

What is primary prevention?

Working together to protect families
from violence



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 [22](#).



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/
what-is-primary-prevention](http://www.safeandequal.org.au/resources/what-is-primary-prevention)

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What do we want to achieve?

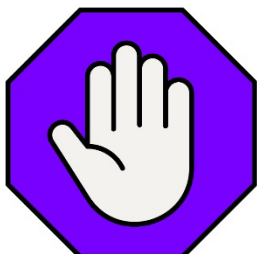


We want to stop people experiencing **family violence**.

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 stop people experiencing violence 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.

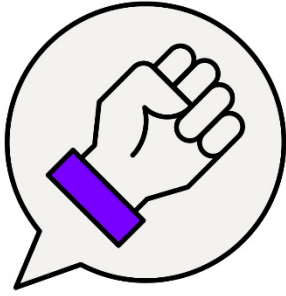
For example, you might think of yourself as:



- 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.



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

We call this family and gender-based violence.



To stop this violence, we need to make sure 3 different areas work well together.

These areas include:



- primary prevention



- early intervention

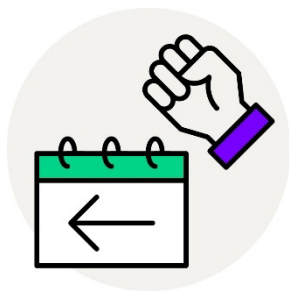


- response and recovery.



We explain each of these areas on the following pages.

What does primary prevention do?



Primary prevention is work to stop violence before it starts.



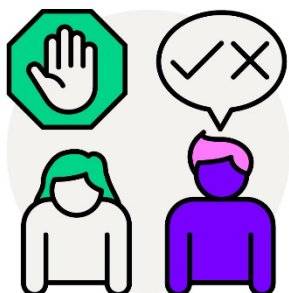
This includes work to change how people:

- think and feel about women
- think certain genders should behave
- treat women.



This also includes work to stop:

- people thinking violence against women is ok



- men making decisions for women and trying to control them.



Each person in the community needs to help make this work happen.

For example, in:



- their relationships



- organisations and services



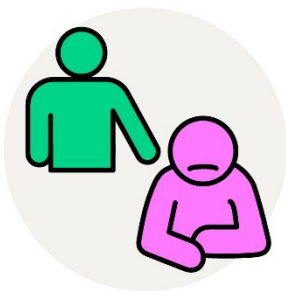
- workplaces



- rules and laws.



Primary prevention needs to look at other reasons why violence might happen.



For example, people can experience violence as part of **discrimination**.

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



Discrimination can also happen when rules and laws treat you unfairly because of who you are.



People can experience different types of discrimination at the same time.



There are organisations in the community that:

- focus on primary prevention
- support other organisations with primary prevention.

Examples of primary prevention work include:



- school programs that teach students about respect



- workplace programs that make sure everyone is treated equally



- work with the media to make sure they show women in positive ways.

Examples of primary prevention work also include:



- work with the government to pay organisations that try to stop violence before it happens



- work with sports clubs to make sure women and girls are treated equally.



Primary prevention also includes work to make sure women have choice and control over their lives.



For example, making sure women can control their own money.

What is early intervention?



Early intervention is work to stop the early signs of violence from getting worse.



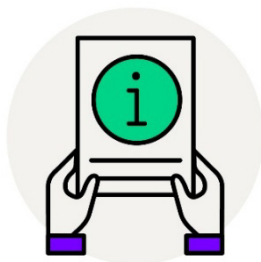
This includes supporting people who are more at risk of:

- using violence
- experiencing violence.

