

**“ Just because I couldn’t stop it ”
doesn’t mean I let it happen.**

A resource for people who have experienced sexualised violence or people who would like to learn more.

*Contains examples of violence and abuse.

The purpose of this resource:

Not all cultures, communities or organisations are comfortable to talk about sex.

Not all cultures, communities or organisations are comfortable to talk about violence and abuse.

Both of these ‘taboos’ can add to the barriers and difficulties in seeking support or talking to anyone at all about sexualised violence and abuse.

Sexualised violence is often perpetrated by the people we know and may love or live with, and sometimes the people we love most which can be very painful and complex to make sense of and to talk about. Victims of sexualised violence often feel confusion, disgust, horror, betrayal, self-blame, shame and profound distress when a family member or partner chooses to exploit their close relationship to perpetrate sexualised violence.

Social and cultural expectations can make saying something to anyone even more difficult.

Whether you tell someone now, later or ever, it is your right to have access to information and resources that support your making of the violence and abuse used against you.

This resource is for any person in any community or organisation who may be experiencing, or has experienced, sexualised violence, and for anyone who may be responding.

If you or your children, or the person you are supporting are in immediate danger, please contact the

Police on Triple Zero (000)

Supports

Please note ***My Dignity*** is a resource not a service response.

A range of supports and resources are listed in this resource.

“

My body is mine. But sometimes it doesn't seem so.

Other people, even people I love or people I live with use my body for their pleasure or their power.

I don't like to talk about it ... but I would like to talk about it with the right person.

I don't know how to talk about it in a way that will ensure I am treated with respect by the people I tell.


I'm not sure who to trust ... but pretty sure about who not to trust.

I have to figure out what's next ... to avoid, reduce, escape, stop the violence.

So, I want to know more...

”

National, state and territory definitions of domestic and family violence and criminal codes vary, however violence and abuse is never acceptable in any community, family, institution, place or context.



Language

Throughout this resource we use the word:

- **‘Victim’** to refer to a person who is being or has been wrongly harmed, not as an identity term.
- **‘Perpetrator’** to refer to a person who is wrongly harming or has harmed others, not as an identity term.

Throughout this resource we use these terms for the purposes explained below:

- **‘Violence’** is used to encompass a range of oppressive, abusive, controlling, undermining and overpowering behaviours.
- **‘Sexualised violence’** is used instead of ‘sexual violence’ or ‘sexual assault/abuse’ (unless using a quote) because the behaviours these terms refer to are a form of ‘violence and abuse’ not a form of ‘sex’. Our intention is to draw attention to the violence and abuse with out the use of the mutualising term ‘sexual or sex’.
- **‘Resistance to violence’** is used to describe and acknowledge the myriad ways victims of violence try to create safety and uphold their dignity while being oppressed, assaulted, or abused.

Dignity

Dignity is central in our day-to-day lives and in every interaction.

People die for dignity. They have for centuries.

Decisions about safety are not always separate from or superior to dignity.

“Socially we are protecting one another's **dignity** and we are really good at it. All forms of violence are a humiliation of dignity and the perpetrator of abuse is often not the person who will restore **dignity** to the victim. They are not going to get an adequate apology. They are not going to get an adequate acknowledgement. And that is where we all come in. Our job is to uphold the **dignity** of the person. One of the things we don't do is go to advice giving. When we go to advice giving, we are saying the person is not already competent enough to have thought of that themselves, and so advice giving is a humiliation of **dignity**.

So we have to be careful about our practices. So a dignifying practice instead of advice giving, is to ask – ‘Wow, that's a hard situation, how did you respond? What did you do?’ Then we begin to learn about their pre-existing competency, their pre-existing skill and awareness, their pre-existing efforts to be safe. We tap into their pre-existing **dignity**, spirituality, capacity. That's what we are looking for. That is the flame of **dignity**. That's what we want to uphold.”

Centre for Response-Based Practice



CONTENT

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What is
'sexualised
violence'?

[Voice of a victim of violence]

Sexualised violence is
a form of **'violence'**
not a form of **'sex'**.

Sexualised violence is a form of ‘**violence**’ not a form of ‘**sex**’.

Sexualised violence always involves the use and abuse of power. The perpetrator ignores the need for consent and suppresses the resistance of the victim. The perpetrator uses a range of tactics such as direct and indirect, subtle and psychological, forceful and physical behaviours.

Why not call it ‘sexual violence’?

Sexualised violence has nothing to do with affectionate, erotic or romantic *sexual* relations between actively consenting adults (Coates & Wade, 2004).

On the contrary, active consent has been described as a *mutual and voluntary “whole-of-body” (verbal, physical and emotional) expression which communicates an enthusiastic, honest, conscious, voluntary, sober and ongoing agreement to participate in sexual activities between adults over the age of 16 years (Project Respect, 2020).*

Silence or the absence of verbal or physical resistance to sexual activities does not indicate active consent (Project Respect, 2020).

Because of the way a perpetrator uses forms of power over, and violence against a victim, the absence of overt or obvious defiance does not equal consent. Resistance to violence and abuse is often quiet and completely concealed.

**The age of consent to sexual activities in NSW is 16 however the age of consent can vary in state and territories, and internationally. For example the age of consent is 17 years in South Australia and Tasmania.*

You can read more about the age of consent laws on the Australian Institute for Family Studies website
<https://aifs.gov.au/cfca/publications/age-consent-laws>





**Does what they are
doing to me count
as sexualised
violence?**

[Voice of a victim of violence]

Sexualised violence encompasses all behaviours used by a perpetrator to threaten, coerce, violate, or force the targeted person (victim) into sexualised activity.

A perpetrator's tactics can include other forms of coercive control, violence and abuse.

Sexualised violence encompasses all behaviours used by a perpetrator to threaten, coerce, violate, or force the targeted person (victim) into sexualised activity.

These behaviours include, but are not limited to:

- Forcing genital contact.
- Forcing contact with the perpetrator's mouth.
- Vaginal, anal or oral penetration by a penis, finger or any other object.
- Groping the victim's breasts, genitals or buttocks.
- Reproductive coercion or abuse (when a woman is stopped from making her own choices about her reproductive system. The reproductive system includes the parts and functions of the body involved in the menstrual cycle, sex and sexual pleasure, pregnancy and birth.) *More about Reproductive abuse on 1800 Respect* <https://www.1800respect.org.au/violence-and-abuse/reproductive-abuse/>
- Voyeurism – for example, the perpetrator watches the victim in intimate locations such as their bedroom or bathroom through hidden video-cameras, or through a window/door.
- Exhibitionism – for example, the perpetrator exposes their genitals to the victim.
- Forcing the victim to watch or involve the victim in pornography.

