



**RESPECT
WOMEN** **CALL
IT OUT**



Orange the World 2022 Resource Booklet

**16 DAYS of
ACTIVISM**

Against Gender
Based Violence

November 25 - December 10

Together Let's Change the Story

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ORANGE THE WORLD

Victoria Against Violence

#orangetheworld #freefromviolence #16days
#GenerationEquality #CallItOut #respectis

Disclaimer

The content of this 2022 booklet is for disseminating community service information free of charge for the benefit of the public. Milpara Community House does not see itself as an authority on Domestic Violence. We see our role as assisting in providing information to our community. There are many fabulous resources and help services available; we want to increase people's awareness of domestic violence, ensure they can find assistance if the need arises, for themselves or someone they are supporting. The booklet contains information collated from a variety of sources, into one easy read booklet. We have endeavoured to ensure all information is accurate.

Milpara Community House acknowledges that two campaigns run simultaneously *Respect Women: Call It Out* and *Orange the World: 16 days of activism against gender based violence* set out to achieve the same outcome, a community that can bloom free from violence. Therefore, information on both campaigns are included in this booklet.

Important Note:

This booklet has been designed to help improve awareness, understanding, promote community change and encourage support for the 16 days of activism against violence, call it out, and provide useful resources for this purpose.

If you or someone you know is experiencing family violence, help is available. If you believe someone is in immediate danger, call Triple Zero (000) and ask for the Police.

Safe Steps is Victoria's 24/7 family violence support service. Safe Steps 1800 015 188 safesteps.org.au. If you are experiencing family violence, a list of support services can be found on page 9.

If you have crossed the line, a list of support service can be found on page 8.

Milpara

Where did this start. Let's Change the Story a short few minute video had a massive impact.
https://www.youtube.com/watch?v=fLUVWZvVZXw&ab_channel=OurWatch

It tells a universal story, an Australian Story, the biggest story behind violence against women – inequality. It tells a story of a boy and girl and how gender inequality contributes to the murder of 1 Australian women almost every week. It sounds like a tall story but as it shows us those everyday comments 'how pretty', 'don't be such a girl' and 'punch them right back' things we've all heard and said can impact more than we expect, with a scary realisation this is an Australian story and shockingly it's a story shared by 1 in four Australian women who have experienced physical or sexual violence. Statistics we'd all agree are too high. It finishes with hope, in the realisation that a society built on respect is a society that is good for us all. It shows us we, you and I, can "change the story" by creating a society built on respect. Milpara wants to help our community by changing the story.

Milpara's Orange the World campaign is about bringing the issue to community attention, reducing stigma, increasing awareness of the support services available, but it's also about challenging our 'that's just the way it is' belief and empowering our community to 'Change the Story' by building a community that values respect and equality.

It's important to acknowledge that we all have unconscious bias, developed over years of influence throughout our lives. They don't necessarily come from a place of bad intent, they are deep seeded but unfortunately contribute to the unfair treatment of others. The #RespectIs and #CallItOut campaigns helps us to explore our actions, what we say and what messages we convey. We may be unaware our words/action have hidden meaning, excuse or contribute to a society accepting of disrespectful behaviour. By acknowledging it, we can address it. An equitable society built on respect benefits us all.

Orange the World – 16 days of activism against gender based violence

16 Days of Activism 25 November – 10 December

The 16 days commences on 25 November with International Day for the Elimination of Violence against Women and White Ribbon Day. It is a global campaign that takes place annually. It concludes on December 10 with International Human Rights Day. The initiative seeks to turn attention to the devastating impact that family violence has on the lives of so many.

Orange is the colour designated by the UN Secretary-General's UniTE to End Violence against Women campaign. As a bright and optimistic colour, Orange represents a future free from violence against women and girls. Wear and display **Orange** to show your support for ending family and gender violence.

The research consistently tells us that violence against women is primarily driven by gender inequality. The good news is that family violence is preventable if we all work together on the following key actions.

1. Challenge the condoning of violence against women e.g. respectfully call out disrespectful behaviour.
2. Promote women's independence and decision-making in public life and relationships e.g. Strengthen and promote women's economic independence.
3. Challenge gender stereotypes and roles e.g. encourage the rejection of rigid and limited gender roles – girls can, boys can, we all can!
4. Strengthen positive, equal and respectful relations e.g. promote true and inclusive gender equality.

