



Domestic and Family Violence
in Wagga Wagga

Changing our Story

Need Help?

In an emergency call 000 (triple zero)

1800 RESPECT 24/7

Phone: 1800 737 732

Online chat and find services:

1800respect.org.au



Wagga Women's Health Centre

Phone: 6921 3333

www.waggawomen.org.au

Mensline Australia 24/7

Phone: 1300 789 978

Online chat and find services:

www.mensline.org.au

Lifeline 27/7 – 13 11 14

Beyond Blue 24/7 – 1300 22 4636

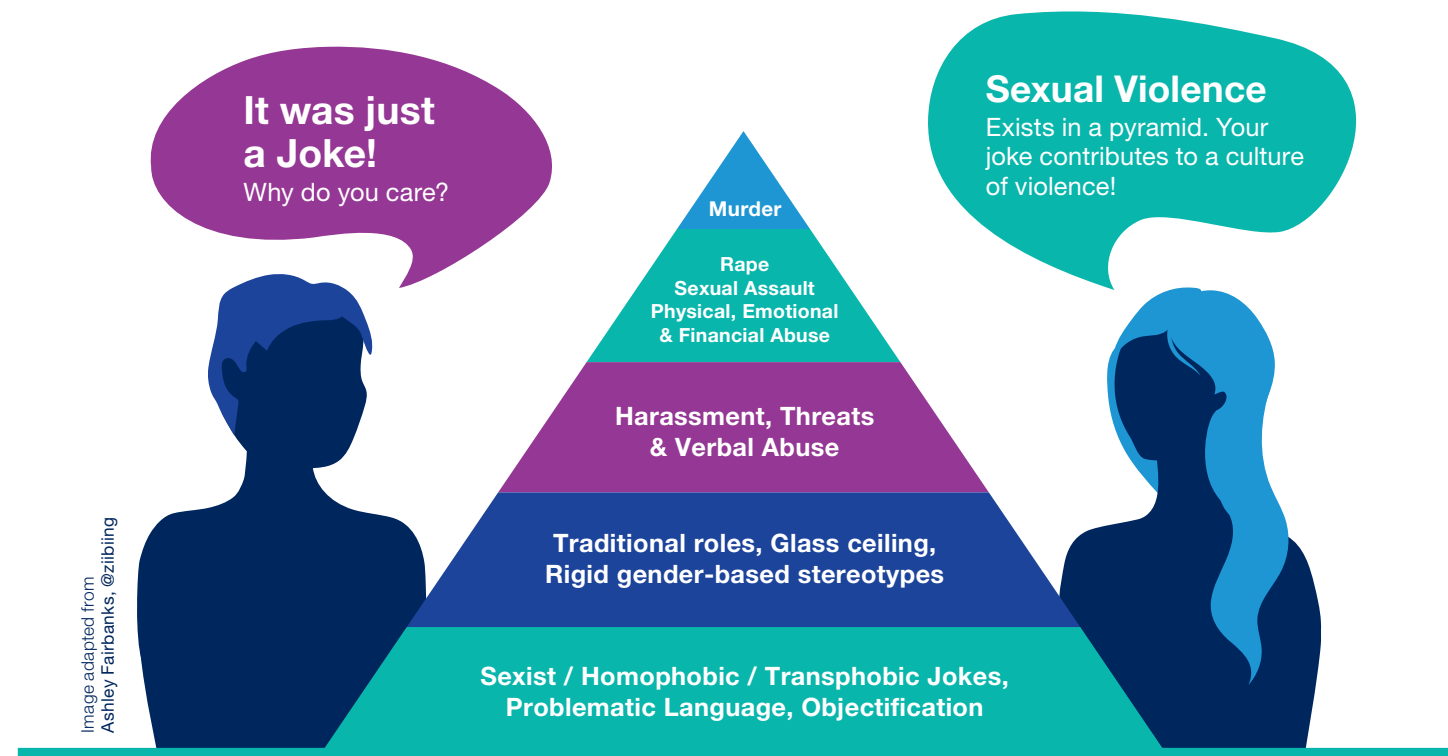
Kids Helpline – 1800 55 1800



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How do we stop gender-based violence?

When people think about acting to stop gender-based violence they usually think about stopping the things at the top of this pyramid...



... but if we take action to stop the behaviours at the bottom of the pyramid, then over time we can create a culture where things at the top of the pyramid are less likely to happen.

Source: Mentors in violence prevention

Be an Active Bystander

An **active bystander** is someone who says or does something when they see harassment or discrimination. It means being aware of when someone's behaviour is inappropriate or threatening and choosing to challenge it.

Be Informed

- Learn the facts about domestic violence – understand the cause, its forms and reasons victims can't just leave.
- Know where to go for help and offer this information to those who need it.
- Talk about it with family, friends, work mates.

Do not attempt to intervene in a situation involving physical violence, or where physical violence may occur.

Call the police on 000



Examine Your Own Behaviour

- Do you have healthy relationships based on respect and equality?
- Do you use power to control your partner?

Unmute Yourself

- Speak up to stop violence.
- Challenge sexist language, jokes and stereotypes.
- Take care of your friends, classmates, family.
- Feel responsible to act – intervene safely.



Recognising Domestic & Family Violence

Verbal abuse

Yelling, shouting, name-calling and swearing at you. Attacking your intelligence, capacity as a parent or spouse, humiliating you.

Physical abuse

Punching you, hitting, kicking, pushing, slapping, choking or the use of weapons against you. Locking you in or out of the house, withholding food, medicine, not allowing you to sleep.

