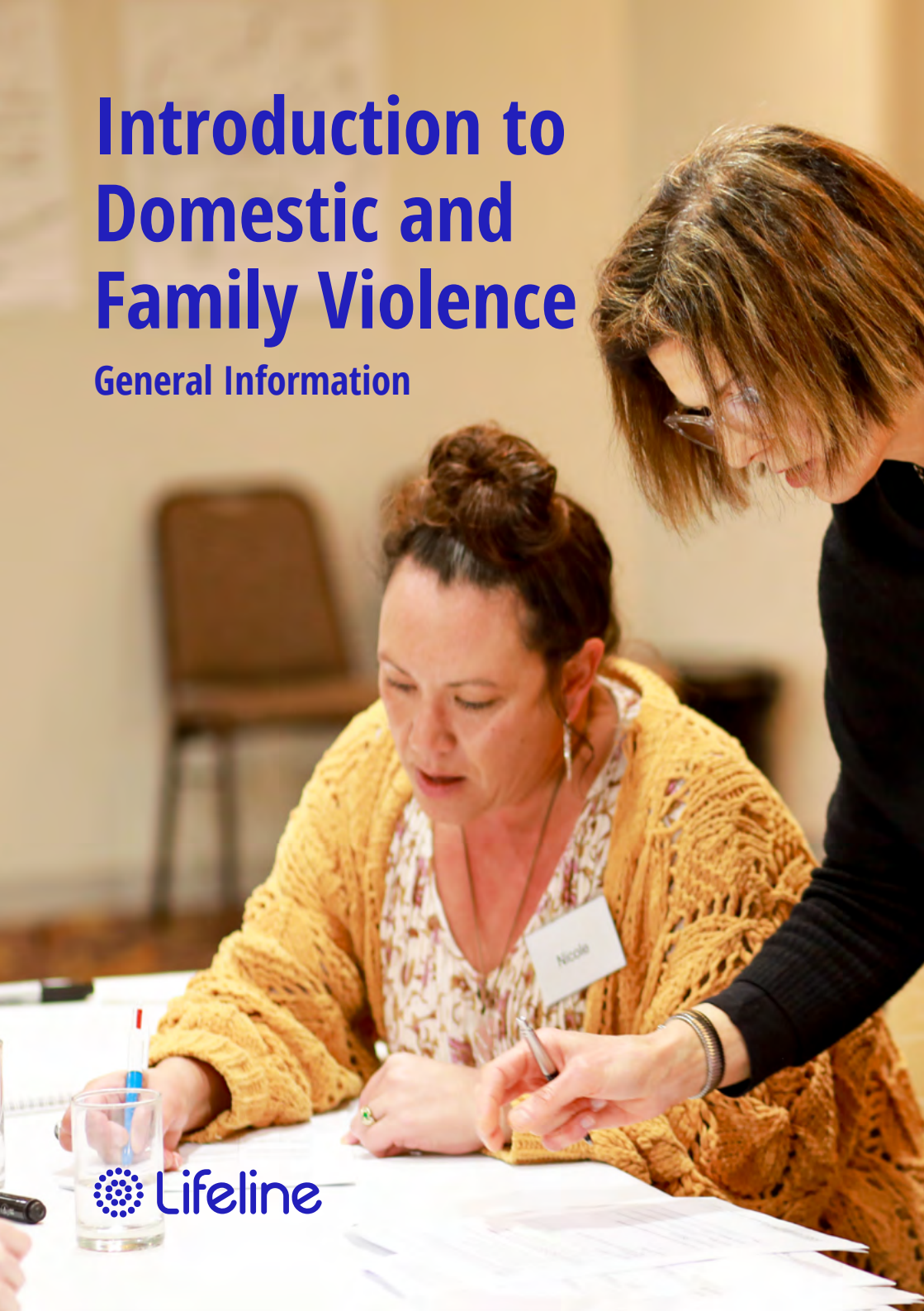


# Introduction to Domestic and Family Violence

General Information



Research tells us that employees are more likely to see support from a work colleague than from a manager or formal support pathways.

It is important employees have the basic skills and awareness of domestic and family violence to help assist them.

Lifeline's Workplace and Community's Introduction to Domestic and Family Violence courses cover the different types of abuse so participants will understand what signs to look out for.

This course aims to equip participants with foundational knowledge and skills to understand, identify, and respond appropriately to domestic and family violence situations. It underscores the importance of sensitivity, respect, and support when addressing such complex issues.

After the training, participants will be able to:

- Describe what domestic and family violence is
- Explain the key principles and prevalence of domestic and family violence
- List the different categories of abuse
- Describe what to do and what not to do if you suspect someone is experiencing domestic and family violence.



**The Lifeline Workplace and Community Training approach is evidence informed.**

“Great session that provides a better understanding of DFV and how to help someone in need. The biggest thing I will take away from the session is just to be there if and when someone needs help.”

## COURSE DELIVERY

- Our courses are a blend of instructor-led and self-led courses.
- Lifeline’s Workplace and Community Training Introduction to Domestic and Family Violence training consists of two offerings:
  - » 45 minute self-paced eLearning module
  - » 2-hour instructor-led workshop delivered face-to-face or virtually.
- The instructor-led courses can be delivered virtually or face-to-face, providing an interactive and thought-provoking learning experience.



**Lifeline Australia delivers education and training programs focusing on building resilience, suicide awareness and prevention.**

**For more information:**

 [lifeline.org.au](https://lifeline.org.au)

 [workplacetraining@lifeline.org.au](mailto:workplacetraining@lifeline.org.au)

