



1. The White Ribbon Campaign

The *White Ribbon Campaign* is the first male led campaign to end violence against women in the world. We encourage men to take a stand and say that violence, in any form, is never acceptable.

The White Ribbon Campaign represents the convergence of two global campaigns focused on violence against women.

Origins

In 1991, on the second anniversary of the massacre of 14 women by a lone gunman in Montreal, Canada, a handful of Canadian men initiated a White Ribbon campaign to urge men to speak out against violence against women. Wearing a white ribbon, particularly in the weeks leading up to the anniversary of the women's deaths, represented men's public pledge never to commit, condone or remain silent about violence against women. That first effort achieved the distribution of 100,000 white ribbons to men across Canada, and promoted widespread community discussion about violence in personal relationships.

The White Ribbon Campaign has spread to countries on every continent, and commences each year on 25 November, the International Day for the Elimination of Violence Against Women.

In December 1999, the 54th session of the United Nations General Assembly adopted Resolution 54/134 declaring 25 November the International Day for the Elimination of Violence Against Women. (See www.unifem.org/campaigns/november25/)

As the United Nations General Assembly had resolved six years earlier, "*violence against women constitutes a violation of the rights and freedoms of women ... there is a need for a clear and comprehensive definition of violence against women, a clear statement of the rights to be applied to ensure the elimination of all violence against women in all its forms, a commitment by States ... and a commitment by the international*

community at large to the elimination of violence against women"

Kofi Annan stated in March 1999, "Violence against women is perhaps the most shameful human rights violation. And it is perhaps the most pervasive. It knows no boundaries of geography, culture, or wealth. As long as it continues, we cannot claim to be making real progress towards equality, development and peace."

The origins of 25 November as the International Day go back to 1960, when the three Mirabal sisters from the Dominican Republic were killed for their political activism. The sisters, known as the 'Unforgettable Butterflies', became a symbol of the crisis of violence against women in Latin America. November 25th was the date chosen to commemorate their lives and promote global recognition of gender violence.

November 25th marks both the International Day for the Elimination of Violence Against Women and White Ribbon Day, the first day of the White Ribbon Campaign.

Why wear a white ribbon?

Wearing a white ribbon is a personal pledge that the wearer does not condone violence against women, and is committed to supporting community action to stop violence by men against women.

Men who wear a white ribbon demonstrate their opposition to violence against women and their commitment to equality between women and men. Men of all ages, from all workplaces, of all political affiliations and of all racial, ethnic, cultural and religious backgrounds, sexual orientation and physical ability are needed to help establish community leadership to stop violence against women.



2. What can you do

Wear a White Ribbon

The **simplest thing** you can do is to wear a white ribbon on 25 November and for the weeks leading up to the day. Wearing a white ribbon is a personal pledge that the wearer does not condone violence against women, and is committed to supporting community action to stop violence by men against women.

Men who wear a white ribbon demonstrate their opposition to violence against women and their commitment to equality between women and men.

Contact and recruit

If you want to get more involved, consider contacting and recruiting other people and organisations to also wear a white ribbon during the campaign. Ask your friends, relatives, work mates, and others – especially men – to show their support. Ask colleagues and acquaintances to spread the word and recruit men in their organisations to wear the white ribbon on 25 November, and to participate in community promotions and events before and on the day.

Some ideas about organisations you might approach include:

- a) men's and young men's organisations, including sports organisations such as football, rugby and cricket clubs, swimming and athletics, Scouts and Rovers;
- b) service clubs such as Lions and Rotary;
- c) relevant or interested businesses and industries – such as hospitality and food retail services that employ young men and women, legal firms with young law graduates or partners, and so on;
- d) police officers in your area;
- e) men and women in media and show business, especially younger people.

Plan and Host a White Ribbon Day guest promotion or event

On or before the day consider the following activities:

- a) host a breakfast meeting, after business hours social hour, or a 'BYO' lunch meeting.

- b) invite all the recruited women and men to attend, and to bring a male colleague as a White Ribbon guest.

- c) invite a recruited male speaker (from among the many male Ambassadors for the campaign) to give a 3 minute talk on how men benefit from taking part in White Ribbon Day annually and to accept a ribbon from the host of the event.

Promote Public Interest

- a) recruit businesses and other organisations to implement an e-ribbon campaign before or on 25 November by circulating the e-ribbon on their business intranet

- b) sell white ribbons to every contacted and recruited individual and organisation

- c) help to distribute white ribbons as widely as possible to regular meetings you attend and to contacted and recruited organisations, businesses and workplaces.

Other Suggestions

- a) run a poster competition

- b) volunteer for a radio interview

- c) do a presentation in your workplace

- d) talk to your friends and family and give them copies of the



3. The positive roles that men can play

“Violence against women will only cease when men join with women to put an end to it.”

Men have a crucial role to play in stopping rape and violence.

Most men do not commit violence against women. Most men know that rape and sexual assault are wrong. But we have done little to reduce physical and sexual assault in our lives, families and communities. Too many men believe the common myths about violence. Too many have ignored women’s fears and concerns about their safety. And sometimes we have been violent ourselves.

There is much that men can do to help stop rape, domestic violence, and other forms of violence.

Violence against women will only stop when men join with women to put an end to it. And both men and women will benefit from a world free of violence.

Most men

Most men do not use violence. But when violence occurs, it is mostly males who do it. Why?

Men’s monopoly of violence is the product of traditional gender roles and gender inequalities. In Australia, some men learn such qualities as aggressiveness, control, a sense of entitlement to power, and emotional callousness, as well as a series of myths that justify men’s violence and men’s power. These include the myth that women say “no” and mean “yes”, that women lie about being raped, and that women provoke violence. Far too many men in the community still hold onto these myths. Men with sexist, rigid, and hostile attitudes towards women are more likely to use violence against them.

Traditional models of male sexuality presented to men contribute to sexual violence. Men often learn that we should always take the initiative in sex, be in control, prove our virility, and see ‘how far we can get’. Sometimes men don’t listen to women, and we either don’t recognise or choose to ignore women’s refusals, discomfort, pain and fear. Some men learn to treat women as objects. We confuse sex and intimacy, trying to get all our emotional needs for closeness and support met through sex.

Rape and domestic violence also are the product of sexism and power inequalities. Sexism (a

belief in male superiority) and patterns of male power encourage men’s violence against women. This violence is a threat to women’s mobility, self-esteem and everyday safety.

Violence against women also is shaped by poverty and community disintegration, alcoholism and drug abuse, and mental illness.

The good news is that most boys and men are not violent. Many men have loving and respectful relations with women. And most men share the belief that physical or sexual violence against women is never acceptable. But violence-supportive attitudes and inequalities are still common and some men do act on them.

Violence against men

Males too are often the victims of violence. While boys and men are the large majority of perpetrators of violence, boys and men often are also the victims. Males are bashed up, bullied and sexually assaulted. Boys and men are most at risk of violence from other boys and men.