- Forced use of intoxicants to minimise the victim's resistance to sexualised violence or exploiting the victim's use of alcohol and other drugs to commit sexualised violence.
- Sexualised harassment including intrusive verbal comments or sexualised body language. (Royal Commission into Institutional Responses to Child Sexual Abuse, 2017).

Perpetrators of sexualised violence often use physical force to constrain the resistance of victims. This often includes the use of:

- objects and restraints
- non-fatal strangulation*
- suffocation
- physical assaults to the victim's head, neck and face

These physical assaults can (in one assault or a combination of assaults) develop into acquired brain injuries, other serious life-changing injuries and death.

** Note: A person may use words other than 'strangulation' or 'suffocation' to describe these assaults. For example: gagging, choking/choking during sex, 'breath-play' (erotic asphyxiation), 'rough sex'. Some of these terms can be mutualising and conceal the violent and abusive nature of the behaviour).*

It is through the lens of coercive control that perpetration of sexualised assault in the context of domestic and family violence, can be most clearly understood.

(Hill, 2019)

A perpetrator's tactics can also include, although are not limited to:

- emotionally abusive tactics (humiliation, degradation and dehumanisation),
- [financial abuse](#),
- isolating the victim from their supports including from health and human services,
- making threats to harm a victim or someone close to the victim/survivor,
- threatening to 'out' a partner's identity as LGBTIQ or to disclose HIV status without the victim/survivors consent,
- perpetration of physical assaults (including non-fatal strangulation, suffocation and head injuries)*,
- verbal abuse, undermining the victim's sense of reality (gaslighting),
- online-harassment, stalking, surveillance and control of victim's movements,
- kidnapping or deprivation of liberty,
- damage to property, and
- the manipulative use of children to control partner/family members (NSW Government, 2014).

** Note: A person may use more plain language descriptions for words like 'strangulation' or 'suffocation' to describe assaults. For example: "choked me"; "pressed me up against..."; "held me by the neck"; "squeezed my neck"; "hands around my neck"; "had me in a choke hold"; "throttled me"; "sat/ lay on top of me/on my chest"; "pinned me down"; "smothered me"; "gagged me"; "tried to drown me". (DVSM DFV/ABI Project Report, 2018)*



**What about all the
ways I tried to say
no and to make it
stop?**

[Voice of a victim of violence]

Perpetrators
anticipate, suppress
and overpower
resistance.

Whenever people are
subjected to violence,
they resist.

Resistance to violence is:

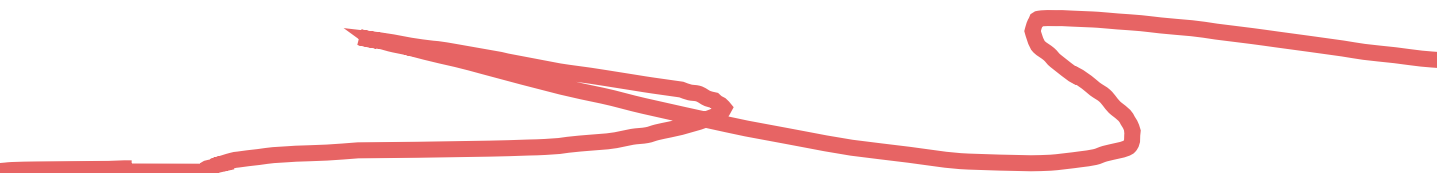
- Any action (mental, emotional, spiritual, physical) that opposes the violence, attempts to limit its affects, and attempts to maximise safety.
- Rarely successful in stopping the perpetrator violence, but important in creating safety and upholding dignity.
- Usually covert and prudent.

Perpetrators anticipate, suppress and overpower resistance.

Whenever people are subjected to violence, they resist.

People resist violence and abuse overtly and covertly in creative, resourceful, careful, clever, cautious ways to uphold their dignity and stay safe.

And to protect the people they love.



Examples of victims' resistance to violence and abuse

“

Every time he visits to see the kids, he sexually assaults me. I can't stop the violence, but now I am **refusing to take my bra off in each and every assault.**



Night after night I cried after 'sex'. During 'sex' there was a painting of us both displayed in our bedroom. I would look at the painting at the time and, **looking at my eyes in the painting and mentally reminding myself I have eyes and I can see you abusing me.**

I have been **self-harming so that the perpetrator would reduce the degree of sexualised violence** as he didn't like the look of my self harm marks.



My partner has repeatedly raped me, so I resist by **refusing to take care of my personal hygiene to make myself as unclean as possible to protect myself.**

”

Whenever people are subjected to violence, they resist. It can be in a range of ways and the examples in this chapter are different and not conclusive.

Sometimes the acts of resistance by a victim of violence are hidden or only in the privacy of the victim's mind because that is the only safe response at the time.

The victim of violence knows the context they are in and they are also mindful of consequences of further danger, violence and abuse that may occur in response to how they resist and respond.



On the following page you can read an account of sexualised violence which highlights the importance of resistance and responses to violence as part of the fact pattern. The account is an excerpt (Account 03, page 8) from [The Fact Pattern](#) resource, a summary of the work of Dr Linda Coates and Dr Allan Wade from the Masterclass on Language and Violence hosted in the [Language Lab](#) on www.insightexchange.net

An account

Mrs. Smith reminded him to take out the garbage. He **began yelling at her**. She went quiet and started to walk out of the room. He **called her denigrating names**. She told him not to talk to her that way. Mr. Smith lost control. He **grabbed her**. She pulled back. He **tightened his grip and yanked her toward him**. She twisted to try to get away. He **grabbed her around the waist and forced her off the ground**. She kicked her legs and threw her weight backwards. He **dragged her into the bedroom and threw her onto the bed**.

As soon as she landed, she rolled over and moved to the head of the bed to try to get off the bed. He **grabbed her by the hair and arm and wrenched her over**. She **grabbed the edge of the bed**. He **jerked her down the bed toward him**. He **pinned her on the bed with the weight of his body**. She tried to breathe. He **grabbed her face**. She tried to turn away. He **forced his tongue into her mouth**. She concentrated on not gagging because she knew he would hurt her worse. He **yanked her skirt up**. She went quiet. He **raped her**. She went elsewhere in her mind.

This account clearly shows that the victim resisted the violence including the sexualised violence, and the perpetrator of violence anticipated, suppressed and overpowered the victim's resistance to violence.

