslandfamilyviolencealliance.com.au 



This slide establishes what participants will and will not learn. It's important to do the slide, to address early misconceptions about what may or may not be covered during the session.

At the end of this session, participants should be able to:

- Identify the forms of family violence
 - Identify the STOP Family Violence Resources
 - Seek assistance through the Gippsland Family Violence Alliance website
- Have a basic, safe conversation with someone experiencing family violence.

Throughout this presentation, we will be displaying QR Codes on the slides. We encourage you to have your devices handy to be able to access additional information.

Who are the Gippsland Family Violence Alliance

Our Vision:

Our vision is for a future where all people in Gippsland are safe, thriving and living free of family violence

The Gippsland Family Violence Alliance is a partnership of agencies across Gippsland who either:

- Work with those experiencing violence
- Work with those who use violence

There are **approximately 36 organisations** which range from Government Organisations, Community Organisations, Aboriginal Community Controlled Organisations, Health Organisations and Victoria Police.

The Gippsland Family Violence Alliance works towards achieving a Strategic Plan, as a partnership, with the purpose of creating an integrated system for our shared clients.

For more information on the Gippsland Family Violence Alliance, scan the QR Code



This presentation is being given by:
Who are from the agencies:



This slide establishes that the family violence sector is a large sector, made up of many agencies who all work together to address family violence.

The Gippsland Family Violence Alliance is a partnership of agencies from across Gippsland.

The agencies work to support both those who are:

- experiencing violence
- using violence

The partnership has existed since 2006 and has a Strategic Plan.

Introduce your agencies and briefly explain that you do.

What is Family Violence?

Family violence is behaviour that **controls or dominates a family member and causes them to fear for their own or another person's safety or wellbeing**. It includes exposing a child to these behaviours, as well as their affects and impacts. Family violence presents across a spectrum of risk, ranging from subtle exploitation of power imbalances, through to escalating patterns of abuse over time.

Family violence is deeply gendered. While people of all genders can be perpetrators or victim survivors of family violence, overwhelmingly, perpetrators are men, who largely perpetrate violence against women (who are their current or former partner) and children. However, family violence can occur in a range of ways across different relationship types and communities.



This slide creates a shared understanding of family violence.

Family violence is behaviour that controls or dominates a family member and causes them to fear for their own or another person's safety or wellbeing. It includes exposing a child to these behaviours, as well as their affects and impacts. Family violence presents across a spectrum of risk, ranging from subtle exploitation of power imbalances, through to escalating patterns of abuse over time.

Family violence is not about individual incidents, it's about determining who has the ongoing pattern of coercive control that dominate their other family members.

Family violence is deeply gendered. While people of all genders can be perpetrators or victim survivors of family violence, overwhelmingly, perpetrators are men, who largely perpetrate violence against women (who are their current or former partner) and children. However, family violence can occur in a range of ways across different relationship types and communities.

Family violence does not just occur between intimate partners, but can also include:

- Extended family, such as in-laws, aunts, uncles and cousins
- between adult children and their elderly parents (elder abuse)
- adolescents who use violence towards siblings and parents
- family-like relationships, where the members of the household are not related.

Does anyone have any questions?

What is Family Violence?

Specific groups of people within our communities can experience unique forms of family violence, including:

- Children
- People with a disability
- LGBTQIA+
- Aboriginal and Torres Strait Islander
- Sex Workers
- Elder abuse
- People with mental health conditions
- People who misuse drugs and alcohol
- Women exiting prison



Gippsland
Family Violence
Alliance



This slide creates a shared understanding of family violence.

Specific groups of people within our communities can experience unique forms of family violence. This is due to entrenched cultural beliefs such as:

- colonisation
- ablism
- homophobia
- transphobia
- biphobia
- agism

Which compound how family violence presents for these groups, and creates high risk factors unique to the person's circumstances.

What is Family Violence?

