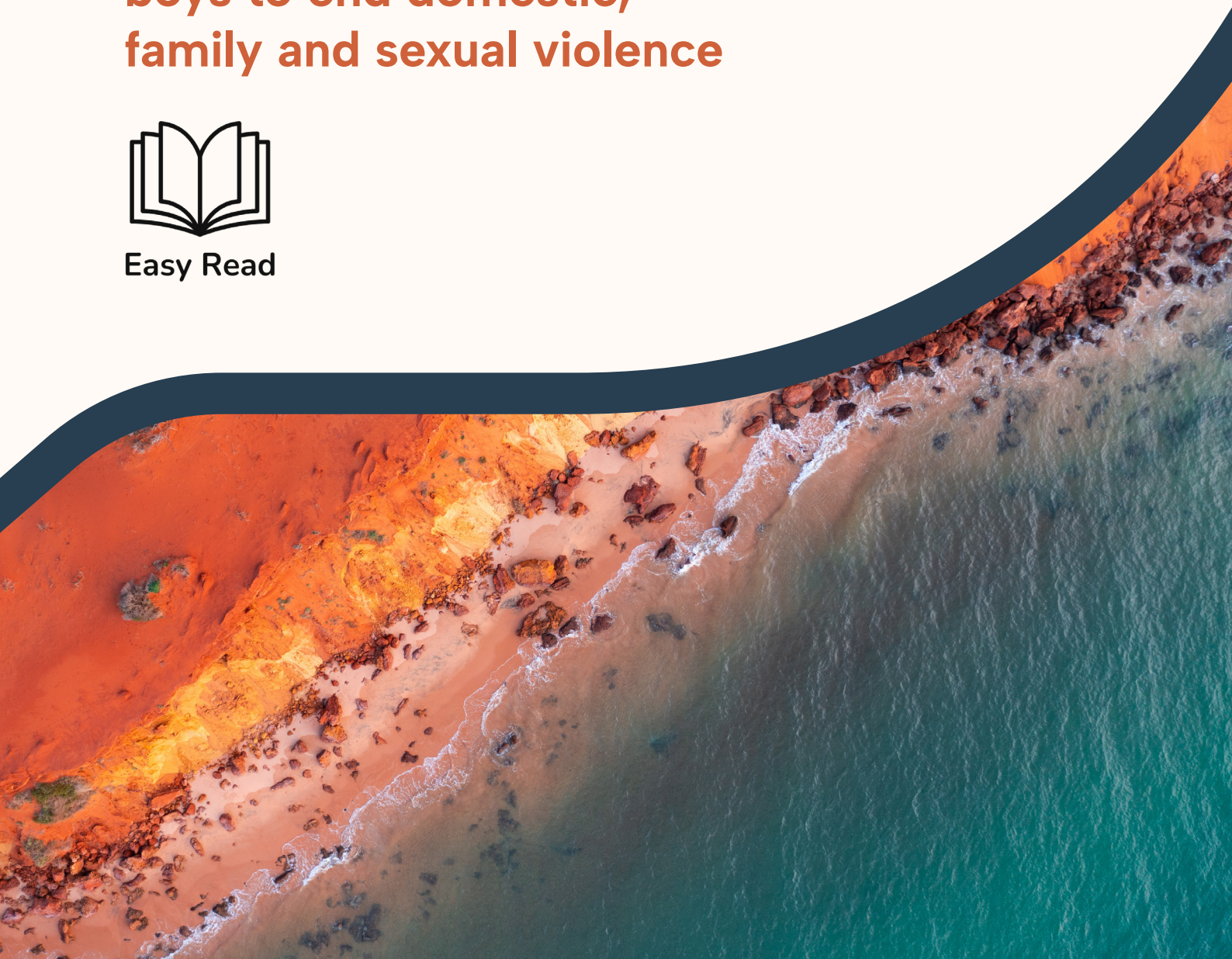


# Men and boys snapshot

**Working with men and  
boys to end domestic,  
family and sexual violence**



Easy Read



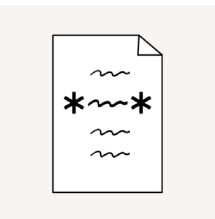
# About Easy Read



This is an Easy Read book.



