



International
Women's Day

**I will help
forge a gender
equal world**

#BreakTheBias



International
Women's Day

**We will help
forge a gender
equal world**

#BreakTheBias



International
Women's Day

**I will maintain
a gender equal
mindset**

#BreakTheBias



International
Women's Day

**We will maintain
a gender equal
mindset**

#BreakTheBias



International
Women's Day

**I will challenge
gender stereotypes,
discrimination & bias**

#BreakTheBias



International
Women's Day

**We will challenge
gender stereotypes,
discrimination & bias**

#BreakTheBias



International
Women's Day

**I will call out
gendered actions
or assumptions**

#BreakTheBias



International
Women's Day

**We will call out
gendered actions
or assumptions**

#BreakTheBias



International
Women's Day

**I will forge
positive visibility
of women**

#BreakTheBias



International
Women's Day

**We will forge
positive visibility
of women**

#BreakTheBias



International
Women's Day

**I will try to
influence others'
beliefs & actions**

#BreakTheBias



International
Women's Day

**We will try to
influence others'
beliefs & actions**

#BreakTheBias



International
Women's Day

**I will celebrate
women's
achievements**

#BreakTheBias



International
Women's Day

**We will celebrate
women's
achievements**

#BreakTheBias



International
Women's Day

**I will help forge
women's equality by**

#BreakTheBias



International
Women's Day

**We will help forge
women's equality by**

#BreakTheBias



International
Women's Day

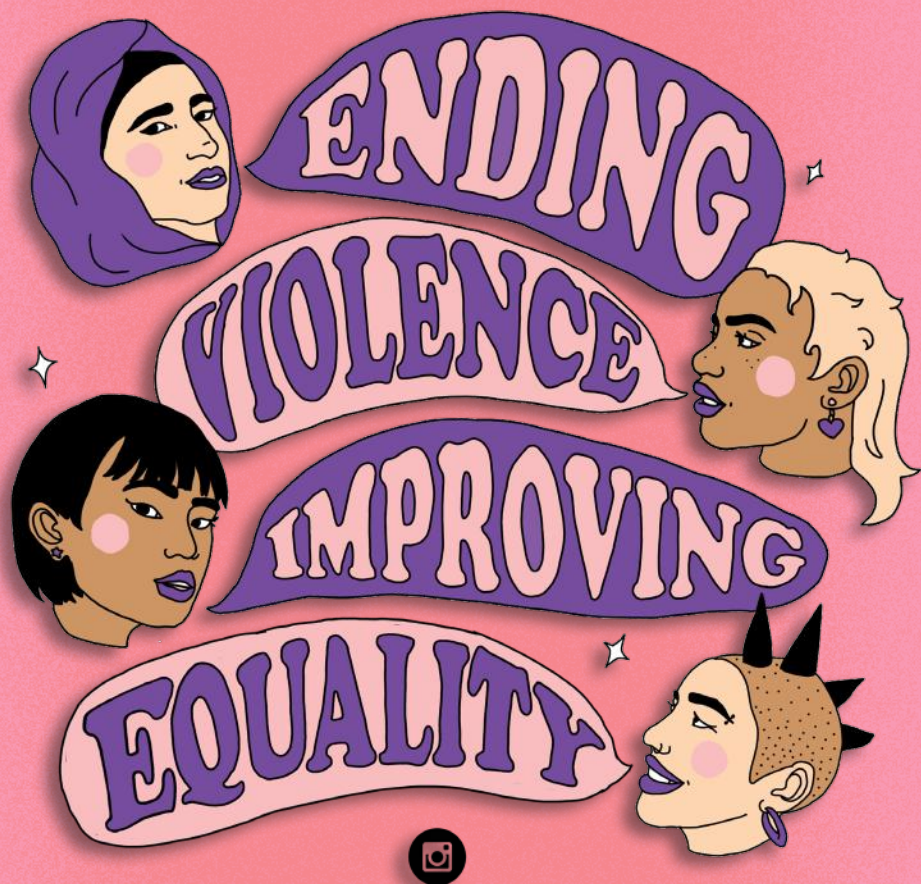
#BreakTheBias by

#BreakTheBias



International
Women's Day

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@EVIE_EQUALITY

**A VIOLENCE PREVENTION
RESOURCE**

**WHAT
KIND OF
BEHAVIOUR
ALLOWS
VIOLENCE
TO
HAPPEN?**

Studies tell us that the single biggest driver of violence is gender inequality. By understanding inequality and the gendered drivers of violence we can all take action to prevent violence from occurring at all.

