



Putting the Snapshot into DV SnapShots

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What do you think of when you hear “Domestic Violence?” What image comes to mind?

Is it a surly, half-drunk husband slapping his panicked and afraid wife across the face as the children watch on from the bedroom door?

This is the typical stereotype of Domestic Violence, it's the image we all grew up with whenever the topic was discussed, and sadly it is an image that far too many Australians are familiar with. It's shocking to imagine, and just knowing it is going on can be pretty distressing, especially if it is with someone you know.

Despite the prevalence of this stereotype, there are a few other images that many Australians aren't familiar with, and these can be just as disturbing;

- The young man who comes home late after work. He knew to call ahead and let his girlfriend know things were hectic at the office and he would be late. He didn't know that she would be waiting at the door for him, questioning his fidelity, yelling, shouting, and eventually resorting to hitting him when all he could think to say was the spreadsheets had to be re-done.

- The elderly woman who relies on her children to support her since her husband passed. She's doing okay, until she finally decides to question her daughter about money that keeps disappearing from her purse. Instead of “sorry, I needed to borrow it for the kids,” she is told to “shut up,” as her daughter pushes past her and storms off.

- The woman, who at long last has found her perfect match. They move-in together, work hard, and plan a life for themselves. Things seem perfect but her partner grows distant, and becomes aggressive when confronted. The woman never thought her partner, her perfect match, would end up hitting her. She never thought her girlfriend would do that.

These are only a few snapshots of Domestic Violence that occur in Australian households. DVSnapShots – Lifting the Lid conference aims to educate, and raise awareness for all types of Domestic and Family Violence. From this conference, and the workshops on offer, DVSnapShots hopes to help facilitate and achieve long term social change.

The images above were distressing, but you can help to make sure that those images aren't acceptable in our society. You can be the co-worker who consoles the young woman, upset that her boyfriend is always working late. You can be the husband, who talks to his wife about financial issues before they become too big to handle, and you can be the friend who sees cracks in a relationship and starts the conversation before it goes too far.

Here are a few links to some resources that you can use for any situation you might be facing regarding Domestic Violence in South Australia:

- [1800RESPECT has a list of services available in SA.](#)
- [SACommunity.org also has a list of places to go if you need help.](#)
- [The South Australian Government has a useful site for information.](#)

There are also some helpful resources from interstate.

- [NSW Government Domestic Violence Page: What Are My Options?](#)
- [Domestic Violence Resource Centre Victoria: Knowledge Centre](#)
- [One in Three: Male Victims of Domestic and Family Violence](#)

Check out the DVSnapShots – Lifting the Lid Conference

Setting a platform for all of SA to lift the lid on family and domestic violence, participate in workshops to communicate your views, discuss opinions and develop innovative solutions which will collaboratively make a difference.

[Click here for more information – http://www.dvsnapshots.org](http://www.dvsnapshots.org)

[Click here to find our FaceBook Page!](#)

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