Ending violence to girls and women and ending violence to boys and men are part of the same struggle — to create a world based on equality, justice and non-violence.

Men will benefit

In campaigning against violence done to women, it is important to remind ourselves of what we are standing for: we want friendships and relationships which are fair, empowering and peaceful; we want sexual lives based on consent, safety, and mutual pleasure; and we want girls and women to grow up free from the threat of violence.

Men have much to gain from ending violence. In our relations with women, instead of experiencing distrust and disconnection, we may find closeness and connection. The girls and women we love will lead safer, freer lives. No longer will men be viewed with fear or suspicion because of the threat posed by a minority. Men’s sexual lives will be more pleasurable and mutual, rather than driven, obsessive and predatory. And boys and men ourselves will be free from the threat of assault.



4. What men can do

Ten Practical Things

The following is a list of practical things men can do to help end violence against women.ⁱ

1. Listen to women... learn from women

The path starts with listening. Who knows better about violence against women than women who experience it? Learn about violence by asking a woman who trusts you how violence has affected her life. Then, if she feels comfortable to talk, sit back and listen.

2. Learn about the problem

The basic rights that most men enjoy – safety in their homes, ability to go out at night, a job free of harassment – are a source of fear for women in much of the world. The fear is greatest in women's own homes. A common myth is that most violence is committed by strangers. In fact, women are most at risk from men they know – husbands, boyfriends, fathers, relatives, employers, and caregivers

3. Learn why some men are violent

Men are not naturally violent. There have been societies with little or no violence. Studies over the past century have found that half of the tribal societies studied had little or no violence against women, against children, or among men. Furthermore, even today, in many countries the majority of men are not physically violent. Violence is something that *some* men learn. Men's violence is a result of the way many men learn to express their masculinity in relationships with women, children, and other men.

4. Wear a white ribbon

Change will occur if we each accept personal responsibility to make sure it happens. As men who care about the women in our lives, we can take responsibility to help ensure that women live free from fear and violence. Each year men around the world are wearing a white ribbon up to and on 25 November, the International Day for the Elimination of Violence Against Women. Wearing a white ribbon is your personal pledge never to commit violence against women.

5. Challenge sexist language and jokes that degrade women

Sexist jokes and language help create a climate where forms of violence and abuse have too long been accepted. Words that degrade women

reflect a society that has historically placed women in a second class position. One of the most difficult things for men is to learn to challenge other men.

6. Learn to identify and oppose sexual harassment and violence in your workplace, school, and family

Sexual harassment refers to unwanted sexual advances or sexually oriented remarks or behaviour that are unwelcome by another person. Flirting and joking are fine if they are both consensual and wanted.

7. Support local women's programs

Around the world, dedicated women have created support services for women who are survivors of men's violence: safe houses for battered women, rape crisis centres, counseling services, and legal aid clinics. Women escaping violent situations depend on these services. These and other women's organisations deserve men's support and our financial backing. That's why we encourage local White Ribbon Campaigns to raise money for local women's programs.

8. Examine how your own behaviour might contribute to the problem

If you've ever been physically violent against a woman, if you've committed sexual assault, if you've hit, pushed, threatened, kicked your spouse or girlfriend, then you have been part of the problem. If this happened long ago, admit what you did was wrong and make amends if possible. But if such behaviour has any chance of continuing, then you urgently need to get help getting to the root of your problem. Don't wait until it happens again. Please act today.

9. Work towards long-term solutions

Ending violence against women won't happen overnight. Real solutions are truly long-term solutions. Changes in attitude, behaviour, and institutions take time. We must look at how we raise future generations. We must teach our children, by example, that all forms of violence are unacceptable, and that for boys to become men, they do not need to control or dominate women, men, or children.

10. Get involved with the White Ribbon Campaign's educational efforts

The White Ribbon Campaign is the largest effort in the world of men working to end men's violence against women. It is a grass-roots effort, relying mainly on volunteers. It needs your support.

Thirteen Steps Men Can Take to Prevent Sexual Violence

The following focuses on the steps men can take to ensure non-violence and sexual consent in their own lives.

1. Think about the sex you have with your partner, or in one-night stands. Make sure you always have consenting sex. Don't pressure a woman into having sex. Realise that your strength, size, social role, and age are all factors that can contribute to a woman's feeling of powerlessness against your pressure for sex. Don't guilt-trip your partner, expect sex in return for buying dinner, or blackmail your partner with threats about leaving the relationship.
2. Take no for an answer. The assumption that women say "no" when they really mean "maybe" or "yes" is just that, an assumption. Do not ignore a woman if she says "no" or seems resistant in any way. If she really means "yes" then it's up to her to communicate her consent. Your partner should always have the right to say no, regardless of your previous sexual relations. And silence doesn't mean consent.
3. Talk about sex. If you are unsure what a partner wants, ask. Say what you want to do and make sure your partner wants to do it too. Discussing mutual expectations and clarifying mixed messages eliminates confusion and greatly reduces the risk of sexual assault. If you are unsure about how your partner is feeling, you could ask, "Is this comfortable?" or "Are you feeling OK about this?"
4. It's never OK to use force or coercion. Don't assume that because a woman wears a sexy dress or flirts, she wants to engage in sexual activity. Realise that women don't provoke rape by their appearance or by agreeing to go to a man's room or house. The person responsible for the rape is the person who uses force or pressure.
5. Take responsibility for your sexuality. Don't assume that if you are being sexual with a person on one level, you can automatically start being sexual on other levels. Kissing doesn't mean that intercourse comes next.

6. Avoid excessive use of alcohol or other drugs. These substances may make you aggressive and impair your ability to think clearly or communicate effectively. Being under the influence of alcohol or drugs is not a defence against criminal behaviour, and rape is a criminal act.

7. Understand how sexual stereotypes influence attitudes and behaviours. Social roles and expectations may affect a man's decisions about sex. Some men feel pressured by their peers to have sexual intercourse. Men are also taught that expressing feelings is not why you want to have sex. Learning how to express your feelings directly and in non-violent ways can help you create deeper and more meaningful relationships. You don't have to prove yourself.

8. Don't engage in any form of sexual harassment, such as wolf-whistling or unwanted touching. Women aren't public property, available for our intrusions. Neither are men.

9. Develop an awareness of the cultural supports for violence against women. Inform yourself and develop the ability to recognise the myths. When you see sex without consent on TV or in a film, remind yourself that it is rape.

10. Talk to other men about sexual assault. Start by mentioning something you read, a conversation you had or something you've been thinking about.

11. Believe people when they tell you they've been raped or harassed or that they know someone who's been raped or harassed. Support what they say about it. Don't ask, "What were you wearing?"

12. Don't assume that women want or need your 'protection.' But support them if they ask, with actions such as walking a woman to her car. If a woman is walking in front of you along a dark street, give her a lot of room or cross to the other side of the road.