Family Violence can include:

- Physical and sexual abuse
- Harassment and stalking
- Controlling behaviours
- Threats and intimidation
- Isolation and social abuse
- Psychological abuse
- Technology abuse
- Cultural and spiritual abuse
- Verbal abuse
- Emotional abuse
- Property damage
- Financial abuse
- Image based abuse
- Immigration and visa abuse
- Forced marriage
- Reproductive abuse
- Pet abuse
- Neglect
- Legal abuse
- Systems abuse

For a comprehensive guide to the forms of family violence, scan the QR Code



This slide creates a shared understanding of family violence.

Family Violence can include an extensive range of behaviours.

Looking at those on the slide. Are there any you have questions about, or would like to unpack?

Family Violence Statistics in Gippsland

Family Violence Statistics include Victoria Police Call Outs. They are measured per 100,000 of the population.

Gippsland Local Government Areas have high level of family violence due to **gender inequality, economic conditions, education opportunities and inter-generational poverty.**

Family Violence exists in all our communities, with much of it going **unreported and unseen.**

An increase or decrease in police call outs does not mean there has been a reduction or an increase of family violence within a community.

East Gippsland

1587 Calls for assistance were made to VicPol

3rd Per 100,000 people, East Gippsland had the **third highest** rates of family violence in the state.

Wellington

1355 Calls for assistance were made to VicPol

4th Per 100,000 people, Wellington had the 4th highest rates of family violence in the state.

South Gippsland

514 Calls for assistance were made to VicPol

28th Per 100,000 people, South Gippsland had the **28th highest** rates of family violence in the state.

Bass Coast

784 Calls for assistance were made to VicPol

24th Per 100,000 people, Bass Coast had the 24th highest rates of family violence in the state.

Latrobe

2570 Calls for assistance were made to VicPol

2nd Per 100,000 people, Latrobe had the 2nd **highest rates** of family violence in the state.

Baw Baw

955 Calls for assistance were made to VicPol

31st Per 100,000 people, Baw Baw had the 31st highest rates of family violence in the state.

June-July 2022-2023

For more information on our statistics, Scan the QR Code



This slide creates an understanding of the impact of family violence in Gippsland.

Per 100,000 of the population, Gippsland consistently has three Local Government Areas:

- Latrobe
- Wellington
- East Gippsland

that are in the top 5 in the state for police call outs due to family violence.

Our statistics are constantly high, gender inequality, economic conditions, education opportunities and inter-generational poverty.

It's important to know, that in most incidents of family violence, the police are not called, so the demand on our services are higher than what's identified through these statistics.

Do you have any questions or comments?

Barriers to finding help

People never expect to find themselves in a family violence situation. **Because of this, feelings of shame, humiliation, along with fear are normal in these situations.**

We can understand them. However, it's important to let people know, that **family violence isn't their fault and they deserve to feel safe.**

The time when most people are at the highest risk of being killed or seriously harmed by their current or former partner/family member is when they're planning to leave a relationship and for several months after separating.



This slide is to address myths and embedded cultural beliefs which surround family violence.

Why don't they just leave?

This is a really common narrative within the media, and within comments online.

However, we need to remember that the time of highest risk, where most people are at risk of being killed or seriously harmed is when they are planning to leave or for the first several months after separating.

Many people will choose to remain with their partners for a range of complex reasons, including their love for their partner, community expectations, their ability to support themselves and fears over the safety for their children. We support a person centered approach and giving control back to people who have experienced violence. This includes allowing them to make informed decisions about what is the best action for them.

Barriers to finding help

Not all people in family violence situations **will want to leave, and we should be careful not to make the assumption that they can or want to leave a relationship.** However, there are also many barriers people experience when trying to seek assistance, these include:

- They love their partner/family member, but just want the behaviour to stop.
- They have fears for their children's safety, as most users of violence will continue to have contact with their children after separation.
- They are financially dependent on their partner/family member.
- Socio-economic conditions and the housing crisis may mean that there are limited housing options for them.
- They don't know about services available to them or they have had negative experiences.
- They have been isolated from their friends and family and are reliant on the user of violence.
- Their religious/cultural beliefs make finding appropriate services difficult.
- Their ability to manage daily living tasks is reliant on the user of violence.



