

16 Days of Activism 2025 Toolkit

Resources and information
for the Gippsland Region

25.11.25 - 10.12.25



Acknowledgements

Gippsland Women's Health acknowledges Aboriginal and Torres Strait Islander people as the Traditional Owners of Country and pay our respects to Elders past and present.

We acknowledge the Gunaikurnai and Bunurong as the Traditional Owners of the land and waters now known as Gippsland and acknowledge that they have never ceded sovereignty.

Gippsland Women's Health acknowledge and pay respects to the women and children who have died as a result of gendered and family violence and those who continue to live with violence.

Gippsland Women's Health acknowledges the support of the Victorian Government.



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Importance of 16 Days of Activism and Toolkit Purpose

Purpose of this toolkit

This toolkit has been designed by Gippsland Women's Health to support local Gippsland communities, organisations, local government - **YOU** reading this - to understand what the 16 Days of Activism is, how everyone can get involved and how you can impact change in the Gippsland community.

We **thank you** for your commitment to ending gender based violence and acknowledge the work you may already be doing for this cause.

Our aim for this toolkit is to provide an easy guide with key information and to support you in your event and campaign planning.

What is 16 Days of Activism?

16 Days of Activism is an opportunity for people across every community all over the world to unite and take action to help **prevent and eliminate gender based violence**.

It runs for 16 days, beginning on **25th of November** until **10th of December**.

These are key dates as they mark International Day for Elimination of Violence Against Women (November 25) and International Human Rights Day (December 10).

The colour **orange** is used throughout this campaign as a symbol of **hope** for a brighter future for all.

Importance of 16 Days of Activism

Our vision at Gippsland Women's Health is an equal and respectful Gippsland, where all women, girls and gender diverse people are safe, informed, well and healthy. We exist to improve women's health by advancing gender equity and working to prevent gendered violence.

This campaign, this toolkit and the online resources provide a powerful platform for people across Gippsland to raise awareness and send the message that **violence is not tolerated in our community**.

We acknowledge how incredibly difficult and confronting this issue is, however, it is also a time where we can collectively look to the future and feel hopeful and inspired to be a part of the change.

Online Information Sessions

We will be hosting 2 free online information sessions, and we invite you to join us.

Session 1 is primarily targeted towards those who may be new to 16 Days of Activism or new to gender based violence prevention work. However, we strongly encourage anyone to come along who may want a refresher.

Session 2 is for those who are looking to organise a 16 Days of Activism event or activity, as we will go further into event planning and support.

Session 1

When: Thursday October 16th 2025

Time: 10am - 11am

Where: Online event held on Teams



Click the image below or scan the QR code to Register



Register Here

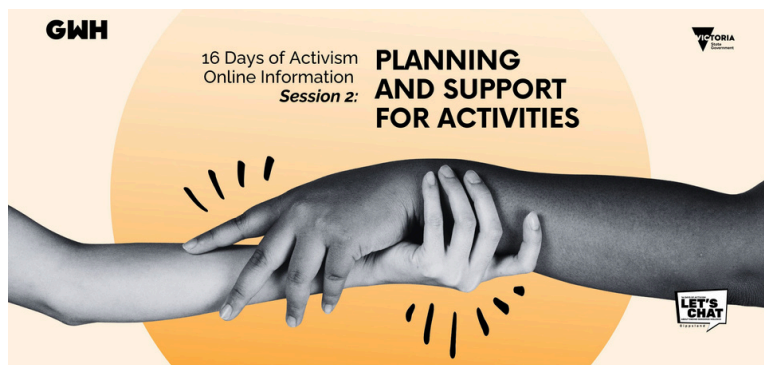


Session 2

When: Wednesday October 22nd 2025

Time: 1:30pm - 2:30pm

Where: Online event held on Teams



Register Here



Gippsland Women's Health 16 Days of Activism Event

Gippsland Women's Health will be supporting events across the region during the campaign, and we will also be **delivering a capacity building webinar** in collaboration with The Line.



What is The Line?

The Line is a long-term campaign from Our Watch that supports young people in Australia (14-20 years old) to understand what is okay and what is not when it comes to sex, dating and relationships.

What is Comfort Zone?

Comfort Zone is a new initiative of The Line. Comfort Zone features an interactive game designed to help young people explore and communicate healthy boundaries in all types of relationships. Through real and relatable prompts, Comfort Zone encourages reflection, builds confidence, and supports young people to recognise the warning signs of controlling behaviour.

Who is this webinar for?

It will be suitable for people who work with young people and would like to know more about the campaign and how to use the campaign materials.

When is the webinar?

The date and time of the webinar will be announced soon! Keep an eye on our [website](#) and socials!