13. Take action if you see violence happening. Intervene or call the police—do something to stop the incident. Get involved in local efforts to end sexual assault. Wherever you work and live, on the street and in your community, do what you can to end sexual assault and harassment.

ⁱ From *The White Ribbon Campaign: Breaking Men's Silence To End Men's Violence Statement of Principles* www.whiteribbon.com viewed September 2004



5. What is Violence Against Women?

The United Nations Declaration on the Elimination of Violence against Women defines violence against women as:

“any act of gender-based violence that results in, or is likely to result in, physical, sexual or psychological harm or suffering to women including threats of such acts, coercion or arbitrary deprivations of liberty, whether occurring in public or private life.”ⁱ

In simple terms, violence against women is violence *“directed against a woman because she is a woman or that affects a woman disproportionately”ⁱ*.

There are many kinds of and names for violence against women:

- domestic violence, family violence, wife-battering, intimate violence, intimate homicide, femicide
- sexual violence, sexual assault, rape, marital rape, gang rape, date rape, acquaintance rape, indecent assault, sexual harassment, sex-based harassment
- child abuse, child sexual abuse, paedophilia, incest
- homophobic violence, hate crime, lesbian-bashing, elder abuse
- genital mutilation
- enforced prostitution
- enforced sterilisation, enforced abortion, killing of unwanted female babies, enforced motherhoodⁱⁱ

The extent of violence against women

Violence affects many women, of all ages and backgrounds. The most recent Australian data come from the national Personal Safety Survey (PSS) ¹ conducted by the Australian Bureau of Statistics during August to December 2005. The survey of 16,500 Australian adults by the Australian Bureau of

Statistics in 2006 found that one in 20 women (5.8%), or over 440,000 women, were the victims of violence in the 12 months prior to the survey.

Of these women:

¹ Funding for the women's component of the 2005 Personal Safety survey is provided through the National Initiative to Combat Sexual Assault and Partnerships Against Domestic Violence - Australian Government initiatives administered by the Office for Women (OfW). The male component was funded by the ABS. The survey provides an extensive range of data.

- 4.7% (363,000 women) experienced physical violence (including physical assault, attempted assault, or the threat of assault).
- 1.6% (126,100 women) experienced sexual violence (including sexual assault, attempted assault, or the threat of assault). Over two-thirds (39.9%) of Australian women report experiencing at least one incident of physical or sexual violence since the age of 15.

The survey found that 40 percent of women have experienced at least one incident of violence since they were aged 15. As well:

- an estimated 779,520 women (10%) have been physically abused before the age of fifteen,
- 956,602 women (12%) have been sexually abused before the age of fifteen,
- 29% of women (2, 243, 600) have experienced physical assault after the age of 15, and 17% (1, 293, 100) have experienced sexual assault.

Significantly, the survey found that women who have been sexually or physically abused as children are approximately twice as likely to experience partner violence later in life.

Women are most likely to be physically or sexually assaulted by a man who is known to them:

- One third (34.3%) of women who reported physical assault by a man in the 12 months prior to the survey were assaulted by a male family member or friend,
- 37.8% of women reported assault by a male current or ex-partner.
- In 78.2% of incidents of sexual assault against women, the perpetrator was known to the victim.

The majority of violence against women occurs in their own homes. Of those women physically

assaulted by a man in the 12 months prior to the survey, 64% said it had occurred in a home.

A national survey of 6,600 women by the Australian Institute of Criminology in 2004 found that in the past 12 months, ten per cent of Australian women experienced at least one incident of physical and/or sexual violence by a man. And, over their lifetime, 57 per cent of women reported experiencing at least one incident of physical or sexual violence. Of these women aged 18 to 69, just under half had experienced physical violence, and one-third had experienced sexual violence.

Similar findings come from an earlier national survey in 1996 by the Australian Bureau of Statistics. These and other surveys consistently find that anywhere from one-quarter to one-third, and even up to one-half, of Australian women will experience physical or sexual violence by a man at some point in their lives. (See Fact Sheet 9, Facts and Stats, for more.)

The impact of violence

Violence has a profound and damaging impact on its victims and on the community as a whole. When women are physically assaulted by male partners or ex-partners, or forced into sex, or constantly threatened and abused, this leaves deep physical, and psychological, scars.

A study by VicHealth in 2004 found that, among women under 45, intimate partner violence contributes more to their poor health, disability, and death than any other risk factor, including obesity and smoking.ⁱⁱⁱ If we want to focus on the economic cost, Access Economics estimated in a 2004 report that the total annual cost of domestic violence is \$8.1 billion, in terms of costs to the victim, others affected by the violence, and the community.^{iv}

Violence against women has long-term effects on men's and women's relationships, on their children, and on communities.

What about violence against men?

While this campaign focuses on violence against women, it is important to acknowledge that men too are often the victims of violence. Many of the victims of murder, manslaughter, and serious physical assaults are male.

Men are much less likely than women to be subject to violent incidents in the home and are more likely to be assaulted in public places. Violence against men is far more likely to be by strangers and far less likely to involve partners or ex-partners. Of all the violence men experience, far less is represented by domestic violence (less than 1 percent, versus one-third of violent

incidents against women).^v Boys and men are most at risk of physical harm, injury and death from other boys and men, but small numbers are subject to violence by women.

This kit focuses on the prevention of violence against women and takes for granted that all forms of violence are unacceptable and supports efforts to end.

ⁱ General Assembly Resolution 48/104 (20 Dec 1993: 2)

ⁱⁱ Amnesty International 2004. *It's in our Hands – Stop Violence Against Women*: 4

ⁱⁱⁱ Excerpt from Notes to accompany the presentation: Flood, M (2002) *Involving Men in Ending Family Violence*. Paper to Unraveling the Complexities of Family Violence: A Holistic Approach, Coffs Harbour, 7–8 March.

^{iv} VicHealth (2004) *The Health Costs of Violence: Measuring the burden of disease caused by intimate partner violence*. Melbourne: VicHealth.

^v Access Economics (2004) *The Cost of Domestic Violence to the Australian Economy*. Canberra: Office of the Status of Women, Australian Government.

^v Ferrante, A., F. Morgan, D. Indermaur, and R. Harding (1996) *Measuring the Extent of Domestic Violence*. Perth: Hawkins Press.



6. Family and Domestic Violence

Domestic violence is a widespread though often hidden problem across Australia. It occurs in all parts of society, regardless of geographic location, socio-economic status, age, cultural and ethnic background, or religious belief, and its often devastating effects – psychological, social and economic, short-term and long-term – rebound on families, children, and the community as a whole.

What is domestic violence?