What we need to understand as individuals is how these drivers make their way into our everyday lives and our interactions with each other at home, work or school.

Violence doesn't *start* at physical abuse or harm.

It starts with attitudes, behaviours and beliefs that create and contribute to an unequal power dynamic which ultimately harms everyone.

ENFORCING GENDER ROLES

Enforcing or expecting rigid gender roles and stereotyped ideas of masculinity and femininity.

The idea that women and men and girls and boys should act in certain ways or fulfill certain roles all limit us as a society and in many cases harm our ability to grow and expand as individuals.

Dismissing or not believing anyone who falls anywhere outside the gender binary such as trans or non-binary people also contributes to violent attitudes and behaviour.

Short hair on girls just looks bad, don't you think?



DISMISSING OR CONDONING BAD BEHAVIOUR

Condoning of sexist or violent behaviour – for example, the idea that it is excusable for men to use violence in certain circumstances, that they cannot always be held responsible, or that some kinds of violence (such as sexual harassment, catcalling, leaking nudes etc), are not serious.

The notion of ‘Boys will be Boys’ is often used to dismiss the seriousness of problems regarding toxic masculinity and can create unsafe environments for everyone.

Trying to shift blame onto the victim or anyone coming forward about problematic behavior is another way violence is often dismissed and condoned.



He's just jealous cos he likes you.

MEN MAKING EXCEPTIONS FOR OTHER MEN

**Male peer relationships or
'male bonding' that emphasises
aggression and disrespect
towards women –**

**For example, the way some
groups of men seek to
prove themselves or their
'masculinity' through actions
that are disrespectful, hostile or
aggressive towards others.**

**Men often choosing to dismiss
issues raised by a woman, trans
or non-binary person and siding
with another man in their peer
group without question.**

He's such a simp
it's embarrassing

Yeah, always gotta
stand with the boys.

I don't know why you
have to make a big deal
out of everything?

I just don't feel safe
around those guys...



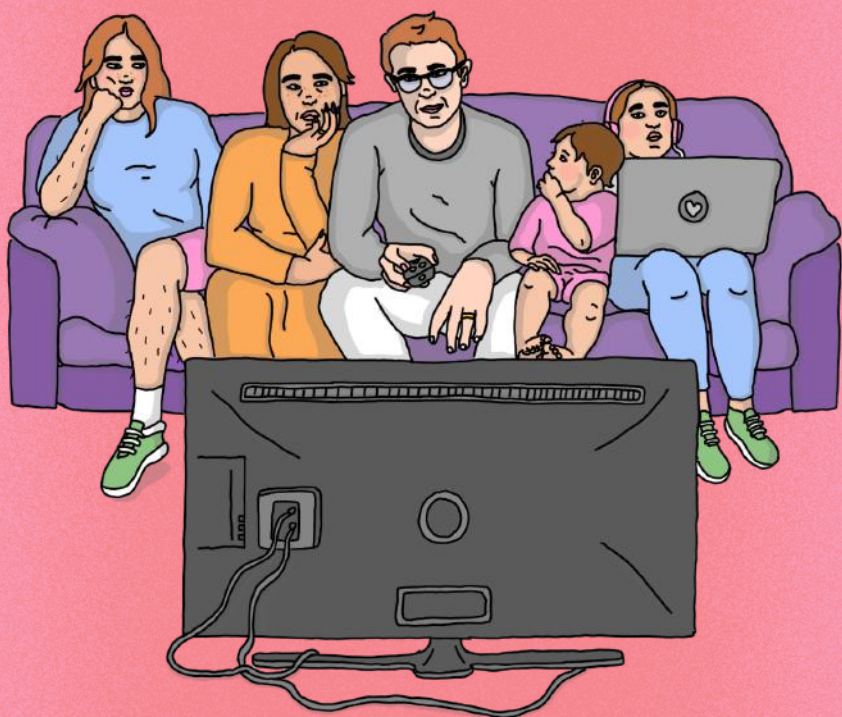
UNEQUAL DISTRIBUTION OF POWER AND CONTROL

**Men taking control of
decisionmaking limits women's
independence in public life and
relationships –**

**For example, the idea that
men make better leaders than
women, or that men should be
the head of the household and
decide how money is spent.**

**Men still hold the majority
power in political spaces and
lawmaking and often won't
have lived experience when it
comes to living with the fear of
sexist, violent attitudes.**

I'd never vote for her, women just don't make good leaders.



