

MY SAFETY KIT

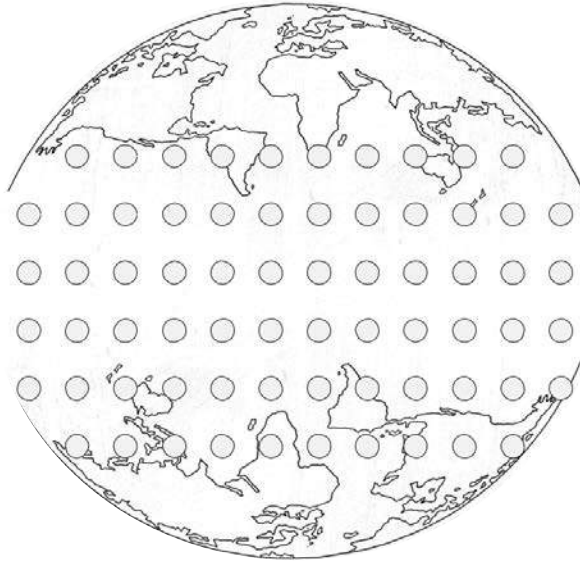


My Safety Kit is a free reflection resource designed to support people who are, or may be, experiencing domestic, family and sexualised violence.



This resource is for all people. Insight Exchange respects the diversity of all sexualities and gender identities including but not limited to; lesbian, gay, bisexual, transgender, intersex, queer and asexual + identities as well as heterosexual and cisgender identities.

Individually, we may be directly impacted by, or impacting on, the safety and experiences of others.



We are connected to, influenced by, and responsive to many things in our world. These can be natural, material, social, political, spiritual and cultural.

And what matters to each of us is unique and changing.

[Excerpt: Responders Lab 'Follow My Meaning']



One thing, or a whole lot of things, might not be right for me in my relationships.

I might be feeling uneasy, worried, unsafe, exhausted, fearful or confused about what's going on and what might happen next.

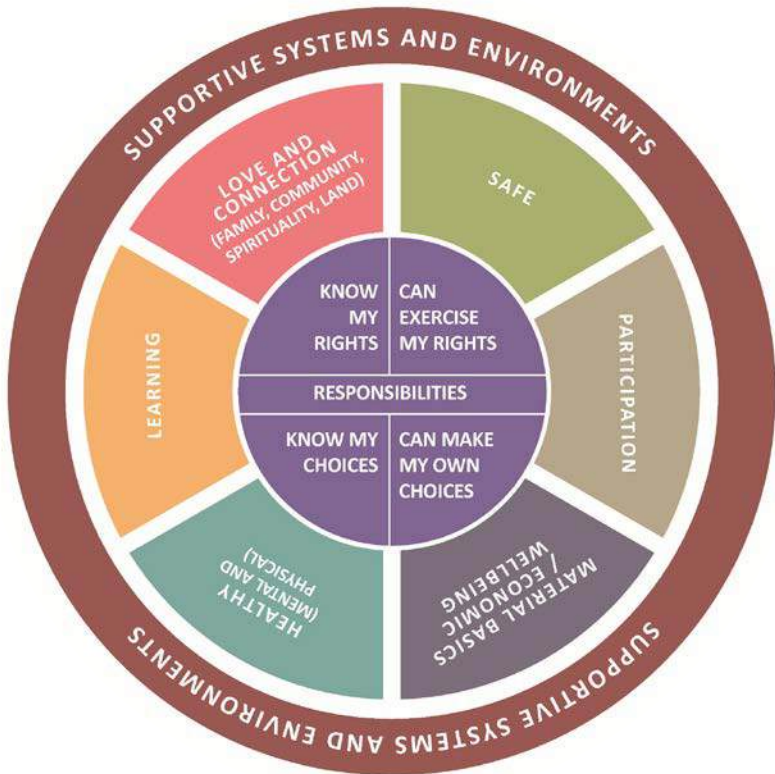
I might want to talk with someone about what's going on. I might want to talk through my thinking and the questions I have been working through in the privacy of my mind.

My Safety Kit is designed to support me (at my pace), with reflection questions about how I see things and what I might be thinking about, when looking ahead.

I might be thinking about...

- Are things changing in my relationships?
- What kinds of things am I having to do and not do to stay safe and well?
- Are there things I am having to give up and go without?
- How constricted has my life become?
- What decisions are important to me about my safety, liberty and wellbeing?

And I am wondering about many things...