Domestic violence is an abuse of power perpetrated mainly (but not only) by men against women in a relationship or after separation. It occurs when one partner attempts physically or psychologically to dominate and control the other. Domestic violence takes a number of forms. The most commonly acknowledged forms are physical and sexual violence, threats and intimidation, emotional and social abuse and economic deprivation. Many forms of domestic violence are against the law. For many Indigenous people the term family violence is preferred as it encompasses all forms of violence in intimate, family and other relationships of mutual obligation and support.

(Partnerships Against Domestic Violence)

Domestic violence is the patterned and repeated use of coercive and controlling behavior to limit, direct, and shape a partner's thoughts, feelings and actions. An array of power and control tactics is used along a continuum in concert with one another.

(Almeida & Durkin 1999, p. 313)

Domestic violence is generally understood as gendered violence, and is an abuse of power within a relationship (heterosexual or homosexual) or after separation. In the large majority of cases the offender is male and the victim female.

Children and young people are profoundly affected by domestic violence, both as witnesses and as victims, and there has been growing recognition and concern about this in recent years.

Many Aboriginal and Torres Strait Islander communities prefer the term 'family violence'. 'Family' covers a diverse range of ties of mutual obligation and support, and perpetrators and victims of family violence can include, for example, aunts, uncles, cousins and children of previous relationships.

Domestic or family violence may involve a wide range of behaviours, including:

- **physical abuse** – including direct assaults on the body, use of weapons, driving dangerously, destruction of property, abuse of pets in front of family members, assault of children, locking the victim out of the house, and sleep deprivation;
- **sexual abuse** – any form of forced sex or sexual degradation, such as sexual activity without consent, causing pain during sex, assaulting genitals, coercive sex without protection against pregnancy or sexually transmitted disease, making the victim perform sexual acts unwillingly, criticising, or using sexually degrading insults;
- **verbal abuse** – continual 'put downs' and humiliation, either privately or publicly, with attacks following clear themes that focus on intelligence, sexuality, body image and capacity as a parent and spouse;
- **emotional abuse** – blaming the victim for all problems in the relationship, constantly comparing the victim with others to undermine self-esteem and self-worth, sporadic sulking, withdrawing all interest and engagement (eg weeks of silence);
- **social abuse** – systematic isolation from family and friends through techniques such as ongoing rudeness to family and friends, moving to locations where the victim knows nobody, and forbidding or physically preventing the victim from going out and meeting people – in effect, imprisonment;
- **spiritual abuse** – denying access to ceremonies, land or family, preventing religious observance, forcing victims to do things against their beliefs, denigration of cultural background, or using religious teachings or cultural tradition as a reason for violence;
- **economic abuse** – complete control of all monies, no access to bank accounts, providing only an inadequate 'allowance', using any wages earned by the victim for household expenses.ⁱ

Healthy or abusive relationships?ⁱ

Characteristics of SAFE AND HEALTHY Relationships	Characteristics of ABUSIVE Relationships
<p>Partnerships Joint decision making Shared responsibilities</p>	<p>Domination Abuser decides Servant/master mentality</p>
<p>Economic Equality Freedom to decide issues of work, school and money</p>	<p>Economic Control Deny job freedom Withhold money</p>
<p>Emotional Honesty Feel safe to admit and share fears and insecurities</p>	<p>Emotional Manipulation Use jealousy, passion, stress and frustration to justify actions</p>
<p>Sexual Respect Accept that "no" means no</p>	<p>Sexual Abuse Force partner to do things against her/his will</p>
<p>Physical Safety Respect partner's physical space Express self nonviolently</p>	<p>Physical Abuse Hit, choke, kick, pinch, pull hair, poke, twist arms, trip, bite, restrain, use weapons</p>
<p>Respect Respect right to differing feelings, friends and activities Support partner's goals</p>	<p>Intimidation Charming in public, menacing in private Destroy property or pets Make light of abuse: "You're too sensitive"</p>
<p>Support, Trust Listen and understand Value partner's opinion</p>	<p>Control Name calling, mind games Isolate partner from friends and loved ones</p>

ⁱ Commonwealth of Australia (2001) *Working Together Against Violence: the first three years of Partnerships Against Domestic Violence*.

ⁱ <http://www.loveisnotabuse.com/relationship/recognize.asp>



7. Sexual Assault

There is no single nationally or internationally agreed definition of what constitutes “sexual assault”. There are broad definitions which are based on the experiences of victims/survivors of sexual assault. There are narrower definitions, based on perpetrators’ behaviours that are offences under the criminal law.

One definition is that “sexual assault is unwanted behaviour of a sexual nature directed towards a person:

- which makes that person feel uncomfortable, distressed, frightened or threatened, or which results in harm or injury to that person
- to which that person has not freely agreed or given consent, or to which that person is not capable of giving consent
- in which another person uses physical, emotional, psychological or verbal force or (other) coercive behaviour against that person.

Sexual assault may be located on a continuum of behaviours from sexual harassment to life-threatening rape. These behaviours may include lewdness, stalking, indecent assault, date rape, drug-assisted sexual assault, child sexual abuse, incest, exposure of a person to pornography, use of a person in pornography, and threats or attempts to sexually assault.”ⁱ

The societal belief that sexual violence is only perpetrated by strangers who are pathologically deviant may provide many members of society with a sense of comfort. It provides a logical excuse for the attacker’s actions as being those of someone who does not know the victim, is sick or deranged or ‘not quite right’. While acknowledging that some cases like this do exist, the unfortunate reality remains that the vast majority of sexual violence attacks do not conform to this stereotype.ⁱⁱ

Date rape

“Date rape is a type of sexual assault where the victim and the offender are in, or have been in, some form of personal social relationship, ranging from a first date to an established relationship. Date rape may be easily recognised as “rape”, or it may involve coercive sex that has left the victim feeling confused and traumatized.

Victims of date rape often experience emotional but not physical injury.”ⁱⁱⁱ

Sexual consent is central to the problem of date rape according to the Australian Institute of Criminology. Sex forced on a date or a partner who has not consented clearly constitutes rape. However, the often held beliefs that “no means yes” and that consent within relationships is not required mean that sexual assault is occurring a lot more often than is reported. In a date rape situation, consent is sometimes coerced by using physical, emotional or verbal threats and tactics and while the physical threats can be clearly seen as rape, categorising verbal or emotional coercion is less clear^{iv}.

Drugs and alcohol can also be used to facilitate date rape. Drink spiking with prescription drugs such as rohypnol and illegal drugs such as gamma-hydroxybutyrate (GBH) can seriously affect the way a victim makes decisions or keeps things safe. ‘Drink spiking’ is defined as the surreptitious addition of drugs or alcohol to a drink (alcoholic or non-alcoholic), without consent of the person ingesting it (Australian Drug Foundation 2002). ‘Drug facilitated sexual assault’ refers to non-consensual acts which take place when the victim is incapacitated due to the influence of drugs and/or alcohol, which prevents them from resisting and/or giving meaningful consent (Abarbanel 2001).