Every Victorian can play a role in preventing family violence to help make Victoria a safe and equal society.

Respect Women: 'Call It Out' Campaign

Victoria's *Respect Women: Call It Out* coincides with the United Nation's 16 Days of Activism against Gender-Based Violence.

This campaign encourages Victorians to call out sexism, sexual harassment and disrespect towards women. This campaign aims to support the Victorian community in understanding what respect means, what it looks like, and how to put it into practice in their everyday lives. We have an opportunity to support our communities to understand what gender equality looks like and how striving for equality can prevent violence against women. When gender equality exists, we all benefit.

[Respect Women: "Call It Out " 16 Days tool kit 2022]

How to 'call it out'

'Call it out' is a broad term for responding in some way to behaviours that may be deemed sexist, disrespectful, abusive or constitute sexual harassment.

Inappropriate behaviour can be 'called out' by saying something or using body language to indicate disapproval in the moment. Bystanders can also say or do something later, after the incident (see 'ways to #callitout' on the next page). You should use your judgement about the best way to respond, to show that the comment or behaviour is not okay. If the behaviour is directed at a particular person, your response may be primarily to support them. **'Calling it out' does not mean physically intervening when you witness violence and does not include hostile or aggressive responses.**

Different Types of bystander action

There are a range of ways you can respond to sexism, harassment, and disrespect towards women, depending on the context of your level of confidence. These can be grouped into four categories:

1. Defuse. Make light-hearted comments or give disapproving looks
2. Check in. See if the target is okay
3. Call it out. Declare the statement or behaviour offensive and explain why it is harmful
4. Report. Access incident reporting systems or report to management where applicable.

See VicHealth's How to be an active bystander for more information:

<https://www.vichealth.vic.gov.au/bystander>

16 ways to #callitout

What to do when you hear or see sexist, disrespectful or sexually harassing behaviour:

1. Don't laugh at sexist jokes.
2. Give a disapproving look to show a behaviour or statement is not okay. Shake your head or roll your eyes.
3. Leave a pointed and uncomfortable silence.
4. Make a light-hearted comment:
"What century are you living in?"
5. Check in with the person affected:
"I heard what he just said – are you okay?"
6. Privately let them know the behaviour is not okay:
"The joke you made in yesterday's meeting was not funny, and actually not okay."
7. Calmly disagree and state that the comment is wrong or unacceptable:
"I know you probably didn't mean it, but I found what you said to be offensive."
8. Speak up and educate by explaining why you disagree: "Actually evidence shows the vast majority of women do not make up false claims of sexual assault" (you could use the Key Facts in this toolkit).
9. Challenge the logic: "That's not my experience."
or "What makes you think that?"
10. Stand up for the person affected: "Michelle was saying something, and you cut her off again."
11. Make eye contact with the person affected – let them know you're an ally.
12. Show your emotion: "It actually makes me sad/uncomfortable when you say that."
13. Support others when they call it out:
"I agree, that's not funny."
14. Appeal to their better self:
"Come on, you're better than that."
15. Report the behaviour to management, or via incident reporting systems if available.
16. Disrupt or distract the situation to redirect focus from the incident to something else.

What should be called out?

To call out sexism and disrespect towards women, people must first be able to recognise it. Here are a few everyday examples of sexism, disrespect, and harassment that should be 'called out':

- > Using 'like a girl' as an insult:
"Stop whingeing, you sound like a girl!"
- > Sexist jokes at the pub:
"I wouldn't kick her out of bed"
- > The stereotype that men and boys don't cry
- > Comments that transgender women are "not real women"
- > Sitting back while female colleagues clean the work kitchen or get the coffees
- > Stereotypes about skills:
"I need a bloke's brain for this"
- > Belittling women: "Given what your husband does, do you really need to work?"
- > Comments made about a person's suitability for a role based on their gender: "I think it's weird for a guy to be a childcare worker"
- > Leering or staring
- > Sharing inappropriate images with co-workers
- > Fathers being congratulated for doing basic parenting tasks: "Great job babysitting the kids!"
- > Sexism and racism disguised as a compliment:
"She's pretty... I guess, for a [insert nationality] girl"
- > When your mate puts his partner down
- > Catcalling / wolf-whistling
- > Comments about women being "too emotional"
- > Sexually suggestive comments or jokes: "I know just what you need to release some stress!"