The Comfort Zone Website

The Comfort Zone Stakeholder Pack

Gender Based Violence and the drivers

What is Gender Based Violence

Gender Based Violence (GBV) occurs when someone exercises power and control over another person based on their gender. While anyone can experience GBV, it disproportionately affects women.

95% of all GBV is perpetrated by men impacting women, children and young people, LGBTQIA+ communities, as well as other men. It may be perpetrated by a partner or ex-partner, a carer or guardian, a family member, or anyone who is in close contact with another person.

Gender Based Violence is behaviour that can be threatening, dominating, controlling or intended to make someone feel fear for their own or others' safety and wellbeing. Behaviours may include physical and sexual violence, financial control, and coercive behaviours such as emotional, social and psychological abuse.

[1]

What are the Drivers of Gender Based Violence

There are **4 key drivers** of Gender Based Violence. Evidence points to four factors that most consistently predict or 'drive' violence against women and explain its gendered patterns:

- Condoning of violence against women
- Men's control of decision making and limits to women's independence in public and private life
- Rigid gender stereotyping and dominant forms of masculinity
- Male peer relations and cultures of masculinity that emphasise aggression, dominance and control

The **4 essential actions** to address the gendered drivers of violence against women are:

- Challenge the condoning of violence against women
- Promote women's independence and decision-making in public life and relationships
- Build new social norms that foster personal identities not constrained by rigid gender stereotypes
- Support men and boys in developing healthy masculinities and positive, supportive male peer relationships

[2]

Key Statistics:

Gender Based Violence in Australia

1 woman is killed every 8 days by a current or former intimate partner in Australia. [3]

2 in 5 women have experienced violence since the age of 15. [4]

Women are more likely to experience violence from someone they know than by a stranger. [5]

Women are at increased risk of experiencing violence from an intimate partner during pregnancy. [6]

Domestic and family violence is the leading cause of homelessness for women and children. [7]

12% (2.2 million) of people witnessed partner violence against their mothers when they were children. [8]

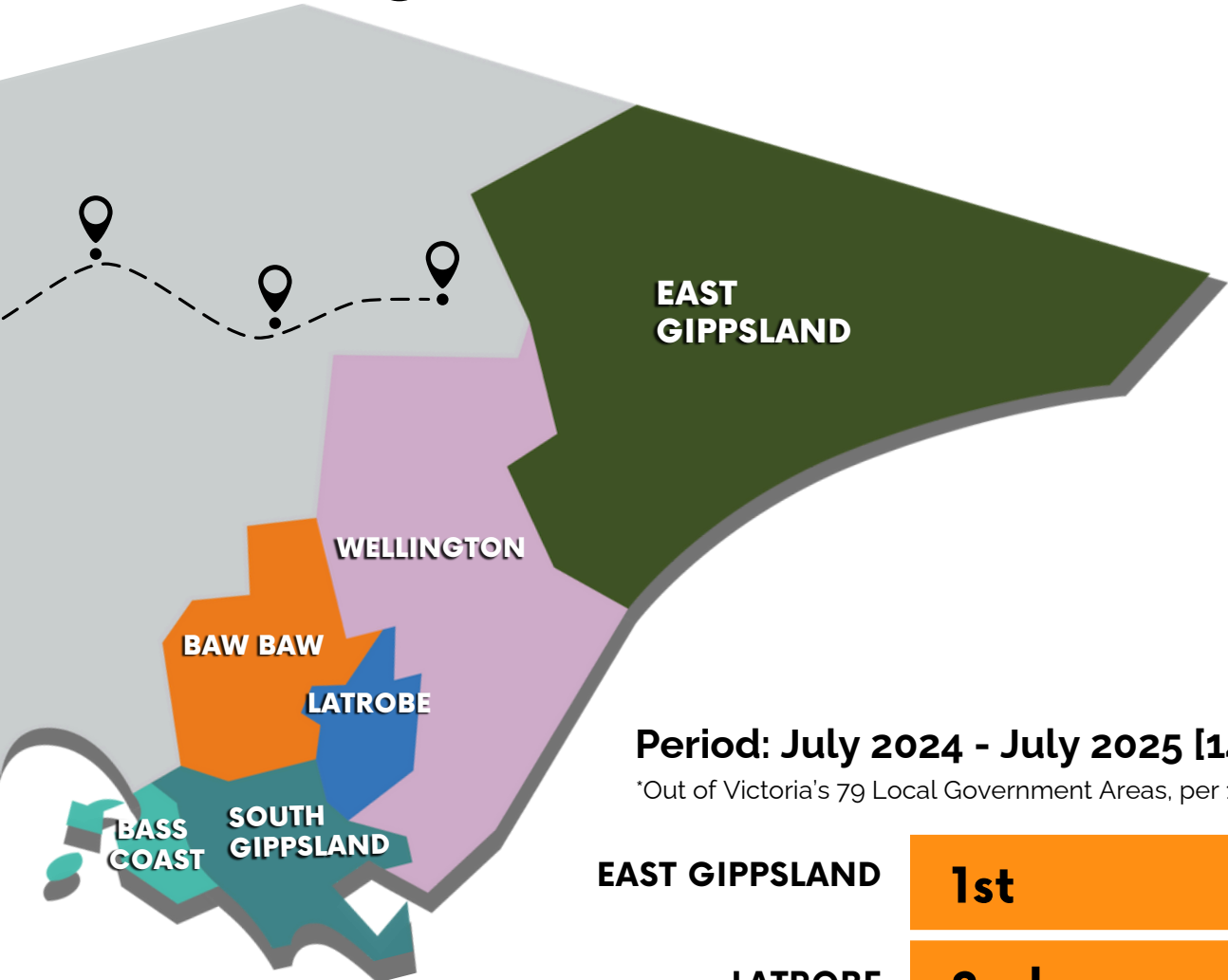
Aboriginal and Torres Strait Islander women experience disproportionately high rates of violence. They are 32 times more likely to be hospitalised due to family violence-related assaults and 11 times more likely to die due to assault than non-Indigenous women. Anecdotal evidence suggests that non-Indigenous men make up a significant proportion of perpetrators. [9,10]

