



## Do you need help?



If you or someone you know is experiencing domestic and family violence or sexual assault, you can get help by calling:

000 if you, a child, or someone else is in immediate danger

1800 RESPECT – 1800 737 732

Relationships Australia – 1300 364 277

Mensline – 1300 789 978

## How to use this document



This information is written in an easy to read way.  
We use pictures to explain some ideas.

You can ask for help to read this document.  
A friend, family member or support person may be able to help you.



You can find more information about the National Plan on our website at

[www.dss.gov.au/nationalplan](http://www.dss.gov.au/nationalplan)

## What's in this document?

What is the National Plan?	4
What are we doing to stop violence?	7
What is happening to help Indigenous women?	9
What is happening to help women from all cultures?	14
What is happening to help women with disability?	18
How can you support the Second Action Plan?	22
Where can you get help or more information?	24

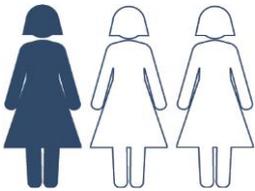
## What is the National Plan?

The National Plan to Reduce Violence against Women and their Children 2010-2022 is about working together to reduce violence against women and their children in our community.

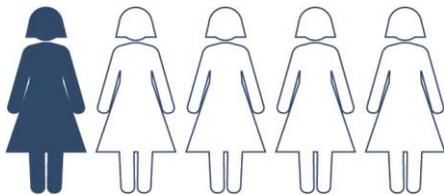
Violence is an act that hurts another person.

It may be:

- physical – hurting your body
- emotional – hurting your feelings
- sexual – making you do sexual things you don't want to do
- mental – threatening you, making you feel bad, trying to control you and harming your mind.



In Australia today, 1 in 3 women has experienced physical violence.



Almost 1 in 5 has experienced sexual violence.



1 in 4 young Australians (aged 12 to 20 years) were aware of domestic violence against their mother or step-mother.

We want to change this.

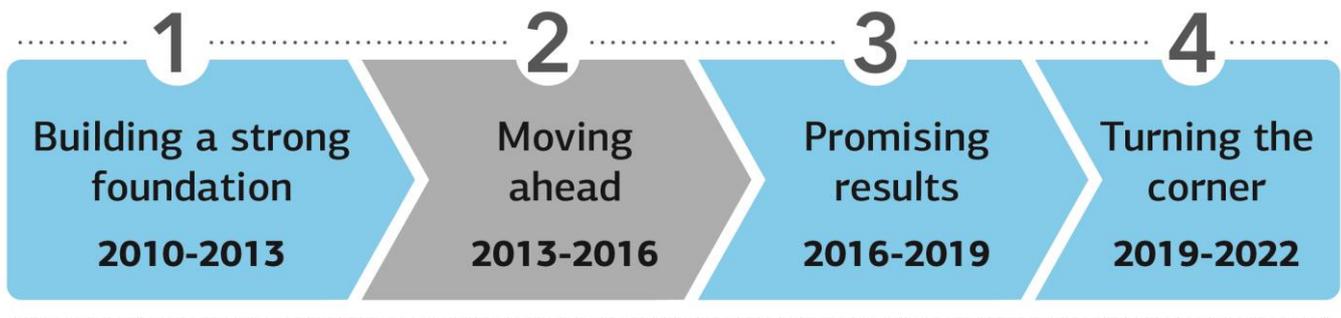
We as a country want Australian women and their children to live free from violence in safe communities.

The National Plan explains what we are doing to make this happen all around Australia.



There are 4 parts to the National Plan.

We call these Action Plans. Each plan goes for 3 years.



We are now working on the Second Action Plan.

The Second Action Plan explains:

- what we will do in the future
- what we have achieved so far.

We've been asking people what they think about our plan.

About 100 experts and people who work to prevent violence against women and their children shared their ideas with us.



And over 50 people wrote to us to tell us what they think we should be doing.

We've included many of these ideas in the Second Action Plan.

We want our plan to say and do what people in the community want us to do about this problem.

