

Preventing violence against women in the community

Types of Family & Domestic Violence

Education is a crucial tool to empower community members to prevent violence against women. Learning how to identify the forms of violence can be impactful to the whole community:



1. Physical

Hitting, throwing objects, restraining, hurting pets or others.

2. Emotional

Monitoring location, public shaming, name-calling, threatening.

3. Financial

Controlling money, harsh allowances, forcing loans, stealing.

4. Sexual

Unwanted kissing or touching, restricting birth control.

5. Social

Isolation, disconnecting from technology, destroying your relationships with others.

6. Spiritual

Using religion to justify abuse, denying the victim access to practice their religion.

Handling violence in the community

- Show support for the victim survivor and share resources, including Yourtoolkit.com
- Ban perpetrators from clubs, pubs or social settings and making them accountable for their choice to use violence
- Highlights the perpetrator's responsibility rather than the victim's behaviour

How to create positive attitudes

- Fundraise or host events to celebrate women's achievements
- Change chants, hazing, or initiation rituals that promote disrespect towards women
- Make opportunities for women to socialise and establish networks
- Promote women's sports to the same level as men's
- Educate community members on how to identify and #saysomething when they see violence against women
- Ensure the media reinforces positive attitudes about women
- Create strong female voices in leadership

Statements to challenge violence against women

- Obsession is not flattering
- Alcohol, mental illness or stress are not excuses for violence
- Women and men should be equal in relationships
- Gender phrases such as 'boys will be boys' are damaging
- Violence against women is not a normal reaction to day-to-day stress
- Victim survivors are not responsible for their abuse
- Not all abuse is physical



#Saysomething to end violence against women



How to close the gender gap in community?

Rigid gender roles and stereotypes can be damaging to men and women. #Saysomething to end violence against women and close the gender gap in your community.

- 01 Develop policies for sexual harassment and violence
- 02 Promote women in leadership
- 03 Create flexible volunteer and participation options
- 04 Encourage women in science, technology, engineering and maths
- 05 Embrace children's personalities rather than their gender
- 06 Provide gender neutral uniforms



For more information, please visit:
Yourtoolkit.com/saysomething

