



JOIN THE **WALK** & START THE **TALK**

Journey Map & Talking Points



Visit the **Not now, not ever. Together** website for more ideas on how you can help put an end to domestic and family violence.



Queensland
Government

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Journey Map

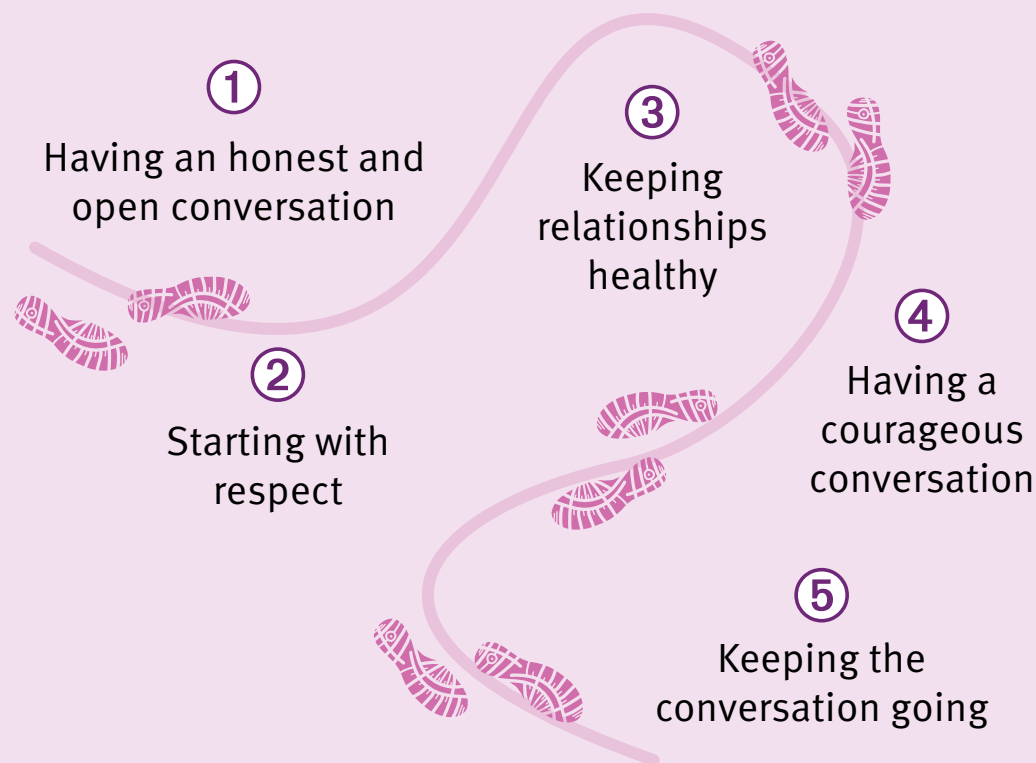
Queensland's Domestic and Family Violence Prevention Council and Challenge DV are passionate about engaging with Queenslanders to change the values, attitudes, behaviours and beliefs that lead to domestic and family violence.

We know there is an immediate and positive impact to our wellbeing when we get together with a loved one to walk, talk and support each other in a healthy way. Walking together can provide a great opportunity to talk about some tough topics, including disrespect, domestic and family violence, and the challenge of calling it out.

We invite you to use this journey map and take steps (literally) to have open and honest conversations about respect and set standards for acceptable behaviours, to positively influence the attitudes our young people use in their relationships – now and into adulthood.

5-steps to start the conversation

This journey map provides a 5-step approach to sharing conversations as you walk. By having conversations and speaking up, we can help end the cycle of violence.



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1 Having an honest and open conversation

Violence and abuse in any relationship is unacceptable.
Yet we know that in Australia:

More than **1** woman is
killed every week

at the hands of a current
or former partner.



One in four young people is
prepared to
excuse violence
from a partner.

As a community we want
our young people to have
positive experiences and
healthy relationships.



One in three women
has been a victim

of physical or sexual violence,
since the age of 15 from someone
known to them.

95% of the victims of abuse
experience violence
from a male perpetrator
(whether women or men)



One in 13 men have
experienced a form
of domestic violence
since the age of 15.

We want them to
respect themselves and
others and to be able to
ask for help when they
'feel unsafe'.



1 Having an honest and open conversation

While you walk take some time to talk about the importance of healthy and respectful relationships.

Talking about abuse and the right to safety and respect, lets the young people around us know that they don't need to remain quiet or keep secrets if anyone hurts them or makes them feel unsafe.

When you have an opportunity to talk with the young people in your life, remember to:

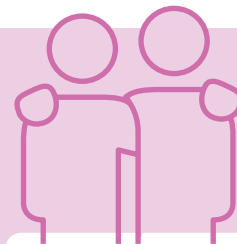
Talk openly

Be open minded

Allow privacy

Have mutual respect

Support and believe



Have you ever seen someone treat one of your friends or a family member in a way that made you worried for their safety or made you feel something wasn't right?



What happened that made you feel worried or that something wasn't right?



2 Starting with respect

**Not all disrespect towards women ends in violence.
But all violence against women starts with disrespectful behaviour.**

Disrespect starts with what we see, the stories we hear and what we learn from adults when we are young.

Without realising it, we can sometimes say and do things that make young people think disrespectful and aggressive behaviours are acceptable.

If we turn away or stay silent when we see or hear someone being disrespectful, we can create a culture where it's okay to look away, deny the problem or make excuses for bad behaviour.

We can set the standard for what is acceptable and help build a culture where everyone is safe and respected.





