

e-safe relationships



Kelsey Hegarty, Laura Tarzia, Kirsty Forsdike,
Department of General Practice



e-safe-relationships

Overview

- **I-DECIDE** –healthy relationship tool and safety decision aid for women
- **Indigenous I-DECIDE**, Renee Fiolet, PhD
- **Nottheonlyone.org.au**- survivor voices,
- **Beyond Silence**- intimate partner sexual violence
- **E-MATE**- motivate men who use violence to change
- **Child Safety tool**- children exposed to IPV, Anita Morris
- **Friends tool**- for young women and friends, Mandy McKenzie PhD

I-DECIDE is an ARC-funded Discovery project that aims to develop and evaluate an online **healthy relationship tool** and **safety decision aid** for women experiencing intimate partner violence.

Adapted from IRIS safety decision aid in USA,
Glass et al., software development by James Case



Australian Government
Australian Research Council

Welcome.

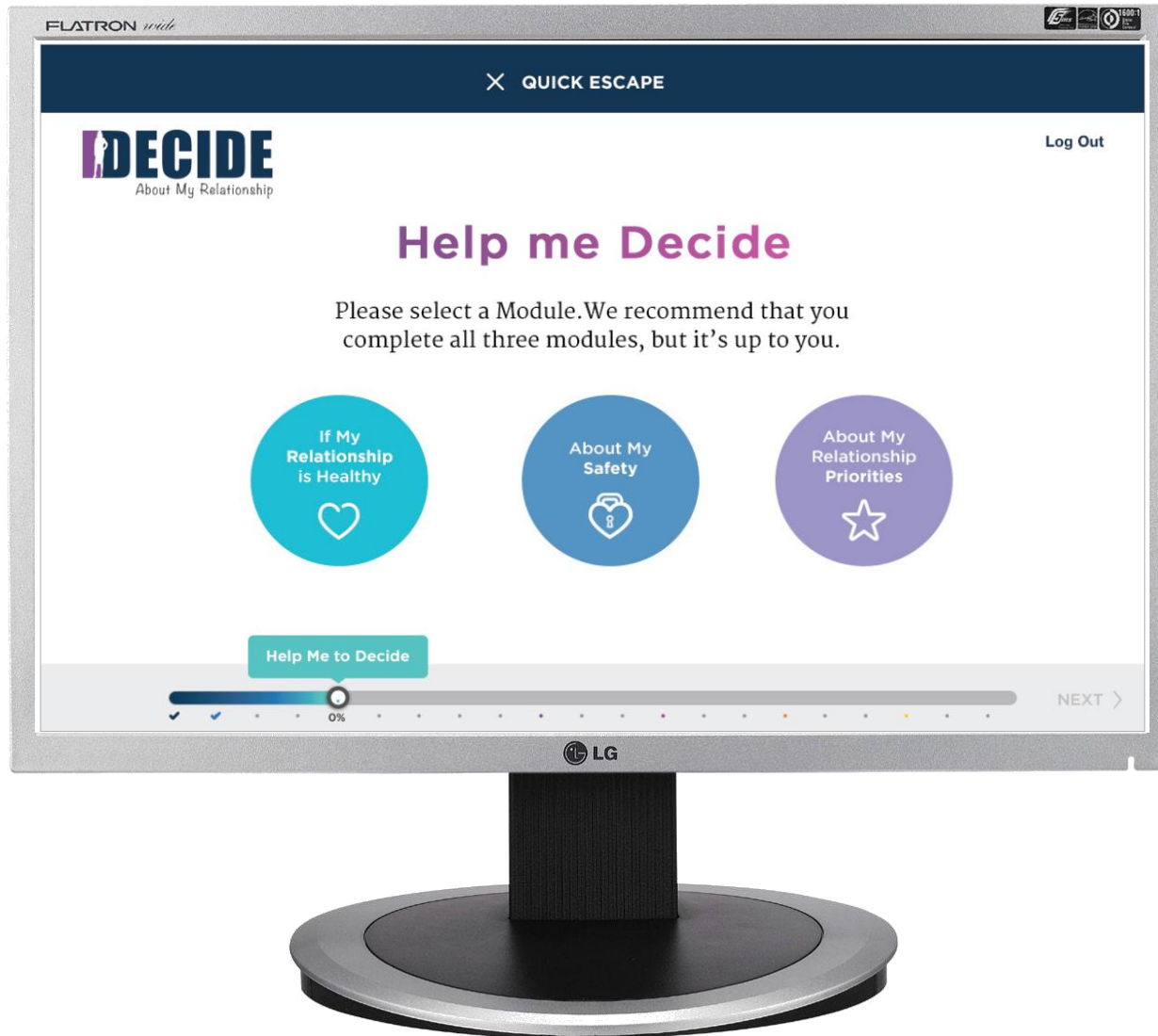
Women's Wellbeing Project

Do you worry about whether your relationship is healthy?
Do you sometimes wonder if you are safe?