ⁱ Commonwealth of Australia (2003) *Sexual Assault Information Development Framework*, Australian Bureau of Statistics Information Paper Catalogue number 4518.0.

ⁱⁱ Sourced from the Queensland Police Website www.police.qld.gov.au/pr/program/p_safety/rape/rasa.shtml

ⁱⁱⁱ Russo, L (2000). *Date rape: a hidden crime*. Trends & issues in crime and criminal justice no 157. Canberra: Australian Institute of Criminology. Viewed at <http://www.aic.gov.au>

^{iv} Russo, L (2000). *Date rape: a hidden crime*. Trends & issues in crime and criminal justice no 157. Canberra: Australian Institute of Criminology. Viewed at <http://www.aic.gov.au>



8. Sexual Harassment

There seems to be a perception that sexual harassment in the workplace is an 'old issue'. Current research reveals the opposite. A recent Victorian government study showed a disturbing 62% of women surveyed had experienced some form of violence in the workplace in the past five years.ⁱ

What is sexual harassment?

Sexual harassment is an unwelcome sexual advance or any other unwelcome sexual conduct which a reasonable person would anticipate would make another person feel offended, humiliated or intimidated.

Who can be sexually harassed?

The vast majority of sexual harassment occurs against women by men. Men (including gay men) can be sexually harassed as can lesbian women. In the workplace, sexual harassment laws apply to employees, contractors, customers and clients. Sexual harassment can be a one-off incident or on-going behaviour.

A threat to rights

Sexual harassment is a breach of international human rights. Women have the right to be free from violence, which includes acts that inflict physical, mental or sexual harm or threats of such acts.^{ii,iii}

The right to work is also a fundamental human right.^{iv} Sexual harassment in the workplace prevents women from exercising their right to work and be economically independent. Women often leave the workplace after complaining about sexual harassment which limits women's opportunities to work and places them in a financially vulnerable situation.

What behaviour can sexual harassment cover?

- Asking for sex
- Physical behaviour of a sexual nature^v
- Sexual comments, jokes and innuendos^{vi}
- Intrusive questions or comments about private life or appearance^{vii}
- Unwelcome touching, hugging, cornering, kissing, unnecessary familiarity, staring^{viii}

- Use of the internet, mobile phones and SMS to transmit pornographic and other offensive material^{ix}

Mutual attraction

Behaviour that is consensual and reciprocated is not 'unwelcome conduct'. However, this does not apply if a person's consent has been gained through intimidation.

The workplace follows the worker. Whether a worker is performing work from home, at a client's office, in a car, or is at a work conference or office party, all of these places will be taken to be the workplace.

What practical steps can be undertaken?

1. Whether you are or you observe someone else being sexually harassed - do not remain silent.
2. As soon as possible, tell the offending person that the behaviour is not welcome and offensive, or if you feel uncomfortable telling the person directly, seek assistance.
3. Access your employer's sexual harassment policy. Make a complaint and document what has happened as soon as possible after the event(s). It is your right to make a complaint, and it is unlawful to victimise someone for making a complaint.
4. Contact your relevant Human Rights/Equal Opportunity commission (State and federal) for further guidance.

Remember - everyone has the right to work in an environment free of sexual harassment, and everyone has the responsibility to create and maintain such an environment.

ⁱ Department of Premier & Cabinet - 'Media Release From the Minister for Women's Affairs: Call for Public Submissions about Violence against Women at Work'
http://www.dpc.vic.gov.au/domino/Web_Notes/newmedia.nsf/955cbeae7df9460dca256c8c00152d2b/75c63ea35b4ab6deca25707d0002384f1?OpenDocument

ⁱⁱ General Recommendation 19 on Violence Against Women made by the Committee on the Elimination of Discrimination against Women Discrimination includes violence in the prohibition of gender-based discrimination - www.un.org/womenwatch/daw/cedaw/recommendations/recomm.htm#recom19

ⁱⁱⁱ General Recommendation 19 at paragraphs 6 and 7 - Gender based violence, which impairs or nullifies the enjoyment by women of human rights and fundamental freedoms under general international law or under human rights conventions, is discrimination within the meaning of

Article One of The Convention on the Elimination of All Forms of Discrimination Against Women.

^{iv} The right to work is contained in the UN Universal Declaration of Human Rights and also contained in the International Covenant on Economic, Social and Cultural Rights. Article 23 of the Declaration further provides the right to free choice of employment and to just and favourable conditions and protection against unemployment.

^v Human Rights and Equal Opportunity Commission 2003: A Bad Business Review of sexual Harassment in Employment Complaints in 2002, HREOC, Sydney, p.17.

^{vi} Working Against Sexual Harassment (WASH), Taking It Seriously. Contemporary Experience of Sexual Harassment in the Workplace, WASH, 2004, p. 17

^{vii} Ibid

^{viii} Human Rights and Equal Opportunity Commission 2004: Sexual Harassment 20 Years on: The Challenges Continue – Sexual Harassment in the Australian Workplace, p. 26.

^{ix} JobWatch Inc 2004 Sexual Harassment in Employment – Workers Still Exposed, p. 8.



9. Other Forms of Violence

There are other forms of violence against women that occur around the world. The following is taken from a recent UNIFEM publication for “Not A Minute More,” a campaign to end violence against women.

There seems to be a perception that sexual Harmful Traditional Practices

Harmful traditional practices refer to types of violence that have been committed against women in certain communities and societies for so long that they are considered to be a part of accepted cultural practice.

Female Genital Mutilation (FGM)

FGM refers to several types of traditional cutting operations performed on women and girls. Often part of fertility or coming-of-age rituals, FGM is sometimes justified as a way to ensure chastity and genital ‘purity’.

FGM occurs primarily in over 25 African countries, among some minorities in Asia and immigrant communities in Europe, Australia, Canada and the US. An estimated 130 million women today have undergone FGM, and an additional 2 million girls and women are being subjected to it each year.

Dowry Murder

Dowry murder is when a woman is killed by her husband or in-laws because her family is unable to meet their demands for her dowry - a payment made to a woman’s in-laws upon her engagement or marriage as a gift to her new family. It is not uncommon for dowries to exceed a family’s annual income.

Honour Killings

In many societies, rape victims, women suspected of engaging in premarital sex, and women accused of adultery have been murdered by their male relatives because the violation of a woman’s chastity is viewed as an affront to the family’s honour.

Early / Forced Marriage

The practice of early marriage is prevalent throughout the world, especially in Africa and South Asia. This is a form of sexual violence, since young girls are often forced into the marriage and into sexual relations.

Parents and families often justify child marriages to ensure a better future for their daughters. Parents and families marry off their younger daughters as a means to gain economic security and status for them as well as for their daughters.

Trafficking in Women & Girls

Trafficking involves recruiting or transporting another person in order to place them in a situation of abuse or exploitation such as forced prostitution, slavery-like practices, battering and extreme cruelty, sweatshop labour, or exploitative domestic servitude.