To learn more about a different bystander action of 'calling it in', see this Ted Talk by Loretta J Ross.

Special days during the campaign

International Day for the Elimination of Violence against Women

The official international day is observed on 25 November. The idea of the day is to raise awareness of the fact that women around the world are subject to rape, domestic violence and other forms of violence; furthermore, one of the aims of the day is to highlight that the scale and true nature of the issue is often hidden.

Why this international day?

- Violence against women is a human rights violation.
- Violence against women is a consequence of discrimination against women, in law and also in practice, and of persisting inequalities between men and women.
- Violence against women impacts on, and impedes progress in many areas, including poverty eradication, combating HIV/AIDS, and peace and security.
- Violence against women and girls is not inevitable. Prevention is possible and essential.
- Violence against women continues to be a global pandemic.

White Ribbon Day

The White Ribbon Campaign observed on 25 November is a global movement of men and boys working to end male violence against women and girls.

Active in over 60 countries, the movement seeks to promote healthy relationships, gender equity, and a compassionate vision of masculinity.

The International Day of People with Disabilities

The International Day of People with Disabilities is recognised on December 3. While not officially part of the Orange the World campaign it is important to note that women with disabilities are twice as likely as women without disabilities to experience violence throughout their lives but they are often left out of the conversation.

Almost 2 in 5 women with disabilities have experienced intimate partner violence since the age of 15. Women with disabilities are more likely to experience violence from multiple perpetrators, and over longer periods of time. [Centre of Research Excellence in Disability and Health (2021)]

Human Rights Day

Human Rights Day is observed every year on 10 December and is the conclusion of the 16 days of activism. It commemorates the day on which, in 1948, the United Nations General Assembly adopted the Universal Declaration of Human Rights.

This year, Human Rights Day calls on everyone to stand up for someone's rights! It is everyone's responsibility to uphold human rights. Every one of us should take a stand. Step forward and defend the rights of people at risk of discrimination or violence.

Family Violence is a crime

Under Victorian law (Family Violence Protection Act 2008), family violence is defined as **harmful behaviour that occurs when someone threatens or controls a family member through fear**. This applies to married and de facto couples, gay and lesbian relationships, parents and children, and relatives as well as family-like relationships such as carers and flatmates.

Family violence can take many forms including coercive control, physical, sexual, psychological, emotional and spiritual violence. It also includes financial/economic abuse and technology facilitated abuse.

Family violence is against the law.

It's not just physical

Family violence is more than just physical abuse. It includes behaviour that is threatening and controlling that can cause you to fear for your own safety, or another person's safety. Other types of family violence include:

- **Emotional abuse** e.g. manipulation, isolation, put-downs, mind games
- **Financial abuse** e.g. forcing you to hand over control of income or assets, coercing you to take on debt or sign a contract, not allowing you to earn an income
- **Sexual abuse** e.g. any unwanted sexual activity
- **Social abuse** e.g. insulting you in public
- **Threats** of physical violence and revenge
- **Property damage** e.g. smashing belongings
- **Harming or threatening to harm your pets**

It can be difficult – even frightening – to take action to protect yourself. It is important to know there are many support systems in place to help people choose a new life that is free of violence, abuse and control.

Key Fact and Statistics

- In the South Coast rates of family violence are high. Both Bass Coast and South Gippsland have 25% higher rates of family violence than Victoria. In Bass Coast the rate of police call outs for family incidents has increased 29% over the last 12 months.
- In Australia on average, 1 woman is murdered by a current or former partner each week
- 1 in 2 women have experienced sexual harassment during their lifetime. 1 in 4 men have experienced sexual harassment in their life time.
- 1 in 5 women and 1 in 20 men have experienced sexual violence since the age of 15.
- 93% of all victims of violence, whether women or men, experience violence from a male perpetrator.
- 1 in 4 women and 1 in 13 men have experienced violence by an intimate partner since the age of 15.
- 64% of Victorian women have experienced bullying, harassment or violence in their workplace.
- Violence against women and their children costs Australia \$22 billion each year.
- 1 in 3 LGBTRI+ people have experienced violence from a partner, ex-partner or family member. These numbers are even higher for intersex, transgender and gender diverse people.
- Almost 10 women a day are hospitalised for assault injuries perpetrated by a spouse or domestic partner.
- Women spend almost twice as many hours performing unpaid care work compared to men.
- Women made up 90% of adults who sought specialist homelessness services due to family and domestic violence in 2018-19
- The full-time average weekly wage for women is 14% less than for men. On average, women need to work an additional 59 days to earn the same annual income as men.