Easy Read uses simple words and pictures to explain ideas.



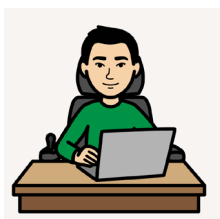
New words are **\*bold with stars\***.



We tell you what new words mean.

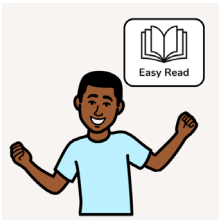


Easy Read is a summary.



Get more information on our website  
[www.dfsvc.gov.au](http://www.dfsvc.gov.au)

# About this book



This book is an Easy Read summary of our **\*men and boys snapshot\*** made in 2025.

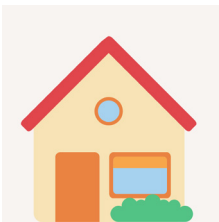


Our men and boys snapshot says how Australia must work with men and boys to

- end family violence



- end sexual violence



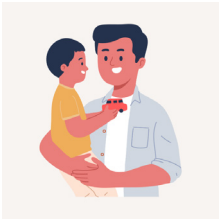
- end **\*domestic violence\***.



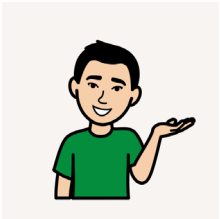
Domestic violence is harm caused by people you are close to.

For example family or partners.

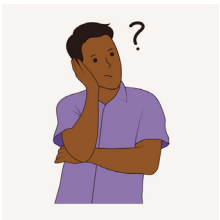
# Why did we make a snapshot?



The Australian community wants men and boys to be part of the **\*solution\***.



The solution means we find ways to fix a problem. For example, to stop violence.

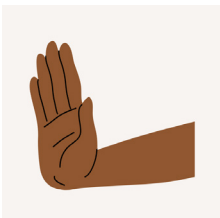


We made a snapshot to tell you

- why we must focus on men and boys

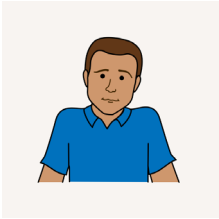


- how much violence happens in Australia



- how we can all do a better job to work with men and boys to end violence.

# Why focus on men and boys?



Most **\*violence\*** is by men and boys.  
Men need to help fix the problem.



Violence can mean

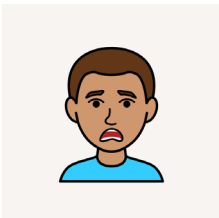
- physical harm



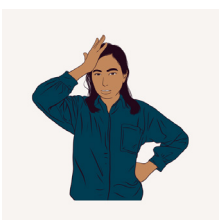
- sexual harm



- verbal harm



- emotional harm

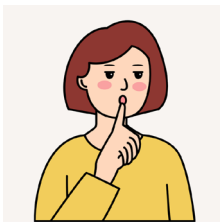


- **\*psychological harm\***.  
Psychological harm changes how you think to hurt you.

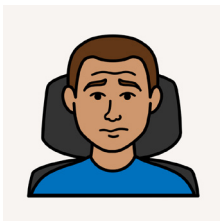
# Violence in Australia



Over 8 million Australians have been harmed by violence.



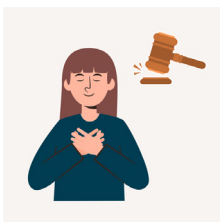
People do not always tell someone when violence happens.



There is probably even more violence happening that we do not know about.