Lesbian, bisexual and queer women experience higher rates of sexual violence than heterosexual women in Australia. Transgender and gender-diverse people also experience very high rates of family, domestic and sexual violence. [11,12]

Women with a disability in Australia are twice as likely to have experienced sexual violence since the age of 15 years than women without disabilities. The type of disability can intersect with gender and different forms of violence. For example, 1 in 2 women with psychological and/or cognitive impairment have experienced sexual violence. [13]

Key Statistics:

Gippsland LGAs Family Violence Rankings out of Victoria's 79 LGAs



Period: July 2024 - July 2025 [14]

*Out of Victoria's 79 Local Government Areas, per 100,000 people. [14]

EAST GIPPSLAND

1st

LATROBE

2nd

WELLINGTON

6th

BASS COAST

26th

BAW BAW

28th

SOUTH GIPPSLAND

29th

Population of each LGA

EAST GIPPSLAND = 49,422

LATROBE = 80,524

WELLINGTON = 46,533

BASS COAST = 41,654

BAW BAW = 61,905

SOUTH GIPPSLAND = 31,022

Key Statistics: Family Violence in Gippsland

Period: July 2024 - July 2025

*Out of Victoria's 79 Local Government Areas, per 100,000 people. [14]

East Gippsland	1st	In Family Violence rates out of Victoria's 79 LGAs*
2,499 <u>Recorded</u> Family Violence callouts to Victoria Police	24.2%	Increase compared to the previous year ↑
Latrobe City	2nd	In Family Violence rates out of Victoria's 79 LGAs*
3,022 <u>Recorded</u> Family Violence callouts to Victoria Police	0.78%	Decrease compared to the previous year ↓
Wellington	6th	In Family Violence rates out of Victoria's 79 LGAs*
1,508 <u>Recorded</u> Family Violence callouts to Victoria Police	13.04%	Increase compared to the previous year ↑
Bass Coast	26th	In Family Violence rates out of Victoria's 79 LGAs*
912 <u>Recorded</u> Family Violence callouts to Victoria Police	12.31%	Increase compared to the previous year ↑
Baw Baw	28th	In Family Violence rates out of Victoria's 79 LGAs*
1280 <u>Recorded</u> Family Violence callouts to Victoria Police	1.08%	Decrease compared to the previous year ↓
South Gippsland	29th	In Family Violence rates out of Victoria's 79 LGAs*
932 <u>Recorded</u> Family Violence callouts to Victoria Police	7.99%	Increase compared to the previous year ↑

Disclaimer: A decrease in police call outs does not equal less family violence. Data does not include people who directly contact Family Violence services for assistance or those who don't seek assistance.



To access more detailed findings for the Gippsland area visit the GFVA website [here](#).

Purpose of hosting a 16 Days of Activism Event

Hosting a 16 Days of Activism event is an opportunity to raise awareness and send the message that violence is not tolerated in Gippsland.

Organisations and groups that host local events are creating safe environments to introduce new ideas and ways of thinking.

Events help generate conversations and give people a safe space to engage, educate and acknowledge. Everyone can play a part in ending gendered violence.