This slide is to address myths and embedded cultural beliefs which surround family violence.

Looking at the slide. Are you surprised by the barriers people may experience when leaving?

Finding Help for Family Violence

Family violence services are **FREE** for anyone who needs them. Family Violence support usually includes undertaking a Risk Assessment to understand how much danger the person is in, undertaking a needs assessment to identify supports and undertaking a Safety Plan to mitigate risk.

Family Violence and other support agencies may also have access to funding options which can assist people to leave and recover from family violence, to access crisis accommodation and to provide other supports on a case by case basis.



This slide is to direct people to where they can seek support.

Family Violence services are free and include a range of services such as:

-intake, which can assist with safety planning, risk management and addressing immediate needs

Case Management- which can assist with longer term supports and needs.

Therapeutic services-which can help people recover from the impacts of family violence

Other community services, such as family services, mental health services, alcohol and drug services, homelessness services and health services which can support with any other needs a person may have.

Finding Help for Family Violence

We have a range of services available for those who are experiencing or using violence. These include:

- **24/7 Services**, which can be accessed at anytime of the day. These are statewide services, but will be redirected to a local service, if the person calling needs an immediate response.
- **The Orange Doors**. These are our local intake services, which are a partnership of local agencies. These services operate between 9am-5pm and provide an interim response.



- **Specialised & Specific Family Violence Services.** Some clients may be more comfortable accessing family violence services which are specific to their needs. This may apply to those who are Aboriginal and Torres Strait Islander or part of the LGBTQIA+ community.
- **Other Community Services.** Some people may choose not to access family violence services because their needs have been met elsewhere, but may need to address other needs such as homelessness, mental health, drug and alcohol use etc.



For a comprehensive list of all the services, scan the QR code

This slide is to direct people to where they can seek support.

Scan the QR code to see our Find Help page.

Looking at the services available, do you have any questions about what can be provided? Who to call? Or when to call?

Using the STOP Resources

The STOP Family Violence Resources include:

- A wallet sized card which can be **ordered for free through our website**
- A range of STOP Posters which can be **downloaded through our website** and printed at home or in the office
- A Quarterly Newsletter which gives you **access to information about family violence**
- This presentation which has been delivered by the Members of the Gippsland Family Violence Alliance



This slide aims to inform community about the role they can play in disseminating information through the community.

The STOP Resources.

We have wallet sized card which can be ordered free through the website.

We also have a range of posters you can download, along with a newsletter you can sign up to.

Using the STOP Resources

The STOP Family Violence Resources are **designed to help members of the community:**

- Understand Family Violence
- Find Help for Family Violence

We encourage **Community Groups, Schools, Child Care Services, Supermarkets, GP's, Hospitals, Churches, Op Shops, Sporting Clubs** etc. to display these resources in public spaces.

Some suggested locations for the resources are:

- **Public bathrooms**, including displaying the posters on the back of stall doors
- **In window displays**, so that people can seek help after hours if you're closed
- Place the cards in **show bags if you're holding an event**
- Noticeboards
- Resource displays

Order or download the STOP Resources by scanning the QR Code



This slide aims to inform community about the role they can play in disseminating information through the community.

Our resources are designed to assist people to:

- Educate about family violence
- Find help for family violence

We encourage everyone to display the resource in public spaces.

Some suggested locations for the resources are:

- Public bathrooms
- Window displays
- Show bags
- Notice Board
- Resource displays

Are there other places you could put the cards?

Tips for displaying the Resources



Ask

If you have any **questions, or are unsure how to use the resource in your organisation, use the 'Contact Us' Form** on the Gippsland Family Violence Alliance Website.



Display the resources publicly. If they are hard to access, they won't be used.



Keep your distance. **Picking up a STOP Card, or reading the poster can be a personal experience. Unless the person makes a remark or invites you to approach, it is best to give the person privacy.**



If someone does volunteer information or mentions the cards reiterate to them that **violent and coercive controlling behaviours are never the fault of the victim survivor.** Affirm the person's feelings and remind them that they are not to blame.



