

Nov 25th - Dec 10th

Resource Tool Kit for MainFM Presenters

From 25 November to 10 December 2026, mark the 16 Days of Activism against Gender-Based Violence under the theme: “UNiTE to End Violence Against Women and Girls: Ensure justice, protect survivors, end impunity.”

As presenters you have the opportunity to have thoughtful, local conversations about gender-based violence, prevention, respect, safety and what communities can do to make a difference.

I'd love MainFM presenters to find ways to bring this conversation into their programs. It doesn't have to be a big feature or a confronting interview. It could be as simple as:

- Interviewing a local organisation working in family violence prevention, respectful relationships or gender equality.
- Talking with a musician or artist about how their work challenges stereotypes or celebrates women's voices.
- Exploring what respect looks like in sport, workplaces, schools, families or online.
- Asking a guest what people can do when they hear a sexist joke or disrespectful comment .
- Sharing local support services and resources.
- Playing music by women and gender-diverse artists and discussing themes of freedom, equality and respect.

The media (and local radio) plays a unique and incredible role in shaping public opinion. The aim is to amplify local voices, encourage thoughtful conversations and highlight the practical things we can all do to build a safer, more respectful community.

Have a think about how you might incorporate this into an upcoming program, and let me know if you'd like help finding an interviewee or developing an idea.

This tool kit is designed to provide you with information and resources to help empower you to discuss the issues confidently. The information in this tool kit comes from a variety of sources, predominantly:

Check out Women's Health Loddon Mallee Toolkit - A GREAT RESOURCE!

<https://whlm.org.au/16-days-of-activism-2026/>

also;

- Respect Victoria <https://www.respectvictoria.vic.gov.au/>
- Australian Femicide Watch <https://australianfemicidewatch.org/>
- United Nations Women <https://www.unwomen.org/en/what-we-do/ending-violence-against-women/unite/theme>

If there is anything you would like to discuss please get in touch steph.riddel@mainfm.net

The statistics are grim.

Everyone has the right to be safe, equal and respected. But right now in Australia, that's not the case for many people:

- More than 1 in 3 women have experienced men's violence.
- Almost 40% of Australians over the age of 16 were exposed to domestic violence between their parents.
- 61% of LGBTIQ+ Australians have experienced intimate partner violence.
- 95% of all victims of violence in Australia (regardless of gender) experience it from a male perpetrator.
- Men are more likely to experience one-off acts of violence in a public place, from other men that are unknown to them.

As of Oct 21, 56 women have been killed, and 24 children in Australia as a result of violence in 2026. This number increases almost every week. <https://australianfemicidewatch.org/>

A few important guidelines for presenters

- Focus on prevention as well as response. Explore how attitudes, behaviours, institutions and community cultures can change.
- Don't expect survivors to share personal stories. If someone chooses to speak about lived experience, agree on boundaries beforehand and prioritise their safety and control over what is shared.
- Include diverse voices. Consider Aboriginal women, women with disability, migrant and refugee communities, and LGBTIQ+ people, while seeking appropriate, informed representation.

It's VERY IMPORTANT to give listeners somewhere to turn. Include relevant support information in interviews and accompanying posts.

Centre for Non-Violence (CNV)

Supports people experiencing family violence, and people concerned about their own use of violence who want to change their behaviour.

- 1800 884 292 / (03) 5430 3000 / cnv.org.au

The Orange Door — Loddon

A free, central entry point for people experiencing family violence, families needing support, and people concerned about a child's safety or wellbeing. You don't need a referral.

- 1800 512 359 / loddon@orangedoor.vic.gov.au / <https://www.orangedoor.vic.gov.au/>

Safe Steps Family Violence Response Centre

Statewide, 24-hour support for people experiencing family violence who need advice or help with safety.

- 24/7 phone: 1800 015 188 / safesteps.org.au

1800RESPECT

National counselling, information and support service for people impacted by domestic, family and sexual violence. Available to people of all genders.

