

What can I do To help survivors and prevent sexual violence against women and children?

Online

Contribute to online communities helping survivors such as

Pandora's Aquarium	www.pandys.org/forums
After silence	www.aftersilence.org/forum
Our place (for family violence survivors)	forums.our-place-online.net
Male Survivor (For males)	www.malesurvivor.org/board

► Follow SECASA on Twitter or friend our Facebook page.

The armchair activist

- Become an active member of online reference communities like the Wikipedia or the Urban Dictionary and make sure that entries are informed and do not perpetuate violence against women and children.
- If you're playing online games or are involved in a virtual world, report aggressive or abusive players to the administrators. More on this see au.reachout.com/find/issues/Safety-violence
- If you see child pornography online report it to the Police at the Virtual Global Taskforce www.virtualglobaltaskforce.com/
- Add your voice in online forums and speak out against sexual abuse and violence towards women and children.

Crisis line volunteers

Many volunteer crisis lines are in need of volunteers.

General	Lifeline	www.lifeline.org.au/Support-Lifeline/Volunteer/Volunteer-for-Lifeline
For males wanting to help other males	Mens' Referral Service (No to Violence)	www.mrs.org.au/pages/how-you-can-contribute/becoming-a-volunteer/training-to-become-a-telephone-counsellor.php
If you are a qualified counsellor, you might consider a career with Kidshelpline	Kidshelpline	www.kidshelp.com.au/grownups/about-us/working-for-us/become-a-counsellor.php

- Look around your community for other organisations or groups in need of volunteers. Survivors of sexual abuse and family violence often require assistance from a number of organisations providing services like medical assistance, housing, substance abuse treatment centres, mental illness clinics, op shops, animal shelters etc.
- Become involved in fundraising activities or donate to organisations that provide services. Supporting those who deliver direct service is also a way to help survivors.
- If someone you know has experienced or is currently experiencing sexual or family violence, encourage them to break their silence. Australia wide crisis number - 1800 RESPECT. There is online counselling available at their website www.1800respect.org.au/.

In every day life

- Challenge sexist behaviour - If someone says something derogatory about women or acts disrespectfully towards women speak up about why it's wrong.
- If you know someone who is violent towards women get advice on what to do next (www.ntv.org.au) **1800 065 973**. If you witness physical violence call the police.
- Brush up on the issue - Know your facts and use them to communicate to others why this is a widespread community problem.
- Challenge people when they make excuses or try to rationalise behaviour that is violent towards women and children.
- Give everyone you know a SECASA calendar and display our stickers.
- Report a registered health professional if they do something that makes you feel uncomfortable to the Australian Health Practitioner Regulation Agency (AHPRA) on 1300 419 495 and ask to speak to a Notifications Officer in your state or territory. www.ahpra.gov.au

Students

- If you see bullying or sexual violence, tell a trusted adult. For more on this see au.reachout.com/find/issues/Safety-violence
- At University report sexual violence to the Police, campus security or the student union.
- Raise awareness of the issue by asking your school, University or class teacher to commemorate White Ribbon day or a child abuse prevention event.
- Ask if the topic of child abuse, sexual violence or family violence can be included in the curriculum.
- Create a campaign against child abuse or violence in media studies. Ask for the best entries to be placed on the school or University website.
- Write an essay or draw a picture to express your views about child abuse and violence towards women and children.

Parents

- As a parent, discuss with your child's school how they deal with violence at the school.
- Ask if an abuse prevention program such as SECASA's Respect, Protect, Connect or Feeling Safe Together can be run at the school.
- Educate boys and young men to treat women and children with respect.

Out and about

- Think about your safety when you're heading out, especially if you're meeting people for the first time or going to somewhere new.
- When you're out with friends, think safety first. Make sure your phone is charged, that you have credit to make calls if you need to and that you have cab fare home.
- Have a buddy system where you all look out for each other. If your friend is drunk, make sure they get home safely.
- If you see someone else in trouble, report it.
- Watch your own and your friends' drinks.

- Educate your friends on how to party safely. For tips see: www.secasa.com.au/index.php/children/1013/377
- When using an online dating service, only give a mobile number, meet in a public place and watch your drinks. If your date is abusive report them to the Police and site administrators.

