

SAFE+EQUAL

Driving change

**How we can stop violence against
women and families**



Easy Read version



How to use this document



We are Safe and Equal.

We wrote this document.



We wrote some words in **bold**.

We explain what these words mean.

There is also a list of these words on page [31](#).



This is a long document.

You don't need to read it all at once.

You can take your time.



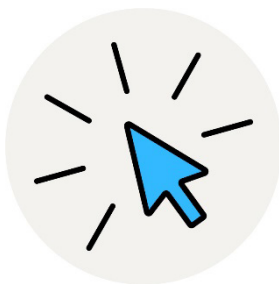
You can ask someone you trust for support to:

- read this document
- find more information.



This is an Easy Read summary of another document.

It only includes the most important ideas.



You can find the other document on our website.

[www.safeandequal.org.au/resources/
driving-change](http://www.safeandequal.org.au/resources/driving-change)

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Violence and gender

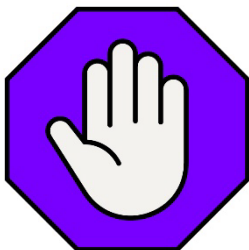


We want to end **family violence**.

Family violence is when someone close to you hurts you, such as:



- your partner, like your boyfriend or girlfriend
- a member of your family
- someone who takes care of you
- someone you live with.



We also want to end violence people experience because of their **gender**.

Your gender is:



- what you feel and understand about who you are
- how people expect you to behave.

You can choose the words that are right for you.

For example, you might think of yourself as:

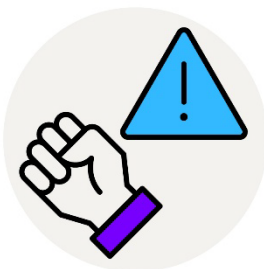


- a woman
- a man
- **non-binary.**

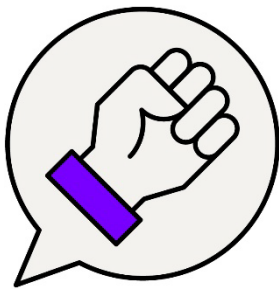


When a person is non-binary, they feel like they don't fit the idea of being a man or a woman.

Family violence and gender violence can:



- happen at the same time
- be worse for people than just one type of violence.



We often talk about these types of violence at the same time.

We call this family and gender-based violence.

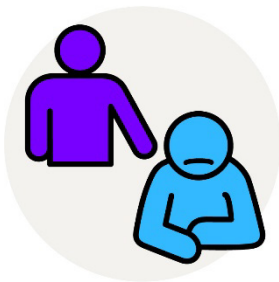


Violence can affect all people.

But some people are more at risk.



This is because they might experience other types of **discrimination** at the same time.



Discrimination is when someone treats you unfairly because of a part of who you are.



Discrimination can put some people more at risk when rules and laws treat them unfairly because of who they are.

For example:



- Aboriginal and Torres Strait Islander women



- women with disabilities



- women who have moved to Australia from other countries.



This also includes people in **LGBTIQ+** communities.



The letters LGBTIQ stand for lesbian, gay, bisexual, trans and gender diverse, intersex and queer.



The '+' is for people who are part of the LGBTIQ+ community but use other words to talk about themselves.

How we can create change to stop violence

On the following pages we explain 4 things that need to change to stop violence before it starts:



1. Call out violence against women



2. Support women to control their lives



3. Change what people think about gender roles



4. Support men and boys to respect others and support each other.

1. Call out violence against women



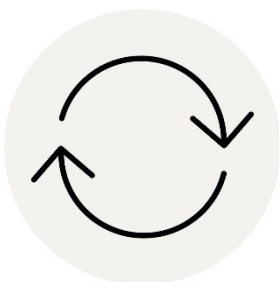
Calling out violence against women means:

- talking about violence when it happens
- supporting people who experience violence.



It is not okay to:

- act like violence is normal
- blame the person violence happens to.



We need to change what people do when violence happens.

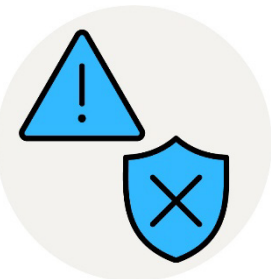
What does this look like?



We can support people who experience violence.



This includes sharing their stories.



Staying silent about violence:

- puts people at risk
- makes our communities unsafe.



We should remind people that violence is not okay.