Analysis of this account

- His deliberateness is evident in how he overpowers her resistance
- Resistance to violence is present in the account

Note the false representation of Mr. Smith's violence - "Lost control" - as if no intent. This representation conceals the violence and/or obscures the responsibility through the false representation of intention.

IDENTIFYING AND HONOURING RESISTANCE

This Insight Exchange video explores examples of resistance and responses to violence.



“Where do you get the spirit to fight back in so many extraordinary ways?”

“How about you journal all the ways you responded to the violence you endured... and she did so exploring all of her myriad, multiple, extraordinary, dignified, painful, awful, beautiful forms of resistance...”

Dr Allan Wade

Follow this link to view video 07:

[Identifying and Honouring Resistance](#) (5:23 mins)

www.insightexchange.net hosts short and long form videos to build awareness and understanding of violence.





**How complicated is consent?
Is consent one decision or many?**

[Voice of a victim of violence]

Consent is something we are always negotiating, and so often without words.

Consent is something we are always negotiating, and so often without words.

An example: A kiss

When we think about the act of kissing, how do we coordinate that? ...eye contact, holding eye contact, but in a particular way, not a 'death stare' or a look of indignation... then maybe moving a little closer physically, then checking, noticing if the other person remains comfortable... more eye contact, a leaning toward the other and if it's reciprocated a leaning toward each other, then perhaps a tilting of heads, coordinating speed and movement to avoid crashing of heads and the chipping of teeth, perhaps some ongoing realignment of faces and bodies, a continuous loop of awareness, assessment and action in interaction to ensure balance and posture as we move closer and then perhaps lips coming together... **often without words ...and at each moment in this interaction there is a mutual and coordinated effort.**

Then once lips meet both people have to decide is this just a friendly kiss or a more romantic kiss ... and if one opens their mouth just a little how does the other respond? If by tightening their mouth and tensing their shoulders, well that is **a clear form of saying no to a romantic kiss... often without words...** but if the person who wanted the more romantic kiss' ignores this communication, and forcefully holds their mouth to the other person's and forces their tongue in, this is no longer a 'kiss' (of any kind) but an assault.

Instead of moving the kiss back to where the person is signalling consent, the initiator has overpowered the **mutual act** of 'kissing' and hijacked the kiss changing it into a **unilateral act** of assault.

There are **many micro moments of active consent** happening with just a kiss. Now think about something like sexual intercourse and all the moment by moment coordination that takes, and that people do that all the time. We can each start with a mutual feeling and 'we can agree to have sex', 'we can want to have sex', we can be 'hoping to have sex', **but the moment that open and active consent stops that's not sex.**

A kiss

CONSENT

This Insight Exchange video explores the distinction between consent and violence/abuse.



"If you hit someone with a frying pan we don't call that cooking, if you assault someone on their genitals we don't call that sex"

Follow this link to view video 08: [Consent versus Violence](#) (8 mins)

www.insightexchange.net hosts short and long form videos to build awareness and understanding of violence.





**Does it count as
sexualised violence
if the person
violating me is my
partner or family?**

[Voice of a victim of violence]

Sexualised violence is frequently perpetrated by current and former partners and family members in the context of domestic and family violence.

Sexualised violence is frequently perpetrated by current and former partners and family members in the context of domestic and family violence.

[AIHW, 2019]

What is Domestic and Family Violence (DFV)?

Domestic and family violence includes any behaviour, in an intimate or family relationship, which is violent, threatening, coercive or controlling, causing a person to live in fear and to be made to do things against their will. DFV can happen to anyone and can take many forms. It is often part of a pattern of controlling or coercive behaviour.

An intimate relationship refers to people who are (or have been) in an intimate partnership whether or not the relationship involves or has involved a sexual relationship, i.e. married or engaged to be married, separated, divorced, de facto partners (whether of the same or different sex), couples promised to each other under cultural or religious tradition, or who are dating.

A family relationship has a broader definition and includes people who are related to one another through blood, marriage or de facto partnerships, adoption and fostering relationships, sibling and extended family relationships. It includes the full range of kinship ties in Aboriginal and Torres Strait Islander communities (see over page – Family Violence), extended family relationships, and family of choice within lesbian, gay, bisexual, transgender, intersex or queer (LGBTIQ) communities.

People living in the same house, people living in the same residential care facility and people reliant on care may also be considered to be experiencing DFV when one or both people in the relationship try to create an imbalance of power to establish coercive control and commit violence.

Women and children are overwhelmingly the victims of DFV and those who use violence are overwhelmingly male.

DFV can be perpetrated by a partner, family member, carer, house mate, boyfriend or girlfriend. Women also commit DFV against men, as do same-sex partners (Domestic Violence NSW, 2018). DFV is also committed by and committed against people who identify in non-gender binary terms.

What is Family Violence?

The term ‘family violence’ is preferred in an Indigenous context. It is used to describe the range of violence that takes place in Aboriginal and Torres Strait Islander communities including the physical, emotional, sexual, social, spiritual, cultural, psychological and economic abuses that may be perpetrated within a family. The term also recognises the broader impacts of violence; on extended families, kinship networks and community relationships. It has also been used in the past decade to include acts of self-harm and suicide, and has become widely adopted as part of the shift towards addressing intra-familial violence in all its forms. (Gordon, 2002)

Examples of the behaviours that may represent domestic and family violence are included on page 32 in this resource.

Many voices - many insights

Voices of Aboriginal and Torres Strait and Pacific Islander Women

Through the **Breaking Silent Codes Movement**, Aboriginal, Torres Strait and Pacific Islander women share stories of cultural and spiritual responses to sexual assault and family violence in communities across Australia and Pacific.

www.breakingsilentcodes.com.au

Voices of Trans women of colour living in Australia

Trans women of colour are at high risk of sexual violence. However, they are often overlooked in national statistics or research on sexual violence against women. The 'Crossing the Line' exhibition draws on the findings of a research study which explores the lived experiences of sexual violence against trans women of colour living in Australia.

The photographs and stories in this exhibition represent women's accounts of sexual violence, their resilience and their need for acknowledgement and support.

www.crossingtheline.online

The '**Voices of Insight**' narratives collated through Insight Exchange share the context in which the person experienced and resisted and responded to the abuse they experienced.

[Voices of Insight](#) are de-identified narratives of people's lived experience of domestic and family violence and other adversities. Sexualised violence is a common feature in these narratives, which have been developed through the Insight Exchange interview process designed to affirm agency, uphold dignity and support safety.

These narratives aim to provide a more accurate account of what has occurred through highlighting the ways in which a person has resisted and responded to the violence used against them. They explore the context in which the violence has occurred, and how people, services and systems responded to victims of violence and how these responses were helpful, unhelpful or harmful.