SEXISM AND VIOLENT BEHAVIOUR ONLINE

Technology-facilitated abuse is overwhelmingly gendered — 96% of perpetrators are male and 93% of victims are female.

A recent national survey by women's services network WESNET found almost all women experiencing family violence suffered from technology abuse.

It's a term that covers everything from abusive texts and social media posts, to tracking of smartphones, to monitoring of a victim's movements.

I shouldn't have
to skip school,
when HE did the
wrong thing!



Hey dont freak out but I
heard the boys got hold
of those nudes you
sent... 😞

WHAAAT tell me u r
joking!!!!? 😱😱😱

Nah, I heard Dan sent
them out when you broke
up with him...

Omg he promised me
they would be deleted!!!
🙄🙄🙄

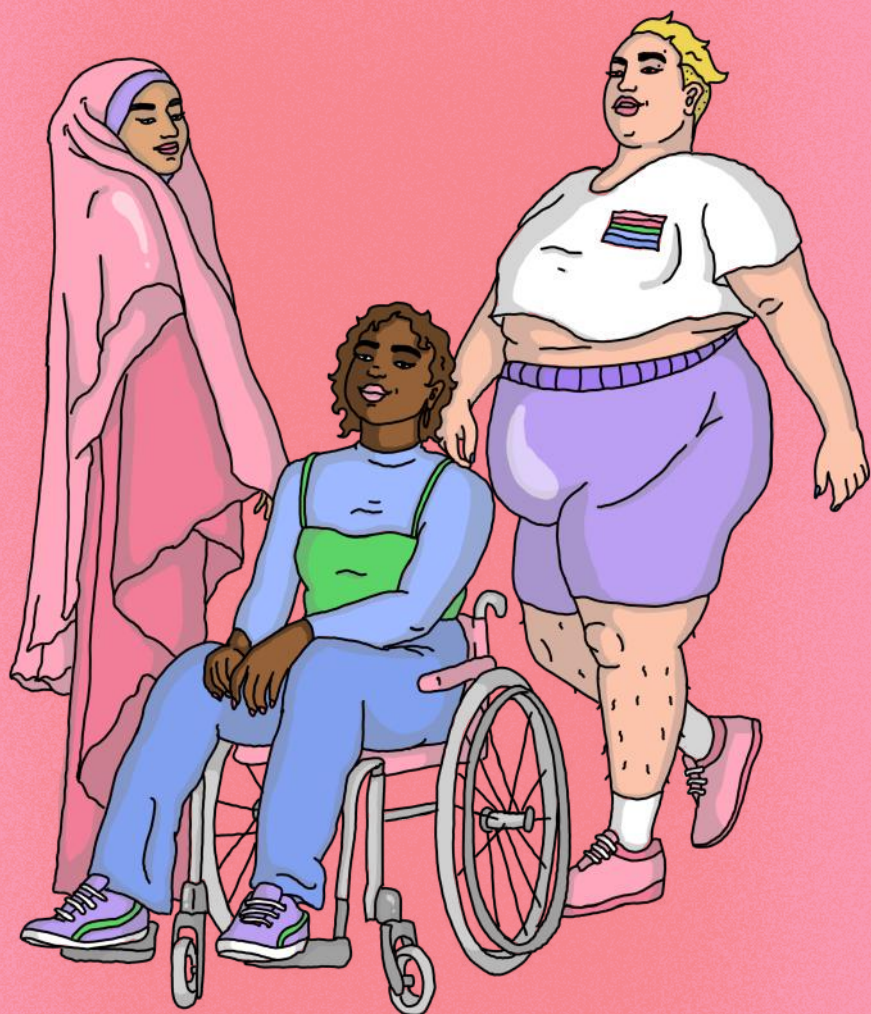
I guess not. 😞 Maybe
skip school 2moro?

INTERSECTIONALITY & OVERLAPPING INEQUALITIES

Gender inequality is the underlying condition for violence against women, but it is not the only nor most prominent factor in every context. Multiple forms of violence & discrimination can be experienced by one individual at the same time.

This overlap is reflected in the different rates and different types of violence experienced among women from varied backgrounds.

There are multiple factors that contribute to inequality, discrimination & disadvantage, including colonisation, racism, ableism & homophobia, all of which play in role in violence against women & gender non-conforming people.