Each year, roughly two million girls between the ages of 5 and 15 are trafficked, sold, or coerced into prostitution.

HIV/AIDS & Violence

Women’s inability to negotiate safe sex and refuse unwanted sex is closely linked to the high prevalence of HIV/AIDS. Unwanted sex - from being unable to say “no!” to a partner and be heard, to sexual assault such as rape - results in a higher risk of abrasion and bleeding, providing a ready avenue for transmission of the virus. Both realities obliterate women’s ability to protect themselves from infection.



10. Facts and Stats

The first national data on the incidence and prevalence of violence against women in Australia were provided by the Women's Safety Australia study,ⁱ using a representative sample of 6,300 Australian women.

The Women's Safety study measured the incidence of physical and sexual violence against women (18 years and over) during the 12 months prior to the survey and over their lifetime (since the age of 15). In the survey, violence was defined as any incident involving the occurrence, attempt or threat of either physical or sexual assault (ABS 1996, p. 2). Such incidents were defined as actions considered to be offences under criminal statutes in each state or territory. Because of this, the data does not reflect the entire picture of women's experiences of domestic and family violence as it does not record other forms of abuse (emotional, social, financial etc.) that occur in tandem with acts of violence.ⁱⁱ

The second source for national data is the survey carried out in 2004 by the Australian Institute of Criminology as part of the International Violence Against Women Survey (IVAWS). This is a national survey of 6,677 women aged 18-69.ⁱⁱⁱ

The most recent national data come from the ABS Personal Safety Survey, based on interviews with 16,500 Australian adults and released in 2006.^{iv} There have also been other surveys carried out in Australia, in various states and territories as well as Australia-wide.

Prevalence of violence

Violence against women continues to be a serious social problem within our homes, workplaces and communities, affecting the lives of many Australians each year.

The 2006 ABS survey found that over two-thirds (39.9%) of Australian women report experiencing at least one incident of physical violence or sexual violence since the age of 15, comprising an estimated 3,065,800 women. 29% of all women (2,243,600 women) have experienced physical assault, and 17% (1,293,100) have experienced sexual assault.^v

Similarly, the 2004 AIC survey found that nearly two-thirds (57%) of Australian women report experiencing at least one incident of physical violence or sexual violence by a man over their lifetime. Just under half (48%) have ever

experienced physical violence, and one-third (34%) have experienced sexual violence.

In the last year, one in 20 women (5.8%), or over 440,000 women, were the victims of violence, according to the 2006 ABS survey. 4.7% (363,000 women) experienced physical violence (including physical assault, attempted assault, or the threat of assault). 1.6% (126,100 women) experienced sexual violence (including sexual assault, attempted assault, or the threat of assault).

Similarly, the AIC survey found that in the past 12 months, 10% of Australian women reported experiencing at least one incident of physical and/or sexual violence by a man.

We also know that particular groups of women are at heightened risk of violence;

- For young women, the risk of violence is 3 to 4 times higher than the risk for women overall.^{vi} The 2006 ABS survey found that 27.2 per cent of women aged 18-24 had experienced an incident of physical assault in the last 12 months, compared to 12 per cent of women aged 45-54.
- Aboriginal women are significantly more likely to be victims of violence than non-Aboriginal women.^{vii}
- Regardless of factors such as age and ethnicity, one report suggests that women with disabilities are assaulted, raped and abused at a rate of between 2 and 12 times greater than women without disabilities^{viii}.

Impacts on women and children

In homes where domestic violence occurs, children are also at high risk of suffering physical and emotional abuse;

During pregnancy^{ix,x}: 42% of women who reported violence, also reported experiencing violence during pregnancy, with almost half of these women (20%) stating that violence occurred for the first time while they were pregnant. Abuse during pregnancy can cause foetal injury or death, placenta abruption, failure to receive adequate antenatal care and heightened maternal and foetal stress.

As *'indirect' victims* of physical injury: For example, a child may be hurt when attempting to protect their mother or when struck by a weapon

or thrown object; infants can be hurt if being held by their mother when the abuser strikes out.

As victims of emotional and psychological trauma: Although many children living with violence may not observe the abuse, they are generally aware that it is occurring. The abuse impacts on their psychological well-being and manifest in behavioral and health problems.

- 61% of women who reported violence by a current partner had children in their care at some time during the relationship.^{2 3}
- In 32% to 53% of families where women are beaten, their children are also beaten by the same perpetrator.^{xi}
- A Western Australian study reported one third of children having been hit by their fathers while trying to defend their mothers.^{xii}
- 90% of children present in violent homes have witnessed the violence perpetrated against their mother.^{xiii}

Lethal violence

- 20.8% of all homicides involve intimate partners (with an average of 76 intimate homicides each year).^{xiv}
- In almost half of spousal homicides, there is a clear history of preceding violence.
- Three-quarters of homicides between intimate partners or ex-partners involve a male offender and a female victim.^{xv}
- On average there are 35 assaults before formal assistance is sought by a victim.^{xvi}

Economic costs

Access Economics estimated in a 2004 report that the total annual cost of domestic violence is \$8.1 billion, in terms of costs to the victim, others affected by the violence, and the community.^{xvii}

Pain, suffering, and premature mortality associated with domestic violence costs at least \$3.5 billion per year. A further \$4.6 billion is lost because of related costs;

- Private and public health costs associated with treating the effects of DV on the victim, perpetrator, and children;
- Production costs: absenteeism, lost productivity related to use of sick leave, distraction and lack of concentration, underperformance, poor workplace relationships, access to employment support services etc., replacing staff, lost unpaid work, etc.
- Second generation costs to do with counselling, changing schools, child protection, increased use of government services, juvenile and adult crime, etc.

ⁱ Mouzos, J & Makkai, T (2004) *Women's Experiences of Male Violence Findings from the Australian Component of the International Violence Against Women Survey (IVAWS)* Research and Public Policy Series No. 56 Australian Institute of Criminology.

ⁱⁱ Australian Domestic and Family Violence Clearinghouse
ⁱⁱⁱ Australian Bureau of Statistics (1996) *Women's Safety Australia*.

^{iv} Australian Bureau of Statistics (2006) *Personal Safety Survey Australia*. Canberra: Australian Bureau of Statistics (Cat. 4906.0).

^v Australian Bureau of Statistics (2006) *Personal Safety Survey Australia*.

^{vi} Young, M., J. Byles, & A. Dobson (2000) The effectiveness of legal protection in the prevention of domestic violence in the lives of young Australian women. *Trends and Issues in Crime and Criminal Justice*, No. 148, March. Canberra: Australian Institute of Criminology.

^{vii} Mouzos & Makkai (2004) *Women's Experiences of Male Violence*.

^{viii} Mulder 1995, cited in Strategic Partners (2003) Phase 1 Meta-evaluation report Domestic Violence: Working with men. Pirion Printers Canberra.)

