

Short inserts for newsletters on DFV and being a better bystander.

*Two Possible Insertions for Newsletters during the 16 days of activism*

16 Days of Activism against gender-based violence

## How Can I Be a Better Bystander

We all find ourselves, at some time, as a bystander to uncomfortable or confronting situations. It might be at a social gathering, with friends at the local club, in a meeting, on the bus or in a family home or gathering.

It is natural to feel reluctant to directly intervene when something bad is happening to people around you. But bystanders have other options if direct intervention is unsafe or undesirable. These actions can be powerful to stop violence escalating and support victims.

Consider the 5 Ds of bystander intervention. There are several steps you may be able to take, to safely intervene:

**Distract:** Take initiative to indirectly confront and de-escalate the situation.

**Delegate:** Seek out a person of authority to intervene.

**Document:** If possible (safe), document the incident (e.g. filming on your phone). Be sure to include the time, date and location in the recording.

**Direct:** If it safe, address the perpetrator directly and ask them to stop.

**Delay:** If it safe, talk to the victim after the incident is over.

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## Domestic Violence – A Few Stats

In the fast approaching season of Advent, where we hear the cries of John the Baptist, *Prepare the way of the Lord! Make a straight path for our God!*, we might also be more attentive to the cries of the poor and abused amongst us. Daily it seems, on our News feeds and screens, we read of another case of someone (usually a woman) dying at the hands of an intimate partner or estranged partner. Since 1 July 2022 to 30 June 2023 **over 58,000 DVOs were made across Queensland.**

What are the statistics on domestic violence in Australia?

In the year 2021/22, **5606 women (average of 15 women/day) were hospitalised due to family and domestic violence.** 1 in 4 women (27%) has experienced violence, emotional abuse, or economic abuse by a cohabiting partner since the age of 15. 1 in 3 women (31%) has experienced physical violence since the age of 15.