COVID-19 (2020)

In a survey of 15,000 women

- 2.2% experienced sexual violence
- 4.2% experienced physical violence
- 11.6% experienced emotionally abusive or coercive behaviour
- 1 in 3 of the women who experienced physical or sexual violence, it was the first time their partner have been violent.
- 1 in 5 of the women who experienced coercive control said this was the first time their partner had been emotionally abusive or controlling.

Common Myths

Myth: Violence is only perpetrated by people who are:

Drunks: Almost even numbers of sober and drunken people are violent. Where studies have shown more drinkers are violent to their partners, the studies are not able to explain why many drunken men, 80% of heavy binge drinkers, do not abuse their wives.

Alcohol and other addictive substances are used by abusers to give themselves permission to be violent. Being under the influence of alcohol or drugs is not an excuse for violence.

Mentally Ill: The vast majority of violent men are not suffering from mental illness. Most perpetrators would appear to be respectable men who are very much in control.

From a certain demographic: Perpetrators are represented in all occupations and social classes. Violence against women occurs across all religious beliefs, levels of education, sexual orientations, cultural/ethnic backgrounds and community positions. This is an issue for all of us.

Myth: Women can and should just leave.

Just leaving is not as easy as many would think. Do not underestimate the situation. A perpetrator typically uses a range of strategies to encourage compliance and dependence, such as monitoring movements, alienation from friends and family, destroying self-esteem and confidence and will encourage the victim to believe they are responsible for the abuse and to blame themselves. These dynamics make it difficult to leave abusive relationships.

The most dangerous time in a violent relationship is when a victim decides to leave. Perpetrators often believe they own, and are entitled to control the victim.

There may be many reasons why it can be hard to leave including:

- Fear for physical safety and fear that threats may be carried out
- Still loving a partner and hoping for change
- Worry about the children's wellbeing and safety
- Lost confidence in their own judgement and feeling unable to decide what to do
- Fear of losing home and financial security
- Pressure from family and/or community to 'just work it out'
- Fear of being blamed or rejected by friends
- No access to finances as the abuser controls the accounts

There are many more reasons. 1 in 3 women and girls experience violence in their lifetime. 1 in 5 experience sexual assault. Yet many women still feel a stigma, they're ashamed and embarrassed.

If someone decides it is best or safest to stay, this does not mean they have to remain silent and alone. It is important to seek support from family violence services to increase safety at home and improve quality of life. Safe Steps Family Violence Response Centre 1800 015 188 is one of the places you can receive this support.

It also needs to be noted that some women don't want to leave, they just want the violence to stop!

Problematic attitudes that need to be called out: 32% of Australians believe a female victim is partly responsible for the abuse if she does not leave.

Instead of asking 'why doesn't she leave?' ask 'why does he use violence?' No one should have to choose between safety and their home.

Myth: It only happens to a small number of AUSTRALIAN women.

One in three Australian women will experience physical or sexual violence in her life time. In 2015 Victorian police attended 74,300 family violence calls. Do the math - that's an average of 204 Victorian houses per day. This is a big issue.

Problematic attitudes that need to be called out: 1 in 3 (34%) Australians think it's natural for a man to want to appear in control of his partner in front of his male friends. Controlling behaviour is a key factor in abusive relationships. By deeming women as less equal than men, disrespect and violence against women will continue.

1 in 4 (25%) Australians believe that women prefer a man to be in charge of the relationship. This belief reflects and maintains the broader harmful social expectation that men should always be in charge. It undermines women's independence and ability to make decisions in both public and private life.

1 in 5 (20%) Australians believe violence is a normal reaction to daily stress and frustration. There are many healthy ways to respond to stress and frustration – using violence is not one. Do not excuse people who choose to use violence.

1 in 5 (20%) Australians believe that women can often make a man so angry that he hits her when he didn't mean to. Using violence against women is a choice, not an instinct. Don't excuse people who choose to use violence.

Gender Inequality

Often there is a sentiment that gender inequality is just 'feminists making a big deal about nothing'. *It's all over dramatized.*

However, the fact is this is an issue for us all. Studies by the United Nations, European Commission, World Bank and World Health Organisation all note the underlying cause or necessary conditions for violence against women is the social context of gender inequality. It is not the only factor but it is an important factor that we can do something to reduce.

