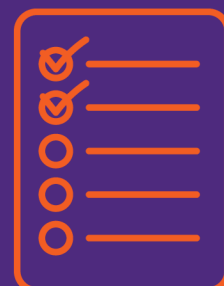




Create your own

**DOMESTIC
VIOLENCE
ACTION PLAN**

in 5 Simple Steps



THE FIVE STEPS

1

START THE YARN - BRING PEOPLE TOGETHER

Talk together, you don't need all the answers - just be open to listening, sharing and learning.



IT STARTS WITH YOU

2

CHOOSE A FEW STRONG ACTIONS

Together choose a few meaningful actions you will do to stop violence and promote safety. Make them doable. Make them matter.



TAKE ACTION

3

SHOW YOUR PLAN IN YOUR OWN WAY

Keep it simple. Keep it real. This isn't a government document its a community commitment.



4

SHARE IT LOUD AND PROUD

Don't keep your plan in a drawer. Put it on your wall, on your noticeboard and on your socials.



5

KEEP IT GOING AND GROWING

The plan doesn't end when it's written - that's where it starts. Update your plan as your group grows.



NO MORE

If you need help to get started send us a message at www.thestand.org.au or call on 1800 899 855

1

START THE YARN - BRING PEOPLE TOGETHER

Talk together, you don't need all the answers, just be open to listening, sharing and learning.

WHAT THIS MEANS

Start with a yarn. Bring people together - elders, workers, volunteers or members of your group and have a safe and honest conversation.

WHY THIS MATTERS

Violence happens in too many families, but strong communities can help stop it. Your group already has respect in the community, so your voice matters.

HOW TO DO IT

- Find a quiet place where everyone **feels safe** to talk.
- Start with a shared meal or cuppa to make people feel **comfortable**.
- **Ask**: What does respect mean to us? What do we see happening in families or community?
- **Talk** about how your group can be part of the **solution**.
- **Listen** to everyone - especially those who might not speak up much.



IT STARTS
WITH YOU

TIP

You can invite a local service or someone from NO MORE to help guide the conversation if needed.

2 CHOOSE A FEW STRONG ACTIONS

Together choose a few meaningful actions you will do to stop violence and promote safety. Make them doable. Make them matter.

WHAT THIS MEANS

Your group chooses a few actions that show you are committed to stopping violence and promoting respect and safety.

Taking action shows leadership. Even small steps can start big changes when they're done together and done consistently.

- Put up messages about respect and safe families on the walls or fences.
- Add a DVAP discussion to regular meetings or yarning sessions.
- Support members to speak up if they see or hear disrespect or violence.
- Attend or host a community march or BBQ
- include culturally healing activities or men's and women's groups sessions focused on wellbeing.



TIP: THREE R'S OF A GOOD ACTION

- **Realistic:** You can actually do it with the people and resources you have.
- **Relevant:** It speaks to your community's values and challenges.
- **Respectful:** It builds people up, doesn't shame anyone.



3

SHOW YOUR PLAN IN YOUR OWN WAY

Don't tuck your message away - bring it to life. Put it on the wall, paint it on canvas, highlight it in Annual Reports

WHAT THIS MEANS

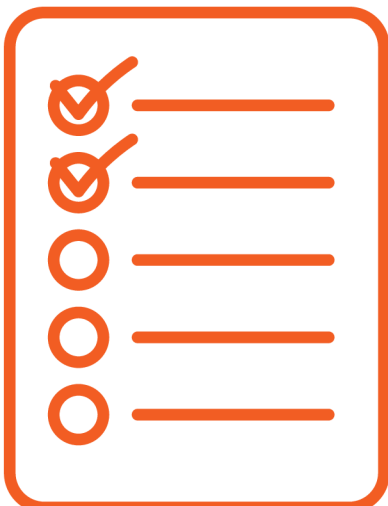
Once your group has agreed on your actions, its time to share them - but it doesn't have to be typed in a template. Your DVAP can take any form that feels right for your organisation or group.

WHY THIS MATTERS

When your plan is shared in a way that reflects your group's voice and culture, it's more powerful. It shows leadership in a way your community can connect with and be proud of.

