



16 Days in WA

25 November–10 December

Stopping Family and Domestic Violence:
#PLAY YOUR PART



What you can do to support a family member, friend, co-worker or neighbour who tells you they are experiencing family and domestic violence:

1

Take disclosures seriously and believe what they share.

2

Listen with patience and without judgment.

3

Reassure them the abuse is not their fault.

4

Avoid making excuses for the person causing harm.

5

Have helpline numbers readily available.

6

Offer to help them explore available support options.

7

Respect their readiness and safety.

Zonta Club of Bunbury acknowledges the use of the WA Govt, Dept of Communities resources during the 16 Days in WA campaign:

<https://www.wa.gov.au/organisation/departments-of-communities/16-days-wa>



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KNOW HOW TO DIRECT THOSE EXPERIENCING GENDER-BASED VIOLENCE TO THE RIGHT SERVICES.

Have helpline numbers and support services
on hand to provide, including:

Women's Domestic Violence Helpline
1800 007 339

Men's Domestic Violence Helpline
1800 000 599

1800RESPECT

1800 737 732

MensLine Australia
1300 78 99 78

Sexual Assault Resource Centre
1800 199 888

In an emergency dial 000

Offer to help them explore support services
and resources.

If someone shares that they have used violence
or controlling behaviours, respond calmly and
non-judgmentally. Encourage them to seek
support to change their behaviour and offer
helpline numbers or services specialising in
behaviour change.

bunburyzonta.org.au