How do young people feel about the issue? National broadcaster Triple J asked 10,000 Australians between 18 – 29 years old about what mattered most to them in the 2016 election. The results were surprising. The biggest issue for listeners (62%) was gender equality. While not a strictly representative sample of the country's population, it is a sample of 10,000 young people - nothing to be sneezed at.

Problematic attitudes that need to be called out: 2 in 5 (40%) Australians believe many women exaggerate how unequally women are treated in Australia. Unfortunately, we are still working towards gender equality in Australia. We have a gender pay gap, men hold the majority of leadership positions and women still undertake the vast majority of unpaid caring work. In the private sector women represent only 17.1 % of CEOs and 26.8% of Directors.

Men: this is your issue too

Most men are not violent, in fact they are respectful members of our community; loving, caring and respectful partners, parents, brothers and colleagues. It is a minority of men who treat women and girls with contempt and violence, so the majority are in a position to create a culture in which this is unacceptable. Men are in a unique position to speak out and step in when male friends and relatives insult, abuse or attack women.

The reported statistics state that **95% of all victims of violence – whether women or men – experience violence from a male perpetrator**. Let us not let the minority rule our future. Regardless of gender, violence against anyone is unacceptable. Men and boys are victims too, bashed up, bullied and sexually assaulted, they are most at risk of violence from other boys and men.

It is time to challenge the cultural norms, attitudes and behaviours that ‘give licence’ to violence!

Far too often, the push for women’s rights has become synonymous with man hating. As Emma Watson (UN Womens Goodwill Ambassador) said: “This has to stop. For the record, feminism, by definition, is the belief that men & women should have equal rights and opportunities.” Gender equality is not a women’s issue, it is a human issue, and it affects us all.

“The problem with gender is that it prescribes how we should be rather than recognizing how we are. Imagine how much happier we would be, how much freer to be our true individual selves, if we didn’t have the weight of gender expectations.” Chimamanda Adichie

Responding to disclosure

People will confide in someone they trust. Providing a sensitive and supportive response to a disclosure validates the person’s experience and can impact their willingness to seek further help. However, it’s important to be aware of the responsibilities and limitations of your role.

The three most important things you can do are to:

- listen, without interruption or judgement
- believe and validate their experiences
- provide information that will support them to make their own choices (as much as possible) in what happens next.

You do not need to ‘fix’ the problem for them, give them solutions or provide counselling.

Do

- Actively listen, without interruption, giving the person time to share their experience.
- Show that you believe what they are saying to you.
- Affirm that they have done the right thing in disclosing their experience.
- Affirm the victim survivor is brave in being able to come forward.
- Emphasise that they are not to blame for their experience.
- Respect the victim survivor’s decisions – even if you don’t agree with them.
- Be honest and open about your skills and knowledge and the types of support you can provide.
- Provide information about specialist support services, in a way that is safe and supportive. Ask them if they would like some personal and/or professional support and whether they would like any help identifying particular services (this booklet should help).

- Keep the conversation confidential. The only exception is if you believe the person's safety is at immediate risk (call 000), or you become aware that a child's safety is at risk. It is important to recognise however, whether you are a professional service and have a responsibility for escalating an issue under the framework. In some cases, for example if you are a professional such as a teacher or doctor it may be mandatory for you to report this to relevant authorities.

Don't

- Try to find out details.
- Try to fix the situation for them.
- Suggest the situation is somewhat their fault – don't ask questions like 'why do you put up with it?' or 'how can you still stay with them?'
- Give advice or tell them what to do – it will reduce their confidence to make their own decisions.
- Judge or criticise their choice – even if you don't agree with it.
- Criticise the perpetrator – it may only make the victim survivor want to defend the perpetrator. Focus on criticising the abusive behaviour and let them know that no one should abuse them.
- Provide counselling – if you are not a counsellor or do not have specialist training in responding to family violence, be honest and open about that. Instead, you can provide information about referral pathways.

Examples of things you could say

These are some ideas. It is important you only say what you believe and use your own words:

- What has happened is not okay and is not your fault
- I'm glad you have told me
- No one should have to experience what you have been through
- Do you feel safe at the moment?
- I don't have specialist knowledge in helping people with experiences like yours, but I can give you the contact details of a specialist you could talk to if you want?
- It's up to you to choose what to do with this information, but I can give you the contact details of a specialist whom you can talk to if you need.