At your events you can talk about the **4 essential actions** to address gendered violence, which are listed on page 7.

Remind people that a lot of social and attitude change starts with a simple conversation. By encouraging our community to talk and learn, we are contributing to actions that prevent violence against women.



16 Days of Activism Event Ideas



To find an event in Gippsland visit:

<https://gwhealth.asn.au/lets-chat-gippsland/>

Join or host your own community walk against gendered violence - ask everyone to wear orange in support and organise a walk with a BBQ at the finish. The BBQ at the end will help generate conversation and is an opportunity to hand out further information to participants

Organise a community craft activity/display of orange themed textiles, knitting, origami etc.

Sports clubs can host an Orange Round - visit [GippSport](#) to learn more

Decorate your workplace, school, community space, sports club in orange

Share/display gender equity books or screen films that challenge traditional gender stereotypes

Run an art competition or a gender equity-themed art exhibition

Team up with local businesses to display posters in shopfronts and in foyers

Organise a lunch and learn session for your workplace

Light up your building in orange



To have your event added to our website, email: projects.hpp@gwhealth.asn.au

16 Days of Activism Event Ideas

Include information about 16 days of Activism in newsletters and on social media

Create a short film asking people in your community what respect means to them

Host a webinar watch party - get colleagues or friends together to watch a webinar such as the one on page 6.

Host a community movie night and discussion

Make a point to have chats with colleagues, friends and family over the 16 days about gendered violence and how we can change the story for Gippsland

Early years settings can train staff to run "All come out to play" gender equity themed storytime for the early years. Click [here](#) for upcoming online training sessions

Media outlets can support the campaign by providing coverage of community events or scheduling special features on 16 days

Host an afternoon tea and discussion



To have your event added to our website, email: projects.hpp@gwhealth.asn.au

Event Planning Tips

Amplify Women's Voices

Ensure that women are involved in planning events and amplify women's voices. Ensure knowledge of current practice before engaging victim/survivors (see **Experts by Experience Framework**). Ask women in your organisation to speak about their experiences in a way that is safe for them. Take an intersectional approach and ensure that First Nations, migrant, and refugee women and women with disabilities voices' are amplified by sharing their stories, achievements and initiatives.

Engage Men and Boys

Build men's awareness of the negative impacts of outdated forms of masculinity. Challenge stereotypes, encouraging equity, respect and nonviolence. Ensure that women are still the focus of the issue and not marginalised. Encourage men in your organisation to talk about their carer roles and responsibilities, their experiences taking paternity leave or requesting flexible work arrangements. See **Men in Focus practise guide**.

Develop a leadership statement

Develop a leadership statement outlining why your organisation has joined the campaign and distribute it to staff and in your local community.

Use the statement in your communications to set the context for your 16 Days of Activism events/activities. Include the following in your statement:

- Leaders photo and title - Introduce what the campaign is about and why it is important. Include all forms of gendered violence - eg family violence, sexual harassment, online or digital violence, sexual assault by a stranger, colleague, or acquaintance
- Detail why your organisation has joined the campaign
- List what your organisation is doing as part of the campaign, include links and dates for events
- When communicating with staff, refer to organisational policies and external support services available to staff affected by family and gendered violence (see page 27 & 28)

Event Planning Tips

- Listen to your communities' **needs and feedback** - find ways to build in feedback options.
- **Team up** with others. You may be limited in resources or staff, or just want to join forces - find ways to collaborate with others in your area.
- **Organise local leaders** and/or leaders in family and gendered violence prevention to speak at your event.
- **Engage First Nations leaders** to perform a smoking ceremony and/or Welcome to Country.
- **Invite support services staff** to be available for support and debriefing. Ensure they are easily identifiable and referred to at the beginning of the event.
- Have **support service materials** such as Gippsland Family Violence Alliance **STOP cards** available for people to take. (See page 26 for order details)
- **Introduce** the support services and materials that are available at the event and how to access them.
- Share your event via a **media release** and **social media** to promote and raise awareness.
- Include activities that provide **connection** and are **hopeful** in tone.
- **Look to the future**, while acknowledging that this is a very difficult issue.
- Ensure the event is **LGBTQIA+ friendly**.
- Ensure your events are **accessible** for all community members! [Women with Disabilities Victoria](#) have some great resources like this document - [Services & Participation, Events & Activities](#).
- Ensure that any speeches are **easy to understand**, genuine, sensitive and avoid assumed knowledge, jargon, or acronyms. For example, if you refer to the Orange Door, explain what it is and how to get help as well as any other relevant services.
- Talk about **prevention initiatives** that are being carried out in your area and acknowledging that many people are working very hard to **prevent violence in the community**.
- **Reach out to others** in your organisation who have been involved in this campaign in the past for support.

