



Australian Government

VIOLENCE AGAINST WOMEN
**LET'S STOP IT
AT THE START**

Understanding violence against women in Australia

Conversations about treating women
with respect



Easy Read version



How to use this guide



The Australian Government wrote this guide.

When you see the word 'we', it means the Australian Government.



We wrote this guide in an easy to read way.

We use pictures to explain some ideas.



We wrote some important words in **bold**.

This means the letters are thicker and darker.



We explain what these words mean.

There is a list of these words on page [25](#).



This is an Easy Read summary of another guide.

This means it only includes the most important ideas.



You can find the other guide on the Respect website.

www.respect.gov.au/the-issue



You can ask for help to read this guide.

A friend, family member or support person might be able to help you.

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About this guide



Violence is when someone:

- hurts you
- scares you
- controls you.



This guide has information to help you understand violence against women in Australia.

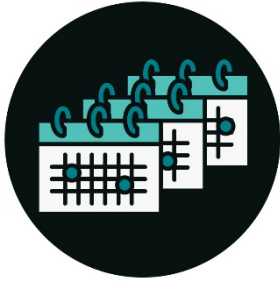
This includes the different ways women can experience violence.



When you understand violence against women in Australia, you will be able to talk to your child about it.



You can also talk to your child about treating women with respect.



It's important to have this conversation often.



This will help create positive **attitudes** towards women.

Your attitude is what you think, feel and believe.

How violence against women starts



Violence against women starts with disrespect.



People usually learn about respect when they are young.



If they see people treating women with disrespect often, they could start to think it's okay.



For example, if they see comments online that are putting women down.

Or if they follow someone online who talks about how women should:



- do all of the tasks in the home,
like cook and clean
- behave a certain way
- wear certain clothes.

It's important to stay connected with your child to know:



- what they see online
- who they talk to online.



This is because what they see online can affect their attitudes towards women.



For example, boys can learn unhelpful ideas about respect and what it means to be a man.

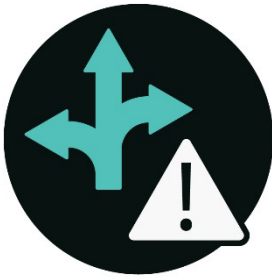
And they might feel like they need to behave a certain way so that other people will respect them.



Girls and women might also learn that being treated with disrespect is okay.

They might think that they can't speak up.

How women can experience violence



Women can experience violence in many ways.



This includes **physical violence** when someone:

- hurts your body
- tries to control your body.



It also includes **emotional violence** when someone:

- says things to make you feel scared or bad about yourself
- makes you feel confused about what has happened to you
- controls what you do.



It includes **financial violence** when someone:

- takes your money
- stops you having a say in how you spend your money
- makes you pay for other people's things.



It includes **sexual violence** when someone:

- makes you do sexual things you don't want to do
- does something sexual to you that you don't want them to.

It includes **domestic and family violence** when someone close to you hurts you, such as:



- your partner, like your boyfriend or girlfriend
- a member of your family
- someone who takes care of you
- someone you live with.



Violence can happen in different types of **relationships**.



Your relationship with someone is how you are connected to them.

For example, violence from a:



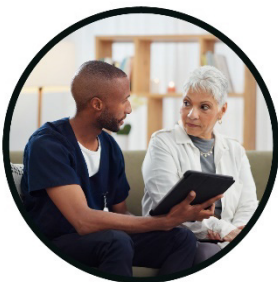
→ partner, like a boyfriend or girlfriend



→ ex-partner



→ family member



→ carer.



Violence against women affects everyone around them.

How young people can learn about disrespect



Disrespect towards women starts when people are young.

Young people might see disrespect towards women in different places.

For example:



→ on social media, like Instagram



→ in their families



→ at school



→ in movies.



This can build up to where the young person thinks that they can treat women unfairly.



Girls and women might also learn that disrespect is part of life.

They might think that they cannot speak up.



Many adults might feel like they are doing their best to treat everyone equally.



But lots of people in Australia expect different things from people because of their gender.

Even if they don't realise it.

Learning about disrespect online



Most young people spend a lot of time online.

For example, on:

- social media, like Instagram
- online games.



They might see things online that:

- treat women with disrespect
- play a part in why people think violence against women is okay.



What young people see online can affect how they:

- think
- behave towards other people.



It's important to talk to your child about how to treat women with respect.

This includes how to communicate with respect online.



Sometimes people forget that what they say online can hurt people.



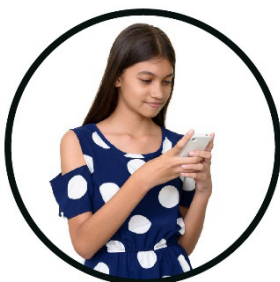
Sometimes people might say hurtful things on purpose because they think no one will find out who they are.



