



Australian Government
Department of Social Services

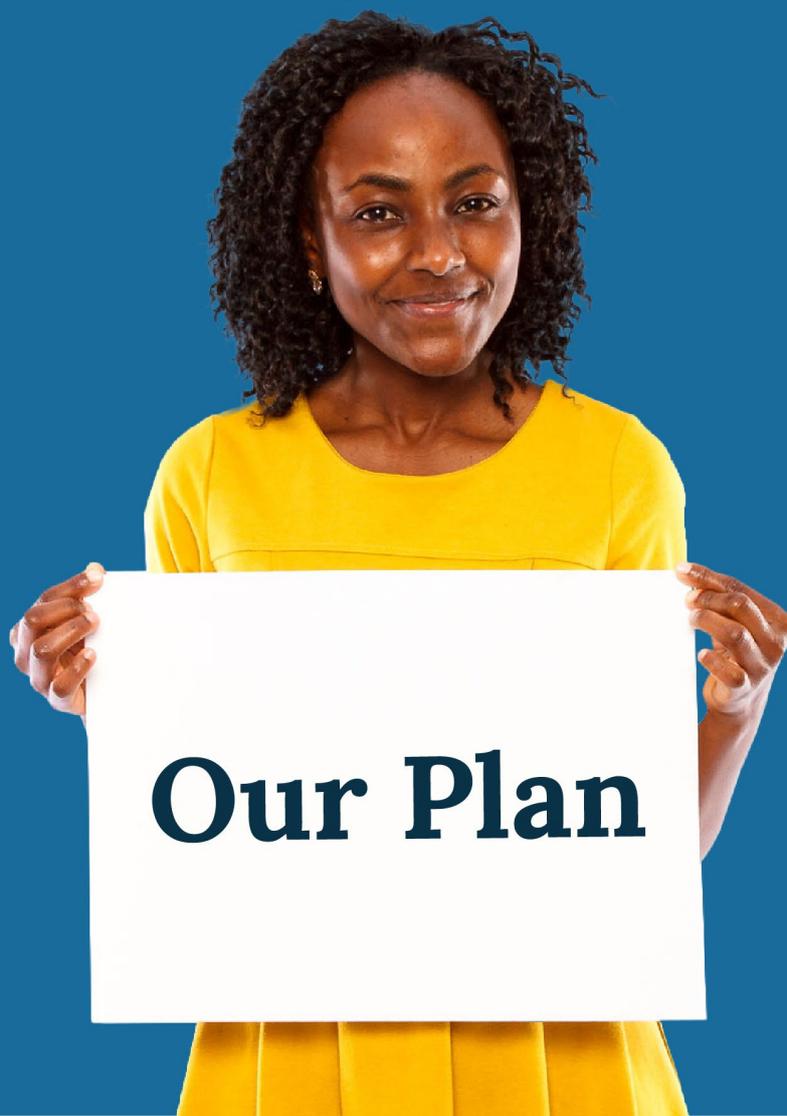
National Plan to End Violence against Women and Children

Our Plan for 2022–2032

A guide to our Plan



Easy Read version



How to use this guide



The Australian Government worked with the state and territory governments to write our Plan.

When you see the word 'we', it means all of these governments.



We wrote this guide in an easy to read way.

We use pictures to explain some ideas.



This Easy Read document is a guide to our Plan.

Bold
Not bold

We wrote some words in **bold**.

This means the letters are thicker and darker.

We explain what these words mean.



You can ask for help to read this guide.

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



We recognise Aboriginal and Torres Strait Islander peoples as the traditional owners of our land – Australia.



They were the first people to live on and use the:

- land
- rivers
- seas.



We recognise the Aboriginal and Torres Strait Islander peoples who helped us write our Plan.

If you need support



In our Plan we talk about things that might:

- upset you
- make you feel worried.



You can talk to someone about how you feel.

You can also get support if you experience violence.

We explain who you can talk to on page 8.

What is our Plan?



We wrote the National Plan to End Violence against Women and Children 2022–2032.

We call it our Plan.

Violence includes when someone:



- hurts you
- scares you
- controls you.



