

PARTICIPANT BOOKLET



**WE ARE ALL  
EQUAL**

Latin American Women working  
towards gender equality

An initiative by



This project is funded by



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# WELCOME

To a workshop designed for Latin American migrant women interested in improving their understanding on how to break away from negative gender stereotypes and live healthier and more respectful lives. We will introduce you to important aspects of gender stereotypes, gender inequality and family violence; and give you tools on how to engage in conversations and respond to it.

Did you know that violence against women is serious, prevalent and driven by GENDER INEQUALITY?

Today you have the opportunity to learn and engage in conversations about these topics which are usually not explored. Through a reflective training session and micro-theatre performances you will gain skills and knowledge which will help you to:

**Identify gender stereotypes**

**Understand how to challenge gender stereotypes and sexism**

**Understand different forms of family violence**

**Understand the gendered nature of violence against women and family violence**

**Learn where to get support around family violence  
(for self, friends, family or community members)**

Five workshops will be held between September 2019 and March 2020 across Victoria (Melbourne City, Footscray, Bendigo, Frankston and Geelong).

Thank you for joining us today. We hope you learn something new and insightful; you never know who will need your light!

Trini Abascal & Cristina Abela, Latin Stories Australia Founders.

## WORKSHOP STRUCTURE

Each workshop is made up of two segments that complement each other.

### REFLECTIVE TRAINING SESSION Delivered by EDVOS

EDVOS Education and Training aims to increase understanding of gendered nature of family violence and build capacity to recognise and respond appropriately. In this two-hour training you will have the opportunity to raise your awareness about gender stereotypes and the gendered nature of family violence. You will also be able to identify warning signs and barriers women face from disclosing family violence. Finally, you will learn how to access, or make referrals to, local family violence services.

### MICRO THEATRE SHORT PLAYS Delivered by Unpresentable Ego

Explore the concepts of violence against women in an innovative way of doing theatre called "Shocking short". It allows performers to confront, interact and redeem the public in just 15 minutes. During this part of the workshop, you will experience 3 theatrical monologues of women who are suffering from abuse; the type of abuse that is not easily recognised. The monologues are titled: "Bad news, good news", "10 x 10", and "cold plate". The topics covered in the performances include: gaslighting, gender stereotypes (machismo), and intimidation/controlling behaviours.

# WE ARE ALL EQUAL

Is an initiative by Latin Stories Australia Inc. for Latin American women. For this project, we are working with EDVOS and Unpresentable Ego.

### Latin Stories Australia

Is a charity organisation aiming to advance multiculturalism and social cohesion in Australia in a way that is respectful for both the Latin American migrants and the wider Australian society.

We provide platforms that:

Increase the sense of belonging, acceptance and legitimacy of the Latin American migrant community

Create awareness of the Latin American contribution to Australia's social capital and diversity

Build opportunities for social cohesion for Latin American migrants, especially for those in need





-  [www.latinstoriesaustralia.com](http://www.latinstoriesaustralia.com)
-  [latinstoriesaustralia@gmail.com](mailto:latinstoriesaustralia@gmail.com)
-  Latin Stories Australia
-  [latinstoriesaustralia](https://www.instagram.com/latinstoriesaustralia)
-  [LatinStoriesAus](https://twitter.com/LatinStoriesAus)



EDVOS  
Eastern Domestic Violence Service

EDVOS is a leading specialist family violence service in Melbourne's Eastern Metropolitan Region. EDVOS is predominantly funded to work with women and children. It is recognised that being female is the biggest risk factor for experiencing family violence. EDVOS acknowledges that family violence can take many forms such as intimate partner violence, child abuse, elder abuse, carer abuse, parental abuse and sibling abuse. Our specialist family violence response services are mostly directed towards women, including women from the lesbian, gay, bisexual, trans and intersex (LGBTI) community, their children, pets and other animals, who are responding to any form of family violence.