Self-care

Self-care is a priority and necessity – not a luxury. If you find yourself feeling down, depleted, or irritable you may need to take some time out. There are lots of ways you can do this.

- Reach out to someone. This could be family member, trusted friend or colleague, your manager, a counsellor or other support person. You could also speak to your GP about seeing a counsellor. You can also call Safe Steps, Victoria's family violence support service, which is available 24 hours a day. You can also call 1800RESPECT, which is the national domestic family and sexual violence counselling, information and support service.
- Find a way to escape physically and /or mentally e.g. Reading, days off, holidays, walks, nice bath, seeing friends.
- Rest – have some time with no goals, e.g. taking naps, watching clouds, lying on the beach.
- Play – have fun and do things that make you laugh e.g. playing with children and pets, creative activities, watching a favourite comedy, getting out into the garden

Responding to Disclosures virtual training – Safe and Equal offers a three-hour virtual interactive training focused on providing foundation knowledge in understanding family violence and responding to disclosures of family violence.

How to get involved during the 16 Days of Activism

Violence affects too many families in Victoria, and we all have a role to play in preventing violence in our community. We are seeking your involvement in the campaign by taking some small, simple actions to show your support.

Key Messages and # Tags for Social Media#putyourhandup: Ending family violence

Orange your social media, let your community know you are there for support, share support resources, information about available services. Social media can be used to drive behaviour change, promote respect and bystander action – all year. Many services and organisations will have social media campaigns during the 16 days of Activism so check them out and remember to share, we need to get those messages out there.

- #orangetheworld - orange is the globally identified colour to end violence.
- 16days – be part of a society based on equality and respect, support the 16 days of activism
- #callitout –we need all Victorians to challenge gender stereotypes, support gender equality and call out sexist attitudes and behaviour. Be a voice against violence – speak out if you hear excuses for violence or victim blaming.
- Identify and challenge behaviours that lead to violence.#respectis – to me respect is..... what does respect look like to you?
- #16dayscampaign - be part of a society based on equality and respect support the 16 days campaign.

Go Orange!

- Show your support for gender equality, respect and non-violence by wearing something orange or turning your home, community centre, work place or school orange. Can you meet our challenge of wearing something orange every day of the campaign?
- Encourage your family, friends, neighbours and work colleagues to do the same.
- Orange your social media accounts and websites.
- Join the Walk Against Family Violence on Friday 25 November to walk with victim-survivors of family violence and all forms of violence against women and raise awareness of this issue at the 14th Annual Walk Against Family Violence. Register at the link;
<https://walk.safesteps.org.au/>

Milpara's Community Art Installation – Come make flowers

As a bright and optimistic colour, Orange represents a future free from violence. To show our support for a future free from violence, we will be doing a street display of orange flowers and hands. We'd like to invite you to join us in creating orange flowers - because together we can help our community bloom.

Attend one of our workshops to create orange flowers or you are welcome to DIY (Do it Yourself). Pick up some orange plastic to create your own at a time that suits you. Deliver finished flowers & hands to Milpara by Nov 24. Please remember the flowers will be part of an outdoor display and need to be able to withstand outdoor conditions for the 16 days.

If you have crossed the line

There are services available if you have crossed the line or think you could. Remember it's never too late to get help. There is no shame in asking for help.

Men's Referral Service

1300 766 491 or website www.mrs.org.au The MRS telephone counselling service is for:

- men who might be using violent and controlling behaviour towards a partner or family member
- women wishing to find information about male family violence
- friends, family, or colleagues of people who are using or experiencing family violence.
- professionals wishing to support a male or female client using or experiencing family violence

Orange Door

If you need help to change your behaviour and stop using violence in your relationships. Orange Door are Family violence support and safety hubs 9 am – 5 pm Monday – Friday (closed public holidays) Services offered: Adults, children and young people's family violence services, Child and family services, Aboriginal services and Services for people who use violence.