Examples of early intervention work include:



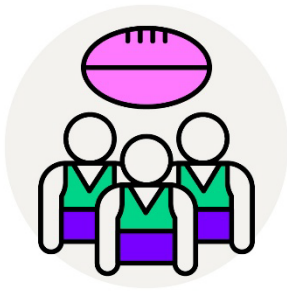
- teaching people how to look for the early signs of violence



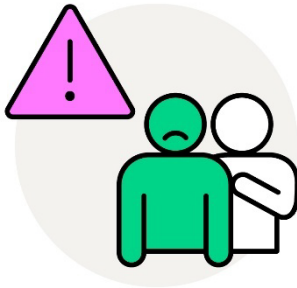
- sharing information about support services with people at risk of violence



- working with boys who have shown early signs of using violence.



Early intervention work can also include offering training sessions at sports clubs that teach people about **sexual violence**.



Sexual violence is when someone hurts you in a sexual way.



This includes teaching people about what happens when they use sexual violence.

What are response and recovery?

Response and recovery include work to support people:



- when they experience violence



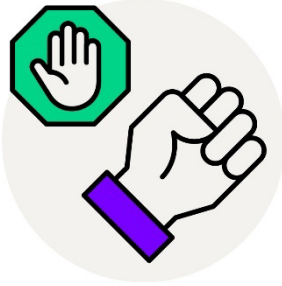
- after they experience violence.



This includes support for people who:

- want to leave a person using violence
- have left a person using violence.

Examples of response and recovery work include:



- programs that teach men how to stop using violence



- supporting people who experienced violence to stay safe



- supporting people who experienced violence to quickly find a safe place to live



- supporting people who experienced violence to use the **justice system**.



The justice system makes sure everyone is treated fairly and follows the law.



The justice system includes:

- prisons
- courts
- police.

How can these areas work together?



Some organisations and people work across:

- primary prevention
- early intervention
- response and recovery.



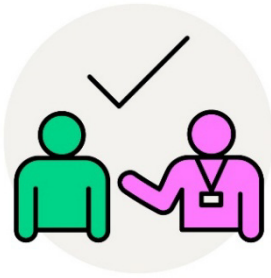
But many organisations and people only work in one of these areas.



The organisations and people in each of these areas must work well together to end family and gender-based violence.



For example, people in primary prevention should know what to do when someone tells them they are experiencing violence.



Working together helps more people to:

- understand how to stop violence before it happens
- offer their support.

For example, when:



- people working to end violence know what causes it and how to end it



- people in primary prevention know what to do when someone is experiencing violence



- people in response and recovery share what they hear when talking to people experiencing violence.

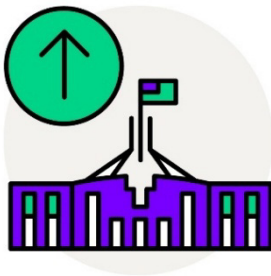
Other examples include when:



- primary prevention activities share information about where people can get support quickly



- people share each other's messages on social media so more people can find the right information.



Organisations and people from all 3 areas should work together to ask for more support from the government.



Stopping family and gender-based violence is a big job.

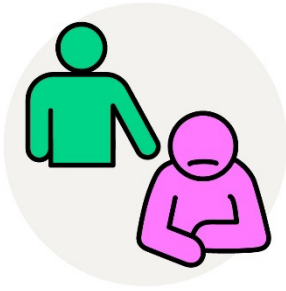
No one person or organisation can do it alone.



We can create safe and fair communities for everyone when we work together.

Word list

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



Discrimination

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



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.

Gender



Your gender is:

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

You might think of yourself as a man or woman or choose other words that are right for you.

Justice system



The justice system makes sure everyone is treated fairly and follows the law.

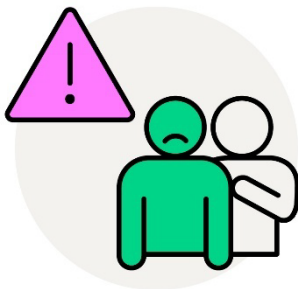
The justice system includes:

- prisons
- courts
- police.



Non-binary

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



Sexual violence

Sexual violence is when someone hurts you in a sexual way.

Contact us



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

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