Taking time to read one example.

A list of Voices of Insight narratives is included on the next page. Whilst these narratives are long and personal, each person generously and carefully shared their experience for the benefit of informing awareness and responses to violence. In each example the victim of violence experienced some form of sexualised violence in the context of domestic and family violence.

10 published Insight Exchange Voices of Insight narratives

- [Angela](#) 'I had to go along with it and be the good Catholic girl.'
- [Ruby](#) 'He understands the system and how to play it.'
- [Bec](#) 'My earliest recollection of violence is from when I was six.'
- [Brianna](#) "'I will go after your family.'"
- [Maya](#) "'He's bound to be upset.'"
- [Melissa](#) 'His biggest threat was, "I will take the children.'"
- [Sandra](#) "'You've got to realise you have duties here.'"
- [Rose](#) 'I feel like there's an agenda behind everything he does.'
- [Sophie](#) 'I didn't know what financial abuse was.'
- [Sally](#) "'You're ok... He never hit you.'"



"Thanks.. just doing that interview and reading it now has really changed my perception again.

I'm not sure where or how, but I feel different and in a good moving on way."

2019 - Insight Exchange participant giving feedback about their experience reading the transcript of their first interview with the Insight Exchange Team.

"...it really felt like you were looking for that part of resistance. And that was really empowering, because I'd forgotten all those things that I'd said and done and the ways I'd stood up for myself. So it was really refreshing to remember all that stuff..."

2020 Insight Exchange participant giving feedback about their experience of participating in Insight Exchange interviewing to share their insights.





**Is it just me who
feels confused
about what is
being done to me?**

[Voice of a victim of violence]

Victims of sexualised violence often feel confusion, disgust, horror, betrayal, self-blame, shame and profound distress when a family member or partner has chosen to exploit their close relationship to perpetrate sexualised violence.

Domestic and Family Violence and Sexualised Violence:

Rather than conceptualising sexualised violence and domestic and family violence (DFV) as two separate forms of violence, a more nuanced understanding is needed. Sexualised violence in the context of DFV perpetration is one aspect of a repeated and pervasive pattern of coercive control. (Hill, 2019; Laing & Humphreys, 2013).

Coercive control has been defined as a range of shifting behaviours and tactics that are intentionally used by perpetrators to anticipate and to actively constrain victims' resistance to violence and abuse and to minimise the capacity for victims/survivors to leave or escape. (Coates & Wade, 2007).

Coercive control involves a range of intersecting and co-occurring tactics that often escalate in severity over time. (Laing & Humphreys, 2013; NSW Government, 2019).

Sexualised violence is often perpetrated by family members (most commonly fathers, step-fathers, brothers, cousins) and current and former partners (husbands, boyfriends, girlfriends) against the very people (children, young people and women) they claim to love.

Victims of sexualised violence often feel confusion, disgust, horror, betrayal, self-blame, shame and profound distress when a family member or partner has chosen to exploit their close relationship to perpetrate sexualised violence.

See examples over the following pages of how coercion can be used to create confusion for the victim of violence.

Examples

Violence and abuse can be perpetrated anywhere by any person, including people we love or live with, however it is never acceptable in any place or context.

“I just felt like I had no choice”

“We’d been married seven years when I contracted an STD (sexually transmitted disease). And that’s when I knew there were some extramarital stuff happening. There was even parts of our sexual relationship that were not normal. I felt sometimes like - am I a human or am I an animal? That’s how I felt. He was always wanting to watch porn and I felt degraded as a woman. It was just I felt like I had no choice; I have to do this.”

Excerpt from [Sophie](#) (Voices of Insight Interview)

“He purposely got me pregnant ”

“He decided to book a holiday to Bali... Then, I swear, he purposely got me pregnant on that holiday. It’s not the best method but we usually just ‘pull out’. it had been working for a long time. But he didn’t, and I was like, “oh my god, why did you do that?” He said, “I don’t know, get the morning-after pill.” And I thought “in Bali? Do you want me to die?!” Seriously, as if you would take the morning-after pill in Bali. His flippancy! The whole, “get the morning after pill if you want”. We had discussed it and I had always said, I never wanted children. My reason for never wanting children was because parents hurt children. I did not want something that I loved that much to be hurt by me. I do not want that responsibility. That’s too much. That was a big thing for me. When I found out I was pregnant, I was really, really concerned.”

Excerpt from [Rose](#) (Voices of Insight Interview)

“He felt me up while driving down the freeway”

“....He would start ‘feeling me up’ while we are driving down the freeway. I didn’t want to be involved but I was under pressure at 100km p/hour he was in control of the car and what was happening. I was 13. He was 16. He did that kind of stuff all the time where I was stuck, or where saying something in the moment would draw on the attention of people around us, so I was silent. Both our families thought it was good we were together. I had no one to tell and no where to turn, there was so much violence in my own family I had to work this out on my own. I kept finding ways to avoid his advances. At the same time, because we was older than me he did things as if he were ‘more experienced than me’ or ‘taking care of me’ like it was love. It was all too intense. When I broke up with him he tried to kill himself. He blamed his attempted suicide on me from the break up, saying he couldn’t live without me. I was 14. It was so much pressure, and nowhere to talk about it, so we resumed dating, married and had children. It wasn’t until years later I had the certainty and confidence that I wasn’t ‘responsible’ for his behaviour.”

Excerpt (anonymous) person with lived experience of DFV.

“Waking me up in the middle of the night”

“....He would be very controlling about when he wanted to have sex, the positions, where it took place. If we had sex, it would be with pornography on or he would wake me up in the middle of the night to have sex. It wasn't that I didn't consent to it. I woke up and I joined in. It wasn't like I was saying no. It was about the lack of loving. He wasn't like, I'm waking you up and I want to make love to you. It was like, he's woken up, he wants to have sex, and this is when we're going to do it. Completely on his terms....”

Excerpt from [Ruby](#) (Voices of Insight Interview)





“Forced to give hand job in a hospital bed”

“He had everyone working for him around ‘his needs’. His mum would mind the other kids so he and I could have ‘time together’, because she said ‘he was having a hard time to look after the children’. Our children.

He would visit me in hospital while I was on bed rest to save our third baby but he would come in angry with me for the inconvenience I had caused him and that he was missing out on sex.

....He was controlling about everything. Who could visit me in hospital and for how long. He directed his parents, my family and even the nurses. When he would visit me in hospital, he would make me give him my hospital bed and tell me to sit on the visitor chair while he got in the bed and insisted I give him a hand job. He had no fear of others or the humility of it all... if someone walked in, the other patients, the sheets... I wanted it over and it was so stressful and it was his child. Our child.

