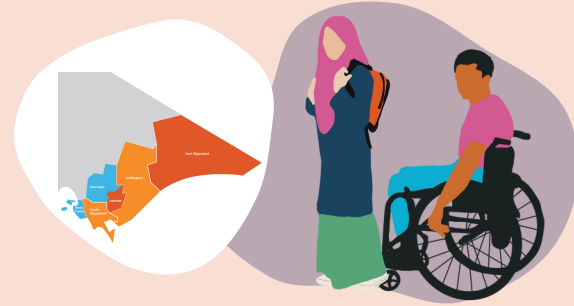


Supporting People Experiencing Family Violence



Our Vision

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



Gippsland Local Government Areas have high rates of family violence due to **gender inequality** which has resulted in unequal outcomes for men and women in **economic, education and health opportunities** within our Gippsland communities.

Family Violence **exists in all our communities**, regardless of race, gender, religion or economic status, **with much of it going unreported and unseen.**

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.

Family violence can include **physical, emotional, sexual, psychological abuse** and can affect specific groups of people in unique ways.

Family violence is **against the law.**

For more information on our statistics, Scan the QR Code.



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



Family violence services are **FREE** for anyone who needs them.

- Safe Steps 24/7 family and domestic violence supports for Victorians **1800 015 188**
- Inner Gippsland Orange Door **1800 319 354**
- Outer Gippsland Orange Door **1800 512 358**



For a comprehensive list of all the services, scan the QR Code.



Orange Doors provide support 9am–5pm and work to provide the initial assessment, support and referral.



Gippsland Family Violence Alliance



Stop Family Violence Resources

How can I assist people experiencing family violence?



People who are experiencing family violence **may not be aware of the supports available for them, or able to access the phone numbers of support services.** You can support people to access this information by displaying resources.

We have developed:

- Wallet sized STOP Family Violence Cards
- A3 STOP Family Violence Posters.

Order the STOP resources for FREE here



We recommend that the cards are placed in **discrete locations** in both public and private venues, where people can take them without being noticed, Some places could include:

- **In bathrooms:** back of stall doors or the cards on counters
- **In waiting rooms:** with other resources so they can be taken discretely.
- **In store fronts:** The poster can be put up in the window so the public that are passing can see it.
- **In Parent rooms:** Some daycares, kindergarten or libraries have parent specific areas where cards could be placed.

Tips for Responding to Disclosures

- **Listen**, without interruption or judgement, giving the person time to share their experience.
- **Believe** what the person is saying.
- **Affirm** they are brave in being able to come forward.
- **Emphasise that they are not to blame** for their experience.
- **Avoid offering to intervene** with the person using violence.
- **Provide information about support services** in a way that is safe and supportive.
- **Keep the conversation confidential.** There are exceptions if you believe the person's safety is at **immediate risk (call 000)**, or if you become aware that a child's safety is at risk, or if you have a professional responsibility for escalating an issue. **In these instances be clear about the limits to confidentiality.**
- Criticising the person using violence or using the term perpetrator to describe them, may only make the person want to defend them. **Focus on the abusive behaviour and let them know that no one should abuse them.**

Look after yourself

Family violence can bring up strong emotions, memories and **can cause distress even if you are not experiencing it yourself.**

1800RESPECT (1800 737 732) is the national sexual assault, domestic family violence counselling service and can **provide you with someone to talk to.**

1800RESPECT
NATIONAL SEXUAL ASSAULT, DOMESTIC FAMILY VIOLENCE COUNSELLING SERVICE