If you are an **Australian** woman aged between 16 and 50 and
you have experienced relationship issues over the last
6 months you are invited to take part in this project.

[BE A PART OF THE PROJECT](#)

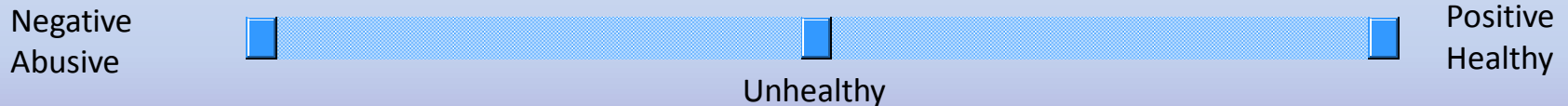
What does I-DECIDE do?



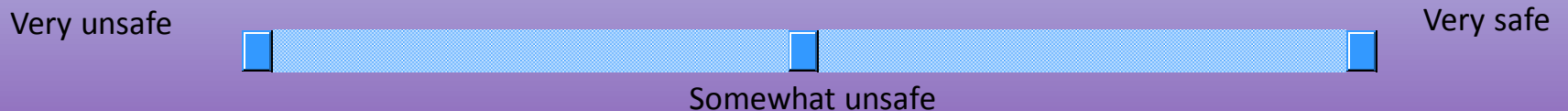
HEALTHY RELATIONSHIP TOOL

- Information about healthy relationships
- Self-assessment exercise

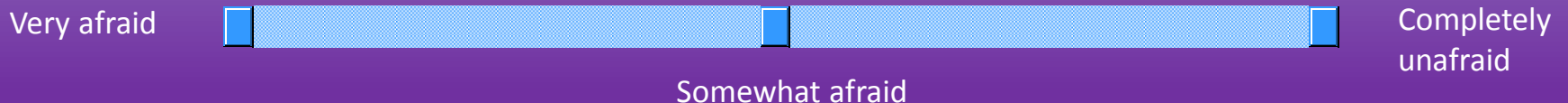
How healthy is your relationship with your current or ex-partner?



How safe do you feel in your relationship with your current or ex-partner?



How afraid are you in your relationship with your current or ex-partner?



Feedback and Messaging

✕ QUICK ESCAPE



[Resources](#)

[Safety](#)

[Contact Us](#)

[Logout](#)

Feedback

You seem to have experienced serious abusive behaviours from your partner. It is not acceptable for these things to happen in relationships. It is probably affecting your mental and physical health. A bit later, this website will suggest some things you could try to help you look after yourself during this stressful time.