He stayed afterward watching his favourite TV show from my hospital bed while I was left feeling so awful but not able to show it. He left angry at me even when I had given him what he wanted, and I had to wait for his TV show to finish before I could get back in my bed for ‘bed rest’.”

Excerpt (anonymous) person with lived experience of DFV.



What if my body has physiological and pleasurable responses to sexualised violence?

“...in my own experience as a child, I know there were times when I wanted this pleasure response even if the situation was abusive and that confuses many victims into thinking they played a bigger role in 'deserving' or seeking it than they did.

The body is used against you for the purposes of more sexualised violence and you can feel complicit in it as it doesn't feel forced, forceful or violent - based on disclosures made to me by other survivors of child sexualised assault when I discuss this, I think this is a big barrier to people identifying their own abuse and feeling shame about it.”

Anon. Child survivor of child sexualised abuse.

The body can have physiological and pleasurable responses to sexualised violence. This can be confusing to make sense of for the victim and can be used by the perpetrator of violence and abuse against the victim of violence to further manipulate, threaten or confuse responsibility and consent.



The victim's sexual arousal never implies consent.

Many victims of sexualised violence can become sexually aroused during the assault as this is a physiological response to stimulation:

<https://saawareness.com/blog/arousal-does-not-equal-consent>.

Victims who experience arousal, pleasure or orgasm whilst being assaulted have been misrepresented in the media, in Law Courts, in pornography and by the pervasive rape culture attitude that “no means yes”.

Many victims, particularly children, may feel confusion and shame and believe that they were complicit in the sexualised violence perpetrated against them.

Sexualised violence can elicit a pleasure response in the body but this does not mean it was not abuse or violence.





**What about
sexualised
violence against
children?**

[Voice of a victim of violence]

A child cannot legally, developmentally or emotionally provide consent to any sexual activity and as such all sexualised behaviour which targets children is understood as criminal and as inherently violent.

Child predatory entrapment

We acknowledge that the concept of 'grooming' is something that is only now becoming more widely understood in the community and remains the terminology used. This resource uses the term 'child predatory entrapment' instead of 'grooming' because the activity of grooming is **predatory**, and the intent of grooming is **entrapment**.

Sexualised Assault Targeting Children

Any act which forces, coerces or threatens a child into sexualised violence.

A child cannot legally, developmentally or emotionally provide consent to any sexual activity and as such all sexualised behaviour which targets children is understood as criminal and as inherently violent.

Sexualised violence also includes child predatory entrapment (commonly described through the use of the term 'grooming'), which refers to actions deliberately undertaken by the perpetrator with the aim of committing a sexualised assault (or sexualised violence) on a child.

Child predatory entrapment includes befriending and establishing an emotional connection with a child and taking actions designed to isolate the child from safe adults. Perpetrators also deliberately use a range of strategies to gain the trust of the child's parents and care givers and to minimise their suspicion with the aim of gaining unsupervised access to the child. (Royal Commission into Institutional Responses to Child Sexual Abuse, 2017).





Is it just me, or are there a lot of harmful attitudes and judgements about sexualised violence?

[Voice of a victim of violence]

People who experience multiple forms of social oppression are also more likely to be targeted by perpetrators of sexualised violence.

Social oppression

“One form of violence tends to enable others.”



“One form of violence tends to enable others. For example, the strategies an offender uses to isolate and control their partner also enables sexualized violence. The violence of colonial genocide, land theft, ethnocide, racism, displacement, and incarceration of Aboriginal people in so-called ‘mission schools’ also enabled colonial officials within those institutions to commit sexualized violence against the children.

In the same kind of way, the violence of state-enforced poverty promotes homelessness which leaves more people unprotected and more easily subjected to sexualized violence by serial predators.

The injustice of state confusion and collusion, when government criminal codes confuse violence against children with sex with children, minimize and conceal the violence, recast offenders as sexually misguided but not as profoundly violent, position children as objects of sexual desire and participants in wrongful sex, and compromise the quality of state responses at all levels.”

Centre for Response Based Practice



Social and cultural context

The misrepresentation of sexualised violence obscures the responsibility of the perpetrator(s) and blames the victim(s) by focusing on the victim's character, whereabouts, clothing and their perceived passivity (Coates & Wade, 2004). This can increase the shame and stigma experienced by victims and can increase their risk of ongoing and escalating violence (Royal Commission into Institutional Responses to Child Sexual Abuse, 2017).

The misrepresentation of sexualised violence also enables perpetrators to evade moral and social condemnation as well as legal punishment for their crimes (Coates & Wade, 2004, p.504). It sends a powerful social message that the perpetration of sexualised violence is inevitable, normal and permissible. These social messages shape and reinforce the dominance of what has come to be called "rape culture". For these reasons, the term "sexualised violence" is used in place of the more commonly used legal term "sexual assault" 'because the latter term implies that that these assaults are sexual acts' (Coates & Wade, 2004, p. 523).

The perpetration of sexualised violence always occurs in a social context (Coates & Wade, 2007; Zimbardo, 2007). For example, sexualised violence is almost always used as a weapon of war, genocide and colonisation (Smith, 2005). In this context, sexualised violence is a strategy aimed at the long-term domination and humiliation of individuals and whole groups of people (Smith, 2005).

However, it is beyond the scope of this document to elaborate on the complex, intersecting social, political, economic, historic and geographic conditions that facilitate sexualised violence. It is possible to name this as a gendered crime which is disproportionately perpetrated by men who primarily target children (both boys and girls) and women (including transgender women), non-binary and gender diverse people. The threat of sexualised violence against children, women and gender diverse people is pervasive (Stringer, 2014). Children, women and gender diverse people are constantly anticipating, assessing, responding to and resisting the threat of sexualised violence.

People who experience multiple forms of social oppression are also more likely to be targeted by perpetrators of sexualised violence. First Nations people, refugee and new migrant people, people living with a disability, people living with a mental illness, Lesbian, Gay, Bisexual, Transgender, Intersex and A-Sexual (LGBTIQ) people, incarcerated people, and people experiencing housing injustice and poverty are significantly over represented in sexualised violence victims statistics.



Intimate partner sexual violence



‘Intimate partner sexual violence’ is included as one of the high risk factors for reoccurring domestic and family violence, serious injury and death.

(Toivonen & Backhouse, 2018).

Intimate partner sexual violence (IPSV) is a uniquely dangerous form of exerting power and control due to its invasive attack on victims’ bodies and the severity of mental health, physical injury and gynaecological consequences.

