

NATIONAL PLAN TO

# REDUCE VIOLENCE AGAINST WOMEN AND THEIR CHILDREN



## Third Action Plan 2016-2019

*Of the National Plan to Reduce Violence against  
Women and their Children 2010-2022*

Safe and free from violence

## Do you need help?



If you or someone you know is experiencing domestic, family or sexual violence, you can get help by calling:

- **000** if you, a child or someone you know is in immediate danger
- **1800RESPECT – 1800 737 732**
- **Relationships Australia – 1300 364 277**
- **Mensline – 1300 789 978**

## How to use this document



This information is written in an easy to read way. We use pictures to explain some ideas.



You can ask for help to read this document.

A friend, family member or support person may be able to help you.

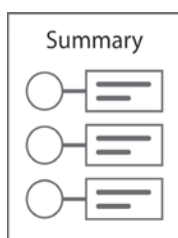


The Third Action Plan has been developed by Commonwealth, state and territory governments.

When you see the word 'we' in this document, it means Commonwealth, state and territory governments.



Some words are written in **bold**. We explain what these words mean. There is a list of these words on page 27.



This Easy Read document is a summary of the Third Action Plan.



You can find the full Third Action Plan on our website at

[www.plan4womenssafety.dss.gov.au](http://www.plan4womenssafety.dss.gov.au)

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## The National Plan

Everyone needs to work together to reduce violence against women and their children in our community.

To help us do this we wrote a plan called the *National Plan to Reduce Violence against Women and their Children 2010–2022*.

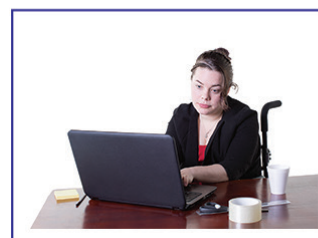
This document is called the National Plan.



**Violence** is an act that hurts another person.

It may be:

- physical – hurting your body
- psychological – threatening you or making you feel stupid
- sexual – making you do sexual things you don't want to do
- financial – controlling how you use your money
- ignoring your needs – not giving you the care you need
- technological – using emails, text messages and social media to control you or make you feel bad.





When violence happens between family members it is called **family violence**.



When violence happens between two people who are married or in an intimate relationship it is called **domestic violence**.

We want to make Australia a place where women and their children don't experience any type of violence.

The National Plan explains what we are doing to make this happen.

There are 4 Action Plans under the National Plan.

Each Action Plan lasts for 3 years.

This document is about the **Third Action Plan**.



## The Third Action Plan



The Third Action Plan builds on the work we did in the First and Second Action Plans.



It explains what we will do over the next 3 years to reduce violence against women and their children.

### We will focus on 6 areas:

- changing **attitudes** and **behaviours** which lead to violence – what people think and say
- Aboriginal and Torres Strait Islander women and their children
- giving women more support and choice
- sexual violence
- helping children that experience violence in their home
- helping to change the behaviour of people who use violence.



## Changing attitudes and behaviours which lead to violence

To help stop violence we need to change attitudes and behaviours in our community that:

- make it seem okay to be violent towards women
- encourage violence against women.

This is called **prevention**.

We also need to take early action to reduce or stop violent behaviour. This is called **early intervention**.

These activities are important across all communities.

We need to get better at knowing which women and children are at risk of violence.

We need to help communities to know:

- who is at risk of violence
- what makes up violence
- how to take action to stop violence early.

Through prevention and early intervention we can help:

- women and children
- people who are violent towards women.





## What we plan to do



Change attitudes around Australia that lead to violence against women and their children.



Help communities reduce violence against women and their children. This includes working with the following groups to make things better:



- businesses
- sporting groups
- community groups
- local government
- people from different cultures
- young people
- Aboriginal and Torres Strait Islander men, women and elders.



Help schools teach children about good relationships.



Involve more men in stopping violence.



Make sure workplaces treat women the same as men.