BACK

NEXT >

Danger Assessment Results

Extreme

Severe

Increased

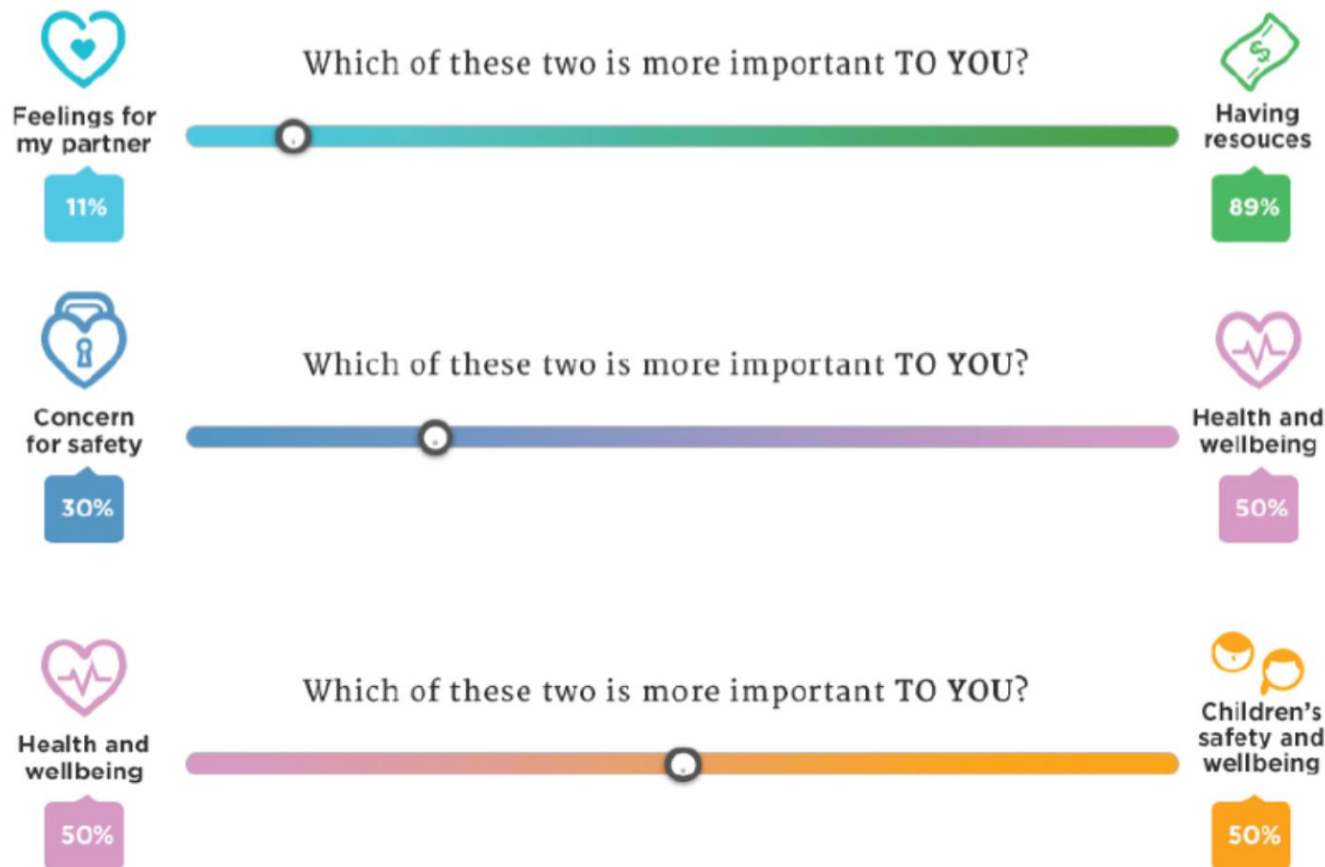
Variable



Extreme

You are experiencing some extremely dangerous things in your relationship. It's critical that you talk to someone you can trust, like a friend, family member, your GP, or the police, about what is going on in your relationship. A bit later, this website will suggest some things you could try to help you increase your safety, and also to help take care of yourself during this stressful time. It will also provide you with details of some services (confidential and free) that can help you if you need. There is a national counselling hotline **1800-737-732** that you can call anonymously for advice, but for an emergency situation, call **000**.

Priority setting exercise



Motivational Interviewing & Non- directive Problem Solving

- I-DECIDE also engages women in motivational interviewing and non-directive problem solving exercises to help increase their self-efficacy in enacting positive change.
- Could be considered a type of therapeutic intervention.

Weighing Up My Relationship

This section is an exercise to help you weigh up the positive and negative aspects of your relationship. It is designed to get you thinking about what you like and don't like in a relationship, and to help you assess whether your current relationship is meeting your needs.

Identify what you like about your relationship or current situation

Identify the things you don't like about relationship or current situation

Decide what you would like to do to feel better about your partner/ex-partner



Action Plan

We have recommended **5 strategies** that you might like to try, based on the information you've given.

Talk with a trusted friend or family member



Things you can do if you are experiencing stress and anxiety, feeling sad or depressed, having trouble sleeping or feeling tired or exhausted.



