



Ending Domestic Violence Through Sports



The NO MORE Campaign aims to end domestic and family violence by partnering with sporting organisations to address the root causes of gendered violence. By integrating targeted actions, we aim to foster safer and more respectful communities.

This document outlines actionable ideas for sporting organisations to include in their domestic violence action plans, supporting the spread of the message to end domestic and family violence.

HOW CAN WE CHANGE THIS?

To prevent violence against women we must take action to address the gendered drivers of violence.

CHALLENGE CONDONING OF VIOLENCE AGAINST WOMEN.

Means addressing attitudes, beliefs, behaviours, systems, and practices that justify, excuse or downplay violence against women.



PROMOTE WOMEN'S INDEPENDENCE AND DECISION-MAKING.

This means supporting women's leadership, autonomy and social connectedness while challenging norms, practices and structures that enable and perpetuate men's control and dominance.



CHALLENGE GENDER STEREOTYPES AND ROLES.

Means support people to critique and reject rigid gender roles, and to develop personal identities that are not constrained or limited by gender stereotypes.



STRENGTHEN POSITIVE, EQUAL AND RESPECTFUL RELATIONSHIPS.

This means challenging peer relations between boys and men that involve disrespect or hostility towards women.



PROMOTE AND NORMALISE GENDER EQUALITY.

This means advocating for equal opportunities, rights and responsibilities for all genders and challenges practices that sustain gender-based discrimination and inequality.



CREATE AWARENESS

Raising awareness of domestic and family violence involves informing and educating the public about its prevalence, impact, and the resources available for support and intervention.

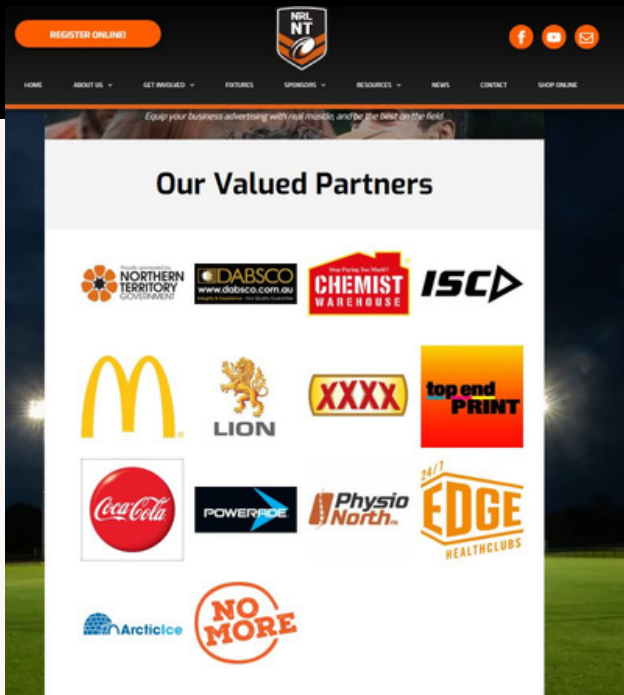
- **NO MORE Round:** Establish or participate in a dedicated round to raise awareness about domestic and family violence.
- **Memorandum of Understanding (MOU):** Partner with NO MORE to outline collaborative events.
- **Spirit of the Game Awards:** The award recognises a player who embodies the values of respect and fairness on and off the field.
- **DFV Speaker:** Invite NO MORE or another specialist service to speak to your organisation or attend your significant events.
- **NO MORE Logo:** Include the NO MORE Logo on uniforms or include signage around the premises.
- **Linking Up:** Showing solidarity by linking arms during specific events to signify your support.



EDUCATION

Education sessions for domestic and family violence provide essential information and resources to help individuals recognise, understand address the issue effectively.

NO MORE provides education sessions designed to address a wide range of topics, and we work closely with sporting organisations to understand their specific needs. This tailored approach ensures that our programs are relevant, impactful and effectively support the unique requirements of each group.



COMMUNICATION AND MEDIA

Effective communication and media are vital in preventing domestic and family violence by raising awareness, educating the public and promoting positive change.

- **Social Media Campaigns:** Develop posts and campaigns to challenge violence, highlight women's achievements and promote respectful relationships.
- **Newsletter:** Include the NO MORE logo in your newsletters - we can provide you with content about a range of topics.
- **Website:** Add the NO MORE logo to your website with a statement of commitment to end domestic and family violence and link it back to www.nomore.org.au
- **Respectful Language:** Ensure the language used around sport is respectful and non-violent.



SUPPORT AND SANCTIONS

Support and sanctions for sports is essential in the prevention of domestic and family violence, promoting a culture of accountability and safety within the community.

- **Referral Information:** Provide members with information on where to get help if they are experiencing or using violence.
- **Code of Conduct:** Ensure that the club's policies incorporate a zero-tolerance stance on any form of violence.
- **Sanctions for Offenders:** Develop and enforce sanctions for domestic and family violence offenders while offering support to victim-survivors.
- **DVAPs on Agenda:** All committee meetings have DVAPs as an agenda item.





PROMOTE GENDER EQUITY

Promoting gender equity in sport is crucial for violence prevention, fostering respect, inclusion, and equal opportunities for all.

- **Leadership:** Increasing the number of women and girls involved in the leadership of the organisation.
- **Gender Audit:** Assess and improve the sporting environment to ensure gender equality and remove gender stereotypes.
- **Funding and Equipment:** Audit and review the funding, facilities and equipment to ensure both men's and women's teams receive equal resources.



COMMUNITY ENGAGEMENT

Community engagement for sporting organisations is pivotal in reducing domestic violence, fostering awareness, developing support networks and promoting healthy relationships.

- **NO MORE Events:** Run your own community activation events to raise awareness.
- **Champion Identification:** Identify one or more club champions to support awareness activities and act as a support person for members affected by violence.
- **Role Models:** Create posters of your key role models with their words around ending domestic and family violence.



1800RESPECT | 1800 737 732 (24/7) | www.1800respect.org.au

National sexual assault, domestic and family violence counselling, information and support service.

Full Stop Australia | 1800 943 539 (24/7) | www.fullstop.org.au

National trauma counselling and recovery service for people of all ages and genders experiencing sexual, domestic and family violence.

Rainbow Sexual, Domestic and Family Violence Helpline | 1800 497 212 (24/7)

For anyone from the LGBTQIA+ community whose life has been impacted by sexual domestic and/or family violence.

1800RESPECT for Women with Disabilities |

<http://1800respect.org.au/sunny>

Sunny supports people with disability to recognise violence and abuse, understand their rights and take action to protect their safety.

MensLine Australia | 1300 78 99 78 (24/7) | MensLines.org.au

MensLine Australia is a free telephone and online counselling service offering support for Australian men anywhere, anytime.

Men's Referral Service | 1300 766 491 (24/7) | www.ntv.org.au

For anyone in Australia who's life has been impacted by men's use of violence or abusive behaviours.

Well Mob | www.wellmob.org.au

Social, emotional and cultural well-being online resources for Aboriginal and Torres Strait Islander peoples.

13 YARN | 13 92 76 (24/7) | www.13yarn.org.au

National crisis support line for mob who are feeling overwhelmed or having difficulty coping. We offer a confidential one-on-one yarning opportunity with a Lifeline-trained Aboriginal and Torres Strait Islander Crisis Supporter who can provide crisis support.

LINK UP AND SAY **NO MORE** TO FAMILY VIOLENCE

 nomore.org.au  1800 899 855 *CatholicCare NT*