# **Preventing Violence Together**

## What is Family and Domestic Violence?

- Family and domestic violence (FDV) is when one person uses power and control over another in a relationship.
- It's not always physical. It can involve behaviour that makes you feel scared, threatened or takes away your choices.
- 1 in 3 women has experienced physical and/or sexual violence perpetrated by a man they know.





## What does 'Primary Prevention' mean?

- Primary prevention means working together to **stop family and domestic violence before it starts**.
- It's about creating places where everyone **feels safe**, has **equal rights** and is **treated with respect**.
- We do this by **challenging attitudes and behaviours** that make violence more likely —
  like disrespect towards women, rigid gender
  stereotypes or thinking violence is "just normal".



What is my role in creating safe communities?

Family and domestic violence doesn't just happen.

There are four key drivers that make family and domestic violence more likely.

Understanding them can help remove them.

1.

Violence being normalised or excused.

2.

Women having limited choices and freedom.

3.

People being limited by gender stereotypes.

4

Men feeling pressure to act aggressive and dominant.

We all play a part in creating a safe community where family and domestic violence has no place.

You don't need to be an expert to make a difference.



When we listen, learn and speak up for fairness, we help build a safer future for everyone.

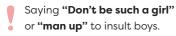


# Everyday examples of playing your part to prevent violence:

### Harmful behaviour:

### Why it's harmful:

#### What I can do:





**Value women** and encourage boys to share feelings too.

Congratulating boys for sexual behaviour and shaming girls for the same.

Creates double standards that normalise inequality. Talk about **respect**, **consent and equality** in sexual relationships.

Asking 'why didn't she leave?'
when a woman experiences
domestic violence.

Puts the **responsibility on the victim** to stop the violence.

Hold people who use violence **accountable** for their behaviour.

Male sports teams getting more funding and attention than female sports teams.

Sends a message that **men are more important** than women.

**Support women**'s sport and ask for fair funding.

**Ignoring or excusing** male violence in public.

Sends a message that violence is normal or acceptable.

Report unsafe behaviour.

**Jokes** about domestic violence or "nagging wives" go **unchallenged**.

Normalises disrespect towards women.

**Speak up**: "That joke isn't respectful" or just don't laugh along.

Women being expected to take notes in meetings and plan staff birthdays.

Reinforces idea that admin and caring roles are "women's work"

Share jobs **fairly**, no matter someone's gender

Senior **leadership** and decision makers being **mostly men**.

Keeps power in male hands and limits women's opportunities.

Create **pathways for women** into senior leadership roles



Visit <u>Yourtoolkit.com</u> if you're experiencing family and domestic violence



To learn more about preventing violence