Talk with other women who have experienced abuse



Talk with a confidential service for women in unsafe relationships

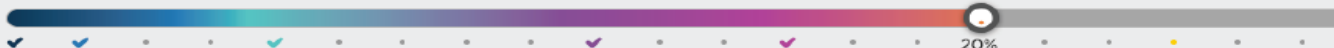


Things you can do to manage your physical pain



[CLICK HERE FOR MORE STRATEGIES](#)

Action Plan



[NEXT >](#)

Setting My Goals

Talk to your children's school, kindergarten, or childcare about the situation at home

What options are available to help you deal with the problem?

List the advantages and disadvantages of each option, taking into account the resources available to you

Identify the best option(s) to deal with the problem

List the steps required for this option(s) to be carried out

Progress

- 429 Women-
 - 10.7% identify as Aboriginal and/or Torres Strait Islander,
 - 15% born outside Australia,
 - 4% same sex partner,
 - half have children and live with perpetrator
 - Currently finished 12 month follow up
 - Most successful recruitment -facebook by key organisations and people
- Access for one third has been outside own house
- 12 month Outcomes will be available soon
- Primary: Depression and self efficacy
 - Secondary: Activities that are helpful to women and cost effectiveness

Women's voices

Thank you as you gave me a place to be honest so I could clearly make a decision I had been avoiding and has now put myself and my two children in a safer environment and I am now setting a better example for what they can have in relationships.

The safety plan pages are awesome. The website provides info without belittling experiences and accepts women don't leave until they're ready and sometimes only until danger passes.

My experience of being in I-Decide has given me the knowledge to realise that this isn't my fault and that I am strong enough to walk away and decide on a better future for me and my children.

Working out how to sustainably integrate the online tool into existing multiagency triage.

The aims of this project are:

- To investigate whether women find it helpful to engage with I-DECIDE as part of the Northern L17 triage ;
- To determine if it is a feasible and efficient for staff to safely invite women to I-DECIDE during triage;
- To identify whether use of I-DECIDE increases women's engagement with northern region referrals services.



MAEVe

Melbourne Research Alliance to end
violence against women and their children



Not the Only One- Nottheonlyone.org.au
Laura Tarzia, The University of Melbourne



**Melbourne
Networked Society
Institute**

Beyond Silence (2017-2020)

- 1 in 10 women in Australia have experienced sexual violence at hands of male intimate partner (incl boyfriends, dating partners)
- IPSV → serious mental & physical impacts & high risk of homicide
- BUT due to stigma, often IPSV not disclosed
- Beyond Silence project specifically addresses IPSV
- Will co-design a trauma-informed, evidence based website that aims to raise awareness, increase help-seeking & reduce isolation



Australian Government

Australian Research Council

www.maeve.unimelb.edu.au



What men think...

“If you have an application where you can look in and then find the right people to contact, or [learn about] the triggers that set blokes off and to notice what's happening ... If they can read it and go, hang on, that's affecting me.”

I never really realised I was doing something wrong there was a very big lack of awareness about what you are doing. That is part of the problem. You don't really see yourself as - how do I put it - as an offender.

“It's about education. I think - as I said earlier - about the denial part of violence, something that can make men aware that violence isn't just hitting somebody.”