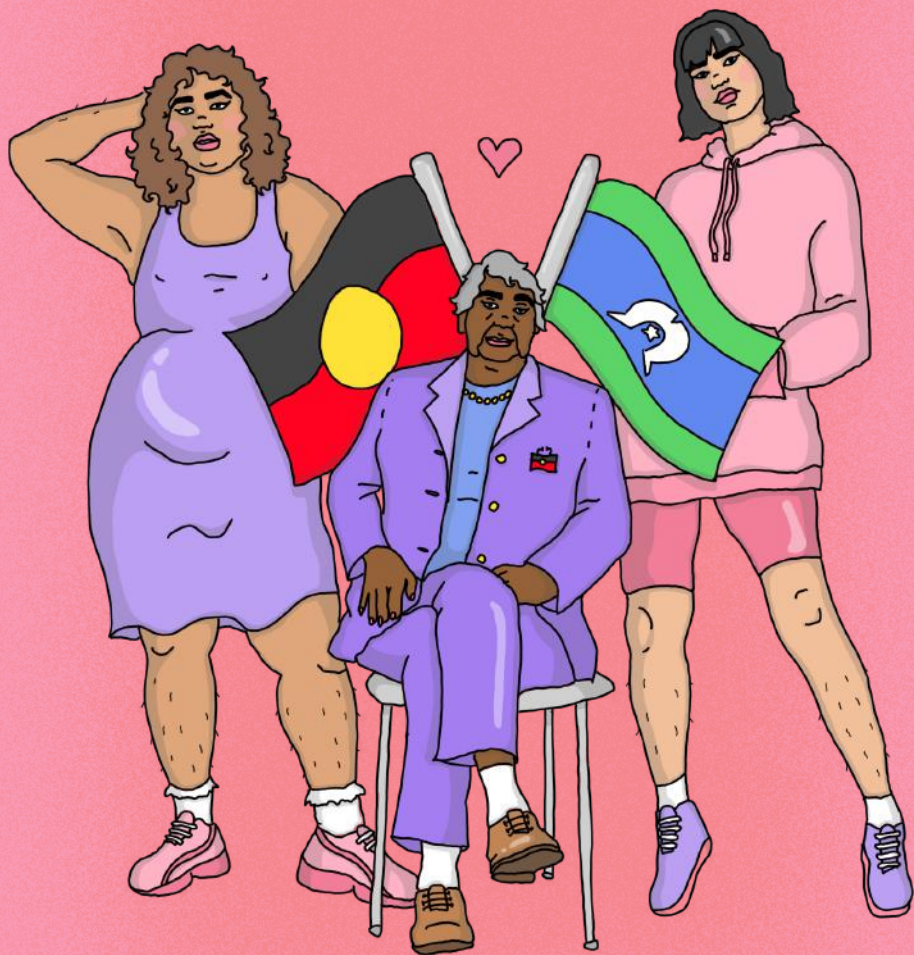


ABORIGINAL & TORRES STRAIT ISLANDER PEOPLE

**Aboriginal and Torres Strait
Islander women experience violence
at around twice the rate of non-
Indigenous women, and are 34 times
more likely to be hospitalised due
to family violence related assaults
than other Australian women.**

**Any violence experienced by
First Nations people must be
considered in the context of broader
colonial violence, specifically
the intergenerational impacts of
colonisation & white supremacy.**

**Experiences of dispossession, the
forced removal of children, the
interruption of cultural practices
that help lessen interpersonal
violence, ongoing economic
exclusion & racial disadvantage are
all examples of colonial trauma.**



WHERE CAN I FIND MORE INFO & WHO CAN HELP?

**If you or someone you know
is experiencing anything
discussed in this booklet**

**make a call:
1800RESPECT
(1800 737 732)**

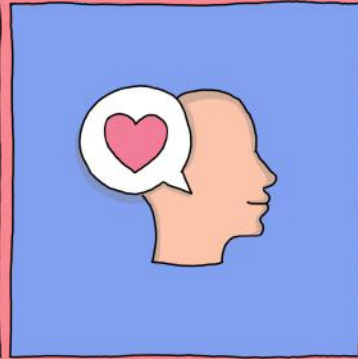
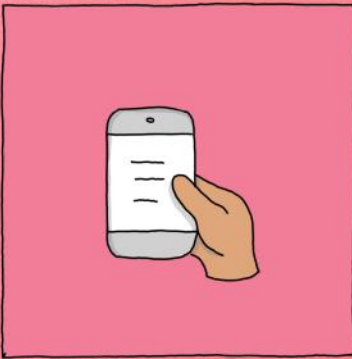
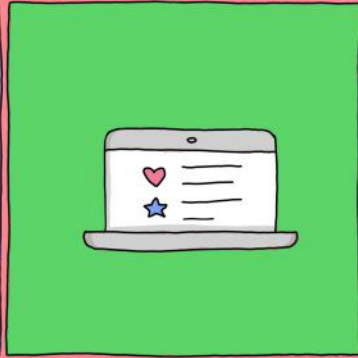
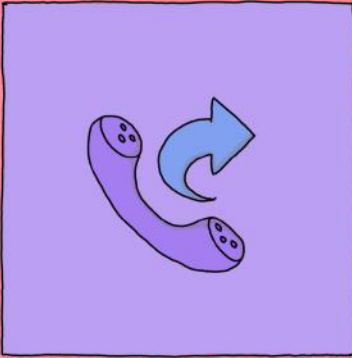
**or chat online via:
www.1800respect.org.au**