## What are we doing to stop violence?

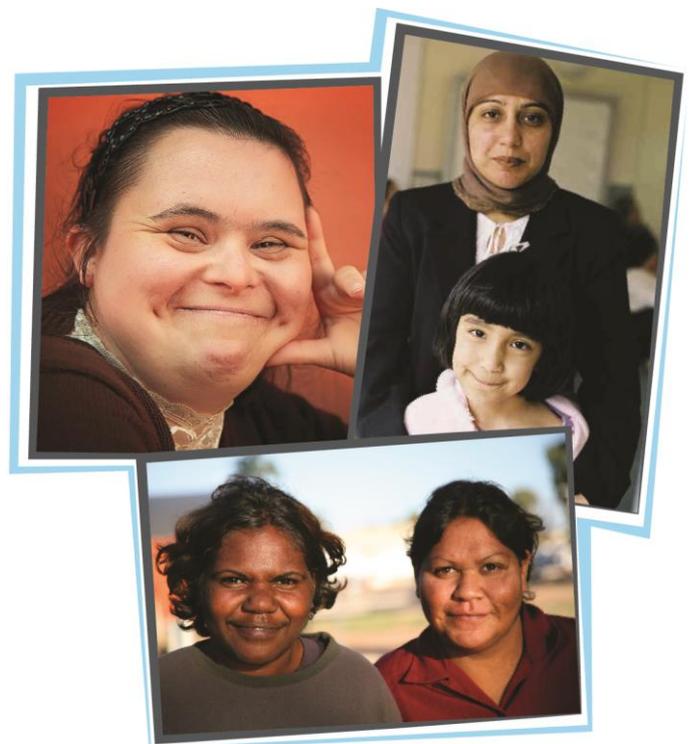
We are making a difference to a lot of women.

We are getting everyone involved in stopping violence.

We are also learning about and stopping violence against all women.

Some women are more at risk:

- Indigenous women
- women from diverse cultural backgrounds
- women with disability.



We are working towards:



- Improving how systems and services work together.
- Improving programmes for men who use violence.
- Finding out more about what works to stop violence.



**Reducing violence against women and their children is a community issue - it needs effort from us all.**



## What is happening to help Indigenous women?



Indigenous women can experience a lot of violence.

We know that, in 2008-09, Indigenous women were 31 times more likely than non-Indigenous women to go to hospital because of family violence.



We need to change this.



## What has been done so far?



Since 2009, we have been working on some important projects.



We launched *The Line* – Respect Each Other.

This is a way of helping young Indigenous people build healthy relationships where men and women are treated equally.

There is more information about this on page 15.

We set up the National Aboriginal and Torres Strait Islander Women's Alliance (NATSIWA). NATSIWA helps Indigenous women to:

- learn how to be leaders in our community
- speak up and be heard
- be safe
- be healthy
- have better finances and money management.

We have also improved the way police respond to domestic violence, including in remote areas.



We have trained nurses and Aboriginal health workers to notice and respond to domestic violence.

This training is called DV-alert.



We have provided funding for a telephone counselling service called 1800 RESPECT.

There's more information about this on page 25.



## What will happen next for Indigenous women?

We will continue our work to make Indigenous communities safer.

We will do this by:



- working with all governments around the country
- increasing police presence in some communities
- helping people to make communities safer
- helping to change people's attitudes about violence
- expanding *The Line* to reach more Indigenous young people
- talking to groups of Indigenous women about violence in their communities.



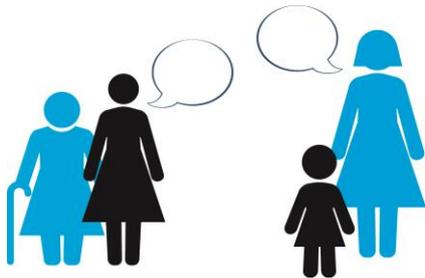


We will also be working with:

- Our WATCH, an organisation set up to stop violence from happening in the first place.
- Australia's National Research Organisation for Women's Safety (ANROWS).

ANROWS will do more research about ways to stop violence against women and their children in Indigenous communities.

We will also work towards:



- finding new and better ways to communicate with all groups



- encouraging women to take part in our work and become leaders.

## What is happening to help women from all cultures?



Culture is a way of life.

There are many different cultures in Australia and around the world.

You may think or act in a certain way because of the place where you were born, or the culture or religion you grew up in.

Sadly, women and girls from all cultures experience violence.



It can be hard for women who come to Australia as migrants, refugees and students who may:

- not have enough money
- not know where to get support
- feel like they cannot escape
- feel that violence is all they know.

For some women in Australia, their problems may be made worse by:

- English not being their first language
- not knowing the law in Australia
- getting used to a new culture.