Theory of change

GOALS

Raise awareness
about abusive
behaviours

Encourage
self-reflection

Promote
help-seeking
early

ACTIVITIES

Behaviour
checklists
Education

Motivational
interviewing
Children's voices

Digital stories
Linking up with
MBCP

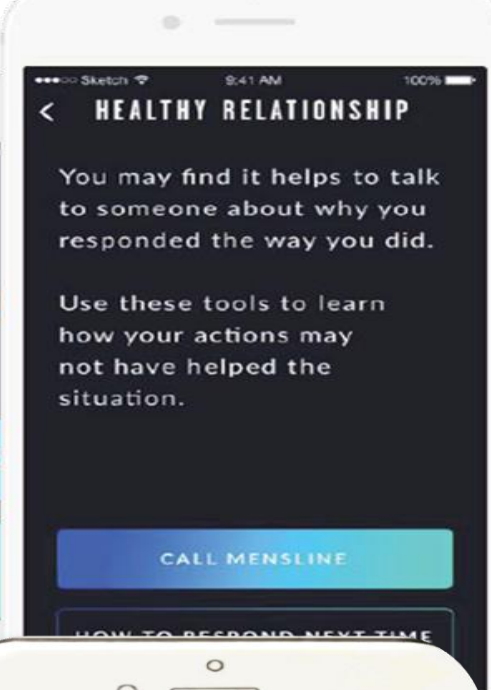
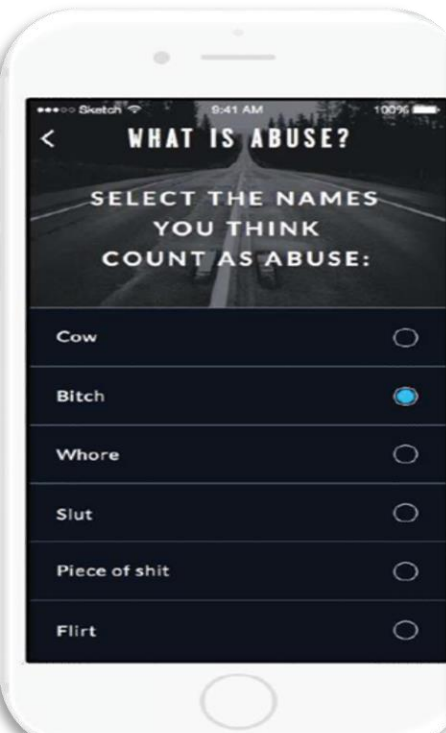
OUTCOMES

Understanding
what is abuse

Recognition of
own behaviour
as abusive

Attendance at
MBCP / Call
MRS





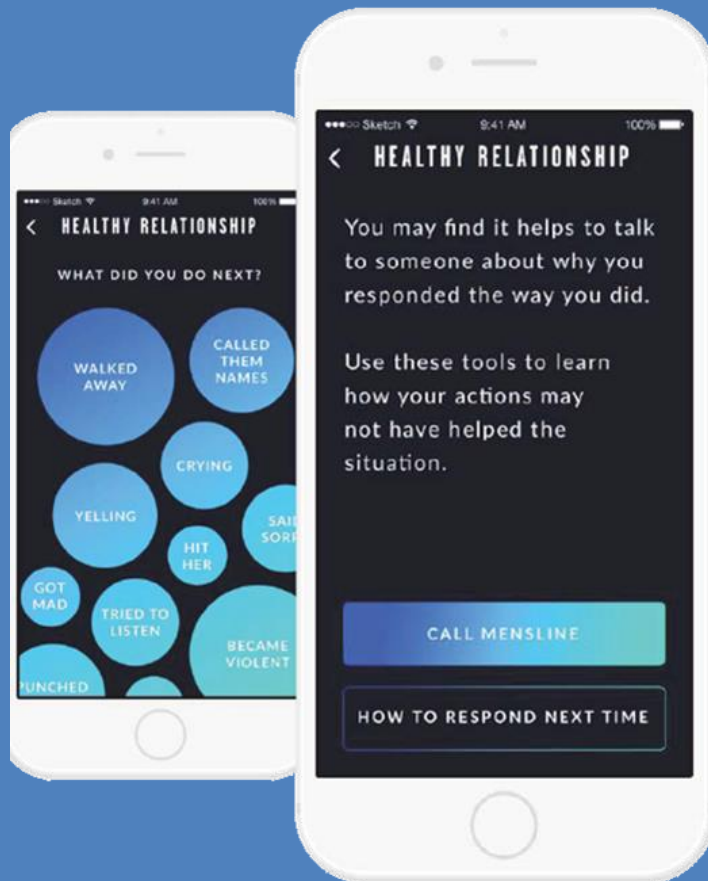
BETTER MAN

Self identification
& reflection tool



BETTER MAN

Self identification & reflection tool



Create a suite of guides to help men through critical life stages, and develop suitable life skills.

