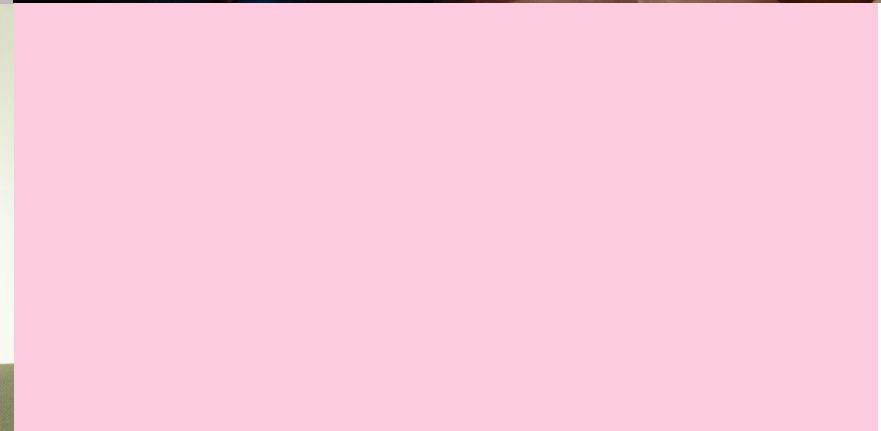


# Take a Stand - 16 Days of Activism

## Education Kit



**Cumberland  
Domestic & Family  
Violence Action Plan**  
A LOCAL COMMUNITY COLLABORATION





## When we excuse disrespect, it can grow into violence.

We do our best to set a good example, but sometimes, without meaning to, we might say things that excuse disrespectful behaviour in young people.

It's important we understand the cycle of violence. Not all disrespect towards women results in violence. But all violence against women starts with disrespectful behaviour. [Learn more](#)

From a young age, boys and girls start to believe there are reasons and situations that make disrespectful behaviour acceptable. We might be surprised that saying things like "it's ok, he just did it because he likes you" and "boys will be boys" excuses this behaviour in the minds of young people. Yet it's easy to make those excuses without even realising it. [Lean about common excuses.](#)

You never know when a situation might come up for a conversation with young people about respect. It could be a proactive, preventative conversation, or it could be that you've seen an incident that needs addressing. It's not always going to be easy, but it's a conversation worth having. Every time we speak out against disrespectful behaviour, we're one step closer to stopping the cycle of violence against women. [Start a conversation about respect.](#)

# Don't make excuses!



# Doing Nothing Does Harm

It is everyone's business to do something when they see disrespect..



## Motivation

The Doing Nothing Does Harm campaign aims to motivate and support bystanders to do something when they see or hear disrespect towards women



## Culture Change

Violence against women begins with disrespect. This is a national problem, deep in our culture and society. By challenging disrespect towards women, we can change this culture and ultimately prevent violence against women.



## Next Steps

Next time you see women being disrespected, **SUPPORT** them by asking if they're OK in person or by direct message. Because #DoingNothingDoesHarm.

[doingnothingdoesharm.org.au](http://doingnothingdoesharm.org.au)



## You Can Help

Share the campaign content below to encourage others to learn more and do something, too.

# No Excuse for Abuse

The No Excuse for Abuse campaign aims to raise awareness of the seriousness of non-physical violence against women — in this way addressing the trivialisation of this type of abuse.

[Stop making excuses here...](#)

# ...It's only because...

“Sometimes I follow her movements, but its only because...”

“Sometimes I forget things and he can get really mad, but its only because...”

“He doesn't want me to contact my family, but its only because...”

# Gender Equality

Gender equality prevents violence against women and girls. Gender inequality is a root cause of violence against women

Here is a [collection of resources](#) about gender equality

This collection of resources from the Victoria government helps to explain the benefits of gender equality.

# Prevent violence against women and girls

The four main drivers of violence against women are:

- condoning violence against women
- men's control of decision-making and limits to women's independence
- rigid gender roles and stereotypes
- male relationships that emphasise aggression and disrespect towards women

The best way to prevent violence against women is to promote gender equality.





# Resources and Links

[Go to the Council website](#)



## Info Sessions

[Book an information session](#) about 'Domestic and Family Violence' DFV and the law. These information sessions are for people who want to know about what happens after a Domestic and Family Violence (DFV) report has been made and the legal system, as it relates to DFV.

## [Book Now](#)

[Book a Safe Relationships or Victims Services Info Session](#). Our victims services talk is for victims of domestic violence to find out more about the free counselling and financial support they may be eligible to receive.



# Follow My Lead

An awareness raising resource

## What is it?

Follow My Lead is an awareness raising resource about domestic and family violence for responders

## How do I use it?

This resource speaks from the voice of people with lived experience of domestic and family violence who need the professionals and their social networks to be more prepared to respond effectively; more prepared to respond in ways that uphold dignity and build on safety.

## What now?

Follow My Lead is for any person who at some point may be listening to and responding to their friends, family members, colleagues, peers or to the people who use their service, who are experiencing domestic and family violence.

[Follow the lead here...](#)



Need help or  
want more  
information?



# Got Questions?

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