Everyone should be able to feel safe.



We must not blame people for the violence that happens to them.



We can help people understand different types of violence.



We can make sure there are better ways to support people to report violence.



This includes better ways to support women who have just moved to Australia.



For example, services to support them to leave their partner who uses violence.



We can change the rules to make sure organisations protect people from violence.



We can support the media to share stories about:

- violence that happens to women
- community support for women who experience violence.

2. Support women to control their lives



Women are more likely to experience violence when men control their decisions about how they want to live their lives.



This includes decisions about:

- the work they do
- how they use their money
- who they spend time with.



This is because men have more control to make decisions in public life, like at work.

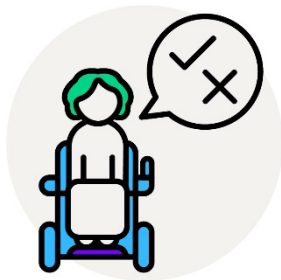
What does this look like?



We can support people to build fair and equal relationships so everyone can make choices that are right for them.

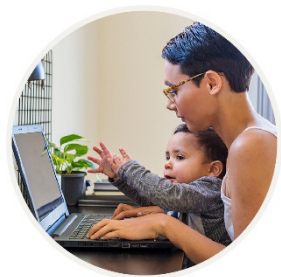


We can make it easier for women to control their own money.



We can make sure women can make decisions about their own bodies.

This includes women with disabilities.



We can support businesses to let parents share caring for their children.

For example, letting people work from home.



We can provide training to women to help them build careers.



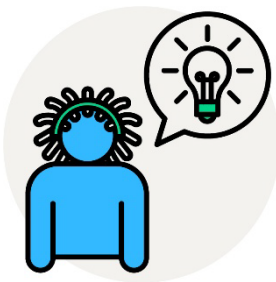
We can support women to work:

- as leaders
- in jobs that are mostly done by men.



We can keep track of how many women work as leaders.

This can include keeping track of how much money they earn.



We can make sure women have an equal chance to have a say about community plans.

This includes sharing their ideas and skills.



We can support women to:

- connect with other women
- learn from other women.

3. Change what people think about gender roles



Some people believe men and women should behave and look a certain way because of their gender.

For example, they may believe:



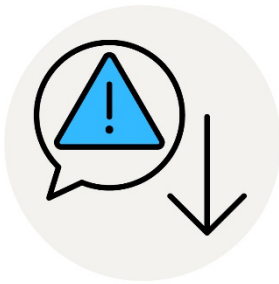
- only men should go to work



- only women should stay at home and look after children.



Men are more likely to use violence against women when they believe these things.



Women are less likely to report violence when they believe these things.



We need to change what people think about gender roles so everyone feels safe to be themselves.

What does this look like?

We can teach children that:



- it can hurt people to try and make them behave in a certain way



- there are no rules about what it means to be a man or a woman.



We can help people understand that letting everyone be themselves is good for the community.



We can change the rules about uniforms for different genders.

This will let people wear what they want.



We can support women and girls with equal chance to play sports.

And we can celebrate women's sports the same way as men's sports.



We can support young men and boys to find out who they are.

Not just who other people want them to be.



We can support the media to show and celebrate different types of people and bodies.

Including people of different genders.



This will help everyone feel like it is safe to be who they are.



We can support people of all genders to care for their children and spend time with their families.

We can learn to work with people of all **cultures** to:



- understand how gender affects their communities



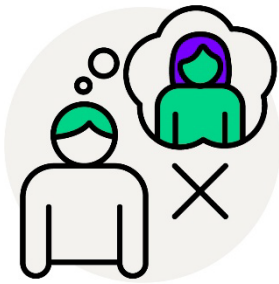
- change things in a way that works for them.



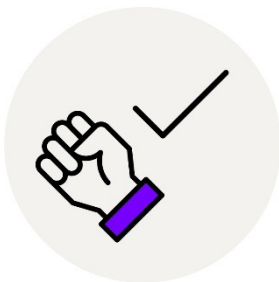
Culture is someone's way of life and what they believe.

4. Support men and boys to respect others and support each other

Men are more likely to use violence against women when other men around them:



- don't respect women



- make violence seem normal.



This is because of some old ideas about what it means to be a man.



It can be hard for men to:

- show that they care about people
- support people they care about.



These ideas can make men think they have to prove that they are strong.