1800 319 354 www.orangedoor.vic.gov.au

If you're experiencing domestic violence

Whether you decide to stay or leave, it is a good idea to speak to a family violence support worker to discuss a comprehensive safety plan and a way forward for your life – call Safe Steps Family Violence Response Centre 1800 015 188 for support or visit their website for safety plans:

<https://www.safesteps.org.au/our-services/services-for-women-children/safety-planning/>

- Talk to someone, you don't need to cope alone.
- Make contact with a family and domestic violence support service.
- Make a safety plan in case you have to escape quickly. Remember to pack:
 - important documents including bank account details, Medicare number, passport, immigration papers, driver's licence, tax file number, children's records, marriage certificate, birth certificates, address book
 - Emergency numbers – including domestic violence crisis services, friends and family
 - A bag of clothing and toiletries
 - A few of the children's toys and blankets
 - Other important items such as medication, prescriptions, car and house keys, credit cards and cash
- Know your rights. Get free legal advice from Women's Legal Service Victoria 1800 133 302 www.womenslegal.org.au
- Refer to our Useful Resources & Where to get Help section below:

Victoria Police now have a family violence Code of Practice. This means officers are obliged to take reports of family violence seriously and act to ensure your safety. The police have the power to search for and remove weapons, arrest and charge an offender, issue a Family Violence Safety Notice and apply for an intervention order on your behalf. Children are automatically included on their parent's intervention order.

You have a right to stay in your own home. Laws in Victoria now make it easier for your abusive partner or family member to be removed from the family home, so you can stay in your home safely.

[This information has been taken from the Information Booklet 'Family Violence: What you can do for yourself and your family' published by WIRE Women's Information. This is a fantastic publication and can be found on their website www.wire.org.au or call 1300 134 130.

<https://www.wire.org.au/family-violence-2/>]

Victims of Crime helpline: 1800 819 817

Where to get Help – Support Services

If you are in immediate danger call 000.

Safe Steps Family Violence Response Centre

Formerly Women's Domestic Violence Crisis Service of Victoria. Provides telephone crisis counselling, referral, information and support. 1800 015 188 www.safesteps.org.au

Orange Door – Inner Gippsland (Morwell & Warragul)

Family violence support and safety hubs 9 am – 5 pm Monday – Friday (closed public holidays)

Services offered: Adults, children and young people's family violence services, Child and family

services, Aboriginal services and Services for people who use violence. 1800 319 354
www.orangedoor.vic.gov.au

1800 RESPECT

1800RESPECT is the National Sexual Assault Domestic Family Violence Counselling Service. It is a confidential online and telephone counselling, information and referral service available 24 hours a day, 7 days a week, to assist people experiencing the effects of sexual assault, domestic or family violence. Available to men and women.

The telephone Translators and Interpreters Service (TIS National) is available free of charge. To arrange for an interpreter, call 1800RESPECT on 1800 737 732 and ask for an interpreter and the counsellor will make the arrangements. Or call TIS on 131 450 and ask them to contact 1800RESPECT on 1800 737 732.

Men's Referral Service

The Men's Referral Service provides telephone counselling and referrals for Australian men impacted by family violence.

If you are a victim of violence from a partner or family member, or your behaviour has brought you into contact with the police or courts and you're facing issues such as an intervention order, anger management, access or custody issues or you would like to change your behaviour it's time you gave MRS a call. Call 1300 766 491 or visit the website on www.mrs.org.au

The Men's Referral Service (MRS) offers anonymous and confidential telephone counselling, information and referrals to help men stop using violent and controlling behaviour.

Life Line

Crisis Support. Suicide Prevention. www.lifeline.org.au 13 11 14

Lifeline is a national charity providing all Australians experiencing a personal crisis with access to 24 hour crisis support and suicide prevention services.

Mensline

1300 78 99 78. Men's Help Line Australia offers 24/7 professional, non-judgemental and anonymous support for any family violence concern.

They offer anger management and behavioural change programs by telephone along with a call back service which can help provide professional, ongoing support.

Specialist support services

Djirra Aboriginal Family Violence Prevention and Legal Services Djirra is a culturally safe place where culture is celebrated, and practical support is available. 1800 105 303 www.djirra.org.au

Elizabeth Morgan House Aboriginal Women's Service provides culturally safe, holistic case management and support. EMH is open 24/7, 03 9403 9400 www.emhaws.org.au

Rainbow Door A free specialist LGBTIQ+ helpline providing information, support and referral to all LGBTIQ+ Victorians, their friends and family during the COVID-19 pandemic and beyond. 1800 729 367 www.rainbowdoor.org.au

QLife (3pm to midnight, every day) provides Australia-wide anonymous, LGBTI peer support and referral for people wanting to talk about a range of issues including sexuality, identity, gender, bodies, feelings or relationships. Phone: 1800 184 527 or webchat. <https://qlife.org.au/>

Seniors Rights Victoria provides information and advice to help prevent elder abuse and safeguard the rights of older people. 1300 368 821 www.seniorsrights.org.au

1800 ELDERHelp (1800 353 374) is a free call phone number that automatically redirects callers seeking information and advice on elder abuse with the existing phone line service in their jurisdiction.