Planning Guide and Calendar

We are supporting partners and community leaders to engage with or support combined activities, or to look at holding an event within their own organisation.

Gippsland Women's Health 16 Days Events Page

To have your event uploaded to our website, send us an email with your event details and/or flyer to **projects.hpp@gwhealth.asn.au**

Safe and Equal Event Planning Guide

Safe and Equal (Victoria's peak body for organisations specialising in family and gender based violence across primary prevention, early intervention, response and recovery) provide an Event Planning Guide that can help you in the process of thinking about and planning your event. Access the guide [here](#).

Safe and Equal also host a Community Calendar where organisations can upload their campaign events. We highly recommended uploading yours!

16 Days of Activism 2025 Events Calendar Submission Form

Sign up to Safe and Equal's 16 Days of Activism Bulletin [here](#)

Join a Safe and Equal drop-in session, held to assist campaigners in planning events and activities. Sign up [here](#)

Send us your events!!



Digital Resources

Gippsland Women's Health have developed 2 social media tiles and captions for use. These templates have been created in Canva. Canva is user-friendly and free to use. Set up a profile by clicking here (www.canva.com) to access and edit these templates. The tiles can also be printed if you wish to display them.

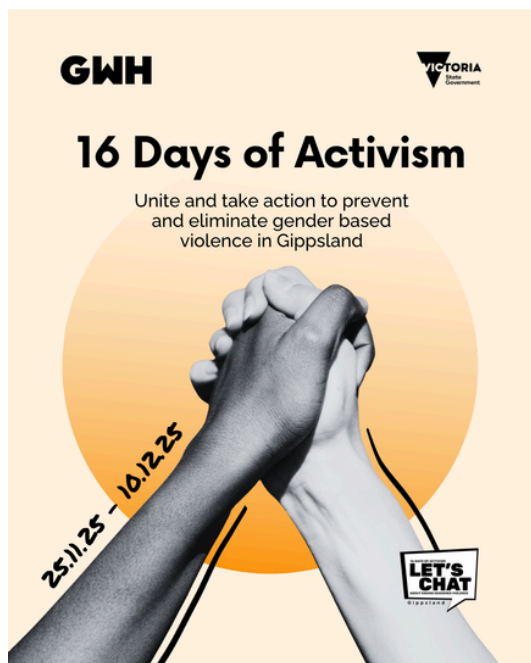
Tile 1: To be posted on November 25, the beginning of 16 Days of Activism.

Tile 2: A "Save the Date" tile for your event or activity.

How to download and customise the tiles

- Click the image or the link below it to open Canva.
- Select **View Template**. Sign in if prompted, then choose **Open in Editor**.
- Add your logo and partner logos. Do not move or delete the **GWH** or **Let's Chat** logos.
- For **Tile 2**, enter your event name and date.
- To save:
 - Choose **Share → Download**.
 - Download as **PDF** for posters.
 - Download as **PNG** for social media.

Tile 1



Access Tiles Here

Caption

Today marks the beginning of 16 Days of Activism. This global movement is an opportunity for people across every community to unite and take action to help prevent and eliminate gender-based violence.

The campaign runs for 16 days, beginning on the 25th of November until the 10th of December. Over the next 16 days, events and activities will be held all across Gippsland to raise awareness and make it clear that gender-based violence is not tolerated in our communities.

However, currently Gippsland is one of the most unsafe places for women, children and gender diverse people, who experience violence at a higher rate than the rest of Victoria.

We encourage you to get involved in the campaign and attend events if you are able.

If you need help:

- In an emergency call 000
- Safe Steps - 1800 015 188
- 1800 RESPECT - 1800 737 732 (24 hours)
- Gippsland Centre Against Sexual Assault - (03) 5134 3922
- No to Violence Men's Referral Service - 1300 766 491

#16DaysOfActivism #16Days

Tile 2



Access Tiles Here

Caption

Save the Date!

To support the 16 Days of Activism campaign, on [insert date of event], [insert name of your organization] will be hosting a [insert event name].

The [insert event name] will be held at [insert location details, times and any other information about attending the event]

This will bring the community together in support of preventing and eliminating gender based violence in Gippsland.

#16DaysofActivism #16Days

Example Caption (event not actually being held!)

Save the Date!

To support the 16 Days of Activism campaign, on Saturday 29th November, Gippsland Women's Health will be hosting a movie night and discussion.

The movie night will be held at Gippsland Performing Arts Centre, 32 Kay Street, Traralgon. To register for a free ticket, click the link in our bio.