2 Starting with respect

To prevent violence in our homes and relationships, we need to recognise and challenge the common ways we excuse disrespectful and aggressive behaviour.

Have you heard someone either:

1. Play down the behaviour by brushing it off or trying to minimise the seriousness, for example by saying “Just ignore it”.

2. Accept aggression as just part of being a boy, for example by saying “Boys will be boys”.

3. Blame the victim for being treated with disrespect and imply they must have done something to provoke the behaviour, for example by saying “It takes two to tango”.



Think about what happened and talk about how it made you feel.



3 Keeping relationships healthy

It is **NEVER** okay for anyone to use pressure, control or threaten someone, especially someone they say they love. This is called coercive control.

Despite this, in Australia:



One in three young people **don't think controlling someone is a form of violence**



One in four young people **think it's pretty normal for guys to pressure girls into sex**

The signs of an unhealthy relationship can include the use of:

harmful language

harassment

social isolation

physical violence (including damaging property)

using technology to control, pressure or threaten

Whether you have been in a relationship for a short time or many years, it should always feel safe and healthy.



3 Keeping relationships healthy

In healthy relationships, power is shared equally and no-one has to be in control of the other person. The people in the relationship feel comfortable, safe and treated with respect.

Think about your relationships and ask each other:

Is it okay for your parents or your partner to control what you post on social media? Why?

Are there people you share your GPS location with? Why do they need access – is it about care or control?

What would you do if you thought you were in an unhealthy relationship? Who would YOU talk to?

Do you ever feel like someone is over-texting you? What crosses the line for you – the number of messages or the content of the messages? What can you do if you feel overwhelmed by text messages?



4 Having a courageous conversation

Violence is preventable.

To prevent it, we need to address the behaviours and attitudes that allow the violence to happen.

These include attitudes which have contributed to one in four young people thinking:

It's not serious when guys insult or verbally harass girls in the street.

It's not serious if a guy who's normally gentle sometimes slaps his girlfriend when he's drunk and they're arguing.

Our words and actions impact those around us.

By speaking up and challenging unhealthy behaviours and attitudes, we can help end the cycle of violence.





4

Having a courageous conversation

We need to stop accepting disrespectful behaviour, but it's one thing to recognise it and another to challenge it or call it out – especially when it's a friend or loved one who's doing it. Calling it out doesn't mean you have to embarrass your friend in public. Try keeping it short and sweet with stuff like “Not cool”, “Not funny” or “Come on, you're better than that”.



Consider the situations below and talk about how you could respond.

A friend tells a crude or sexist joke.

Someone at a BBQ says “She asked for it” as a way of blaming a woman for a crime committed against her.

One of your girlfriends is dressing differently and when you ask why, she says her partner didn't like her other clothes because too many people were looking at her.



5 Keeping the conversation going

How you can make a difference going forward:

Think carefully about the language you use.

When we make excuses for disrespect, by saying things like “He just did it because he likes her”. Don’t make disrespect towards girls a normal part of growing up.

Address disrespectful behaviour when you see it.

If we call it out when we see it, we’re sending a clear message to those around us about what is and is not acceptable.

Start a proactive conversation about respect with the people in your life.

By having open, honest conversations about respect, we’re helping prepare others to face difficult situations.

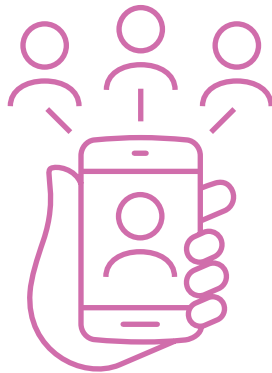
Chat with others about raising respectful kids.

Raising children takes a village, and other adults can act as a much-needed safety net or source of advice.

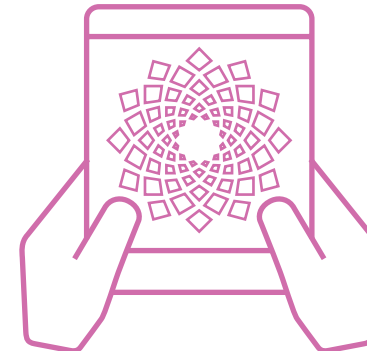


5 Keeping the conversation going

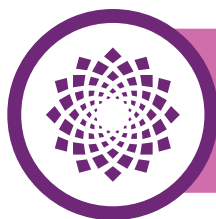
Commit to sharing something you learned today with five other people, and help build a community that says not now, not ever together.



Visit www.qld.gov.au/notnownotever for more ideas on how you, your school, sporting club, community group, or business can pledge to put an end to domestic and family violence.



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Support is always available

Helplines



- DV Connect (women and mens lines): **1800 811 811**
- National Sexual Assault, DFV Counselling Service: **1800 010 0120 (1800 RESPECT)**
- Kids Helpline: **1800 551 800**
- Sexual Assault Helpline: **1800 010 120**
- Lifeline: **13 11 14**
- Beyond Blue: **1300 224 636**
- MensLine Australia: **1300 789 978**

Apps



- **Love & Learn** – provides tools to recognise healthy and unhealthy behaviours in relationships
www.beyonddv.org.au
- **Be there** – provides tools to support you in helping someone experiencing domestic or family violence
bethereapp.com.au

Websites



- The Line
www.theline.org.au
- Stop it at the Start
www.respect.gov.au
- What's OK at home?
woah.org.au
- **www.domesticviolence.com.au/lets-talk-safe-relationships/**
- **wesnet.org.au**
- **www.challengedv.org**

For all this information visit www.qld.gov.au/notnownotever