^{ix} Australian Bureau of Statistics (1996) *Women's Safety Australia*.

^x Laing, 2000

^{xi} Edelson 1995

^{xii} Blanchard, Molloy & Brown, 1992

^{xiii} Queensland Domestic Violence Task Force, 1988

^{xiv} Mouzos (2000) *Homicidal Encounters*.

^{xv} Mouzos (2000) *Homicidal Encounters*.

^{xvi} Culture Shift 2000 Partnerships for Prevention Community Participation Project

^{xvii} Access Economics (2004) *The Cost of Domestic Violence to the Australian Economy*. Canberra: Office of the Status of Women, Australian Government.

ⁱ Australian Bureau of Statistics (1996) *Women's Safety Australia*. Canberra: Australian Bureau of Statistics (No. 4128.0).



11. Nine Common Myths and Misconceptions

Myth 1 Violence against women is an issue that only concerns women.

Violence against women is an issue for everyone. It is a human rights violation. "Violence against women is perhaps the most shameful human rights violation. And it is perhaps the most pervasive. It knows no boundaries of geography, culture or wealth. As long as it continues, we cannot claim to be making real progress towards equality, development and peace" *Kofi Annan, Secretary-General of the United Nations*

One in three girls world-wide will, in her lifetime, suffer violence directed at her simply because she is female. "Violence against women has become as much a pandemic as HIV/AIDS or malaria. But is generally downplayed by the public at large and by policy makers who fail to create and fund programs to eradicate it."ⁱ

Violence against women is also a 'men's issue' in particular. It is men's wives, mothers, sisters, daughters, and friends whose lives are limited by violence and abuse. It's a men's issue because some men's violence gives all men a bad name. It's a men's issue because, as community leaders and decision-makers, men can play a key role in helping stop violence against women. It's a men's issue because men can speak out and step in when male friends and relatives insult or attack women. And it's a men's issue because a minority of men treat women and girls with contempt and violence, and it is up to the majority of men to help create a culture in which this is unacceptable.ⁱⁱ

Myth 2 There is nothing we can do to stop violence against women

Some people think that rape and domestic violence are inevitable – because men are just 'born that way' and violence against women is the product of biology or genetics. Or because those people who use violence are 'psychotic' or 'crazy' and cannot change. Instead, the research shows that violence against women is the product of learned attitudes and norms, and social inequalities. Just as violence-supportive attitudes can be learned, they can be unlearned. Likewise, communities and governments can change the social conditions that feed violence,

replacing them with social conditions that encourage respect and non-violence.

Our communities can no longer excuse the abuse. Our children, our sisters, our mothers and our grandmothers have a right to live a life free from abuse. Much has been achieved to date, but the "*change needed requires coordinated and sustained effort on many levels....and require awareness raising, legal changes, national plans of action, and research....Gender based violence has been identified as a product of a learned behaviour... as such it can be changed, particularly through education targeted at young children, youth of both sexes, and women themselves.*"ⁱⁱⁱ By providing a clear message that men will not tolerate violence against women, the White Ribbon Campaign starts the ball rolling in removing this form of human rights abuse from our community.

Myth 3 Women should just remove themselves from abusive relationships^{iv}

There are many reasons women stay in abusive relationships. They include fear that the violence will escalate, financial dependence, social stigma, lack of self-confidence, isolation, religious and moral values, love and commitment and concern for children, family pressures and lack of community support, including affordable accommodation. A man who is using violence against his female partner typically uses a range of strategies to encourage her compliance and dependence, such as monitoring her movements, destroying her self-esteem, and encouraging her to blame herself for the abuse. These dynamics too make it hard to leave abusive relationships.

Myth 4 Some people deserve to be beaten by provoking the violence.

Responsibility for violence must rest solely with the abuser. Most abused people try to do everything they can to please their partner and avoid further violent episodes.

Myth 5 Violence against women only occurs in specific groups

Violence against women occurs across all aspects of our societies regardless of race, religious beliefs, level of education, sexual

orientation, occupation, community position, or cultural/ethnic background.

Myth 6 Violent people are mentally ill or have psychopathic personalities.

Clinical studies do not support this view. The vast majority of violent men are not suffering from mental illness and could not be described as psychopaths. Most abusers would appear to be respectable men who are very much in control. They are represented in all occupations and social classes and the violence is usually manifest only within their relationship with their partner and children.

Myth 7 Some people need the violence, enjoy it or are addicted to it.

The use of violence is a choice: those who use violence choose where and when they do the violence. And how they use the violence.

Far from loving the violence, victims find that violence destroys the relationship, and many people in violent situations eventually leave.

Myth 8 Violence against women is caused by drugs and/or alcohol.

Almost even numbers of sober and drunken people are violent. Where studies do show more drinkers are violent to their partners, the studies are not able to explain why many drunken men (80% of heavy and binge drinkers) did not abuse their wives. Alcohol and other addictive substances are used by abusers to give themselves permission to be violent.

Myth 9 Violence only happens to a certain sort of woman

Research has repeatedly shown that violence crosses all boundaries and can happen to women from all social, economic, and cultural backgrounds and family situations.

ⁱ *Not A Minute More Ending Violence Against Women* (2003) UNIFEM NY p 6

ⁱⁱ Flood, M. (2004) Men's Roles in the Promotion of Gender Equality in the Asia-Pacific Region. *United Nations Economic and Social Commission for Asia and the Pacific (UNESCAP) High-level Intergovernmental Meeting to Review Regional Implementation Of the Beijing Platform for Action, and its Regional and Global Outcomes*. Bangkok, Thailand, 7-10 September.

ⁱⁱⁱ *Not A Minute More Ending Violence Against Women* (2003) UNIFEM NY p 13

^{iv} Myth 3-10 sourced from Taylor B. 2004, *Make it Your Business, Domestic Violence and the Workplace Training Manual*, Office for the Status of Women, Canberra.



12. Offering support and taking action

Experience has shown that when people start to talk about violence they can often feel compelled to disclose their own experience. Alternatively you may recognise the signs of violence in a family member, friend, neighbour or work colleague and wonder what to do.

For people who have experienced, or are experiencing violence

Many women experiencing domestic violence cope with it alone. While they may develop a range of active strategies to protect themselves and limit the impact of the violence, many do not seek any outside help – they tell nobody at all. When they do disclose the situation to a family member or friend, the first response is often critical in determining how, and whether, they will proceed further.ⁱ

Violence against women is under-reported, and statistics show that a victim of violence is more likely to discuss and disclose their experience to a friend or family member than to the police or another public authority.ⁱⁱ

It is important to know where to refer people and how to deal with people telling you about their experience.