This will bring the community together in support of preventing and eliminating gender based violence in Gippsland.

#16DaysofActivism #16Days

If you are only posting Tile 1, add your event details to that caption

We also encourage you to create your own social media tile that has a short video or image of a leader in the organisation to post in support of the campaign.

It can include the following information:

- Introduce what the campaign is about and why it is important.
- Why your organisation has joined the campaign
- What your organisation is doing as part of the campaign
- Any other relevant gender equity work your organisation is doing outside of the campaign.

Other Toolkits & Assets



For the rest of the campaign, we encourage you to use the resources developed by Respect Victoria. They provide **customisable** assets that can be used for **print** or **social media**. These are part of the toolkit that they develop each year.

Respect Victoria is the dedicated organisation for the prevention of family violence and violence against women in Victoria. Their vision is a Victoria where everyone is safe, equal and respected.

"Respect is..." is the theme of Respect Victoria's 16 Days of Activism campaign - because creating safe and equal communities for women all starts with respect.

Access Respect Victoria Campaign Materials [here](#)

Access Respect Victoria 2025 Toolkit [here](#)

Preparing for Resistance & Backlash

Resistance and backlash are often a sign that the status quo is being challenged and that change is occurring, however being on the receiving end of it can be confronting and challenging.

So we have collated some essential tips in helping you prepare for any resistance or backlash you may face when carrying out work in the prevention of gender-based violence.

We have sourced these tips from Our Watch, Respect Victoria and Safe and Equal which are all linked below. See these resources for more detailed information.

Top Tips

- Plan for the type of questions, statements or arguments you might receive and develop responses to these using evidence and examples.
- Reach out to others you know who have done this work and chat about their experiences with preparing for and responding to backlash or resistance.
- Acknowledge at the beginning of a discussion that it will challenge people's identity, beliefs, behaviour, life choices and privilege.
- Try to avoid getting into back-and-forth unproductive arguments. Know that you do not need to respond to every statement.
- Delete offensive comments on social media.
- Practise your talking points so that you feel comfortable to discuss the issues.
- Acknowledge the person, listen to their concern and try to understand what might be at the root of their view.
- Find common values and appeal to those.
- Avoid repeating myths and stereotypes.
- Use values-based messaging. See the guides on page 23.
- Be kind to yourself, check in with how you are feeling and access support services if you need (see support services on page 27 & 28)

Safe and Equal:
Overcoming
resistance and
backlash

Safe and Equal:
Facing
resistance in
your work

Our Watch:
Resistance and
Backlash in
Primary
Prevention

Respect Victoria:
Preparing for
backlash

VicHealth:
(En)countering
resistance



Caring for Self

Leading up to, during and after 16 Days of Activism, it is essential that we all take action to care for ourselves. This is **non-negotiable**. Self-care must be a **priority**.

Not only is this a necessity to look after our mental wellbeing, but by caring for ourselves also helps us to stay sustained in this work.

Top Tips

Find time to have some fun. Do things and be around people that bring you joy and make you laugh.

Know your limits and don't push those boundaries.

Remind yourself why you are doing this work and that there are many other dedicated people working towards the same goal of a better future free from gendered violence.

Ensure you take rest breaks and re-charge.

Reach out to someone - a family member, friend, coworker, manager, counsellor or another support person.

Access support services. Please see page 27 & 28.

Spend time with friends.

Get some fresh air.

Watch your favourite movie, read, listen to your favourite podcast, cook your favourite recipe, play with or cuddle your pets - anything that helps you feel good!

Responding to Disclosures

Around the 16 Days of Activism campaign, when there are many discussions about gender based violence and a spotlight on its effects in the community, there may be disclosures of violence that someone has experienced or witnessed. The advice below has been sourced from Respect Victoria 16 Days of Activism Toolkit 2025. Click [here](#) for further information.

If someone does disclose to you, there are 3 really important things you can do in your response

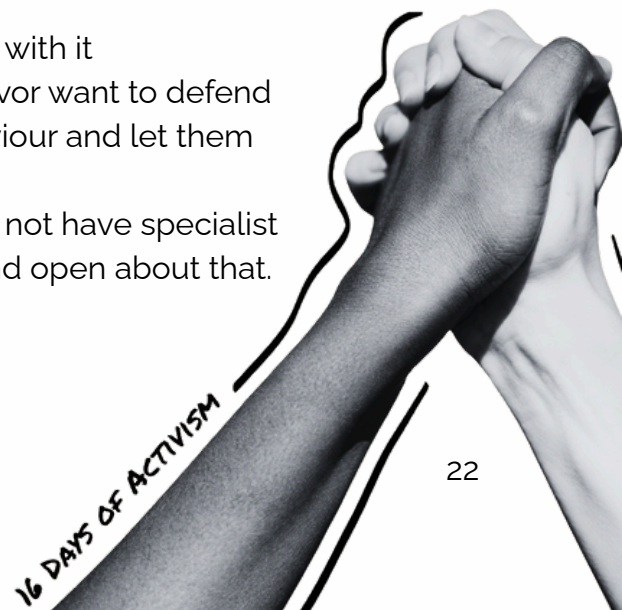
- listen without interruption or judgement
- believe them and validate their experiences
- provide information about specialist supports available