Campbell et al. (2003) found that physically abused women who also experienced forced sexual activity or rape, were seven times more likely than other abused women to be killed and IPSV was the strongest indicator of escalating frequency and severity of violence, more so than stalking, strangulation and abuse during pregnancy.

The 2016 ABS Personal Safety Survey (PSS) found that since the age of 15, 5.1 per cent of Australian women, and 0.6 per cent of men, have experienced sexual violence by a partner.

Heenan (2004) found that Australian domestic violence workers believe that 90-100 percent of their female clients have experienced IPSV.

More than other factors, IPSV is under-reported by victims. Shame and stigma caused by commonly held assumptions that discussing sex or sexual assault within relationships is “taboo”, are significant barriers to seeking help for IPSV. (Toivonen & Backhouse, 2018).



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CONTACTS | SUPPORTS



What supports are
available to me?
Who can I talk to?

[Voice of a victim of violence]

If you or your children,
or the person you are
supporting are in
immediate danger,
please contact the Police
on Triple Zero (000)



National contacts

1800RESPECT (24hrs)

1800 737 732

1800RESPECT is a national telephone counselling and referral service for women and men open 24 hours to support people impacted by sexual assault, domestic or family violence and abuse.

If you are seeking support contact www.1800respect.org.au for confidential information, counselling and support service.

1800RESPECT will continue to operate as per usual during the COVID-19 health emergency.

Quick Exit: 1800 Respect website has a quick exit button

Rape and Domestic Violence Services Australia (RDVSA) (24hrs)

RDVSA supports people affected by sexual, domestic or family violence.

They offer telephone, online and face to face counselling to people of all genders who have experienced sexual, domestic or family violence, and their supporters.

<https://www.rape-dvservices.org.au/>

NSW Rape Crisis
1800 424 017

Sexual Assault Counselling Australia
1800 211 028

Quick Exit: RDVS website has a quick exit button

Kids Helpline

1800 55 1800

Anytime. Any Reason.

<https://kidshelpline.com.au/>

Australia's free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25.



Other useful contacts

Domestic Violence Line (24 hours)

1800 65 64 63

The Domestic Violence Line is a NSW state-wide telephone crisis counselling and referral service for women and persons who identify as female.

<https://www.facs.nsw.gov.au/domestic-violence/helpline>

Counsellors on the Domestic Violence Line can help you:

- talk to the police and get legal help
- get hospital care and family support services
- obtain an Apprehended Violence Order (AVO)
- develop a safety plan for you and your children
- find emergency accommodation for you and your children.

Quick Exit: The DV Line page on the Department of Communities and Justice website has a quick exit button

Centre Against Sexual Assault Forum

The Victorian CASA Forum is the peak body of the 15 Centres Against Sexual Assault, and the Victorian Sexual Assault Crisis Line (after hours). Together we work to ensure that women, children and men who are victim/survivors of sexual assault have access to comprehensive and timely support and intervention to address their needs.

<https://www.casa.org.au/>

Centre Against Sexual Assault – Central Victoria

The Centre Against Sexual Assault (CASA) Central Victoria is one of 15 CASAs throughout Victoria.

Read more about the CASA CV services on the website <https://casacv.org.au/>

Quick Exit: The CSACV website has a quick exit button



If you are a man experiencing Domestic and Family Violence you can contact:

MensLine

MensLine provides 24/7 telephone and online support and information for men with family and relationship concerns across Australia: 1300 789 978 (24 hours)

<https://mensline.org.au/>

Quick Exit: MensLine has a quick exit button

1800RESPECT (see previous page)

<https://www.1800respect.org.au/>

Support for men who use violence and abuse

No to Violence Men's Referral Service

The Men's Referral Service (MRS) is operated by No to Violence (NTV) and takes calls from men and women who are looking for help to improve their wellbeing and safety, who want to improve the wellbeing and safety of their children, or who are looking for help for their partner or another male family member.

1300 766 491

<https://ntv.org.au/>

Quick Exit: NTV website has a quick exit button

If you are a man who has suffered from the effects of child sexual assault you can contact:

SAMSN - Survivors and Mates Support Network

Any man who has suffered from the effects of child sexual assault should know it was not his fault and that healing and recovery is possible.

Regardless of his ethnicity, sexual orientation, age, or religion, any man can contact SAMSN for support.

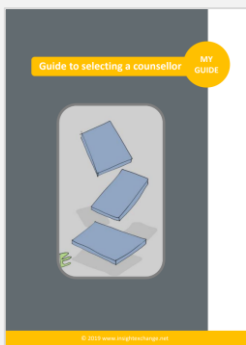
<https://www.samsn.org.au/>

Telephone: [1800 4 SAMSN \(72 676\)](tel:18004SAMSN)

Hours: Monday to Friday 9am – 5pm

Email: support@samsn.org.au





Read [Guide to Selecting a Counsellor](#) online at insightexchange.net

It's important that it is your choice if and when you decide to speak to a counsellor and to know that you are under no obligation to keep speaking to someone if you don't feel they are a good fit for you.

Some signs of a good fit might be that you have found a counsellor who is interested in your hopes and wants, checks in with you about your experience of the session, and (of course) helps you to feel increasingly hopeful and confident.

A good counsellor, psychologist or social worker

A good counsellor, psychologist or social worker will be one that helps you to address your worries about talking about sexualised assault at the start of any potential conversation.

They will want to know what you hope for in coming to talk about your adverse experience and pay attention to this rather than having a fixed idea about what you need or should do.

Generally, you do not need to talk about explicit details of the violence perpetrated against you unless you want to (speaking to Police might be different).

Also, no-one chooses to be a victim and people always respond to all types of violence by trying to maximise their safety and /or the safety of others and /or trying to retain their dignity as much as possible.

It is not always clear how the person who is the victim does this but that is not because it doesn't happen. Rather it is because responding to and resisting violence is very complex and depends on so many different aspects of the context and situation.

You should never have a counsellor disbelieve or blame you and you have a right to make a professional complaint about the counsellor's behaviour if you experience this.

A good counsellor will probably want to ask you not so much about the details (of who did what to whom) but more about the context of your experience. Also, to gently ask questions to help you unpack how your responses made sense given your context or situation and to identify how your responses might have been about maximising safety, retaining dignity, caring for others and /or prudent forms of resistance.

A good counsellor will have these conversations with you in a way that is mindful you have, and may still be, suffering loss, humiliation, grief and injury, and that you may be experiencing a whole range of emotions and physiological responses in response to the injustices perpetrated against you.