Make sure women can get help to learn how to manage their money.



## Aboriginal and Torres Strait Islander women and their children



Aboriginal and Torres Strait Islander women are 34 times more likely to go to hospital because of family violence than other women.



1 out of 3 Aboriginal and Torres Strait Islander women have experienced domestic violence.

They are also more likely to experience sexual violence than other women.



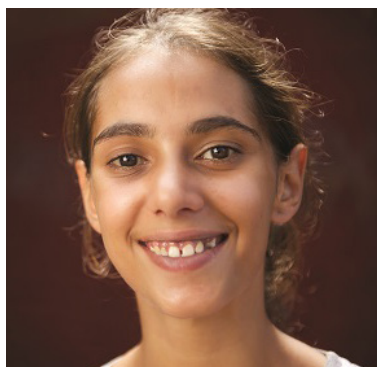
They experience violence even more when they live somewhere **remote** – far away from the city.



Aboriginal and Torres Strait Islander women may have trouble getting:

- information, and
- support services.

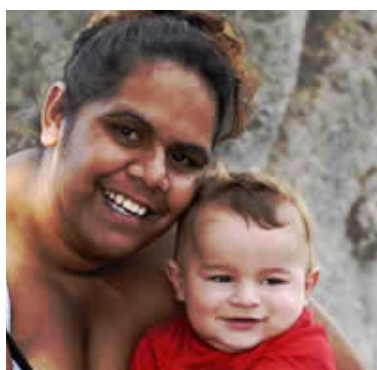
## What we plan to do



Help Aboriginal and Torres Strait Islander communities to stop violence against women and their children.

Learn more about:

- the effect of violence against women in Aboriginal and Torres Strait Islander communities
- the best way to help them.



Set up more community support for Aboriginal and Torres Strait Islander women, and their children, who experience violence.



Work with Aboriginal and Torres Strait Islander men to reduce violence.

## Giving women more support and choice

Women who want to leave family or domestic violence situations need a lot of support.



It is even harder for:

- women from different cultures
- women with disability.

They find it hard to get the right support.

For women with disability this can mean the violence:

- is worse
- lasts longer.



We want to make it easier for women experiencing family and domestic violence to get:



- information about their rights and choices
- legal help
- emergency and long-term housing.

## What we plan to do



Develop ways of checking if:

- women and children are at risk of experiencing violence
- men are at risk of being violent.



Help organisations to improve their services.



Make sure there are good housing options for women and children escaping violence.



Develop information for women about how to start a new life after living with violence.



Work with women with disability to understand how they experience violence.



Improve services for all women, including:

- women from different cultures
- women with disability
- Aboriginal and Torres Strait Islander women.



This includes providing:

- **translating and interpreting services**
  - converting a conversation or written document into a different language
- more training for workers in services about how to help women and their children experiencing, or at risk of, violence
- services and supports that better help women from other cultures.



We will also look at how we can use the internet to give counselling to women who live in remote areas.



Help migrants who may only be temporarily living in Australia to access the support services they need to be safe.



Provide leadership training to young people from different cultures. This is so they can create change in their communities.



Improve services in the family law system.



## Sexual violence



We are focusing more on sexual violence in the Third Action Plan.



Almost 1.5 million women in Australia have experienced sexual violence since the age of 15.



In most cases the person who hurt them was someone they knew.

Women often don't tell the police about sexual violence when they know the person doing it.



Sometimes people share intimate photos of women they know.



But those women didn't say it was okay to share them.



This is a growing problem in Australia.



## What we plan to do



Improve the way service providers help women experiencing sexual violence.



Give Aboriginal and Torres Strait Islander leaders:

- more training about sexual violence
- more information about sexual violence.



Work with the community, especially young people, to encourage good relationships.



Find better ways for health workers in remote and rural communities to collect evidence of sexual violence. This is called **forensic evidence**.

It can include:

- blood tests
- DNA tests.