In your response it is also important you are genuine and use your own words, however, here are some ideas of what you could say

- What happened is not okay, and it was not your fault.
- I'm glad you told me.
- No one should have to experience what you've been through.
- Do you feel safe at the moment?
- I'm not a specialist in helping people with experiences like yours – but I can give you the contact details of a support service you can talk to if you want.
- A family violence specialist can help you work out your next steps, make a safety plan, and connect you with other services.

After a disclosure, try NOT to

- find out the details
- fix the situation for them
- ask questions like 'why do you put up with it?' or 'how can you still stay with them?'
- give advice or tell them what to do – it will reduce their confidence to make their own decisions
- judge or criticise their choice – even if you don't agree with it
- criticise the perpetrator – it may make the victim survivor want to defend the perpetrator. Focus on criticising the abusive behaviour and let them know that no one should abuse them
- provide counselling – if you are not a counsellor or do not have specialist training in responding to family violence, be honest and open about that.



Further Resources

click on each tile to be taken
straight to the resource



Men in
Focus

Change
the Story

Changing the
landscape

Changing the
picture

Gender Inequality
and Violence

What is Primary
Prevention

Signs of
Coercive
Control

Early Warning
Signs of Abuse

The Man Box

Pride In
Prevention

Framing
Gender
Equality
Messaging guide

Framing
Masculinity
Messaging guide

Respectful Gippsland Partnership



The Respectful Gippsland Partnership was founded to provide leadership, strategic direction and build on networks for those working to address gender inequity and prevent gendered violence in Gippsland.

Vision

A fair, inclusive, and connected* Gippsland, where all women, girls, and gender-diverse people live with equity, respect, and safety. Gippsland Women's Health provide strong regional leadership and lead with partners to prevent gendered violence and drive systemic change.

**The term 'connected' is being used in line with IAP2 Public Participation Spectrum (inform, consult, involve, collaborate, empower) as well as to express cohesion, collaboration, and unity.*

Purpose

Respectful Gippsland lead and guide collaborative efforts in addressing gender inequity and preventing gendered violence in Gippsland. Through regional advocacy, shared expertise, and collective action, Gippsland Women's Health aim to increase the confidence of communities and organisations to drive equitable and lasting change.

Membership

Respectful Gippsland membership sits with the organisation, who's CEO (or equivalent) nominate a staff member to represent the organisation on the network and attend quarterly Communities of Practice's (CoP).

Benefits for Members:

- Advocacy at state and federal levels
- Structured collaboration opportunities through a regional Community of Practice
- Strategic direction through regional partnership strategy, action plan and framework
- Priority access to GWH's suite of prevention resources and learning opportunities
- Access to register for 1 x free A Better Go – Let's Get Going (foundational) workshop per year (ongoing modules offered at a cost to organisations)
- Access to GWH quarterly regional prevention newsletter where Respectful Gippsland members can share updates, progress, events, advocacy initiatives and best practice.
- Increased opportunity to collaborate with organisations doing similar work in the region
- Access to GWH suite of gendered violence prevention resources and capacity building opportunities
- Access to resources to support an increased understanding of GVP
- Support from GWH in creating sustainable organisational approaches to GVP

For more information and to view the full partnership strategy, scan the QR code or visit:

<https://gwhealth.asn.au/respectful-gippsland/>

For Respectful Gippsland partnership enquiries, please email Gippsland Women's Health – projects.hpp@gwhealth.asn.au



Gippsland Family Violence Alliance

Who is Gippsland Family Violence Alliance?

The Gippsland Family Violence Alliance is a collaboration of member agencies who expresses a joint vision to end family violence in Gippsland.

They advocate for integrated family violence response within our Gippsland communities and assists practitioners who work in the sector to build their knowledge, skills and practice.

Website Access

Their website also has some great community resources that can be shared at workplaces and events. Access their website here:

<https://gippslandfamilyviolencealliance.com.au/>

Who is the Gippsland Family Violence Alliance website for?

The website features a range of information for:

- Community members
- Practitioners
- Agency leaders

How can I use the website in my work?

