



Speak Out and Act

If a woman tells you she's experienced violence, the most important thing you can do is listen to her, believe her and make sure she knows you're there to support her.

If you or someone you know is impacted by sexual assault, family or domestic violence, call 1800RESPECT on 1800 737 732 or visit www.1800RESPECT.org.au. In an emergency, call 000.

ourwatch.org.au

Our
WATCH
End violence against
Women And Their Children