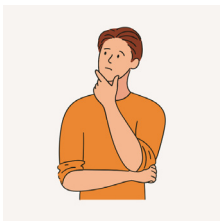
Research also shows rising **\*misogynistic views\*** in Australia.



Misogynistic views are ideas that harm women and take away their rights.

# How should we work with men and boys?

## Helping men and boys fix the problem



Men and boys must see themselves as part of the solution to end violence.

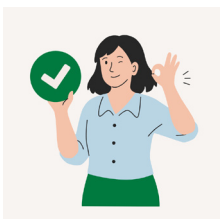


We should help men and boys learn about

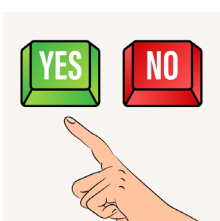
- healthy relationships



- good communication



- **\*consent\***.



Consent means you are equally free to say **yes** or **no**.



We must think about **\*factors\*** that shape men and boys.



Factors might be

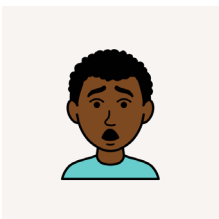
- growing up in a violent house



- mental health problems



- drugs or alcohol

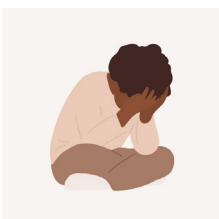


- **\*trauma\*** when you are a child.



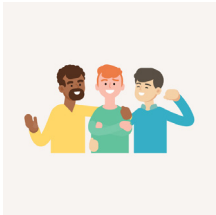
Trauma means

- something very bad happened to you

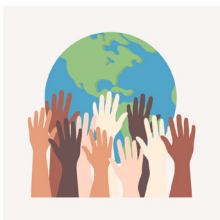


- it can impact you for a long time.

# Meeting men and boys where they are



We must understand the **\*backgrounds\*** men and boys come from.



Backgrounds might be

- where you were born and where you live



- your race, culture or language



- your disability



- your gender identity or sexuality.



We must help men and boys using research about their backgrounds.

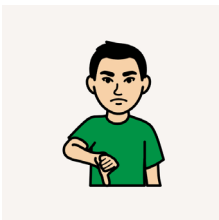
# Strengths-based language



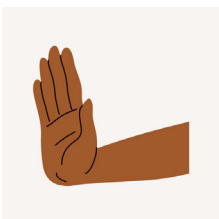
We must use **\*strengths-based language\***.



Strengths-based language means our words focus on things a person **can do**.

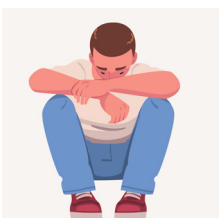


It does not help if we only describe someone as bad.

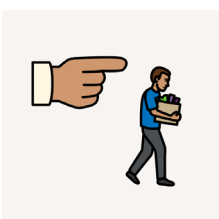


If we just say men are bad

- they cannot learn to get better



- they might think they cannot change



- they might not help to fix the problem.

## We need to use co-design

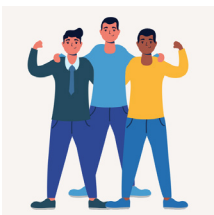


We must use **\*co-design\*** to make programs for men and boys.

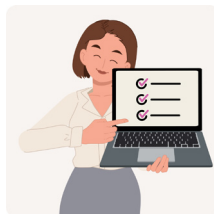


Co-design means we listen to the voices of men and boys when we

- plan and run projects with men and boys



- build programs and services for men and boys.



We need the government to make a guide about co-design with men and boys.

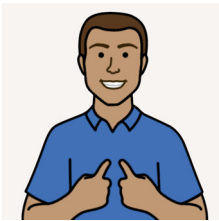


All Australian states and territories should follow the guide.