The counsellor will probably also want to ask you about the types and quality of the social responses you received from others. Asking you if you were able to talk about the violence, and if you weren't able to tell, if others noticed your distress, and what they did or did not do. Also, to talk with you about your experience more broadly; how your awareness, assessment and strategies around dealing with the perpetrator, the experience of violence, and /or of poor social responses might have changed over time.

The focus then is likely to be mostly about what you have already done and are doing presently to care for yourself and live well (despite adversity), how that makes sense, and your best hopes for the future.

These sorts of conversations can be hard at some points but generally people feel relief and affirmation and find it useful in being able to accurately describe their experience in a way that doesn't just mean reliving or narrowly telling about the details of sexualised assault.

What is most important is to find someone who you feel comfortable talking to and who helps you to be clear about your hopes in talking together.

Feeling comfortable includes feeling safe, being listened to in a way that supports talking openly about what is important and personal to you, and knowing that the person you are talking to respects you and believes in you.

Hopefully, if you are looking for a counsellor you find one that will ask you for feedback about how you are finding each session. It is good too if they check in with you as to how helpful your counselling sessions together are in making a difference in your day-to-day life.

Other Insight Exchange resources



[My Safety Kit](#)

A reflection resource for people who are (or may be) experiencing domestic and family violence.



**What if I choose to
make a report, or
seek forensic
medical evidence
or a claim?**

[Voice of a victim of violence]

Every state and territory in Australia has different criminal codes in part reflecting different definitions of domestic and family violence and sexualised violence.

Other useful information

The following information is provided for the state of NSW. If you are in a different state or territory, google the Police, Women's Legal Service or Department of Justice (and/or Communities) in your state or territory.



Your rights after Sexual Assault

The WLSNSW has a lot of clear and helpful information.

Sexual Assault - Your rights and the law

<https://www.wlsnsw.org.au/resources/sexual-assault/>

You may want to specifically look at the webpage called **Your rights after Sexual Assault**

<https://www.wlsnsw.org.au/resources/sexual-assault/your-rights-after-a-sexual-assault/>

The page provides information (and links) about

- Getting medical help
- What will a Sexual Assault Service do?
- Why is getting medical help important?
- What is a forensic examination?

Police (NSWPF)

Adult Sexual Assault

https://www.police.nsw.gov.au/crime/sex_crimes/adult_sexual_assault

The following information is a direct excerpt from the link above as of July 2020.

“There are several options a victim of sexual assault can take and these include;

Report To Police: Engaging police and having the matter formally investigated. This process will involve providing police with a statement and an offender may be arrested and charged. The victim may have to attend court. In most circumstances to make a report of sexual assault, you will need to travel to your local police station. You can find [your police station here](#).

However, if the offence has just happened, or in an emergency, call Triple Zero (000) and police will come to you.

Complete a [sexual assault reporting option \(SARO\)](#), where vital information on the assault is provided to police, without the matter being formally investigated.

Engage a support service: Engaging any of the support services, including the NSW Rape Crisis Centre on 1800 424 017. A list of other support services can be found in [Useful Contacts](#).”

Quick Exit: NSWPF website pages about ‘Adult Sexual Assault’ have a quick exit button

Domestic and Family Violence

The NSWPF website contains information about other crimes <https://www.police.nsw.gov.au/crime>

In particular the NSWPF have information on **Domestic and Family Violence** https://www.police.nsw.gov.au/crime/domestic_and_family_violence

Quick Exit: NSWPF website pages about DFV have a quick exit button

NSW Department of Communities and Justice Victims Services

Help for victims of sexual assault

Victims Access Line (Monday-Friday, 9am-5pm) [1800 633 063](tel:1800633063)

<https://www.victimsservices.justice.nsw.gov.au/sexualassault>

The following information is a direct excerpt from the link above as of July 2020

“Sexual assault is a crime.

Its impact can be devastating. However, recovery is possible and there is help available to assist you.

If you are a victim of sexual assault there are [many services you can contact](#), depending on your needs, to report the crime or to seek counselling and support. The **Victims Access Line (1800 633 063)** provides information, referral and support to victims of crime.

In an emergency phone **000** or your [local police station](#).

Otherwise you can phone your local [sexual assault service](#). These services are free and confidential to any male or female victim of sexual assault, their friends and family.

Not only are services available, there are also changes in laws which have improved the way victims of sexual assault are supported and treated in the court system in New South Wales, Australia. Victims of crime in New South Wales have a [Charter of Victims Rights](#) to protect and promote their rights.”

Quick Exit: The NSW Department of Communities and Justice Victims Services website page has a quick exit button.



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**Are you ready to
respond safely if I
share with you?**

[Voice of a victim of violence]

The person disclosing to you may have many concerns about telling you anything at all.

Reflections for responders

Many people have had violence perpetrated against them and often the perpetrator of that violence is a person known to them – sometimes a family member or someone whom they know intimately.

When the violence is perpetrated by a family member or by a person whom the victim of the violence knows intimately there often is an increased sense of distress and anguish around the experience of violence/assault.

When violence is sexualised, more often than not the perpetrator will be known to the victim and may even be a family member or someone the person knows well.

Because sexualised violence involves the abuse and violation of what is usually something we think of as mutual and pleasurable there is also an increased sense of distress and anguish.

So, both the sexualised nature of the violence and the fact that (often) the violence is from a person known to the victim makes sexualised assault particularly distressing. Children and or people who have less ‘social’ or ‘physical’ power are more likely to have violence and sexualised violence perpetrated against them than people who have more ‘social’ or ‘physical’ power.

Also because there are so many myths about rape and sexualised assault, unnecessary stigma about ‘being a victim’, and ‘taboos about talking about sexualised violence and assault, there is a chance that a person will get a poor social response – they can face misunderstanding, feel blamed, feel shut-down etc. even be disbelieved or told they ‘asked for it’, or ‘it happens, it’s normal, it’s what men do.’

The person disclosing to you may have many concerns about telling you anything at all. Some of these concerns may be represented in the following page and may inform your reflections.



I worry about some of these things...

If I will be believed.

If I will be blamed (directly or indirectly).

If the way I responded to the assault or assaults makes sense to others or if you will put me in a position where I have to educate, explain or justify myself to you or others.

If I have to talk about the details of the assault / to some extent relive really adverse experiences.

If the ways that other people respond to me this time will be as bad as my earlier experience of talking about it.

If my decision to not talk about it earlier will be understood.

If violence will escalate to non-fatal strangulation, suffocation, head injury and the potential for an acquired brain injury from the violence.

If you want to impose advice.

Many other things, perhaps how upset I might get, what the legal implications might be of speaking up, how my current partner might respond and so on.

My dignity.