 [www.edvos.org.au](http://www.edvos.org.au)  
 [edvos@edvos.org.au](mailto:edvos@edvos.org.au)

 Eastern Domestic Violence Service  
P: 9259 4200



Unpresentable Ego

Is a theatrical experimental laboratory that works with all the visceral force of emotion. We want to build different connections with the public and at the same time change human behaviour. We empower immigrant actors and actresses to be part of the adventure of acting in another country and with the challenging adrenaline of expressing themselves in another language. We want to create a warm and innovative working atmosphere where the ego of everyone involved is left out to focus on creativity, re-learning and experimentation.

 [unpresentable.ego@gmail.com](mailto:unpresentable.ego@gmail.com)  
 Unpresentable Ego -Theater Makers



## ELIZABETH DESERBELLES' STORY

In March 1989, I migrated to Australia with my two sons, aged 4 and 2, to be reunited with my partner at the time of 2 years who had left Brazil in 1987. After 18 months waiting for my visa, I was excited to start a new life and provide the best upbringing for my children. Unfortunately, my excitement did not last long as I was left alone with my children most of the time. Soon after I found out that my partner had a pregnant girlfriend.

This revelation made me feel lost and vulnerable. I was in a country miles away and I knew nobody! The day I confronted him about his lack of support and disrespect, he reacted with physical violence. That was the first time I was hit by a man and I decided that it would also be the last!

I was shattered and fearful, but I also had strength and a high self-esteem. I grabbed my two boys, went down to the street and rang the police from a public phone (in Brazil, I wouldn't have called the police as I knew they would be dismissive and would have told me to try to sort things out with my partner; but I knew that in Australia, domestic violence was a crime). I was taken to a Women's Refuge. All this happened within two months of being in Australia.



From there on, I was put in contact with an interpreter and social worker who diligently assisted me with work and accommodation. My first job in Australia was as a welder at a brass bed manufacturer. I worked strenuously hard, but was happy and grateful that I was alive and that my children were safe and healthy. I slowly started building my new life as a single mother: rented a house, became proficient at welding and got on with my life.

A lot of things have happened after that: I met the man who I married and with whom I had two beautiful children. By choice I became a “stay at home” mum enjoying watching my children’s development. I moved to Perth. Then, I started a reflexology business to offer employment to people with vision impairment. My business was blooming when tragedy struck: my husband took his own life on March 2009.

My world turned upside down! Not only my family structure was broken but I was also left with a debt of nearly one million dollars. I lost my business and all the assets accumulated during 20 years of marriage. However, the most challenging time of my life came when I found out that two of my children had been sexually molested by members of the family. I believed I did not deserve to be alive as I had failed to protect my children. These very hard experiences pushed me to begin a profound inner journey of reconnection with my true essence.

Since relocating to Melbourne in 2009, I have worked as a Lifestyle Assistant and Community Support Worker. In 2014, I started a self-funded movement called Warriors of Light with the purpose of rebuilding a sense of community and to encourage people to reach out to those in need.



## What is Gender?

Gender is the socially constructed definition of men and women—the characteristics and roles expected of someone based on whether they are male or female.

### GENDER EQUALITY

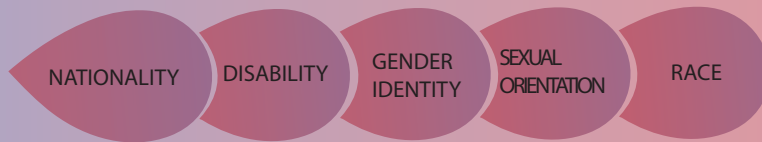
Men, women and gender-diverse people enjoy the same rights and opportunities in all areas of society, and when the different behaviours, aspirations and needs of women, men and gender-diverse people are equally valued and favoured.

### GENDER INEQUALITY

The social process by which people are treated differently, perceived differently, and disadvantaged on the basis of gender. It is the unequal distribution of power, resources, opportunity and value given.

## Intersectionality

Women experience violence in different and complex ways, with some groups in society being disproportionately affected and/or facing more barriers to access help.



We, as Latinas who belong to the CALD category (Culturally and Linguistically Diverse community), face additional barriers to safety: language, isolation, cultural beliefs, fear of police & courts, immigration risks and financial support.