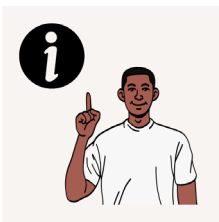
# Men's behaviour change programs



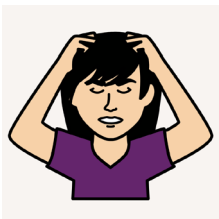
**\*Men's behaviour change programs\*** are groups that help violent men change.



The groups show men that they are in charge of their problems and choices.



The groups should also have more information about **\*coercive control\***.



Coercive control means a person often controls and scares someone.

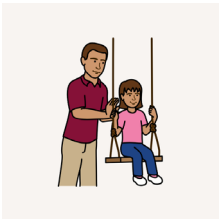
## Other types of help



Not all men are a good fit for group work.

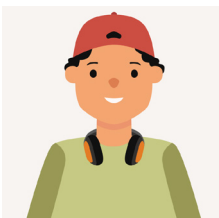


Some men need other types of help.  
For example, 1 on 1 help.



We need services for different types  
of men. For example, help for

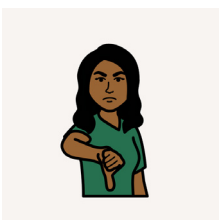
- dads



- teens



- men who have been in jail.



We need services to offer more types  
of programs for men and boys.

# Restorative justice



**\*Restorative justice\*** can be a helpful way to deal with violence after it happens.

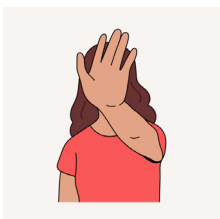


Restorative justice means violent men and boys

- listen to how they have hurt people



- say sorry and work on their relationships outside of a courtroom.



Some victims of sexual violence do not want to go to court.

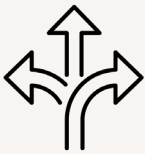


Restorative justice might help victims of sexual violence.

## Other services and sectors



It is not only our job to fix domestic, family and sexual violence in Australia.



Other services and sectors must help fix the problem.



For example

- health services



- alcohol and drug services



- homelessness services.

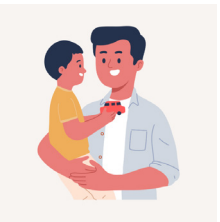


We must train workers in different sectors to

- understand violence



- keep women and children safe



- help men and boys.



Services can focus on **\*prevention\***.



Prevention means we stop the problem **before** it starts.



Prevention could focus on

- helping dads bond with their children



- teaching men and boys about mental health



- helping men talk about their feelings.

# Using the evidence



We need to use the **\*evidence\*** in our work with men and boys.

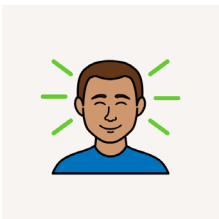


Evidence is information that shows us what can work.



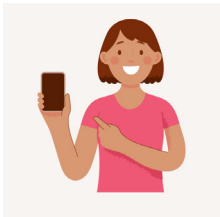
We need to do more research about

- how violence **starts** in men and boys



- how violence **stops** in men and boys.

# Learn more



Contact the Domestic, Family and Sexual Violence Commission to learn more.



Website [www.dfsvc.gov.au](http://www.dfsvc.gov.au)



Email [enquiries@dfsvc.gov.au](mailto:enquiries@dfsvc.gov.au)

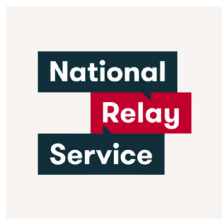


Call 1300 152 963

# Help to call



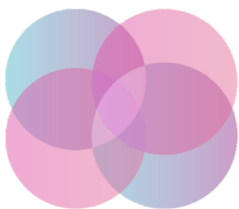
Call 131 450 for the Translating and Interpreting Service if English is not your first language.



Call 1800 555 660 for the National Relay Service if you have communication support needs.



Call 1800 555 677 if you use a teletypewriter or TTY.



Embrace **Access**

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