

#stepstogether

## TODAY YOU GET TO BE THE HERO.

Right now you can decide what you're willing  
to do to bring an end to family violence.

You have the power to create change and it  
all starts with a single step.

**JOIN US AS WE TAKE STEPS TOGETHER  
TO MAKE THE VIOLENCE STOP.**

Run Against Violence is an incorporated member  
association established to use running and other  
sporting activities as a conduit for educating and  
engaging communities in family violence prevention.

We believe by breaking the silence and encouraging  
people to learn about family violence we can remove  
the stigma and social barriers that prevent people  
asking for help.



Donate | Participate | Educate  
[runagainstviolence.com](http://runagainstviolence.com)



Donate | Participate | Educate  
[runagainstviolence.com](http://runagainstviolence.com)

## THE FACTS

- The Commonwealth Family Law Act 1975 defines “family violence” as “violent, threatening or other behaviour by a person that coerces or controls a member of the person’s family, or causes the family member to be fearful”.
- The terms “**domestic violence**”, “**family violence**”, “**domestic and family violence**” and “**domestic abuse**” broadly refer to the same sets of behaviours.
- Abuse can be physical, emotional and mental including murder, assault, stalking, harassment, damage to property, withholding of financial support and isolation.
- Intimate partner violence is the most commonly reported form of family violence.
- Victims and perpetrators can be any gender or age. Around three quarters of victims are female and one quarter male.
- The most dangerous phase of a relationship can be the period after the victim leaves.
- **Every 3 minutes Australian police are responding to an incident of family violence.**

Sources: ABC Fact Check, ANROWS, BOCSAR

## STEPS YOU CAN TAKE

Share these important messages with family, friends and colleagues.

### > TALK IT OR WALK IT.

If you feel that you can’t calmly talk to someone about an issue, walk away until you can. It takes more strength to walk away than stay and argue.

### > YOUR BEHAVIOUR YOUR CHOICE.

Violence is a learned behaviour that people choose to use. There are always other options, such as walking away.

### > LISTEN. PLAN. SUPPORT.

If someone tells you they’re experiencing or perpetrating violence: Listen without judgement, let them know that you will help. Ask if they want to take steps and seek expert help to plan. Respectfully support. Be patient. Be reliable.

## CALL 000

If there is a current or emerging threat to safety call the police immediately on triple zero.

## CRIME STOPPERS

Family violence is a crime. If you would like to anonymously report violence and abuse call Crime Stoppers on 1800 333 000.

## COUNSELLING SUPPORT

If you or someone you know is experiencing or perpetrating violence there are a range of support services readily available. It is important you access expert help as soon as possible especially if there is the threat of violence escalation. Take some time now to research each of these services so you can respond quickly if needed.

**1800respect.org.au** 1800 737 732

**Mensline** 1300 78 99 78

**Men’s Referral Service** 1300 766 491

**Lifeline** 131 114

**Kids Help Line** 1800 551 800

**Relationships Australia** 1300 364 277

**National Disability Abuse and Neglect Hotline**  
1800 880 052

**Translating & Interpreting Svc** 131 450