

Together we 'Say NO to Domestic & Family Violence' and 'YES to Respectful Relationships'

This campaign is a key initiative of the Rotary Club of Ballina-on-Richmond, aimed at advocating against Domestic and Family Violence while educating our community about the importance of Respectful Relationships. Purple Friday is a collaborative effort between the Rotary Club of Ballina-on-Richmond and Cherry Sports Group.

Our Purple shirts are wearable advocacy, clearly expressing what we stand for and what we stand against. Join us on Friday's and wear a Purple Shirt.



T-Shirts are \$30 and are available at Cherry Street Sports or online: [nationalworkwear.com.au](http://nationalworkwear.com.au) - click on Rotary Collections. Polo shirts and hats also available.



RESPONDING TO DISCLOSURE

Here's some tips on how to respond when a person discloses to you (source [fullstop.org.au](http://fullstop.org.au))

If a person discloses to you about their personal experience relating to Domestic and Family Violence it is important that you respond appropriately.

It can be confronting to hear someone disclose experiences of violence or abuse, as these disclosures often involve personal and traumatic information that isn't widely known. Sometimes, these stories might seem unclear, leading to doubts about their validity. However, this confusion often results from the fear and anxiety the person feels in the moment.

It's also important to recognise that such disclosures can affect you personally. Ensure you take care of yourself and seek professional support if needed.

DO

- Respond with empathy and give time for the person to share their story
- Acknowledge their courage in coming forward and the distress they may be experiencing
- Ask if they are safe in their current environment
- Be clear and transparent about your role as a supporter, and inform them that professional support is available
- Seek professional support to debrief and identify self-care strategies for yourself

DON'T

- Shut the person down or not acknowledge that you have heard their story
- Tell the person that you understand what they are going through or have a similar story about yourself or another person to 'make them feel more comfortable'
- Ask intrusive questions or seek further details beyond what they are willing to disclose or is needed to establish safety and follow-up
- Force the person to reengage with the topic
- Seek advice from family, colleagues or friends instead of seeking professional support

If a referral is needed, please contact **1800RESPECT** or call 000 if in immediate danger.



Learn more about our Rotary D&FV campaign:  
[rotaryclubofballinaonrichmond.org.au/rotary-zone-8](http://rotaryclubofballinaonrichmond.org.au/rotary-zone-8)  
[info@rotaryclubofballinaonrichmond.org.au](mailto:info@rotaryclubofballinaonrichmond.org.au)