

# 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:



Saying **"Don't be such a girl"** or **"man up"** to insult boys.



Sends a message that being a woman or **showing emotion is weak**.



**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 [Yourtoolkit.com](https://yourtoolkit.com) if you're experiencing family and domestic violence



To learn more about preventing violence visit [PVT.org.au/primary-prevention](https://pvt.org.au/primary-prevention)