This can include making jokes about sexual violence.



You should explain to your child that social media is different to what happens in real life.



Social media shows people certain information it thinks will interest them.



For example, if you have searched to buy a new watch, you might get ads about buying a watch.



This will also happen when you:

- play a video
- comment on a photo or video
- like a photo or video.



Social media will show you more videos and photos that are similar to these.



So if your child watches a video of someone treating a woman with disrespect, social media might show them more videos like this.



Explain to your child that they can choose what they look at on social media.

They can choose not to watch videos of people treating women with disrespect.



You can also show them how to block or report things on social media.

This means they won't see similar photos or videos anymore.



You can learn more about how to report things online on the Australian Government website.

www.esafety.gov.au/report

What you can do to stop violence against women



You can help your child create positive attitudes towards themselves and other people.

This includes towards women.

You can do this by being a good example for your child.



Think about:

- how you treat women in front of your child
- what you say about women in front of your child.



You can support your child to explore who they are without feeling like they need to fit into what other people expect of them.



You should never make excuses for someone if you see them treating a woman with disrespect.

Support for you and your child



The Respect website has many resources about:

- understanding respect
- how to have conversations about respect.

You can find these resources on the Respect website.

www.respect.gov.au



We wrote Easy Read information on the Respect website about how young people can learn about disrespect online.

www.respect.gov.au/hidden-trends



It is also important to have conversations with young people about respect.

We have information on the Respect website about having these types of conversations with young people.

www.respect.gov.au/conversation-guide



We have information on the Respect website about being aware of excuses.

www.respect.gov.au/excuse-interpreter



It is important to have conversations with other adults about how to teach children respect.

We have information on the Respect website about having these types of conversations with other adults.

www.respect.gov.au/generation-respect

More information



The National Community Attitudes Survey is a survey about what people think of violence against women in Australia.

You can find out more on their website.

www.ncas.au



The Personal Safety Survey collects information about people's experiences of violence.

You can find out more on their website.

www.abs.gov.au/statistics/people/crime-and-justice/personal-safety-australia



The Australian Institute of Health and Welfare shares information about people's health and wellbeing.

This includes information about people's experiences of violence.

You can find out more on their website.

www.aihw.gov.au



The Line is a website with information for young people about sex and respect.

You can find out more on their website.

www.theline.org.au



The Student Wellbeing Hub is a website with information about making schools:

- safe
- places where people respect each other.

You can find out more on their website.

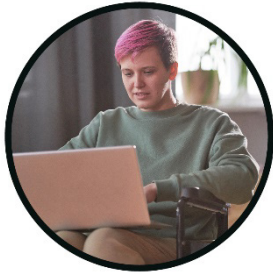
www.studentwellbeinghub.edu.au



The Australian Government has a website called eSafety about supporting people to learn about being safe online.

You can find out more on their website.

www.esafety.gov.au



Say it Out Loud is a website that supports people in the **LGBTIQA+** community.



The letters LGBTIQA stand for lesbian, gay, bisexual, transgender, intersex, queer or questioning and asexual.

The '+' is for people who are part of the LGBTIQA+ community but don't talk about themselves using a word from this list.



You can find out more about these supports on their website.

www.sayitoutloud.org.au

Word list

This list explains what the **bold** words in this guide mean.



Attitude

Your attitude is what you think, feel and believe.

Domestic and family violence

Domestic and family violence is when someone close to you hurts you, such as:



- your partner, like your boyfriend or girlfriend
- a member of your family
- someone who takes care of you
- someone you live with.

Emotional violence

Emotional violence is when someone:



- says things to make you feel scared or bad about yourself
- makes you feel confused about what has happened to you
- controls what you do.

Financial violence



Financial violence is when someone:

- takes your money
- stops you having a say in how you spend your money
- makes you pay for other people's things.

LGBTIQA+



The letters LGBTIQA stand for lesbian, gay, bisexual, transgender, intersex, queer or questioning and asexual.

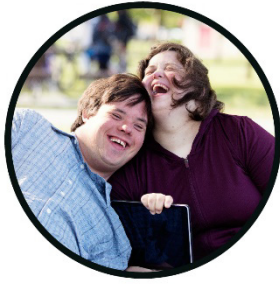
The '+' is for people who are part of the LGBTIQA+ community but don't talk about themselves using a word from this list.

Physical violence



This includes physical violence when someone:

- hurts your body
- tries to control your body.



Relationship

Your relationship with someone is how you are connected to them.

Sexual violence



Sexual violence is when someone:

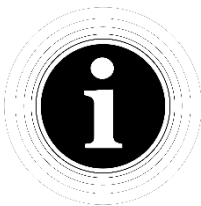
- makes you do sexual things you don't want to do
- does something sexual to you that you don't want them to.

Violence



Violence is when someone:

- hurts you
- scares you
- controls you.



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