Many people experiencing family violence are **monitored using their mobile phone**, which makes it difficult for them to make a private call. **If someone asks to use your phone, let them and try to give them privacy to make the call.**



Respect the person's privacy and do not talk about witnessing them picking up the card or reading the poster. Small communities may create more risk for those experiencing violence.



This slide aims to inform community about the role they can play in disseminating information through the community.

Tips for displaying the resources:

- Ask if you have questions. Use the 'Contact Us Form' through the GFVA website.
- Display the resources publicly
- If you see someone looking at the resources or taking them. Keep your distance and respect their privacy.
- If someone does volunteer information, be empathetic and affirm their feelings.
- If they ask to use your phone. Let them, and offer them privacy. Many people are monitored via their devices, so it can be difficult for them to seek assistance.
- Respect the person's privacy and don't talk about what you have witnessed or seen with other people.

How to have a conversation about Family Violence



Some people may disclose family violence or you may be in a role where you ask about family violence. As a general rule, there are five steps to having a safe, validating conversation about family violence:

1. Identify family violence
2. Validate
3. Support
4. Label
5. Refer



This slide aims to educate how to have a basic conversation about family violence.

At times people may disclose they are either experiencing, or have experienced family violence.

Your response to them in that moment matters.

We have developed 5 steps to assist you to have a conversation with someone who has experienced family violence.

Identify Family Violence



Framing statements help us ask about family violence, but allow it to not feel targeted to a specific person. Some examples of framing statements that can help identify family violence:

- 1. We know that Gippsland has high rates of family violence, so we make it a practice to ask everyone who comes in: do you feel safe to go home tonight?*
- 2. We know that 1 in four women experience family violence, so we always ask every woman who comes in: do you hold any concerns about your children or your safety?*

If someone has disclosed family violence, you may ask about it directly, some examples are:

- 1. Are you concerned for your safety?*
- 2. It sounds like you're scared of your partner or what they might do. Do you want to tell me why?*
- 3. Is your home safe for you and your children?*
- 4. Is there anyone's safety you hold concern for?*



Spend 5 min, writing down the statement/s you are most comfortable using or creating your own.



This slide aims to educate on how to have a basic conversation about family violence.

Identify the family violence.

If you're in a role where you can ask about family violence, then using a framing statement can assist you to build rapport and begin the conversation, without the person feeling targeted. A framing statement is a broad statement that isn't specific to a person.

Looking at the examples on the screen, are there any you would feel comfortable using? Why/why not?

Is there another way to ask the question that you would like to share with the group?

(Use your professional judgement to correct any statements which may be concerning and explain why those statements are not the best to use in this circumstance).

Validate



People who have or are experiencing family violence often experience feelings of guilt or shame for being in their situation. It's important to empower them to know that violence is never their fault and that there is help available.

Some examples of validating statements might include:

- 1. What you are experiencing is incredibly difficult, your ability to continue to come to work/go to school/care for your children in this moment is admirable.*
- 2. What you're experiencing isn't your fault, (name) is choosing to hurt you.*
- 3. Your feelings are valid, and you're allowed to feel however you do about this situation, but please know that no one has the right to hurt you or the children.*



Spend 5 min, writing down the statement/s you are most comfortable using or creating your own.



This slide aims to educate on how to have a basic conversation about family violence.

It's important to validate the feelings of someone who is experiencing family violence, even though, those feelings may not always be something you can understand.

Try to highlight the persons strengths, and make the statement personal to them.

Looking at the statements on the screen, are there any others you would use?

(Use your professional judgement to correct any statements which may be concerning and explain why those statement are not the best to use in this circumstance).

Support



People who have are experiencing family violence may not identify the behaviour as family violence, or may not know that family violence is against the law, or that assistance is available. Offer to support the person, but ensure that they lead the decisions as to what steps are taken.