WHAT TO INCLUDE

- Your **group's name** and **why** your taking a stand
- Key **actions** you'll take (we recommend 3 - 5).
- Whose **responsible** for each action.
- **When** and **how** they'll happen
- How you know it's working - simple success measures (e.g. more people speaking up, posters staying up, more yarning about respect, actions completed on time).



TIP

Write your plan in a way that fits your organisation. It could be a painting, video, butchers paper or a professionally produced document



SHARE IT LOUD AND PROUD

Don't keep your plan in a drawer. Put it on your wall, on your noticeboard, share on your socials and your newsletter, and make it a regular agenda item at meetings.

WHAT THIS MEANS

Let others know your group is stepping up to create change. Be proud of your commitment to safe and thriving communities

WHY THIS MATTERS

When people see others leading the way, it gives them the courage to do the same. It also holds the group accountable to the actions in the plan

WAYS TO SHARE IT

- Print it out and put in the wall of your shed, office or meeting space.
- Talk about it during staff meetings, committee meetings, sports events or yarning circles.
- Take photos of actions and share them on your noticeboard or social media.
- Let your members or staff know what the group is doing.



TIP

if you walk the talk, others will follow.
Leadership is shown through action.

5 KEEP IT GOING AND GROWING

The plan doesn't end when it's written - that's where it starts. Update your plan as your group grows.

WHAT THIS MEANS

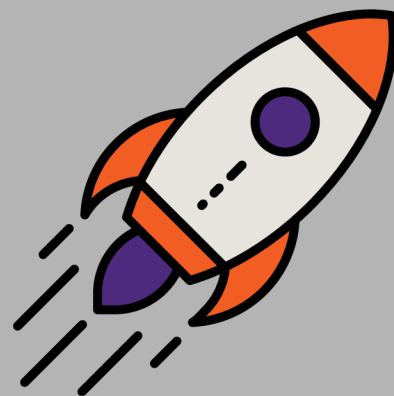
Don't let the plan sit on a shelf. Revisit it, talk about it, and make it part of your group's ongoing work. Do an annual review, celebrate achievements and think of new actions.

WHY THIS MATTERS

Ending violence takes time. The plan should grow as your group learns, strengthens, and builds trust.

HOW TO DO IT

- Check in every few months - are the actions being done? What's going well? What needs more support?
- If something's not working, change it. This plan is a living document.
- Celebrate the wins, no matter how small - every step counts.
- Keep yarns going in your organisation about respect, safety and looking out for each other.
- Let NO MORE know if you want help reviewing or updating your DVAP



TIP

You can invite a local service or someone from NO MORE to help guide the conversation if needed.



WHERE TO GET SUPPORT

1800RESPECT | 1800 737 732 (24/7) | www.1800respect.org.au

National sexual assault, domestic and family violence counselling, information and support service.

Full Stop Australia | 1800 943 539 (24/7) | www.fullstop.org.au

National trauma counselling and recovery service for people of all ages and genders experiencing sexual, domestic and family violence.

Rainbow Sexual, Domestic and Family Violence Helpline | 1800 497 212 (24/7)

For anyone from the LGBTQIA+ community whose life has been impacted by sexual domestic and/or family violence.

1800RESPECT for Women with Disabilities |

<http://1800respect.org.au/sunny>

Sunny supports people with disability to recognise violence and abuse, understand their rights and take action to protect their safety.

MensLine Australia | 1300 78 99 78 (24/7) | MensLines.org.au

MensLine Australia is a free telephone and online counselling service offering support for Australian men anywhere, anytime.

Men's Referral Service | 1300 766 491 (24/7) | www.ntv.org.au

For anyone in Australia who's life has been impacted by men's use of violence or abusive behaviours.

Well Mob | www.wellmob.org.au

Social, emotional and cultural well-being online resources for Aboriginal and Torres Strait Islander peoples.

13 YARN | 13 92 76 (24/7) | www.13yarn.org.au

National crisis support line for mob who are feeling overwhelmed or having difficulties. Confidential one-on-one yarning opportunity with a Lifeline-trained Aboriginal and Torres Strait Islander Crisis Supporter.



LINK UP AND SAY NO MORE TO FAMILY VIOLENCE

 nomore.org.au  **1800 899 855** *CatholicCare NT*