

FACT SHEET: SUPPORTING VICTIMS OF FAMILY VIOLENCE

People turn to their faith leaders and communities for guidance and support often in difficult times. Those who have experienced family violence may seek support and advice from their faith communities. It can be difficult to know what to say or do, but it is important to remember to be sensitive and give help and support. Remember to:

BELIEVE THE PERSON
AND LET THEM KNOW
YOU BELIEVE THEM.

LISTEN TO THEIR
EXPERIENCES.

BE NON-JUDGEMENTAL.

TELL THEM THEY ARE NOT TO
BLAME FOR THE VIOLENCE.

KEEP THE PERSON'S STORY PRIVATE
AS TELLING OTHERS MAY PUT THEM
AT RISK OF FURTHER VIOLENCE.

RESPECT THE PERSON'S
DECISIONS.

PROVIDE APPROPRIATE INFORMATION ABOUT
SUPPORT SERVICES SUCH AS 1800 RESPECT
(1800 737 732) OR SAFE STEPS FAMILY
VIOLENCE (1800 015 188).

Supporting someone who has experienced family violence can be distressing. It is important to look after yourself and remember:

Your help and support is important.

Do not pressure yourself to provide more support than you can give.

Talk to a service if you are unsure or feeling overwhelmed.

Adapted from: Domestic Violence Resource Centre Victoria (<http://www.dvrcv.org.au/help-advice/guide-for-families-friends-and-neighbours>)

This resource has been developed as part of the CHALLENGE Family Violence project, a partnership between City of Casey, Cardinia Shire Council, City of Greater Dandenong and Monash Health. This project has been funded under the Reducing Violence against Women and their Children grants program, part of the Victorian Government's Community Crime Prevention Program - local solutions for local crime prevention issues.