The Second Action Plan looks at the way violence affects women from different cultures around the world.

## What has been done so far?



Since 2009, we have been working on some important projects to help women from a range of cultures.

We have been providing funding to many communities.

They have used this money to run programmes that help women learn how to stop violence and create healthy relationships.

This might include:

- workshops
- talking and working together.

*The Line* is our way of communicating with young people. It helps them learn that men and women should be treated equally.

It helps young people start healthy, respectful relationships.

We've made sure that the materials we've used for *The Line* have been created in a range of different languages.



We've also provided training to nurses and health workers. This helps them to notice when women and their children are experiencing domestic violence.

This training also helps them know what to do about it.

This training is called DV-alert.

## What will happen next?



We will continue our work to help women from all cultures to be safer.

We will continue to fund the White Ribbon campaign. This is a campaign led by men who don't accept violence against women.

This campaign will spread their work across a range of cultures.



We will continue working with *The Line* on projects for young people in all cultures.



Our WATCH has been set up and funded to get communities to work together to reduce violence.



ANROWS will help us understand how to help prevent violence against women and their children from all cultures.



We will encourage women from all cultures to take part in our work and become leaders in our community.

## What is happening to help women with disability?



Women with disability are more likely to experience violence than other Australian women.

For these women, the violence can be worse and last for longer.



Women with disability can also face challenges when they're trying to:

- get support
- use the justice system, including lawyers, the courts and police.

We need to change this.

## What has been done so far for women with disability?

Since 2009, we have been working on some important projects to help women with disability.



We funded the 'Stop the Violence' project to talk to lots of people about how we can provide better services to women and girls with disability who experience violence.

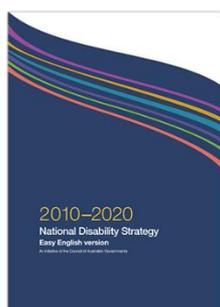
The Stop the Violence project document can be found at [www.stvp.org.au](http://www.stvp.org.au)



We provided a grant to develop and deliver a Domestic violence Abuse and Neglect Training Package.



We provided grants for programmes that taught people with different types of disability about respectful relationships.



Our Plan will work with the National Disability Strategy. The National Disability Strategy is a plan that all of the governments in Australia have agreed on. It explains how we are working together to make life better for people with disability.



We have provided funding for 1800 RESPECT.

There's more information about this on page 24.

## What will happen next for women with disability?



We will continue our work to help women with disability to be safer.

Building on the Stop the Violence project we will look at new ways to provide information about violence against women and girls with disability.



We will offer more training for people who are working with women and girls with disability.

This training will be about how to prevent violence.

We will improve the way we collect information about violence against women with disability.

This will allow us to make better decisions as we will know more about where help is needed.



Our WATCH will work with the community to make women and girls with disability safer.

ANROWS will continue researching what works to help women and girls with disability who are experiencing violence or sexual assault.



We will encourage women with disability to take part in our work and become leaders in our community.



## How can you support the Second Action Plan?

It is important the whole community is involved in reducing violence against women and their children. There are different ways that you can support the National Plan and the Second Action Plan. You can:



- Speak up about violence against women and their children in your family, workplace or sporting group.
- Follow White Ribbon on Facebook or Twitter  
[/whiteribbonaustralia](#)  
[@whiteribbonaust](#)
- Connect with Our WATCH.  
Their website can be found at [ourwatch.org.au](http://ourwatch.org.au)
- Volunteer or donate to your local:
  - women's service
  - youth group
  - homeless shelter
  - Indigenous or multicultural group.
- Join *The Line* conversation online at [www.theline.org.au](http://www.theline.org.au)



- Get involved with groups in your local community.



- Look out for the national plan Communications Strategy that will be released next year. It will tell you more about how you can get involved.



## Where can you get help or more information?



Have you heard of 1800 RESPECT?

This is a telephone counselling service for people who are experiencing, or who are at risk of domestic violence or sexual assault.

1800 RESPECT (1800 737 732) is free. It is available 24 hours a day, 7 days a week.

*The Line* is our way of communicating with young people.

You can have a look at the campaign at [www.theline.org.au](http://www.theline.org.au) or you can call 1800 695 463.

All information shared through these services is kept private.

**Violence against women and their children is wrong.**

**We need to work together to stop violence.**

**We want women and their children to be safe.**



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