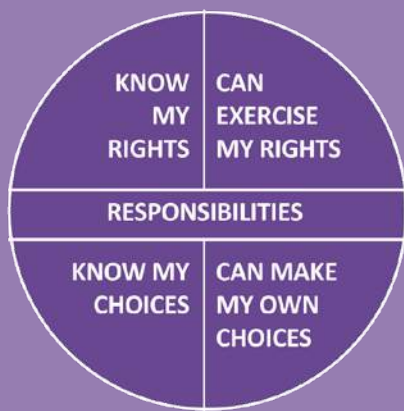
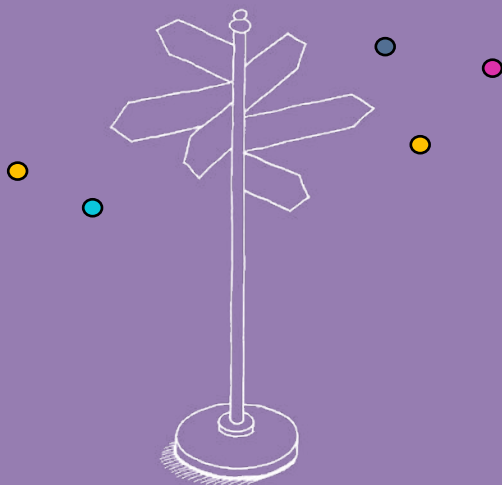
“My wellbeing (and my children’s wellbeing) - matters to me and this includes my safety. Our safety.

Being ‘safe’ is more than being physically safe – it includes all aspects of my wellbeing.

My wellbeing will also change over time as my needs, priorities and circumstances change.

The indignity and violence I experience undermines my safety and wellbeing and the people I care about.”

“



“The person using abuse and violence violates my rights and restricts my choices. They limit my capacity to act on my own decisions.”

I have the right to:

- Live in peace and security, free from violence and abuse
- Seek support
- Be given information about things that impact me
- Be asked for my consent and for my information and experiences to be managed with confidentiality
- Be treated respectfully and with dignity
- Make my own choices and decisions.
- Have access to my ancestral practices, lands, and language.

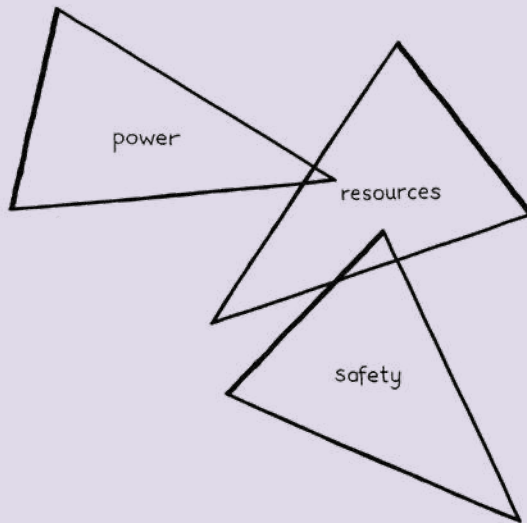
When I am more aware of my rights and options, I am more able to make informed choices.

My choices are not only informed by my rights but also by my responsibilities (which may be linked to my civil, cultural, family, spiritual values).

Sometimes the choices I want to make are impossible because the options I need are not made available to me, or my choices will be judged or punished by society and systems.

I might know (or not know) my rights but not have the power, access to safety or resources to live these.

[Excerpt: Responders Lab 'Follow My Meaning']



The power to make decisions, to have access to options and to be protected and live in safety.

The safety to be, to participate, to live and lead my life, and to care for others.

Where I have what we need to enact decisions and live safely in community.

[Excerpt: Responders Lab 'Our Interactions']



I am not ok with people being mistreated, hurt or harmed. Just because I can't stop what's being done to me, doesn't mean I let it happen.

Whether I am silent or am talking about what's going on, I am not responsible for the choice to use control, abuse and violence against me. Just because I can't stop what's being done, doesn't mean I made it happen, or let it continue.

I am active in resisting and responding to the control, abuse and violence used against me.

My resistance and responses to being mistreated may not be visible, or fit into words, or make sense to others. But I know what I am having to do, and not do, for my dignity, safety and wellbeing.



I am...

Creative, resourceful and careful
in upholding dignity and building
on safety for me and for others.

Drawing from
information and
experiences.

Noticing and anticipating what's
changing or might change.

LEARN

MATERIAL BASICS
/ ECONOMIC
WELLBEING

HEALTHY
(MENTAL AND
PHYSICAL)

PART



My experiences may not be the same as other people but my experiences matter.

What I am noticing, experiencing and wondering about matters.

Even if I can't fit it into words.

Even if I don't talk about it.

I may be wondering about some, or all of these things...




“

MATERIAL BASICS / ECONOMIC WELLBEING



“The person abusing me tries to suppress my resistance by limiting or exploiting my access to material basics, such as food, housing, clothing, and money, as well as assets and economic opportunities including study or employment.”



Because of how I am being treated, and my reasons to fear,

I am wondering...

What is happening to the resources I have earned and saved?

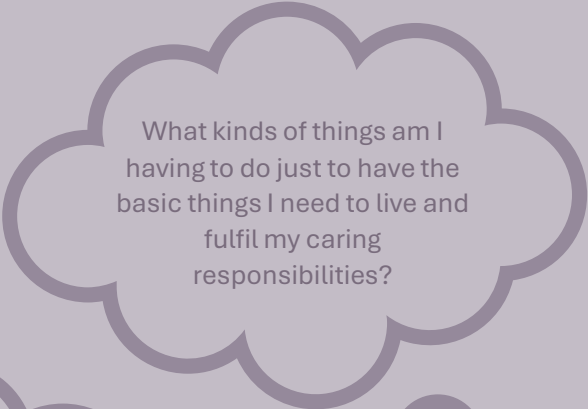
Is my access to cash and bank accounts being controlled?

