



THE ELEPHANT IN THE ROOM

What is the 'Elephant in the Room' about?

The Elephant in the Room aims to open conversations and raise awareness about the complex issue of Family Violence.

Why an 'Elephant in the Room'?

Violence in the home and between loved ones has always existed and long been considered a private topic and an off-limits conversation, even when people are aware it's happening. This culture of secrecy, shame and stigma means that abusive behaviour is supported and perpetuated by silence. Sometimes people are so used to abusive behaviour and language they do not even recognise it as violence or abuse. The reality is that family violence impacts the whole community and to prevent it, we all need to understand better what it is, be able to name it, and talk about it.

Who created the Elephant in the Room?

The Elephant in the Room was created by women, victim survivors of family violence through a project run by Wodonga Gateway Health.

What is family violence?

Family violence includes different types of harmful behaviours and is not limited to physical or sexual violence. Other types of harmful, controlling and abusive behaviours can include;

- Psychological abuse (including ignoring for long periods, name calling, deliberate humiliation and threats to harm you or pets)
- Financial abuse (including controlling, or preventing you from accessing money or employment).
- Coercive control (including threats to kill or harm themselves if you try to leave, feeling like you must walk on eggshells to avoid explosive outbursts and other 'consequences').
- Neglect (denying someone the things they need to live a safe, comfortable, and healthy life).
- Family violence can be perpetrated by one or more family member against one or more other family members and usually occurs at home.

Where can I get help?

If you are in immediate danger call 000

If you, or someone you know needs help, please see the comprehensive list of support services provided or phone:

1800RESPECT PH: 1800 737 732

Safe Steps Victoria: 1800 015 188

open 24hrs / 7 days a week



Scan the QR code for a full list of services.

Collective Action for Respect & Equality