(Domestic Violence Resource Centre, 2016)

# GENDER AND VIOLENCE

Most victims/survivors of intimate partner violence are women. Men are also victims but less often and the violence is from other men.



1 in 4 women in Australia have experienced at least one incident of violence. At least 1 incident of violence by an intimate partner.



Women are more likely than men to:

- experience violence by a partner
- experience sexual assault
- experience physical assault in their home
- be killed by an intimate partner



1 in 3 women has experienced physical violence perpetrated by another person, irrespective of the type of relationship, physical or sexual violence, or both, perpetrated by a man they know.

**“Violence against women  
IS PREVENTABLE”**

# WHAT IS FAMILY VIOLENCE?

Family violence is an abuse of power, perpetrated by one family member against another or others whereby a range of abusive behaviours are enacted by a perpetrator in order to gain control.

## TYPES OF FAMILY VIOLENCE



Intimidation  
Controlling behaviours



Verbal



Physical



Emotional



Social



Economic



Sexual



Spiritual/Religious



Pets



Stalking



Spousal Homicide

“There was a time when I was only allowed to use internet when he was at home. He was neither keen to continue speaking Spanish with the kids or myself”

## GENDERED DRIVERS

## → ACTIONS TO ADDRESS THE DRIVERS

Condoning of violence against women



Challenge condoning of violence against women

Men's control of decision-making and limits to women's independence



Promote women's independence and decision-making in public life and relationships

Stereotyped constructions of masculinity and femininity



Foster positive personal identities and challenge gender stereotypes and roles

Disrespect towards women and male peer relations that emphasise aggression



Strengthened positive, equal and respectful relationships between and among women and men, girls and boys

**PROMOTE AND NORMALISE GENDER EQUALITY IN PUBLIC AND PRIVATE LIFE**

# HOW TO RECOGNISE, RESPOND AND REFER

## WHAT ARE THE BARRIERS WOMEN FACE TO DISCLOSURE OF FAMILY VIOLENCE?

- Fear for own safety
- Emotional attachment
- Hope for behavior change
- Staying for the children
- Lack of resources
- Denial or disbelief by others
- Commitment to relationship
- Shame
- Isolation
- Previous attempts

## A PERSON EXPERIENCING FAMILY VIOLENCE MIGHT:

- Appear nervous, ashamed or evasive
- Describe their partner as controlling or prone to anger
- Seem uncomfortable or anxious in the presence of their partner
- Be accompanied by their partner, who does most of the talking
- Give an unconvincing explanation of injuries that they or their child has sustained
- Suffer anxiety, panic attacks, stress and/or depression or appear emotionally 'flat'
- Have a drug abuse problem including dependency on tranquillisers or alcohol
- Have chronic headaches, asthma and/or vague aches and pain
- Have sleeping and/or eating disorders
- Have attempted suicide and/or have a psychiatric illness
- Have physical signs of violence such as bruising on the chest and abdomen, multiple injuries, minor cuts, injuries during pregnancy and/or ruptured eardrums

## HOW TO RESPOND TO DISCLOSURES?

- Listen
- Communicate belief in women
- Validate the decision to disclose
- Emphasise the unacceptability of violence
- Be clear that the woman is not to blame
- Refer them to support services
- Practice self-care

These might be indicators; however, they may not be. Therefore, you should always ask respectfully before making any assumptions.

## SUPPORT SERVICES

ORGANISATION	WEBSITE	CONTACT PHONE	MORE INFO
Emergency	<a href="http://www.triplezero.gov.au">www.triplezero.gov.au</a>	000	
1800 RESPECT (National)	<a href="http://www.1800respect.org.au">www.1800respect.org.au</a>	1800 737 7328	Free counselling available 24/7 for everyone
Safe Steps Family Violence Response Centre (Victoria)	<a href="http://www.safesteps.org.au">www.safesteps.org.au</a>	1800 015 188	24/7 crisis family violence support for women and children
No to Violence (Victoria)	<a href="http://www.ntv.org.au">www.ntv.org.au</a>	1300 766 491	Working with men who are using violence
InTouch Multicultural Centre Against Family Violence	<a href="https://intouch.org.au/">https://intouch.org.au/</a>	1800 755 988	Culturally and Linguistically Diverse women
Switchboard Victoria	<a href="http://www.switchboard.org.au/">www.switchboard.org.au/</a>	1800 184 527	LGBTQI hotline
Victims of Crime		1800 8198 817	Support for male victim survivors