If financial information and assets are being hidden from me?

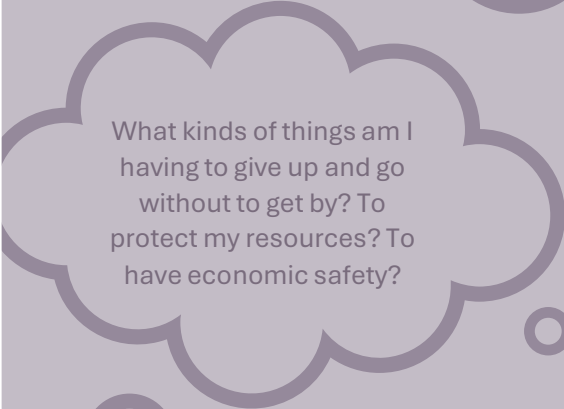
Whether my study and/or employment opportunities are being sabotaged?

Am I being forced, coerced or deceived to take out debt, or pay debt that isn't mine.

Are things being manipulated to avoid financial responsibilities e.g., child support, bills, fines etc.



What kinds of things am I
having to do just to have the
basic things I need to live and
fulfil my caring
responsibilities?



What kinds of things am I
having to give up and go
without to get by? To
protect my resources? To
have economic safety?



Do I want something to change?

Are things changing?

Do I want to talk to anyone about this?




**LOVE AND
CONNECTION
(FAMILY, COMMUNITY,
SPIRITUALITY, LAND)**



“My family relationships, friends and connections with community, spiritual connection and connections to land may be under threat.

The person using the abuse may isolate me from people I love. They may manipulate others against me and undermine my relationships including my parenting. They may threaten or abuse my children, friends or family, pets, property, and things that are important to me, to control me.

They may try to use my beliefs and spirituality to control and isolate me.”



Because of how I am being treated, and my reasons to fear,

I am wondering...

Am I being threatened or manipulated to reduce or stop connecting with others?


Am I being punished for connecting with and being contacted by friends, family, colleagues and more?

Am I being undermined and unsupported in caring for others who rely on me?

What spiritual, faith and cultural practices have I had to avoid, hide or stop for safety?

Is my spirituality being used against me - to blame me or excuse what is being done to me?

Who notices I have had to avoid time and contact with people for safety? Who is not giving up on me?



What kinds of things am I having to do and not do about my relationships and connections to stay safe and well?

How am I remaining connected to others and to what I know is right? Even if only in the privacy of my heart and mind?



Do I want something to change?

Are things changing?


Do I want to talk to anyone about this?

“

PARTICIPATION



“My opportunity to participate, be heard and be involved in the community and in my family may be limited.”



Because of how I am being treated, and my reasons to fear,

I am wondering...

Am I needing permission to participate in community?

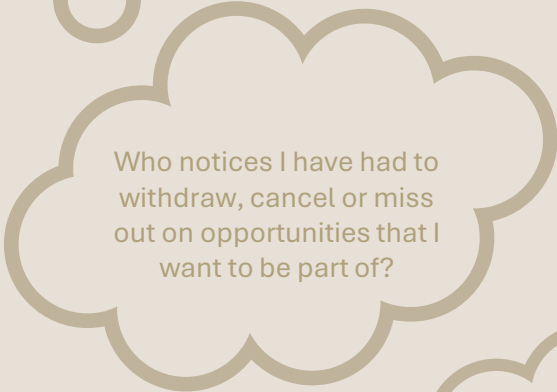
Am I being punished for being involved in activities, events or programs that are important to me?

Is my involvement in community being used against me?

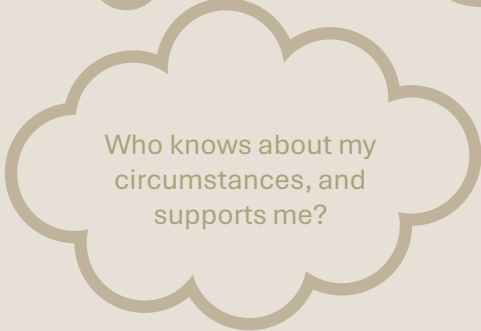
What participation opportunities have I had to give up and go without for safety?

Am I having to avoid being seen in person and/or online?

Are there places I can be myself and express my views and ideas?



Who notices I have had to withdraw, cancel or miss out on opportunities that I want to be part of?



Who knows about my circumstances, and supports me?



Do I want something to change?

Are things changing?

Do I want to talk to anyone about this?