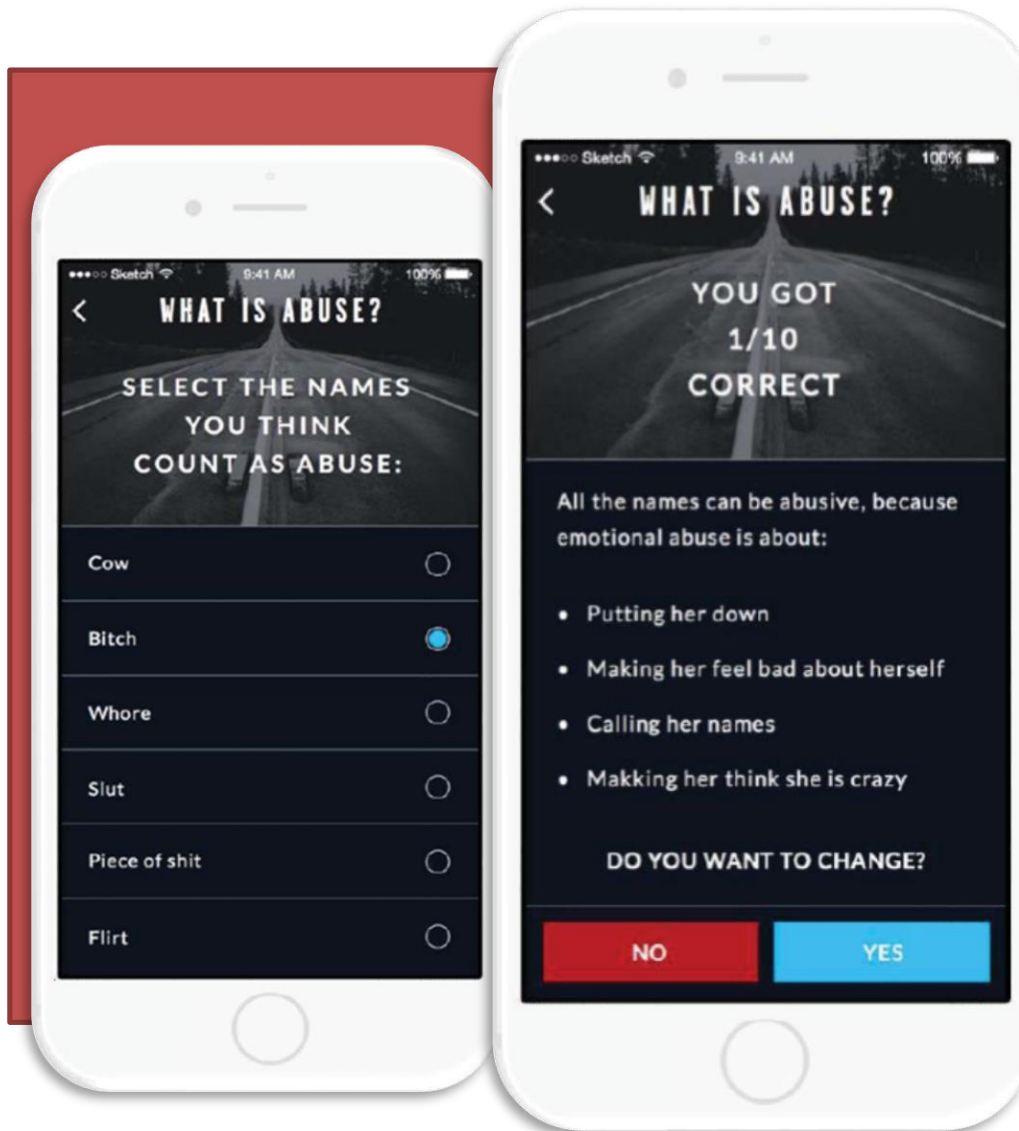
CBT activities can help participants become aware of, and accountable for, their actions & reactions.

Individual guides may tackle:

- Reaching agreement
- Power struggles
- Relationships
- Jealousy

WHAT IS ABUSE?

Identification & intervention tool



Prompt self-awareness of possibly abusive behaviours through education & identification activities.

Build up the part of the man who wants a better life, the part with whom violence & abuse don't fit well, the part that cares about family.

Prompt participants to change behaviour through engagement with learning & resources

HEALTH MONITOR

Intervention tool

Monitor heart rate, pacing, and even voice volume via wearable technology that vibrates and sends notifications to interrupt and diffuse potentially high risk situations.

Record physical characteristics of participants, as well as location based data to provide more targeted intervention opportunities.





e-safe-relationships Next Steps:

**Collaborate with Johns Hopkins University
on My Plan safety decision aids**

**Suite of international technological tools assist sector for
women's and children's safety, evaluate using multi-
country trials of these integrated health technological
tools. USA, Canada, NZ, UK**

k.hegarty@unimelb.edu.au