

# 10 practical ways to help someone experiencing domestic & family violence



**Simple, safe actions you can take – even if you don't know where to start**

Brought to you by GIVIT.org.au, providing essential goods and services to Australians in need.

**GIVIT**

# What would you do

if someone you cared about needed help?

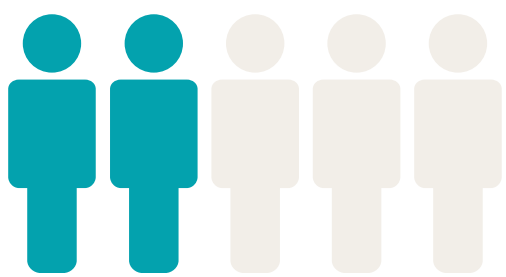


Domestic and family violence affects **millions of Australians**, but many people feel unsure how to help, or worry about doing the wrong thing.

**If that's you, you're not alone.**

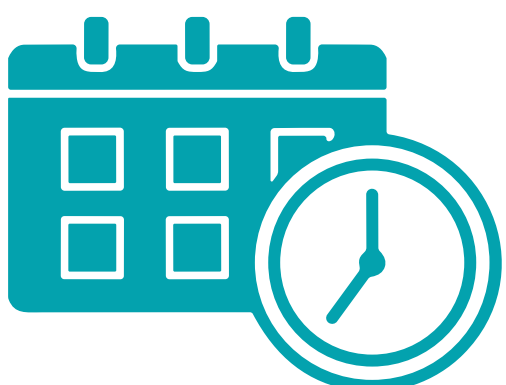
This guide gives you **clear, practical steps** you can take to support someone **safely and meaningfully** – whether it's a friend, neighbour, colleague, or even a stranger in need.

## Why this matters



**41% of Australians**

have experienced physical and/or sexual violence since the age of 15.



**Every 39 minutes**

someone turns to GIVIT for help escaping violence. That's 37 requests every day.



## How to recognise when someone may need support

Not all violence is visible.

### **Signs can include:**

- Sudden withdrawal or isolation,
- Anxiety, fear, or low confidence,
- Limited access to money or transport,
- A partner who controls their movements their communication with others, and
- Frequent “accidents” or unexplained injuries.

**Noticing the signs can be the first step towards someone getting help.**

# 10 quick & easy ways

that you can make a real difference



## 1. Support a real person with a real need

Donate directly to a specific request through GIVIT – whether it’s groceries, a bed, or school supplies.

**Why it matters:** You’re helping someone rebuild their life, one essential item at a time.



## 2. Give to a trusted appeal

Support GIVIT’s Domestic & Family Violence Appeal, where 100% of public donations go towards essential goods and services.

**Why it matters:** Why it matters: Your donation goes exactly where it’s needed most.



## 3. Learn how to respond safely

Understanding how to listen and respond can make a huge difference.

**Why it matters:** The right response can help someone feel heard, supported, and less alone.



## 4. Educate yourself on the reality of DFV

Take time to understand how common and complex domestic violence is.

**Why it matters:** Awareness reduces stigma and empowers action.



## 5. Donate quality items you don't need

Items like clothing, furniture, and appliances can be life-changing for someone starting again.

**Why it matters:** What you no longer need could help someone create a safe home.



## 6. Show up and speak up

Attend community events, support advocacy efforts, or simply start conversations.

**Why it matters:** Cultural change starts with awareness and action.





## 7. Stay informed and connected

Subscribe to updates from organisations like GIVIT.

**Why it matters:** You'll see real stories and opportunities to help when it matters most.



## 8. Offer your skills or time

From professional services to hands-on help, your skills can be invaluable.

**Why it matters:** Not all support is financial, your expertise can change lives.



## 9. Share stories that inspire action

Follow and share GIVIT stories on social media to raise awareness.

**Why it matters:** The more people who know, the more lives can be impacted.



## 10. Start with one small action today

You don't need to do everything—just something.

**Why it matters:** Small actions, multiplied, create real change.

# Real impact:

A fresh start for Sarah and her kids



When Sarah left an unsafe home with her two children, she had almost nothing. Through GIVIT, she received beds, school uniforms, and groceries within days. Today, she's rebuilding a safe and stable home for her family.

**This is the difference your support makes.**

## What GIVIT does

Not-for-profit, GIVIT connects people who want to help with people who need it most.

**Through our online platform, you can donate:**



**Money**



**Essential goods**



**Time or skills**

Every donation is matched to a real person with a real need—so your support goes exactly where it's needed, with maximum impact.

# How GIVIT helps people rebuild after violence

When people escape domestic and family violence, they often leave with nothing.

**No bed. No clothes. No essentials.**

Just the need to start again, quickly and safely.

GIVIT connects these individuals and families with exactly what they need to rebuild their lives. From everyday essentials like groceries, clothing and toiletries, to larger items like furniture, appliances and phones, everything is matched to real, urgent needs identified by frontline support organisations.

**It's practical support that makes a fresh start possible for people experiencing violence at home.**

## The reality of demand



**Every 39 minutes** someone turns to GIVIT for help escaping violence. **That's 37 requests every day.**

## Real impact



Since 2020, GIVIT has delivered over **1.2 million essential items and services**, delivering support via almost **\$18 million in critical goods.**

# What people need most

Right now, based on statistics from GIVIT and charity partners, some of the most requested items include:



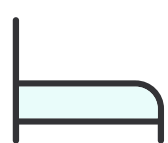
**Education and school supplies**



**Phones and laptops**



**Nappies and baby essentials**



**Bed linen and furniture**



**Fuel and transport support**

## Your quick action checklist



Learn to recognise the signs



Choose one way to help






Take action today



Share this resource with others

## Ready to make a difference?

-  Explore real needs you can support right now
-  Donate, volunteer, or give items
-  Help someone rebuild their life today

**Because no one should have to start over alone.**

**[Head to our website to see how you can help](#)**