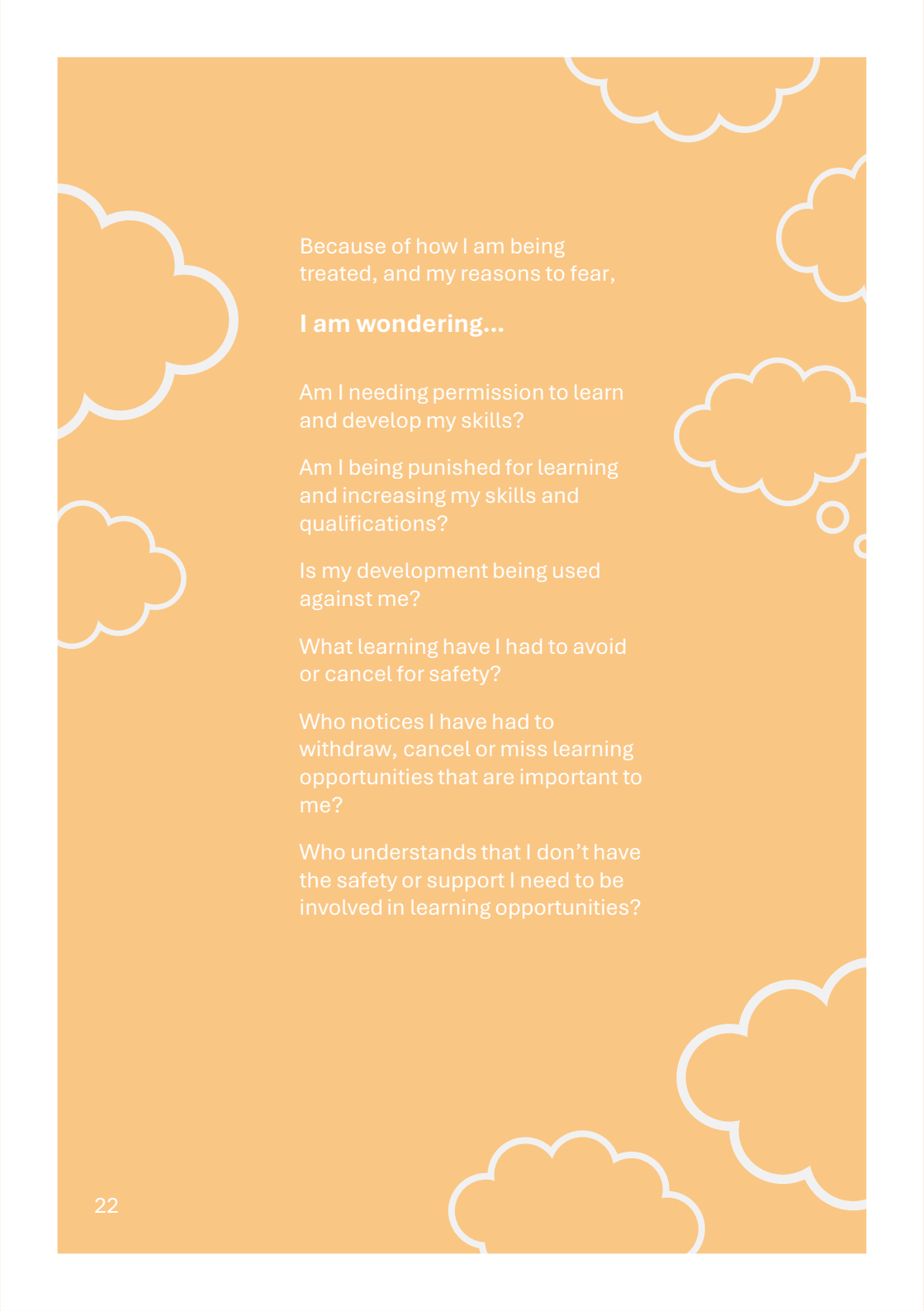
LEARNING



“Because I am forced to deal constantly with violence and abuse, and possibly with unhelpful and harmful responses from others, I may experience fatigue and isolation.

Sometimes my efforts to develop and excel at study/work/business are exploited to fund the debts and expenses that are used against me.

Sometimes I cannot help but miss or avoid activities that I want to learn and develop in because of the violence.”



Because of how I am being treated, and my reasons to fear,

I am wondering...

Am I needing permission to learn and develop my skills?

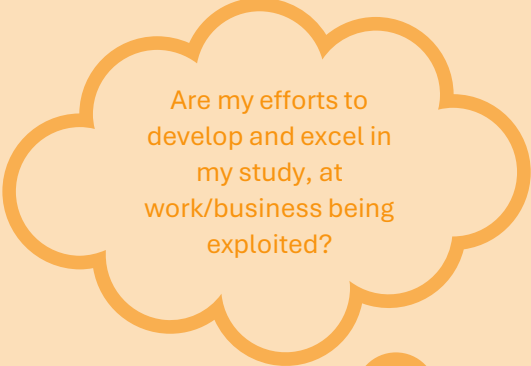
Am I being punished for learning and increasing my skills and qualifications?

Is my development being used against me?