Help women to take intimate photos that they don't want shared, off the internet.



## Helping children that experience violence in their home

Children are affected by violence in their home, even if the violence isn't towards them.



We want to better understand:

- how children are affected by family violence
- how we can best help them.



We want to talk to children about:

- how they are affected
- what makes them feel safe
- what they need.



## What we plan to do



Make sure organisations share information so they can provide children with better help.

This includes:

- child protection
- police
- service providers
- the legal system
- schools
- health professionals.

Give service providers information and support so they can help children who experience violence.



Not blame a parent for acts of violence done by the other parent.



Improve the safety of children by giving them information through learning games.

## Helping to change the behaviour of people who use violence



People who are violent towards women and their children need to take responsibility for their behaviour.

We need to help them change this behaviour.



This will increase the safety of women and their children.



We also want to identify and help people who might become violent, before they do.

## What we plan to do



Improve behaviour change programs around Australia.



Improve ways of getting people the help they need early on.



We want to better understand what helps different groups including:

- young people
- Aboriginal and Torres Strait Islander men
- men from different cultures
- lesbian, gay, bi-sexual, transgender, intersex and queer people.

## What happens now?



It's really important that we track how we are going with our work to reduce violence against women and their children.

It will help us see the progress we are making.



An **external organisation** will report on the results of the Third Action Plan.

An external organisation is an organisation that is completely separate to the Australian Government.



It's also important to keep doing more research.



The Personal Safety Survey will be done.



It looks at how men, women and children experience violence and how safe they feel.



The National Survey on Community Attitudes towards Violence against Women will also be done.



It will improve our understanding of what influences community **attitudes** about violence against women.

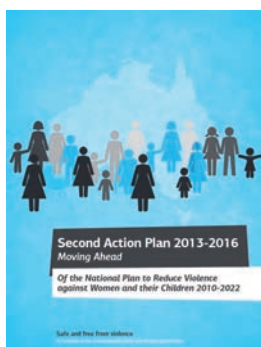


We will do a study on the types of violence that women with disability experience.



We will also do a study with Aboriginal and Torres Strait Islander communities.

It will look at what we need to do to reduce violence in Aboriginal and Torres Strait Islander communities.



We will also work with the Australian Human Rights Commission to progress work we did in the Second Action Plan.



## Where can you get help or more information?



Visit the National Plan website [www.plan4womenssafety.dss.gov.au](http://www.plan4womenssafety.dss.gov.au)



You can get help from 1800RESPECT (1800 737 732).



You can also get help through their website [www.1800respect.org.au](http://www.1800respect.org.au)



This is a telephone counselling service for people who are experiencing, or who are at risk of, family, domestic or sexual violence.

It is free to call 24 hours a day, 7 days a week.



If you are a young person you can join the conversation at [www.theline.org.au](http://www.theline.org.au) or you can call 1800 695 463.

All information shared through these services is private.



Other services you can call:

Relationships Australia – 1300 364 277

Mensline – 1300 789 978



## **Word list**

### **Attitudes**

What people think and believe.

### **Behaviours**

What people say and do.

### **Culture**

Your way of life.

### **Domestic violence**

When violence happens between two people who are in a relationship.

### **Early intervention**

Taking action early on to reduce or change a behaviour.

### **External organisation**

An organisation that is completely separate to the Australian Government.

### **Family violence**

When violence happens between family members.

### **Forensic evidence**

Includes:

- blood tests
- DNA tests.

### **Prevention**

Changing attitudes and behaviours in our community.

## **Remote (communities)**

Living somewhere that is far away from the city.

## **Translating and interpreting services**

Converting a conversation or written document into a different language.

## **Violence**

An act that hurts another person. It may be:

- physical – hurting your body
- psychological – threatening you or making you feel stupid
- sexual – making you do sexual things you don't want to do
- financial – controlling how you use your money
- ignoring your needs – not giving you the care you need.



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