**for anonymous advice
24 hours a day, 7 days a week.**

**For more information on ending violence
against women & their children visit the**

OUR WATCH website via:

www.ourwatch.org.au



**If anything in this booklet has caused
distress to you or someone you know:**

**CALL 1800 RESPECT
(1800 737 732)**

**the National Sexual Assault, Domestic
Violence Counselling Hotline.**

PLACE YOUR ORGANISATION INFO LABEL HERE

**This Booklet was created for the EViE Project, a Blue
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Information cited from www.ourwatch.org.au**

COERCIVE CONTROL

WHAT IT CAN LOOK LIKE



MONITORING ACTIVITY

*Invasive and persistant questioning,
checking-in and commentary about
where you go and what you do.*

Closely monitoring someone can be a tactic of people who use violence.
Everybody deserves to live free from violence & abuse.

If you feel this is something happening to you
or someone you about:

CALL 1800 RESPECT
for anonymous free advice 24/7



Blue Mountains Women's
Health & Resource Centre



Visit www.genderequitybm.net

COERCIVE CONTROL

WHAT IT CAN LOOK LIKE

I CAN'T COME OUT ANYMORE
:(HE DOESN'T WANT ME
going out

HE SAID YOU'RE A BAD
INFLUENCE...SO I DUNNO

REALLY? IS THAT HOW
YOU FEEL THOUGH?

SOCIAL ISOLATION

Taking someone away from their support network either directly or indirectly.

Isolating someone can be a tactic of people who use violence. Everybody deserves to live free from violence & abuse.

If you feel this is something happening to you or someone you care about:

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for anonymous free advice 24/7



Blue Mountains Women's
Health & Resource Centre

Visit www.genderequitybm.net



COERCIVE CONTROL

WHAT IT CAN
LOOK LIKE

BUT
HE PROMISED
TO DO HIS
BIT AROUND
THE HOUSE



GENDER ROLES

Creating rigid expectations and unequal power dynamics in the home or relationship based on gender stereotypes.

Enforcing gender roles can be a tactic of people who use violence. Everybody deserves to live free from violence & abuse.

If you feel this is something happening to you or someone you care about:

CALL 1800 RESPECT
for anonymous free advice 24/7



Visit www.genderequitybm.net

COERCIVE CONTROL

WHAT IT CAN LOOK LIKE

I NEVER
SAID
THAT

BUT I ?
SWEAR !
THEY SAID?

YOU
ALWAYS
TWIST
THINGS



GASLIGHTING

To manipulate (someone)
by psychological means into
doubting their own sanity
or experiences.

Gaslighting can be a tactic of people who use violence.
Everybody deserves to live free from violence & abuse.

If you feel this is something happening to you
or someone you care about:

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Visit www.genderequitybm.net

#BLUEMOUNTAINSSAYSNOTOVIOLENCE

COERCIVE CONTROL

WHAT IT CAN
LOOK LIKE



IS THAT
MY PARTNER?
COULDN'T
BE...

STALKING

Following you, monitoring you online/offline, appearing in places you go to, watching you, using others to watch you.

*Stalking can be a tactic of people who use violence.
Everybody deserves to live free from violence & abuse.*

**If you feel this is something happening to you
or someone you care about:**

CALL 1800 RESPECT

for anonymous free advice 24/7



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COERCIVE CONTROL

WHAT IT CAN LOOK LIKE



PUT-DOWNS

Frequent criticisms, name-calling or other humiliation to you either publicly or privately.

Put-downs & bullying can be a tactic of people who use violence. Everybody deserves to live free from violence & abuse.

If you feel this is something happening to you or someone you care about:

CALL 1800 RESPECT
for anonymous free advice 24/7



Visit www.genderequitybm.net