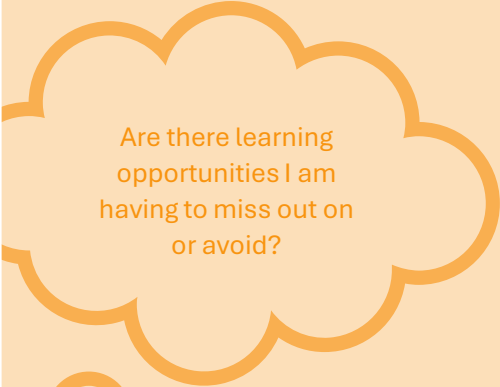
What learning have I had to avoid or cancel for safety?

Who notices I have had to withdraw, cancel or miss learning opportunities that are important to me?

Who understands that I don't have the safety or support I need to be involved in learning opportunities?



Are my efforts to
develop and excel in
my study, at
work/business being
exploited?



Are there learning
opportunities I am
having to miss out on
or avoid?



Do I want something to change?

Are things changing?

Do I want to talk to anyone about this?




HEALTHY (MENTAL AND PHYSICAL)



“Because of the violence and coercion used against me, I may be physically injured, hurt or unwell. My body may suffer in ways I cannot always show or explain.

My mind is forced to anticipate and plan for how I am being treated and for what might happen next.

I may experience distress in response to the abuse, because I am not ok with it, and I can't stop what's being done to me and to others.



Because of how I am being treated, and my reasons to fear,

I am wondering...

Who really owns my body? Is my body really mine?

Will I ever have my body back? I wonder if my body was ever mine?

How is my body responding to how I am being treated?

Who decides what my bodily experiences mean?

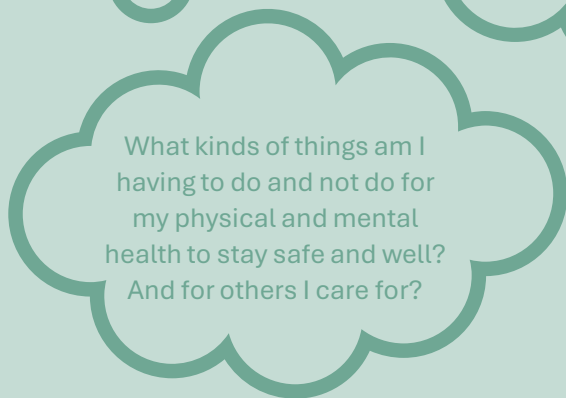
Are the walls enclosing around my body?

Are the walls enclosing around my mind?

Who understands I am not “ill” but suffering from violence?



Are my thoughts consumed by having to anticipate and resist how I am being treated?
And to plan for what might happen next?



What kinds of things am I having to do and not do for my physical and mental health to stay safe and well?
And for others I care for?



Do I want something to change?

Are things changing?

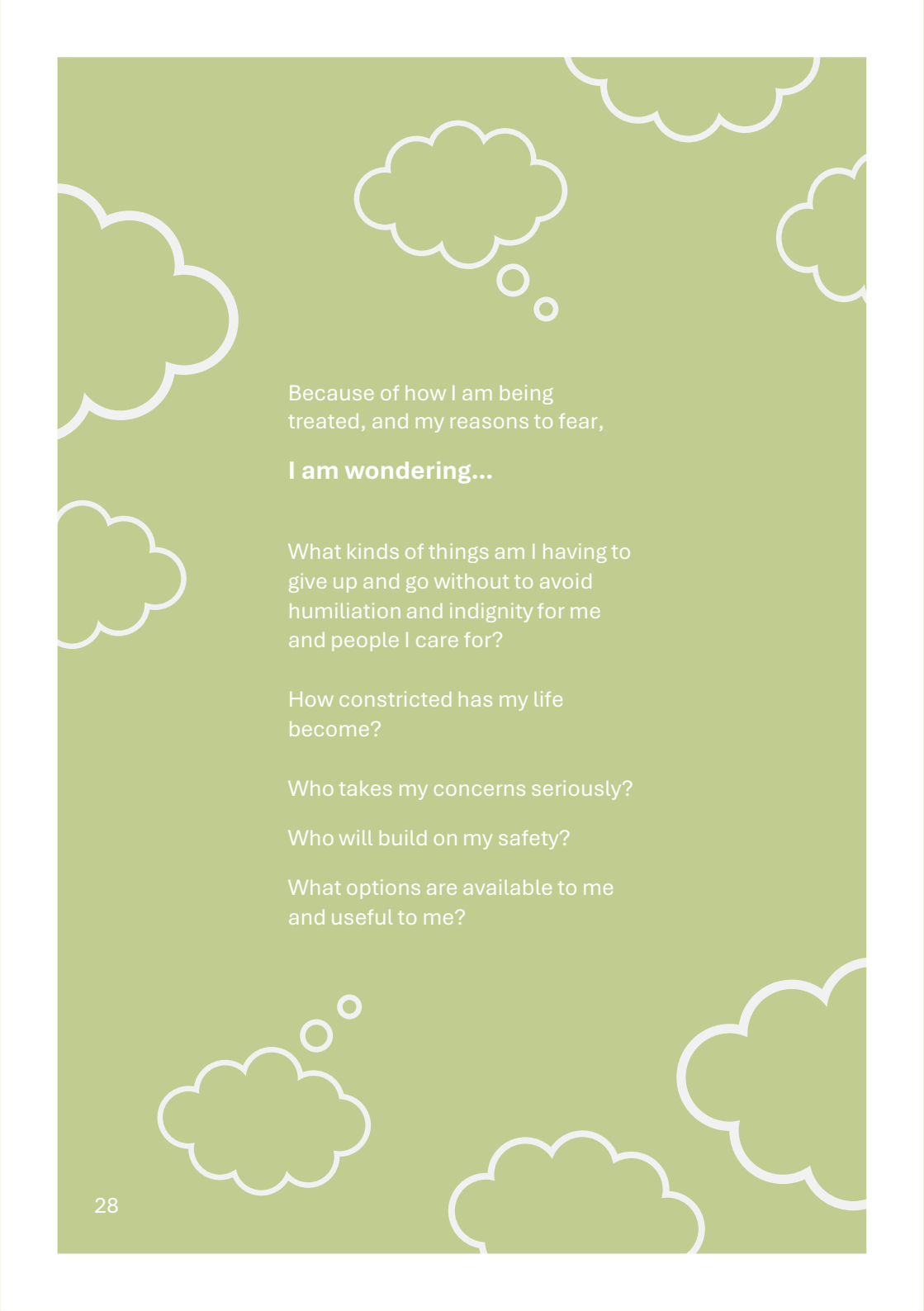
Do I want to talk to anyone about this?