**ORGANISATION****WEBSITE****CONTACT PHONE****MORE INFO**

Specialist Family Violence  
Services in Victoria

[www.orangedoor.vic.gov.au/find-a-service-near-you](http://www.orangedoor.vic.gov.au/find-a-service-near-you)

[www.dvrcv.org.au/talk-someone/victorian-services](http://www.dvrcv.org.au/talk-someone/victorian-services)

Online resources to help you find a service near you

**SPECIALIST FAMILY VIOLENCE SERVICES IN METROPOLITAN MELBOURNE**

Berry Street – Eaglemont

[www.berrystreet.org.au](http://www.berrystreet.org.au)

(03) 9450 4700

Northern Region

Women’s Health West  
Footscray

<https://whwest.org.au>

(03) 9689 9588

Western Region

WAYSS

[www.wayssltd.org.au](http://www.wayssltd.org.au)

Frankston: (03) 9781 4658

Dandenong: (03) 9791 6111

Narre Warren/ Berwick: (03) 9703 0044

Pakenham: (03) 5945 3200

Southern Region

EDVOS

[www.edvos.org.au](http://www.edvos.org.au)

(03) 9259 4200

Eastern Region



## OTHER RELEVANT RESOURCES

ORGANISATION	WEBSITE	CONTACT PHONE	MORE INFO
Victoria Legal Aid	<a href="http://www.legalaid.vic.gov.au">www.legalaid.vic.gov.au</a>	1300 792 387	Legal advice/case work
Women's Legal services	<a href="https://womenslegal.org.au/">https://womenslegal.org.au/</a>	(03) 8622 0600	Free legal services for women
Women with disabilities Victoria	<a href="http://www.wdv.org.au">www.wdv.org.au</a>	(03) 9286 7800	An organisation made up of women with disabilities who support women with disabilities to achieve their rights in Victoria
Australian Childhood Foundation	<a href="http://www.childhood.org.au">www.childhood.org.au</a>	1800 176 453	Support children and families devastated by abuse, family violence and neglect
Eastern Centre Against Sexual Assault (ECASA)	<a href="http://www.easternhealth.org.au">www.easternhealth.org.au</a>	(03) 9870 7330 1800 806 292	24 hours
Senior Rights Victoria	<a href="https://seniorsrights.org.au">https://seniorsrights.org.au</a>	1300 368 821	Information, support, advice and education to help prevent elder abuse
With Respect	<a href="http://www.withrespect.org.au/family-violence-lgbtqi/">www.withrespect.org.au/family-violence-lgbtqi/</a>	1800 542 847	LGBTQIA and family violence service (9-5 pm)

**ORGANISATION****WEBSITE****CONTACT PHONE****MORE INFO**

Crisis Line Victoria  
(Sexual Assault)

[www.sacl.com.au](http://www.sacl.com.au)

1800 806 292

Women's rights &  
make a complaint

[www.humanrightscommission.vic.gov.au/human-rights/womens-rights](http://www.humanrightscommission.vic.gov.au/human-rights/womens-rights)

1300 292 153  
9032 3583

Women's rights

[www.humanrights.gov.au/our-work/sex-discrimination](http://www.humanrights.gov.au/our-work/sex-discrimination)

# WORKSHOP DATES AND LOCATIONS

## 2019

September 5 Melbourne CBD

November 9 Footscray

## 2020

February 8 Bendigo

February 29 Frankston

March 21 Geelong

FREE lunch or light dinner included

For more information visit

[latinstoriesaustralia.com](http://latinstoriesaustralia.com)

Because we all define our lives and those around us...  
let's challenge negative gender stereotypes and live  
healthier and more respectful lives!

TOGETHER WE CAN CHANGE THE STORY  
We are glad you join us for this workshop.

# STAY IN TOUCH!

