

September 3, 2020

Taking steps to raise awareness of family violence

Centre for Non-Violence staff are literally taking steps to raise awareness of family and domestic violence.

Six CNV staff are among three central Victorian groups participating in the Run Against Violence Virtual Team Challenge – a nationwide event that aims to raise awareness by encouraging teams to run 1300 kilometres (the distance from Broken Hill to Sydney) in 19 days.

The event aims to engage the broader community in conversations about family violence, and reduce the stigma and isolation for those who have lived with or are experiencing abuse.

On average, one woman a week is murdered by her current or former partner; one in three Australian women has experienced physical violence since the age of 15 and one in five Australian women has experienced sexual violence since the age of 15.

Centre for Non-Violence team leader Liz has organised Team Bendigo Bellatrix, made up of three local groups of 20, some of whom are keen runners while others have been inspired by the cause.

“We have brought together a lot of really keen people who are using their love for running and fitness and walking and getting out, particularly during Covid-19, to start important conversations,” she said.

“Many have started sharing their own personal experience, which is really humbling.

“Overwhelmingly, women experience family violence – and it’s people you know, people you’re connected with.

“To run 10km takes a lot of strength, and in many cases more mental strength – I find that so inspirational and it’s just such a privilege to be a part of something that is so easy and so simple to get out there and to run or walk.

“We know there are many women who would love to be able to do this and they can’t.

“They can’t leave their homes, they don’t feel free, they would be questioned on where they were going.”

The three teams started their challenge on August 30.

Further information about the Run Against Violence can be found at:

www.runagainstviolence.com/

To donate to the three local teams, visit:

<https://www.runagainstviolence.com/shop1/donation>

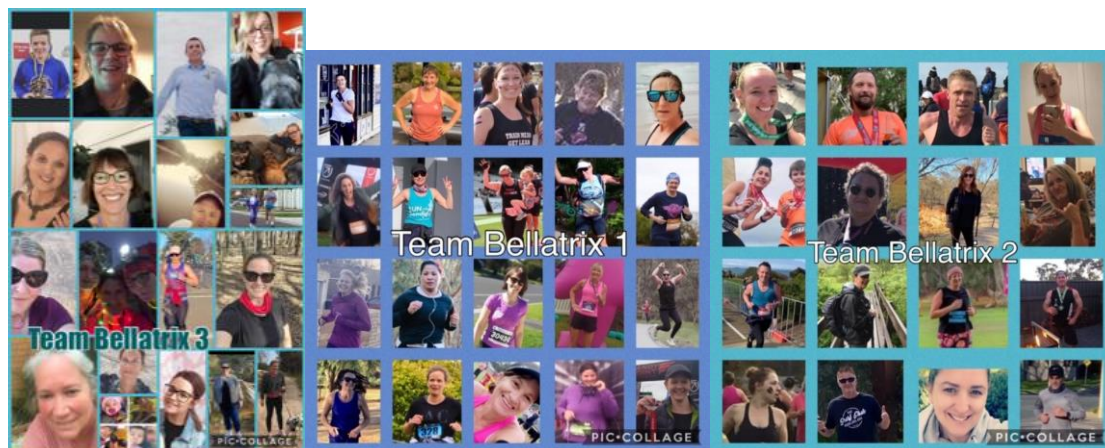
For information on how to seek help or support someone experiencing abuse, visit:

www.cnv.org.au/we-are-here-to-help

Key statistics on violence against women in Australia (source: Our Watch)

- On average, one woman a week is murdered by her current or former partner.
- 1 in 3 Australian women (30.5%) has experienced physical violence since the age of 15.
- 1 in 5 Australian women (18.4%) has experienced sexual violence since the age of 15.
- 1 in 3 Australian women (34.2%) has experienced physical and/or sexual violence perpetrated by a man since the age of 15.
- 1 in 4 Australian women (23.0%) has experienced physical or sexual violence by current or former intimate partner since age 15.
- 1 in 4 Australian women (23.0%) has experienced emotional abuse by a current or former partner.
- Australian women are nearly three times more likely than men to experience violence from an intimate partner.
- Almost 10 women a day are hospitalised for assault injuries perpetrated by a spouse or domestic partner.
- Women are more than twice as likely as men to have experienced fear or anxiety due to violence from a former partner.
- Almost one in 10 women have experienced violence by a stranger since the age of 15.
- Young women (18–24 years) experience significantly higher rates of physical and sexual violence than women in older age groups.
- There is evidence that women with disability are more likely to experience violence.

- 1 in 5 Aboriginal and Torres Strait Islander women aged 15 and over has experienced physical violence in a 12-month period. Over one-third of Aboriginal and Torres Strait Islander women who have experienced physical violence in the year preceding 2014-15 identified an intimate partner as the perpetrator of their most recent experience of physical violence.
- There is a lack of comprehensive, population-wide data on violence experienced by LGBTIQ people; however, existing data and research suggests that rates of violence experienced by LGBTIQ people are at least comparable to that experienced by wider female population. For example, one study has found that lesbian, bisexual and heteroflexible women are at least twice as likely to experience physical violence by a partner than heterosexual, cisgender women.
- In 2017-18, the number of women making calls to elder abuse helplines across Australia exceeded men, with emotional and financial abuse most commonly reported.
- There is a lack of comprehensive, population-wide data on prevalence and impacts of violence against women from migrant and refugee backgrounds. Specific studies suggest high prevalence rates and specific issues of complexity, such as partner using a woman's temporary migrant status as a means of violence.



Centre for Non-Violence covers the Loddon region – which includes the City of Greater Bendigo and the Central Goldfields, Mt Alexander, Macedon Ranges, Loddon and Campaspe shires. Centre for Non-Violence can be contacted on 1800 884 292 | The 24-hour statewide safe steps family violence crisis response line is 1800 015 188 | Men's Referral Service 1300 766 491 | In an emergency, call 000 | For information, visit: www.cnv.org.au/we-are-here-to-help

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