Elder abuse phone lines are not crisis support services, and operating hours and services vary across jurisdictions.

InTouch Multicultural Centre Against Family Violence Specialist family violence service that works with multicultural women, their families and their communities 1800 755 988 www.intouch.org.au

Other Service and Information

Victorian Legal Aid

1300 792 387 / (03) 9269 0120 <https://www.legalaid.vic.gov.au/>

White Ribbon Australia

White Ribbon is the world's largest movement of men and boys working to end men's violence against women and girls, promote gender equality, healthy relationships and a new vision of masculinity. www.whiteribbon.org.au

White Ribbon Australia has a variety of Fact Sheets on their website including:

- Origins of the Campaign
- The positive roles men can play
- Family and domestic violence
- Sexual Harassment
- Other forms of violence
- Myths and misconceptions
- Responding to disclosures of violence
- Responding to challenging or difficult statements
- What is primary prevention?
- Offering support and taking action

WIRE (Women's Information and Referral Exchange)

Free support, referrals & information on any issue for women, non-binary & gender diverse people in Victoria, no matter what the issue. Wire have a fantastic website www.wire.org.au and help line 1300 134 130. You can talk to WIRE about anything, use their Women's Information Centre and join their programs and events.

On the website you will find a variety of resources including downloadable booklets under a variety of categories including: Family Violence, Legal Advice, Financial Wellness, Relationships, Housing, Migration, Health and Wellbeing, Parenting & Families, Employment and Gender & Sexuality.

Women's Legal Service Victoria

Women's Legal Service Victoria is a not for profit organisation which has been providing free legal services to women since 1982. They work with and for women experiencing particular disadvantage, to address legal issues arising from relationship breakdown or violence.

1800 133 302/ (03) 8622 0600 www.womenslegal.org.au

The Victims of Crime Helpline The official Victorian Government service offering free information and support for people affected by crime 1800 819 817

Safe and Equal

Safe and Equal is the peak body for specialist family violence services that provide support to victim survivors in Victoria. <https://safeandequal.org.au/>

Kids Helpline is Australia's only free, private and confidential, phone counselling service specifically for young people aged between 5 and 25. The site has helpful tips and information. Phone, email and Webchat counselling. Information for parents.

www.kidshelpline.com.au 1800 55 1800

NAPCAN (National Association for Prevention of Child Abuse and Neglect) (02) 80733300

www.napcan.org.au Click on the Urgent Help icon for a list of useful resources.

Orange Beacon Dedicated family violence service provider, offering safety and security services.

(03) 510 5720, info@orangebeacon.com.au, orangebeacon.com.au

Government services

Centrelink Crisis Payment Family & Parenting Payments 136 150

Child Support Info Service 131 107

Money Smart Free and impartial financial guidance and tools you can trust

www.moneysmart.gov.au

<https://www.moneysmart.gov.au/managing-your-money/managing-debts/trouble-with-debt/urgent-money-help#support>

Daisy

What is Daisy? Violence against women is unacceptable. Daisy is an app that connects women around Australia to services providing support for people impacted by sexual assault, family violence and domestic violence. Family members and friends can also use Daisy to gather information and support women's decision making.

Daisy can link you up with a service phone number, be used to search the internet for more information and let you know what to expect when contacting a service.

Download Daisy from Google Play or App Store



Local Publications

The South Gippsland and Bass Coast Shire Councils with South Coast Primary & Community Partnership have produced a fantastic booklet of local health services and supports. It is available online and in printed format.

Community Guide to local health services and supports. The document will be updated periodically and readily accessible online at www.basscoast.vic.gov.au, www.southgippsland.vic.gov.au and www.southcoastpcp.org.au.

Here is a link to the online [Community Guide to Local Health Services and Supports – Bass Coast and South Gippsland Second edition](#).

Let's Bring About Change: We can make a difference