



ACT@WORK

Preventing violence against women and children

The *Act@Work: Preventing violence against women and children* project works with organisations in the Central Highlands region to address the attitudes and behaviours that support violence in our communities. The Act@Work project has been developed by **Women's Health Grampians** in partnership with **WRISC**, **City of Ballarat** and **CAFS**.

Everyday women around Australia take action to try and keep themselves safe from physical, verbal or sexual assault YET

- **1 IN 3** women will be a victim of violence and
- **1 IN 5** will experience sexual assault.

As a result, violence against women is the single leading contributor to death, disability and illness for Victorian Women aged 15 – 44 years.

Individual action by women is no longer enough; it is now time for all of us to act.

What is violence?

Violence is defined as any incident involving the occurrence, attempt or threat of either physical or sexual assault.

What is Act@Work?

Act@Work: Preventing violence against women and children promotes positive messages of gender equality and nonviolence. It encourages us to think about the role we play in building healthy and respectful workplace cultures. Workplaces are an important part of our lives and the benefit of a healthy and respectful workplace extends far beyond individual workplaces and can influence our families and the broader community.

What does it involve?

Act@Work: Preventing violence against women and children will work with 4 workplaces over 3 years in the Central Highlands region. A major component of the project is 4 x 90 minute training sessions for employees focusing on what they can do as bystanders to change attitudes that support violence and gender inequality towards women. Act@Work will also address workplace leadership, policies and procedures and promote partnerships and links to the community to encourage workplaces to contribute to safer and more respectful communities.

Change is possible and together we can reduce the rates of violence against women in our community.

What is a bystander?

A 'bystander' is anyone not directly involved as a victim or perpetrator, who observes an act of violence, discrimination or other unacceptable or offensive behaviour.

To find out more contact:

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