

# HAVING CONVERSATIONS ABOUT DOMESTIC AND FAMILY VIOLENCE

## ABOUT DOMESTIC AND FAMILY VIOLENCE

Domestic and Family Violence (DFV) is not just a private and personal matter, it is also a major public, community, and workplace concern. Individuals affected by DFV often experience the impacts of this broadly across all elements of their lives, which can result in consequences and negative impacts that unavoidably flow into the workplace.

DFV refers to acts of violence, intimidation, harassment and/or coercion that occur between people in heterosexual or same sex relationships who have, or have had, an intimate relationship, and violence between family members, partners, housemates, or children.

DFV can affect anyone in the community regardless of their gender, sex, age, location, marital status, education, socio-economic and health status, employment, culture, sexual identity, ability, race, ethnicity, and religion.

DFV is not an isolated event but is often a pattern of ongoing and purposeful use of power and control.

No matter the circumstances, or whether the individual experiencing it recognises it, all forms of DFV are unacceptable, and all individuals have the right to be free from violence. It is important to acknowledge that often the fear generated by someone who uses violence and abuse may continue to impact the individual for extended periods of time. Similarly, the abuse and harassment may continue for a substantial duration.

## BEHAVIOURS

- Physical violence including physical assault or abuse
- Sexual assault and other sexually abusive or coercive behaviours
- Emotional or psychological abuse including verbal abuse and threats of violence
- Economic abuse; for example, denying a person reasonable financial autonomy or financial support
- Stalking; for example, harassment, intimidation, or coercion of the other person's family in order to cause fear or ongoing harassment, including use of electronic communication or social media
- Kidnapping or deprivation of liberty, as well as unreasonably preventing the other person from making or keeping connections with her or his family or kin, friends, faith, or culture
- Damage to property irrespective of whether the victim owns the property
- Causing injury or death to an animal irrespective of whether the victim owns the
- animal.

# WHAT CAN WE DO TO RAISE AWARENESS IN CONVERSATION



- TALK ABOUT WHAT DFV IS
- SHARE WHAT ABUSIVE BEHAVIOURS ARE
- CALL IT OUT IF WE SEE IT



- SHARE STATISTICS FOUND ON OUR RESOURCES PAGE
- TELL PEOPLE WHY ENDING DFV MATTERS TO YOU



- YOU DON'T NEED TO BE THE EXPERT
- CONNECT PEOPLE WHO NEED HELP WITH THE RIGHT SERVICES

## SUPPORT

There are many different helplines or help centres near you if you require them. If you feel unsafe and feel you or your children may be in immediate danger call 000 now. You, and your children's safety is important.

Refer to our support services page on our website: <https://australiasceochallenge.org/support-services>

**DARKNESS TO  
DAYLIGHT CHALLENGE**

EVERY STEP COUNTS