“I am not ok with what is going on. And I experience distress, danger, enduring costs, painful loss and more.

I am resisting and responding to the abuse used against me. I didn't attract it, I don't accept it, but I can't stop it.

The indignity and violence I experience undermines my safety and wellbeing and the people I care about.”



Because of how I am being treated, and my reasons to fear,

I am wondering...

What kinds of things am I having to give up and go without to avoid humiliation and indignity for me and people I care for?

How constricted has my life become?

Who takes my concerns seriously?

Who will build on my safety?


What options are available to me and useful to me?

Who listens to me
and trusts my
decisions?

Are my safety
needs changing?



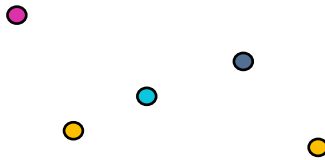







I know that being safe is no simple or single decision, or task.

I might have a decision to make, or I might want to keep thinking about my experiences and what my best options are.

I can use the decision-making tool, (next page), on my own or with someone I feel safe to talk things through with.



Using the decision-making tool might be useful for:

- thinking through my hopes and worries, with or without someone else listening
 - pausing to write down my thoughts so I can see a fuller picture when I am facing complex decisions
 - collecting more ideas and strategies to safely make the steps I am hoping to make.
- 
- 
- 

My decision making

I have my own sense of what is important right now and in the long term. I might have an idea about what I want to do next...



BENEFITS	HARM/THREAT
<p>WHAT ARE THE BENEFITS OF TAKING THIS STEP? IF I DO THIS WHAT WILL BE THE BENEFITS FOR ME (AND MY CHILDREN)?</p>	<p>WHAT ARE THE POTENTIAL HARMS OR THREATS IN THIS STEP, AND WOULD THAT BE TO MY SAFETY AND WELLBEING (OR MY CHILDREN'S)?</p>
STRATEGIES	ON BALANCE
<p>FOR THIS PARTICULAR DECISION, IN WHAT WAYS COULD I REDUCE THE POTENTIAL HARM OR THREAT? WHAT ARE THE STRATEGIES I AM ALREADY USING OR COULD START USING IF I MAKE THIS STEP?</p>	<p>ON BALANCE, DO I NEED TO DECIDE NOW? WHO COULD SUPPORT ME WITH THESE?</p>

View the decision-making tool animation (3.5mins)
www.insightexchange.net/my-safety-kit (See page 38)



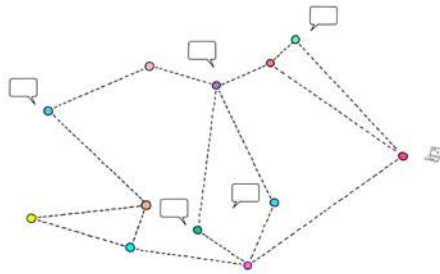
“

I am resisting and responding to the ways I am being treated.

Responses from others are significant and play a part in my dignity and safety.

I might want to talk to someone about what is going on, or to keep thinking about things.

My decision to tell (or not tell) someone about my experiences can be ongoing, long sighted, spontaneous, accidental, a wanted or unwanted necessity, or a combination of these things, and more.