Some examples of statements that might be helpful to support someone are:

1. *Family Violence is against the law. There is assistance available if you want to find help.*
2. *What you're experiencing is a form of family violence. There are places you can go to learn more and speak to someone.*
3. *You have the right to feel and be safe in your home. There are places you can go to help you find safety.*



Spend 5 min, writing down the statement/s you are most comfortable using or creating your own.



This slide aims to educate on how to have a basic conversation about family violence.

It's important to support those who are experiencing family violence. This may be with education about their rights or about the support options.

Looking at the statements on the screen, are there any others you would use?

Do you have any questions about the statements?

(Use your professional judgement to correct any statements which may be concerning and explain why those statement are not the best to use in this circumstance).

Label



It is ok to voice your concerns and to validate the persons assessment of their own level of safety.

Some examples of statements that might be helpful to label your concerns are:

1. *From what you're telling me, it's causing me to worry about your safety.*
2. *From what you mentioned, it seems like you may not have enough food to get through next week because of financial control. This worries me.*
3. *From what you said, it appears like your children may be scared of your partner.*



Spend 5 min, writing down the statement/s you are most comfortable using or creating your own.



This slide aims to educate on how to have a basic conversation about family violence.

Sometimes people need to know that their own concerns are justified and shared. However, it's important in these moments to still center the person and not your own anger or discomfort towards the violence.

Looking at the statements on the screen, do you have any questions about why these may assist someone who is experiencing violence?

Are there other statements you can use?

(Use your professional judgement to correct any statements which may be concerning and explain why those statement are not the best to use in this circumstance).

Refer



If they are open to a referral, try to be specific and as simple with the options you give.

For example, you can:

1. Give them a STOP Family Violence Card
2. Ask them who they want to call
3. Ask when they want to call
4. If they want assistance to make the call
5. Do they have a safe phone to call services from
6. Do they need somewhere safe to call services
7. Would they like support walking into a support service

Do not pressure anyone to take steps they are not ready for. If they're open to it, they can always take a STOP card and make a decision at a later time.



Spend 5 min, writing down the statement/s you are most comfortable using or creating your own.



This slide aims to educate on how to have a basic conversation about family violence.

Refer. It's important that people know that there is help available and that they have options. Even if they are not ready to ring for help in that moment.

Some ways you can give support with a referral are:

- Give them a STOP Family Violence Card
- Ask them who they want to call
- Ask when they want to call
- If they want assistance to make the call
- Do they have a safe phone to call services from
- Do they need somewhere safe to call services
- Would they like support walking into a support service

Is there anything else you can do?

(Use your professional judgement to correct any statements which may be concerning and explain why those statements are not the best to use in this circumstance).

Tips for listening to disclosures



Always:

Believe them

Believe their story and support affirm their feelings.



Find a **private space** to talk freely
Be patient and listen



Respect **their choice** over what actions are **safe** for them. Don't encourage or pressure them to leave.

Avoid:



Asking too many questions about what happened. Let them share what they are comfortable with.



Intervening or offer to intervene with the person using violence.



Using the term perpetrator, unless the person experiencing violence has used the term.



This slide aims to educate on how to have a basic conversation about family violence.

Questions?



To continue to get information to support those experiencing family violence, or to learn about new training. Sign up to our Newsletter via the QR Code



Do you have any questions?

To continue getting information, sign up to our quarterly newsletter.

Feedback

Please provide us with some feedback about the session today.

Let us know how we did by scanning the QR Code.



We would love your feedback.

Please scan the QR code to tell us what you think about today's presentation.

Do you need
someone to speak
to?



1800RESPECT

NATIONAL SEXUAL ASSAULT, DOMESTIC
FAMILY VIOLENCE COUNSELLING SERVICE

1800 737 732



If you need someone to talk to after this session, you can call 1800Respect, the National Sexual Assault, Domestic Family Violence Counselling Service.

You can debrief with them, talk through anything that is on your mind and talk to them about anything that may have come up for you.



Gippsland
Family Violence
Alliance



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