Psychological abuse

Creating fear by angry looks, dangerous driving, damaging valued possessions or hurting pets in order to threaten or intimidate you. Making threats regarding the custody of your children.

Emotional abuse

Blaming you for all the problems in the relationship, making you feel worthless, emotional blackmail, sulking or silent treatment. Comparing you to others to undermine your self-esteem and self-worth.

Social abuse

Controlling who you see, restricting the use of car or telephone, isolating you socially or geographically.

Financial abuse

Taking control of the money, not giving you enough money to survive on, forcing you to hand over your money, not allowing you to work or have a job.

Sexual abuse

Whether you're single, married or in a relationship, no-one has the right to make you do sexual things that you don't want to do.

Harassment and stalking

Following and watching you, repeated telephone or online harassment, leaving notes at your home, workplace or on your car, unwanted flowers or gifts.

Spiritual or religious abuse

Stopping you from practicing your spiritual or religious beliefs, forcing you to take part in religious practices when you don't want to, using religious or spiritual beliefs to scare, hurt or control you or your children.

Reproductive abuse

Forcing or pressuring you to have unprotected sex, become pregnant or have an abortion, preventing or limiting your access to sexual health services and information.

Image-based abuse

Taking nude or sexual images of you and sharing, or threatening to share images without your consent, photo shopping your image onto a sexually explicit photo or video.



Domestic violence can affect anyone in the community regardless of gender, sexual identity, race, age, ethnicity, religion, ability, economic status or location.

What has changed in five years' time?

Wagga Women's Health Centre conducted a survey in 2016 to assess the community's knowledge and attitudes towards domestic violence and gender roles. The findings were concerning, with results showing many members of the community hold low support for gender equality, adhere to rigid or stereotypical gender roles, and hold attitudes and beliefs that justify, excuse, trivialise or minimise domestic and family violence. In 2021 Wagga Wagga City Council asked the community the same questions.



What attitudes have improved

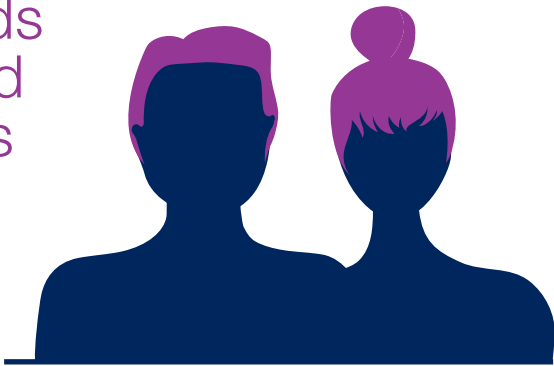
Over the last 12 months:

- approximately **50%** of people shared related social media posts that promote gender equity and respect.
- 82%** of people engaged in a conversation on prevention of violence.
- 70%** of people called out inappropriate attitudes/behaviours.



Attitudes towards gender roles and power dynamics

A significant positive improvement of more power equality in relationships across the Wagga Wagga community.



- 1 in 7 men** believe men should be dominant in relationships compared to 1 in 4 men in 2016.
- 1 in 83 people** believed a university education is more important for a boy, compared to 1 in 12 in 2016.
- 1 in 16 people** believed discrimination against women is no longer a problem in the workplace compared to 1 in 7 in 2016.

- 1 in 19 people** believed men make better leaders compared to 1 in 6 in 2016.
- Only 1 in 13 people** believed woman need to have children to be fulfilled compared to 1 in 5 in 2016.

Knowledge of domestic violence

- above **90%** of people recognise 8 out of the 9 behaviours that constitute DV compared to only 5 of the 9 behaviours in 2016.
- people **55+** more likely to recognise domestic violence behaviours compared to people under 24.

Attitudes towards domestic violence

A significant improvement in peoples' attitudes towards the following statements:

'women could leave a violent relationship if she wanted and women make up domestic violence for a custody battle'



This demonstrates that **attitudes that trivialise domestic violence are on the decline.**

- People were **3x more likely** to believe the main cause of DV is to **maintain power and control** rather than **men being under stress** (2016).



- People were **2x more likely** to agree **controlling access to money** is a form of DV than in 2016.



Community awareness and culture change is an evolving process. The takeaway message is that while it will take generations to prevent violence against women and their children, it's important for all of us to take action.



What's about the same

Responses to witnessing domestic violence/active bystander action

89% of people indicated



they would be an active bystander by either saying or doing something while or after witnessing domestic violence.

Understanding of why women stay in violent relationships

1 in 10 people don't know why.

Most people have an awareness of **why some women stay in violent relationships**. Shame, no support, to keep family together, and fear of greater violence.



What needs improving

Understanding of why women stay in violent relationships

Approximately 2 to 3 people in 100

believe that women stay out of choice, rather than understanding there are a number of reasons why women feel they need to stay or have to stay out of safety from further violence.

Attitudes towards domestic violence

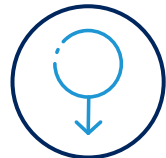
(violence towards current/former partner being justified)

Males were

5x

more likely to justify violence if their partner

had sex with someone else or the perpetrator is made to look stupid.



Knowledge of domestic violence

Understanding the main reason that drives violence.

(men trying to maintain power and control in relationships).



People under 24 were

12x

more likely to justify violence if their partner had sex with someone else.

5x

more likely to justify domestic violence to get access to children.

Attitudes towards gender roles and power dynamics

People under 24 and 55+ age group were

2x more likely to agree that it is natural for men to be in control.