Workers

- Start a discussion in your workplace or club about sexual and family violence and put the issue on the agenda. “What is our policy on family and sexual violence?” “What would we do if someone disclosed to us?” “What should we do if we think someone is being abused at home?”
- Have your colleagues take part in community events to raise awareness of the issue such as White Ribbon Day or National Child Protection week. Get in touch with your Association, Federation or Union and ask for their help in combating violence.
- Do not tolerate sexual violence or harassment in the workplace. Lodge complaints with the Australian Human Rights Commission. 1300 656 419 www.hreoc.gov.au/sex_discrimination

Prevention and Advocacy

- Become a community organiser for White Ribbon Day (www.whiteribbon.org.au/action)
- Help stop online violence against women at Take back the Tech (www.takebackthetech.net)
- Ask to put posters and information brochures in public spaces.
- Forward a copy of this information to your friends and family to help raise awareness in the community.
 - ▶ Ask local schools to run anti-violence programs such as SECASA's Respect, Protect, Connect (www.secasa.com.au/index.php/children/1016)
- Become an active member of your local neighbourhood watch program and help keep your community safe. (www.nhw.com.au)
- Browse this UN website for ideas on how you can take action to end violence against women. (endviolence.un.org/action.asp)

Be creative

- If you are an artist or musician, use your talent to spread the unwritten word. Music, images, dance and sculptures can have a powerful impact. Enter your work in competitions or share it online to raise awareness of the issue.
- There are many places on the internet and in print that welcome contributions from survivors and supporters. These can be stories, artwork, photos, illustrations, comics etc. Help break the silence about sexual violence. Eg: *We will not go quietly* (wewillnotgoquietly.wordpress.com)
 - ▶ For more examples go to SECASA's 'the cafe' section.

Campaign

- Become involved in political reform to help fight sexual and family violence. Contact your local political party or write letters. Become active in public discussions about sexual violence via talk back radio or online forums. Write letters to the editor when this issue arises.
- Add your voice against violence towards women and children to the international community via sites such as Amnesty International (www.amnesty.org) or the United Nations.

- Take part in public rallies that advocate safety for all such as 'Reclaim The Night', International Women's day, 16 Days of Action, White Ribbon day, "Not One More" etc.
- Take part in current surveys on violence. Many government and non-government agencies seek input from members of the public. Check their websites for details. If you're not sure who they are, then friend our facebook page (www.facebook.com/pages/SECASA/285763731562) or organisations like DVRC (www.dvrcv.org.au/) or the National Association for Prevention of Child Abuse and Neglect (www.napcan.org.au) and keep up to date.

Ethical consumerism

- Support manufactures and services that treat women and children with respect. Make their day and let them know you give them a thumbs up.
- Refuse to support sports clubs or football teams when their players have been violent against women. Write to them stating your views.
- Use your buying power to boycott products, songs and games that sexualize women or children or are demeaning, or portray violence towards women and children.

Make your voice heard

- Complain to manufacturers and retail outlets that sell products which sexualise children eg bras for prepubescent girls or t-shirts for children with sexualised messages.
- Complain to Radio or Television stations when a program portrays women and/or children in sexualised, violent or demeaning ways.
- Complain to the Advertising Standards Council (www.adstandards.com.au), Radio or Television station when an advertisement portrays women and/or children in sexualised, violent or demeaning ways.

AANA Code of Ethics

2.1 Advertising or Marketing Communications shall not portray people or depict material in a way which discriminates against or vilifies a person or section of the community on account of race, ethnicity, nationality, gender, age, sexual preference, religion, disability, mental illness or political belief.

2.2 Advertising or marketing communications should not employ sexual appeal in a manner which is exploitative and degrading of any individual or group of people.

2.3 Advertising or Marketing Communications shall not present or portray violence unless it is justifiable in the context of the product or service advertised.

www.aana.com.au/documents/AANACodeofEthics_1Jan2012.pdf

AANA Code for Advertising & Marketing Communications to Children

2.4 Sexualisation

Advertising or Marketing Communications to Children:

(a) must not include sexual imagery in contravention of Prevailing Community Standards;

(b) must not state or imply that Children are sexual beings and that ownership or enjoyment of a Product will enhance their sexuality.

www.aana.com.au/childrens_code.html

See all the codes at www.adstandards.com.au/advertisingstandards/codesweadminister

- To complain about the classification of a film, computer game or publication see www.complaintline.com.au/classification.html

To contact any CASA and the after hours Sexual Assault Crisis Line (SACL) call 1800 806 292 (Freecall Victoria). CASA website: www.casa.org.au

Email: secasa@monashhealth.org

SECASA kids website: www.secasakids.com.au

SECASA's Blog: secasablog.blogspot.com

Facebook: [SECASA on Facebook](#)

YouTube: www.youtube.com/user/SouthEasternCASA

Twitter: twitter.com/SouthEastCASA