

MEDIA RELEASE

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Speaking up the key to 'Not 1 more'

As Melbourne gears up to host the biggest White Ribbon Day event in Australia on Thursday 25 November, relationship experts are calling for people to take action on family violence.

White Ribbon Day aims to make violence against women a thing of the past. The 'Not 1 more' community event - being held at Federation Square from 10.30am to 8pm on 25 November - will remember the victims of family violence and share the work being done to help prevent it.

Relationships Australia Victoria (RAV), a sponsor of 'Not 1 more', believes the community has a vital role to play in taking action to keep others safe from violence.

RAV CEO, Dr Andrew Bickerdike says it is up to individuals to take action and call the local police or the Sexual Assault, Family & Domestic Violence Counselling Line on 1800 737 732 if they are aware of family violence around them; or contact RAV for counselling and support.

"Family violence manifests not only as physical assault, but also as the exercise of power and control which may include direct or indirect threats, sexual assault, emotional and psychological torment, economic control, property damage and social isolation," Dr Bickerdike said.

"We strongly encourage people to act and offer to help those who may be in abusive relationships."

RAV offers family violence prevention programs at its centres in Melbourne and regional Victoria, together with men's behaviour change groups. It also offers a range of services to support the safety of women and children in relationships where violence is present.

'Not 1 more' is a day of music, sports, performance and speakers and organisers are calling for people to pack the square. Guest speakers will include Attorney General, Rob Hulls MP; Minister for Women's Affairs, Maxine Morand MP; AFL identities, Eugene Arocca, Peter Schwab and Greg Champion; and the Choir of Hope and Inspiration (formerly Choir of Hard Knocks). Further information on the event can be found at www.not1more.com.

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