There are different types of violence.

We explain them more in our Plan.



Many women experience violence at some point in their lives.



Many children also experience violence when it happens to:

- them
- people around them.



We want to end violence against women and children in Australia.



We need everyone in Australia to help us stop violence:

- before it starts
- from getting worse or happening again.



We also need everyone in Australia to help us support women and children:

- who experience violence
- to recover and heal after violence.



It's also important to include men and boys in our work.

What's in our Plan?



We split our Plan into 3 parts.



Part 1 explains what our Plan is about.

This includes our:



- areas we want to focus on
- principles – important ideas we need to work on to reach our goals
- domains – 4 areas that will help us end violence against women and children.



Part 2 explains why we need our Plan.



This includes:

- different types of violence
- why violence happens
- who violence affects.



Part 3 explains how we will deliver our Plan.



This includes:

- our Action Plans
- our goals
- how we will achieve our goals.



You can find each part of our Plan on our website.

www.dss.gov.au/ending-violence

Help and support services



You can talk to someone if something in our Plan makes you upset or worried.

You can also get support if you experience violence.



There are people and services who can support you.



You can talk to someone you trust, such as a:

- family member
- friend.



There are also organisations who can help.

We have included some free services below.



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If you or someone you know is in danger, call Triple Zero.



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1800RESPECT



1800RESPECT can support you if you are experiencing domestic, family and sexual violence.



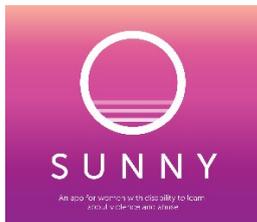
You can call them any time.

1800 737 732



You can visit their website.

www.1800respect.org.au



1800RESPECT also have an app called Sunny.

It's for women and girls with disability.



Sunny can help you:

- learn about violence
- get help
- tell your story.



You can download the Sunny app from the:

- **Google Play store**
- **Apple App store.**

Lifeline



If anything in this guide has upset you, Lifeline can support you.



You can call them any time.

13 11 14



You can also visit their website.

www.lifeline.org.au

13YARN



13YARN is a support service run by and for Aboriginal and Torres Strait Islander peoples.



You can call them any time.

13 92 76



You can also visit their website.

www.13yarn.org.au

National Disability Abuse and Neglect Hotline



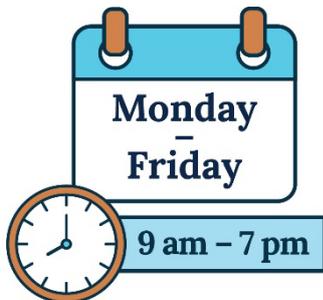
You can use this hotline to report:

- violence against people with disability
- someone treating a person with disability badly.



You can call them.

1800 880 052



They are open:

- 9 am to 7 pm
- Monday to Friday.

NDIS Quality and Safeguards Commission (NDIS Commission)



The NDIS Commission makes sure **participants**:

- are safe
- get good services.

Participants are people with disability who take part in the NDIS.



You can contact the NDIS Commission to report someone:

- using violence against a participant
- treating a participant badly.

You can call them.



1800 035 544

They are open 9 am to 5 pm, Monday to Friday.

If you live in the Northern Territory, they are open 9 am to 4:30 pm, Monday to Friday.



You can also report something on their website.

**[www.ndiscommission.gov.au/contact-us/
makeacomplaint](http://www.ndiscommission.gov.au/contact-us/makeacomplaint)**

MensLine Australia



MensLine Australia supports men with their behaviour and wellbeing.



You can call them any time.

1300 78 99 78



You can visit their website.

www.mensline.org.au

National Relay Service



If you need support to speak or listen, you can use the National Relay Service.



You can call them any time.

1300 555 727



Then you can tell them what phone number you want them to call.



You can also visit their website.

www.relayservice.com.au

Translating and Interpreting Service (TIS)



If you speak a language other than English,

TIS can help you:

- talk to someone
- understand what they are saying.



You can call TIS any time.

131 450



You can visit their website.

www.tisnational.gov.au



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