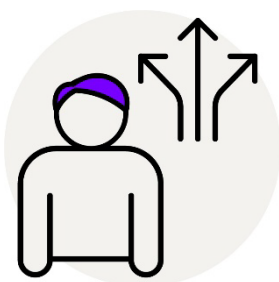
This means they often hurt:

- women
- children
- LGBTIQ+ people.

We need to support men to:



- have a more respectful idea of what it means to be a man



- know there are many ways you can be a man.

What does this look like?



We can support boys and men to:

- understand different types of violence
- speak up when other men use violence.



We can make sports safe for LGBTIQ+ men.



We can make sure businesses:

- are fair to all genders
- give staff of all genders equal chances to take part.



We can help young people understand:

- sex
- healthy relationships.



This includes supporting them to stay away from **pornography** that includes violence.



Pornography includes images or videos of:

- someone's sexual body parts
- people taking part in sexual acts.



We can help young people explore ways to have healthy relationships that are fun and safe for everyone.



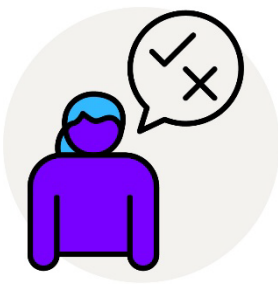
We can show support for LGBTIQ+ men that people look up to.

This includes supporting gay men in sports.

We can support Aboriginal and Torres Strait Islander peoples to:



- create good relationships in ways that work for them

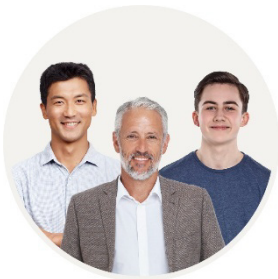


- make choices about their own lives and community.



We can support the media to show men showing respect and care in different types of relationships.

For example, as caring:

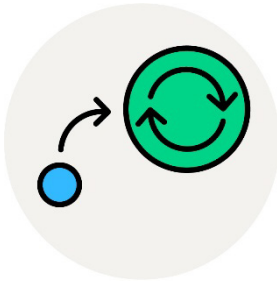


- boyfriends and husbands
- friends
- fathers.

How you can help



We can all help to end family and gender-based violence.



We can all make a difference.

Small actions can create big changes.



We can learn how to improve our own relationships.



We can support our communities to change.

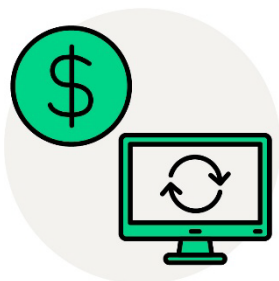


This includes creating safe places for everyone, like:

- work communities
- school communities
- sporting clubs.



We can join or support organisations who are working to end violence.



This includes:

- giving them money to run programs
- joining online communities that make changes.

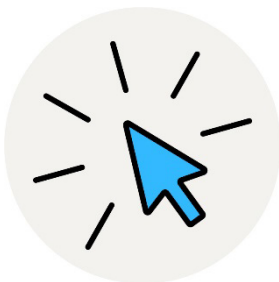


We can speak up about:

- violence when we see it
- respect for women.



You should make sure you are safe before you speak up about violence.



You can learn more about stopping violence on our website.

www.safeandequal.org.au/working-in-family-violence/prevention

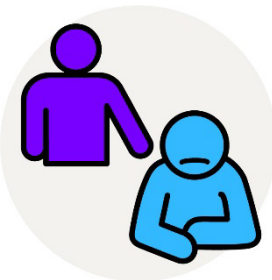
Word list

This list explains what the **bold** words in this document mean.



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LGBTIQ+



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Non-binary

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Contact us



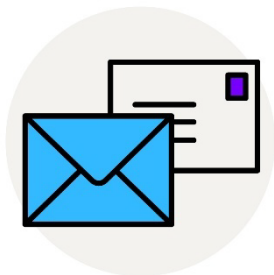
You can call us from 9 am to 5 pm,
Monday to Friday.

(03) 8346 5200



You can send us an email.

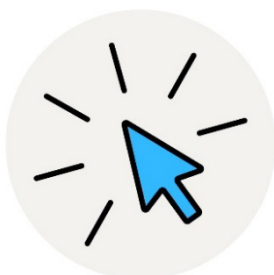
admin@safeandequal.org.au



You can write to us.

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Carlton South VIC 3053



You can visit our website.

www.safeandequal.org.au



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