

# Bystander Action

## Training

### Overview

When we speak of domestic and family violence, the majority of people think of physical violence and visible injuries. Domestic and family violence includes a range of acts and behaviours that function to control and exert power over another person with whom there is a relevant relationship.

Bystander Action Training is about building communities that do not allow violence against women to continue. Each of us has a part to play in preventing domestic violence and family violence.

The Bystander Approach offers a framework in which everyone has a positive role to play in violence prevention and intervention.

### Aim

Participants will gain understanding of what constitutes violence against women and awareness of the harm caused by violence against women.

### Learning Objectives

- How to speak up and challenge attitudes, beliefs and behaviours that perpetuate violence against women.
- What it means to be an active bystander.
- The tools you need to make a difference within your families, peers, workplaces and communities.



Participants will discover that collective and individual actions can prevent and respond to domestic and family violence.

### Format

4-hour face-to-face or virtual workshop.

### Resources

Printed copy of Slides

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