If someone starts talking to you, some simple advice includes:

- Find a safe/quiet space to talk
- Listen – this may be the first time she has spoken about the experience
- Have a non-judgmental attitude
- Believe the woman's story
- Reassure her that it is not her fault
- Hold the perpetrator responsible for the violence and abuse
- Provide emotional and practical support
- Support the woman's choices
- Do not be overly directive.^{iii,iv}

For friends and families there is a very useful website that suggests what you can do and how you can help a friend or family member is experiencing domestic violence:

<http://www.dvirc.org.au/publications/friendsfamily.htm>

For people using violence

If you do talk to someone you suspect is violent to their partner or to the victim of that violence, it is highly likely they will tell you to mind your own business, make excuses or deny it.

None of these responses mean that abuse is not occurring. It is common for a person who is being abusive to deny or minimise the abuse. Probably the only way you will be able to 'verify' that a person is abusive is if their partner tells you that they are, or if you witness the abuse. People who appear to be 'respectable' and 'normal' can be abusive in the privacy of their own home.

If you do observe abuse, and you feel safe or able to, talk about the behaviour you have observed. For example: "You are my friend, but I think the way you criticise and intimidate her is wrong". But if you only know about the abuse because the victim has talked to you about it, check with her first before saying anything to her partner. Her partner could become more abusive to her if he or she thinks she has told someone.

Research shows that men who use violence generally seek relationship counselling rather than domestic violence counselling, often in response to ultimatums delivered by their partners.

There are not as many specific services available for men who use violence compared with services for women suffering violence but there are some. These may be listed in your white or yellow pages.

Intervening in violent situations

Many people mistakenly believe that they have only two options in instances of actual or potential violence – intervene physically and possibly expose themselves to personal harm, or do nothing. They often choose to do nothing as a result. But this is a false and limited set of choices.^v Intervening in violent situations can make them less dangerous or more dangerous. Abusive situations are dangerous – stop and think before getting into them. But not stepping in keeps it dangerous and says to the violent person that it's okay to hurt someone. And it tells the person being hurt that no one cares, that she isn't important. When violence isn't challenged, it leaves all of us feeling unsafe.

Things to do;

1. Call the police.
2. Tell the violent person clearly that his actions are not okay.
3. Talk to the victim to help her feel safe.
4. Call on help from other people nearby.
5. Create a distraction to stop the violence.
6. Stand where the violent person can see that his actions are being witnessed.^{vi}

(Note: The language here reflects situations involving a male perpetrator and female victim. We recognise of course that males too can be victims of violence and females too can be perpetrators.)

Further responses may be appropriate depending on the situation. Where you come across a situation of violence in public, it can be useful to call out to the guy: "Hey, what are you doing?" "That's not on." Stick around to make sure the situation has cooled down. Ask what's going on, "Is everything alright?", or just be there. This can slow down what's happening. Make the man feel noticed, and offer practical assistance to the woman. Talk to the woman – at some point – and let her know you saw what was going on and you're willing to help her. When he calms down, either on the scene or later if you can, talk to him and tell him that what you witnessed was not okay, and he needs to get some help. If the abuser is someone you know, you could discuss the situation with some of his other friends and, together, decide on a course of action.

National Services

For emergency situations that require immediate and urgent assistance call**000**

Violence Against Women Helpline - confidential 24hr service **1800 200 526**

Life Line**131 114**

Mensline **1300 78 99 78**

24 hour Kids Help Line **1800 551 800**

Translating and Interpreting Service .**13 14 50**

Local and State Services

Become familiar with services available in your area. Find out the contact details for your local services. Some ideas about services to look up in your white or yellow pages or on the internet include:

- o Domestic Violence Services
- o Rape Crisis or Sexual Assault Services
- o Men's help line, referral or counseling services
- o Kids Help lines
- o Family services, children services and child protection
- o Women's information and/or referral services
- o Relationships Australia
- o Women's legal centres
- o Community health services and general practitioners

At the time of printing a list of relevant National, State and Territory services and their contact numbers can be found at the Australia Says No Website

www.australiasaysno.gov.au/gettingHelp/state_territory_numbers.asp and at the Victorian Domestic Violence and Incest Resource Centre www.dvirc.org.au/resources/Contact.htm

ⁱ Commonwealth of Australia (2002) *Partnerships Against Domestic Violence Annual Report 2000-01: A substantial beginning to a new commitment*. Union Offset Printers Canberra.

ⁱⁱ Australian Women's Safety Survey (Australian Bureau of Statistics 1996)

ⁱⁱⁱ Government of Tasmania (2003) *Pathways: How women leave violent men*. Women Tasmania, Department of Premier and Cabinet, 140 Macquarie Street, Hobart, Tasmania.

^{iv} Educational Materials available on www.whiteribbon.com viewed September 2004.

^v Katz, J. (2003) *MVP Trainer's Guide for Working With Male College Students*.

^{vi} Creighton, A., and P. Kivel. (1995). *Young Men's Work: Building Skills to Stop Violence (A Ten-Session Group Program)*. Center City, Minnesota: Hazelden (Oakland Men's Project).



13. Other Resources

White Ribbon Sites

Australia – www.whiteribbonday.org.au
www.whiteribbonday.gov.au

Canada – www.whiteribbon.com/

UK – www.whiteribboncampaign.co.uk

United Nations –
www.unifem.org/campaigns/november25/index.php

General

Australian Domestic and Family Violence
Clearinghouse www.austdvclearinghouse.unsw.edu.au

Australian Centre for the Study of Sexual Assault
www.aifs.gov.au/acssa/index.html

Partnerships Against Domestic Violence
<http://padv.dpmc.gov.au/>

Domestic Violence and Incest Resource Centre (DVIRC)
– Victorian website www.dvirc.org.au/

Other key Australian sites on violence
www.xyonline.net/links.shtml#ViolenceAustralia

Healthy Relationships

When Love Hurts – a website for young women
www.dvirc.org.au/whenlove/index.htm

Bursting the Bubble: Help with family problems /
abuse for teenagers www.burstingthebubble.com/

Love Is Not Abuse - an American Website aimed at
teenagers, includes variety of resources for parents,
teenagers, and others that can be customised.
www.loveisnotabuse.com

Men and Violence

Websites on men's roles in stopping violence against
women: www.xyonline.net/links.shtml#2

Articles on men and violence against women:
www.xyonline.net/articles.shtml#Violence

More articles on the White Ribbon Campaign
www.michaelkaufman.com/articles/whiteribbon.html

“Working with Men and Boys to Prevent Gender-based
Violence” Online Tool Kit. www.endabuse.org/toolkit

Academic references on men's anti-violence work
<http://mensbiblio.xyonline.net/violence2.html#Antiviolenceactivism>

A comprehensive bibliography of writing on men,
masculinities, gender, and sexualities prepared by
Michael Flood. See the section on “Violence and
Responses to Violence”
<http://mensbiblio.xyonline.net/>

Business

Corporate Alliance to End Partner Violence – American
organisation involving businesses in eliminating
relationship violence. www.caepv.org/

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number 4518.0.

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(www.cultureshift@bibpond.com)

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