

ORANGE THE WORLD

Victoria Against Violence
#UniteAndChange #VICforWomen



Disclaimer

The content of this 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 ensure people are aware and know where to find assistance if the need arises. The booklet contains information collated from a variety of sources and we have endeavoured to ensure all information is accurate.

Victoria Against Violence Campaign

16 Days of Activism 25 November – 10 December

Treating women with respect and ending family violence is every Victorian's responsibility.

2016 marks the second anniversary of the Victoria Against Violence 16 Days of Activism campaign. Milpara is joining the campaign and would like to invite the community of Korumburra to join us to 'Orange the World' to show support, raise awareness and prevent violence.

The 16 days commences on 25 November with International Day for the Elimination of Violence against Women, and also White Ribbon Day. It concludes on December 10, International Human Rights Day.

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.

#UniteAndChange: wear and display **Orange** to show your support for ending family and gender violence.

The campaign is timed to coincide with the United Nations 16 Days of Activism against gender violence. Show your support for gender equality, respect and non-violence by wearing something orange or turning your home, community centre, workplace or school orange.

Key Messages

Show your support for Victoria Against Violence – wear and display orange during the 16 Days of Activism.

Victoria Against Violence is a 16–day, community-based, government supported education and awareness initiative about family and gender violence.

Take Action, Go Orange. "Orange your neighbourhood" during the 16 Days of Activism – reach out to your neighbours and local community and get involved.

Unite to end family violence. Be a voice against violence – speak out if you hear excuses against violence or victim blaming.

Gender inequality is internationally recognised as a key underpinning driver of violence against women. Help make gender inequality and disrespectful behaviour unacceptable.

We need all Victorians to challenge gender stereotypes, support gender equality and call out sexist attitudes and behaviour.

Be part of a society based on equality and respect.

Take action to end family violence.

Everyone has a role to play in preventing family violence – individuals, schools, workplaces, churches, sporting clubs and government. Visit www.vic.gov.au/victoriaagainstviolence to see how you can get involved, or to find or host an orange event in your community.

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.

[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 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 year ending June 2016, the number of family violence incidents went up by 10.0% to 78,012
- For the year July 2015 – June 2016, the number of females affected by family incidents was 3x the number of males affected
- More than 74% of women with a disability have been victims of violent sexual encounters at some point in their lives
- Women with disabilities are 40% more likely to be the victims of domestic violence than women without disabilities
- Over 500,000 women have reported that their children have seen or heard partner violence
- 1 in 4 women have experienced violence

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.

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

From a certain demographic: Abusers are represented in all occupations and social classes. Violence against women occurs across all religious beliefs, level of education, sexual orientation, cultural/ethnic background and community position. 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. An abuser 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. Perpetrator 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 that threats may be carried out
- Still love partner and hope for change
- Worry about the children's wellbeing and safety
- Lost confidence in their own judgement and feel 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!

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

Violence is the biggest cause of injury or death for women between 18 – 45 years. 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.

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 in 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 recently asked 10,000 Australians between 18 – 29 years old about what mattered most to them in the upcoming 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 of 10,000 young people - nothing to be sneezed at.

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, 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.

Statistically, **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". 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

Orange Your Social Media

You can change your social media (Twitter and Facebook) to have an orange filter like the one shown. Simply follow the prompts from this link.

<http://twibbon.com/support/end-violence-against-women-8>

You may find it doesn't automatically change your profile picture to include the filter. Your photo with the filter will show up in your photo's on Facebook simply click on the photo and then set it as your profile picture.



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, and
- professionals wishing to support a male or female client using or experiencing family violence.

1800 MYLINE (1800 695 463) is available to help young men and women who are concerned about their own behaviour. Qualified and experience counsellors can provide information and refer young people to services available in their local area.

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 telephone anger management and behavioural change programs alongside a call back service, which can help provide professional ongoing support.

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

www.safesteps.org.au/your-safety/#SafetyPlanning.

- Talk to someone, don't not try coping 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 can you 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/>]

Useful Resources & Where to get help

If you are in immediate danger call 000.

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.

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

Daisy

What is Daisy? Violence against women is unacceptable. Daisy is an app that connects women around Australia to services.

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. Family members and friends can use Daisy to gather information and support a loved one's decision making.

Download Daisy from Google Play or App Store



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, behaviour change, anger management, access or custody, 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.

Safe Steps Family Violence Response Centre

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

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.

Victorian Legal Aid

1300 792 387 / (03) 9269 0120 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 the 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 (Womens Information and Referral Exchange)

A free service for all Victorian women 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 and information under the following headings:

Relationships

- Separation & property
- Money problems with your partner
- Looking past a housing crisis
- Young people using violence in the home
- Women's financial empowerment
- Family Violence
- Leaving a relationship

Legal

- Separation and property
- Leaving a relationship
- Money problems with your partner
- Stalking

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Violence Against Women

- Family Violence
- Money problems with your partner
- Sexual assault
- Stalking
- Young people using violence in the home

Money

- Women's financial empowerment
- Separation and property
- Money problems with your partner
- Family Violence
- Leaving a relationship

You can also find a copy of their fantastic publication Family violence: What you can do for yourself and your family. <https://www.wire.org.au/family-violence-2/>

Womens 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

What about the kids?

Safe at Home: Is this affecting my kids?

www.safeathome.org.au/what-is-family-violence/is-this-affecting-my-kids/

Safe Steps Violence Response Centre: Children witnessing violence

www.safesteps.org.au/children-and-youth/#ChildrenWitnessViolence

Domestic Violence Resource Centre Victoria: For mothers

www.dvrcv.org.au/help-advice/mothers

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

Government services

Centrelink Crisis Payment www.humanservices.gov.au/customer/services/centrelink/crisis-payment
Family & Parenting Payments 136 150

Department of Human Services Disability Family Violence Liaison Officer (03) 9843 6304

Child Support Info Service 131 107, <https://www.humanservices.gov.au/customer/themes/child-support-and-separated-parents>

Specialist support services

Aboriginal Family Violence Prevention & Legal Service 1800 105 303 www.fvpls.org

Gay and Lesbian Health Victoria Promoting the health and wellbeing of LGBTI Victorians with online resources www.glhv.org.au

Seniors Rights Victoria For help with elder abuse 1300 368 821 www.seniorsrights.org.au

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>

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