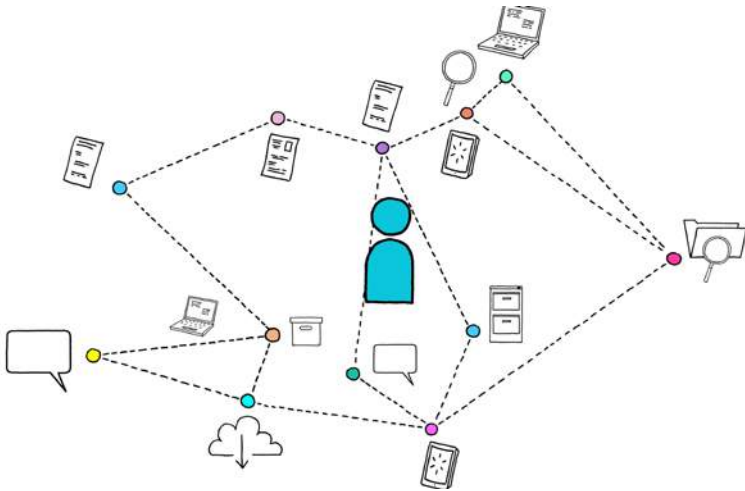
[Excerpt: Responders Lab 'My ecosystem']

My decision to talk or not talk to someone may change over time. And what I can reveal may change.

I wonder...

Will sharing with someone affect how they see me? Will they relate to me in ways that I do or don't want?

Will they make assumptions, pressures or conclusions about me and decisions for me?



We all anticipate and rely on the responses of others.

In our interactions, we all anticipate which actions and inactions will have immediate and/or long-term consequences for us and others.

We are not just thinking about what is *asked of us* and what is *said to us*.

It matters to us, what is written down *about us*... what is recorded or shared, who sees this, who doesn't, how this is used, and how far this travels.

When people are responding to me in conversations or making notes, I might wonder...

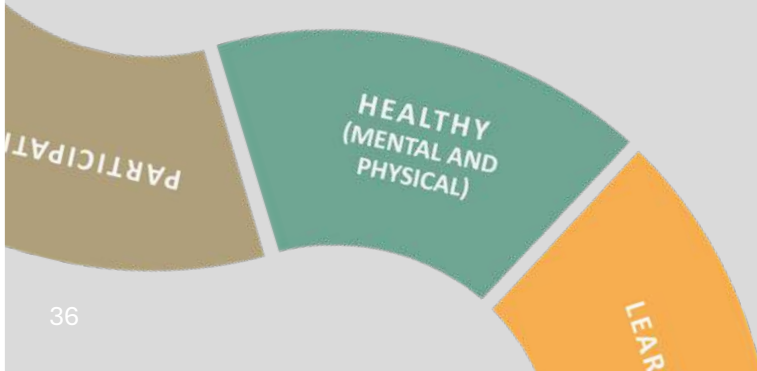
- Have you checked with me that the descriptions reflect what I want you to understand and take seriously?
- Have you blamed me for what's been done to me?
- Have you noticed what I am having to do, not do, give up and go without?

[Excerpt: Responders Lab 'My ecosystem']



If or when I do reach out to someone, **I don't have to make any decisions, or all my decisions at once.**

And no-one should be expecting me to.



UNSAFE WORRIED
EXHAUSTED
FEARFUL
OR
CONFUSED
ABOUT WHAT'S GOING ON IN
YOUR RELATIONSHIP,

<https://vimeo.com/489776589>



INSIGHT EXCHANGE

Scan the static QR code to view , share or embed the My Safety Kit animation (2.4mins)

My Safety Kit (animation)

www.insightexchange.net/my-safety-kit/
(website has a quick-exit button)



<https://vimeo.com/489707070>

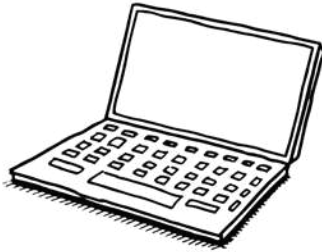


INSIGHT EXCHANGE

Scan the static QR code to view , share or embed the My Safety Kit (decision-making tool) animation (3.5mins)

My Safety Kit (decision-making tool) (animation)

www.insightexchange.net/my-safety-kit/
(website has a quick-exit button)



INSIGHT EXCHANGE

www.insightexchange.net

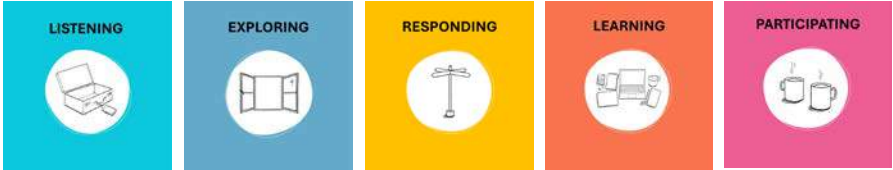
Insight Exchange centres on lived expertise of domestic, family and sexualised violence and gives voice to these experiences.

Insight Exchange is designed to inform and strengthen social, service and systemic responses to domestic, family and sexualised violence.

Insight Exchange provides free (donated) information, insights and reflection materials to people in any community, service or system.

Our thanks to every person who contributed insights for the benefit of many.

The menus in the Insight Exchange website include listening, exploring, responding, learning and participating.



[Listening](#): Listening to lived experience insights is essential.

[Exploring](#): Individually and collectively, we can listen to and be led by victim-survivors' insights and experiences of violence and abuse.

[Responding](#): Our response to listening to lived expertise is what makes the difference – socially and systemically.