I will be looking to see...

If I do say something, I'll be looking to see;

- what you think of what I have shared
- that you believe me
- what you think of me and if/how that changes now that you know more about me
- whether you give more weight to what the person abusing me says than what I say
- whether the person abusing me will be able to influence your thinking and make you think differently about me and
- what this means next.

(Follow My Lead, DVSM 2018)



[Voice of a victim of violence]





Follow My Lead speaks from the voice of people with lived experience of Domestic and Family Violence (DFV) who need the professionals and their social networks to be more prepared to respond effectively; more prepared to respond in ways that uphold dignity and build on safety.

[Follow My Lead](http://www.insightexchange.net)

www.insightexchange.net



“It is important to remember that many victims of violence have faced a series of negative social responses from their social networks and various professionals. For many people, the systems set up to handle cases of violence are themselves unpredictable and fearsome, the cause of pain and endless complications. Many people will have every reason to think you will blame them, get charmed by the perpetrator, dispense advice, and judge them negatively when they do not do what you suggest.”

Allan Wade, Ph.D. (2019)

[Interviewing For Social Responses](http://www.insightexchange.net)

Actual and Possible Social Responses are a Constant Concern

www.insightexchange.net

Resources Summary: www.insightexchange.net

[Follow My Lead](#)– is an awareness-raising resource for any person who at some point may be listening to and responding to their friends, family members, colleagues, peers or to the people who use their service, who are experiencing DFV. The resource may also have benefits for people who are: thinking about their own relationships and experience of DFV, seeking support about their own lived (or live) experience of DFV, and/or working as a service responder to people experiencing DFV.

[My Safety Kit](#) - is a reflection resource that speaks in the voice of the reader who may be reflecting on their own relationships and (possible) experiences of domestic and family violence. The resource may also have benefits for people who are: supporting friends and family who are (or might be) experiencing domestic and family violence; and for people who are working as a service responder to people experiencing DFV.

[Voices of Resistance](#)– a project that documented four women’s resistance and responses to the violence they experienced. The project participants supported the development and prototyping of the interview process for Insight Exchange through the sharing of their resistance and responses to violence. The result of the prototyping phase is an interview process with clear protocols and steps that provides a structure for an interview that affirms agency, is safe, ethical and upholds a person’s dignity.

[Voices of Insight](#)– are de-identified narratives of people’s lived experience of domestic and family violence and other adversities. The narratives have been developed through the Insight Exchange interview process designed to affirm agency, uphold dignity and support safety.

[Voices of Experience](#) – are written insights and reflections from people with lived experience of domestic and family violence and other adversities. The participants are the authors of the written insight, and in some pieces, the Insight Exchange team have inserted content from the *Follow My Lead* resource as headings to help orientate the reader and to build understanding of the lived experience of violence.

Insight Resources:

[My Check Tool](#)

[Guide to Selecting a Counsellor](#)

[Creating Conversations](#)– is an event series designed to bring people together with the understanding that violence is a ‘shared social issue’.

[Language Lab](#)– provides a set of resources to inform more accurate representations of violence through language.

[Practice Exchange](#)– provides participating organisations a supported opportunity to review and develop their practice in responding to Domestic and Family Violence and related forms of adversity. Practice Exchange explores these responses at a granular real-world real-work level from the perspective of response-based practice.

[Understanding Financial Abuse](#)– is a project designed to improve our understanding of financial abuse and enable individuals, communities, organisations and businesses to improve their responses to it.

[Workplace responses](#) - This initiative involves workplaces and employee assistance programs (EAPs) committed to improving their awareness of, and responses to, domestic and family violence. A Workplace Kit is available for workplaces and EAPs considering their responses.

[Follow My Lead](#)– was an initiative which resulted in the publication of [Follow My Lead](#). The project was designed to build understanding of lived experience, outlining what being ‘safe to talk to’ means, and how significant responses are.

Exchange Resources:

[Publications](#)

[Videos](#)



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Key Concepts

National, state and territory definitions of domestic and family violence and criminal codes vary, however violence and abuse is never acceptable in any community, family, institution, place or context.

What is 'sexualised violence'?	Sexualised violence is a form of 'violence' not a form of 'sex'.	Does it count as sexualised violence if it's my partner or family?	Sexualised violence is frequently perpetrated by current and former partners and family members in the context of domestic and family violence.
Does what they are doing to me count as sexualised violence?	Sexualised violence encompasses all behaviours used by a perpetrator to threaten, coerce, violate, or force the targeted person (victim) into sexualised activity.	Is it just me who feels confused about what is being done to me?	Victims of sexualised violence often feel confusion, disgust, horror, betrayal, self-blame, shame and profound distress when a family member or partner has chosen to exploit their close relationship to perpetrate sexualised violence.
What about all the ways I tried to say no and to make it stop?	Perpetrators anticipate, suppress and overpower resistance. Whenever people are subjected to violence, they resist. (Wade)	What about sexualised violence against children?	A child cannot legally, developmentally or emotionally provide consent to any sexual activity and as such all sexualised behaviour which targets children is understood as criminal and as inherently violent.
How complicated is consent? Is consent one decision or many?	Consent is something we are always negotiating, and so often without words. (Coates)	Is it just me, or are there a lot of harmful attitudes and judgements about sexualised violence?	People who experience multiple forms of social oppression are also more likely to be targeted by perpetrators of sexualised violence.

“ Just because I couldn't stop it doesn't mean I let it happen. ”

[Voice of a victim of violence]

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1800 Respect re Reproductive Abuse

www.1800respect.org.au/violence-and-abuse/reproductive-abuse

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Breaking Silent Codes

www.breakingsilentcodes.com.au

Crossing the Line

www.crossingtheline.online

Sexual Assault Awareness Blog

<https://saawareness.com/blog/arousal-does-not-equal-consent>.

See also the links provided in the contacts and supports section.

References to Insight Exchange Resources

www.insightexchange.net

Publications:

[Follow My Lead](#), DVSM Insight Exchange 2018

[Voices of Insight narratives](#)

[The Fact Pattern](#), DVSM in collaboration with Centre for Response Based Practice, 2018

[Language Lab](#)

Videos:

[Identifying and Honouring Resistance](#) (5:23 mins)

[Consent versus Violence](#) (8 mins)

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Most significantly, our thanks goes to all people with lived experience of domestic and family violence who have generously shared their insights for the benefit of others, including the donation of the image below.



© 2020 Anon. Image created and donated by adult survivor, and protective mother.

"She is slightly pissed off saying 'I'm here. Don't underestimate me.'"

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We welcome [feedback](#) to improve future editions.

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