You can use the website to access information about family violence and information about working in the sector at any time. You can also use the website as a resource when working with others in the sector.

You can do this is through:

- Referencing the website in your presentations and documents
- Use QR Codes in your presentations which will direct people to the website.

Why should we direct traffic to the website?

This website belongs to the 36 agencies across Gippsland who work to respond to those experiencing and using family violence. This website allows us to create a shared understanding among both community, practitioners and leaders of what family violence is, allows for a shared language and a shared approach.

Share a QR code or use this link <https://gippslandfamilyviolencealliance.com.au/find-help/> at your event to link people in with the services listed on the GFVA website

STOP Family Violence Resources

The STOP Family Violence cards and posters are free resources (cards, posters and information sheets) designed by the Gippsland Family Violence Alliance to educate the community on family violence and to direct them to support services.

They are great resources to have at your events and physical copies can be ordered via the Gippsland Family Violence Alliance (GFVA) website <https://gippslandfamilyviolencealliance.com.au/stop-fv-card/>

Alternatively, you can download them by clicking on the tiles below.

STOP Family
Violence
Cards

STOP Family
Violence
Poster

Are you
concerned
about your
behaviour Poster

Need help?
Family violence
Poster (young
people)

Technology
abuse Poster
(aimed at young
people)

Are you concerned
about a child or
young person in
your care?



**click on each tile to be taken
straight to the resource**

For more information on the role the GFVA and resources click **here**.

Support Services

In an emergency, always call 000

1800 RESPECT

National 24 hr domestic, family and sexual violence counselling, helpline, information and support

Phone: 1800 737 732 (1800 RESPECT) (24 hours)

Text: 0458 737 732 (24 hours)

Web: 1800respect.org.au - web chat (24 hours)

Safe Steps

Family and domestic violence crisis response centre

Phone: 1800 015 188 (24 hours)

Web: www.safesteps.org.au - web chat (9am to midnight, Mon-Fri)

The Orange Door

Local support and safety hub for adults, children, young people and families

Inner Gippsland Phone: 1800 319 354 (9am to 5pm, Mon-Fri)

Outer Gippsland Phone: 1800 512 358 (9am to 5pm, Mon-Fri)

Web: orangedoor.vic.gov.au

Gippsland Centre Against Sexual Assault

A free and confidential service, available to anyone in Gippsland who has ever experienced, or been impacted by, sexual assault.

Phone: (03) 5134 3922 (9am to 5pm, Mon-Fri)

Web: www.gcasa.org.au

No to Violence

Men's Referral Service specialises in working with men to change their violent behaviour to keep women, children and communities safer.

Phone: 1300 766 491 (available 24 hours)

Web: ntv.org.au

Support Services

In an emergency, always call 000

Djirra

Aboriginal family violence prevention and legal service

The **Bairnsdale** office services the entire Gippsland region.

The **Morwell** office services Latrobe Valley

Phone: 1800 105 303

Web: djirra.org.au

Rainbow Door

Free specialist LGBTIQA+ helpline, providing information, support, and referral to all LGBTIQA+ Victorians, their friends and family

Phone: 1800 729 367 (10am to 5pm, Mon-Sun)

Text: 0480 017 246 (10am to 5pm, Mon-Sun)

Email: support@rainbowdoor.org.au (10am to 5pm, Mon-Sun)

Web: <https://www.rainbowdoor.org.au/>

Kids Helpline

Free, confidential, and 24/7 support service for children and young people aged 5 to 25 years in Australia

Phone: 1800 55 1800 (24 hours)

Web: kidshelpline.com.au - web chat (24 hours)

Sexual Assault Crisis Line

State-wide, after-hours, confidential, telephone crisis counselling service for people who have experienced both past and recent sexual assault.

Operates between 5pm weeknights through to 9am the next day and throughout weekends and public holidays.

Phone: 1800 806 292

Web: <https://www.sacl.com.au/>

Crisis Line is NRS Friendly. If you are deaf or have a hearing or speech impairment can call through the National Relay Service (NRS)

1800ELDERHelp

A free call phone number that automatically redirects callers seeking information and advice on elder abuse with the phone service in their state or territory.

Phone: 1800 353 374

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8. Australian Institute of Health and Welfare [Family, domestic and sexual violence](#). Based on the 2021-22 Personal Safety Survey
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Events in Gippsland

To discover events running in Gippsland visit:

<https://gwhealth.asn.au/lets-chat-gippsland/>

To have your event added to this website see
contact details below.

Contact

If you have any questions in regard to this toolkit contact

Gippsland Women's Health

projects.hpp@gwhealth.asn.au