[Learning](#): Individually and collectively, we can build on our understanding of domestic, family and sexualised violence to inform our responses.

[Participating](#): We invite you to share responses to insights and resources & to share Insight Exchange in your community, services and systems.

The insights revealed in Insight Exchange materials are not representative of all people, families or communities. Women and girls are disproportionately impacted by violence and abuse. The use of gendered terms reflect the descriptions directly used in the insights featured.

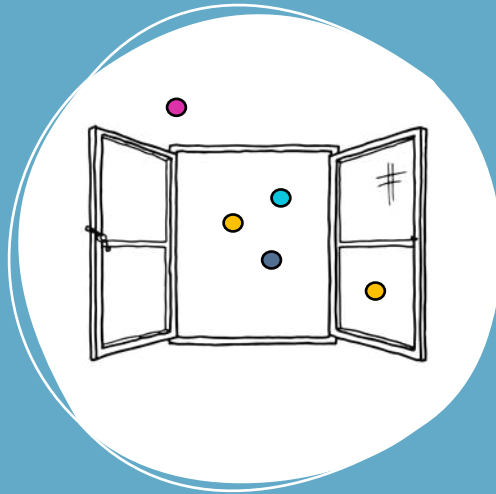
Scan the static QR code to explore

www.insightexchange.net

(website has a quick-exit button)



EXPLORING



In the '[exploring](#)' menu you can view and read animations and resources informed by lived experience insights.

Scan the static QR code to explore the exploring menu.

www.insightexchange.net/exploring/



The following pages feature resources accessible on the 'exploring' menu.



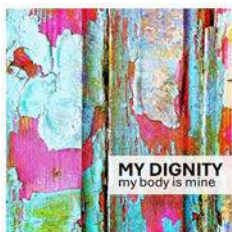
[Talk](#)



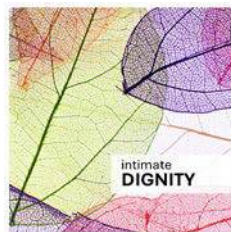
[Follow My Lead](#)



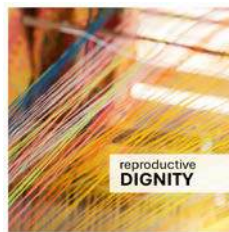
[My Support Options](#)



[My Dignity - My body is mine](#)



[Intimate Dignity](#)



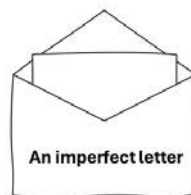
[Reproductive Dignity](#)



[Fear](#)



[Being Safety](#)



[An imperfect letter](#)



[Strangulation](#)



[Selecting a counsellor](#)



[Sexual Harassment](#)



[I am I can](#)



[Dad - your choice](#)



[My Economic Safety](#)

Examples of other insights and materials available on Insight Exchange. For more go to www.insightexchange.net



[Who benefits? Who decides?](#)



[Seeing Possibilities](#)



[Working with content](#)



[What is domestic and family violence?](#)



[Voices of Insight](#)



[Responders Lab](#)



Insight Exchange acknowledges the Traditional Custodians of the land on which our work and services operate and pay our respects to Elders past and present. We extend this respect to all First Nations peoples across the country and the world. We acknowledge that sovereignty of this land was never ceded. Always was, always will be Aboriginal land.

INSIGHT EXCHANGE

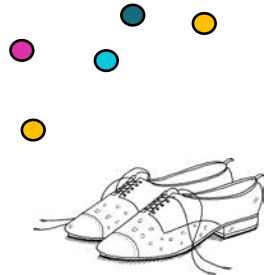
Thanks

The Insight Exchange team thank the people who have shared their lived experience insights for the benefit of many, and the individual donors who make this work possible.

Read more about using Insight Exchange:
www.insightexchange.net/guide-using/

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Accessing institutions and services for support may be something I want to do or something that is decided without me.



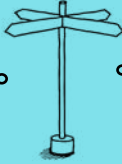
I may know what I need now and next, but I may not know what support options are available to me, and if these are useful to me.

Having a range of options is important, because one type of support option may be safe for someone else but may be dangerous for me. And this may change.

When I access supports, if there is no choice and control featured within these options, I may experience further indignity and more danger.

It's important that responders take me seriously, listen to what is useful to me, following what things mean to me and following my lead.

List of Support Contacts



About the list of Support Contacts

The [list of support contacts](#) includes information about specialist responses to sexualised violence from police, women's legal services and victim services, and examples of other services.

There are many strategic considerations victim-survivors have when deciding if, when and how to tell someone about experiences of violence and abuse.

The list support contacts is not conclusive or exhaustive, and people may choose other options for support.

In an emergency

In Australia, call Triple Zero (000)

In New Zealand, call Triple One (111)

Scan the static QR Code below to open a list of examples of support contacts.

The list can be found on www.insightexchange.net





INSIGHT EXCHANGE

Scan the static QR code to view the animations and read the booklet

My Safety Kit

www.insightexchange.net/my-safety-kit/

(website has a quick-exit button)