- 1800 737 732 / 1800respect.org.au Availability: 24 hours a day, seven days a week

Local and Regional Violence Statistics

<https://whlm.org.au/local-stats-facts/>

Utilising local data sourced from the Crime Statistics Agency and the Women's Health Atlas, **Women's Health Loddon Mallee** have compiled data snapshots relating to violence against women in each of the Local Government Areas that make up the Loddon Mallee. These snapshots provide insight into key indicators relating to violence against women, helping to build understanding and inform local action.

These figures represent family violence and sexual violence incidents recorded by Victoria Police and should not be interpreted as measuring the full prevalence of family violence. Differences between LGAs may be influenced by reporting, access to services, policing practices, population characteristics and other local factors.



Family violence data are drawn from the 2024-25 financial year (July 2024 to June 2025), while sexual violence data relate to the 2025 calendar year (January to December 2025). Information on whether sexual violence offenders were known to the victim covers the period January 2024 to December 2025.

Mount Alexander - A snap shot

In 2024-25, Victoria Police recorded 1,393 family violence incidents per 100,000 population in Mount Alexander, ranking 44th among Victorias' 79 LGAs. This represented a 31.1% increase in the rate compared with the previous year.

Of reported incidents, 75.4% involved violence perpetrated against a female, while 66% involved an intimate partner as the perpetrator. Most family violence incidents (87.4%) occurred at residential premises. A child was present at 31.7% of family violence incidents attended by police, either directly experiencing or witnessing the violence (Crime Statistics Agency Victoria 2025).

In 2025, Victoria Police recorded 10.4 sexual violence incidents against females per 10,000 total population in Mount Alexander. This represented a decrease in the rate compared with the previous year. Between January 2024 and December 2025, 80% of sexual violence offenders were known to the victim (Womens' Health Victoria 2026).

For more info and stats on neighbouring LGA's of Mildura, Swan Hill, Buloke, Gannawarra, Loddon Shire, Campaspe, Greater Bendigo, Central Goldfields and Macedon Ranges visit <https://whlm.org.au/local-stats-facts/>

Interview Ideas for your show

Invite a mix of people who understand the issues professionally, people doing practical prevention work locally, and community members who can speak about positive change.



Links:

Care in Action <https://whlm.org.au/care-in-action/>

Contact: whlm@whlm.org.au

1. Women's Health Loddon Mallee (WHLM)

Angle: What does it mean to change the story?

Ask WHLM to;

- explain the 2026 toolkit, why prevention matters, and how individuals, workplaces and community groups can contribute.
- Talk about the Care in Action resource that highlights examples of what works well to prevent gender based violence in rural and regional contexts.

Possible questions:

- What does "Choose Respect" look like in everyday life?
- Why is preventing violence about more than responding to it after it happens?
- What can people in a regional community like Mount Alexander do?



Centre for
Non-Violence

Contact: <https://www.cnv.org.au/>

2. Centre for Non-Violence

Angle: Recognising family violence and understanding pathways to support. Explore the warning signs of coercive control, barriers to seeking help in regional communities, and how friends or family can support someone experiencing abuse.

Possible questions:

- What behaviours are sometimes dismissed as normal relationship conflict?
- How can someone safely help a friend they are worried about?
- What barriers can people face when seeking help in a smaller town?

Interview Ideas for your show



Contact: <https://dhelkayahealth.org.au/>

3. Dhelkaya Health or Bendigo Community Health Services

Angle: Health, wellbeing and respectful relationships.

Speak with an appropriate health promotion, counselling or family violence professional about the links between gender equality, wellbeing, healthy relationships and early intervention.



Contact:

<https://www.mtalexanderfalcons.com.au/>

<https://www.castlemainefnc.com.au/>

<https://www.castlemainegoldfieldsfc.net.au/>

<https://www.castlemainebasketball.com.au/>

4. Local sporting clubs, coaches

Angle: Respect starts in the change rooms, on the sidelines and among mates.

Explore how clubs can challenge sexist language and behaviour, online abuse, homophobia and harmful ideas about masculinity. A respected coach or player who actively promotes respect could be an especially effective voice.

Possible questions:

- What does respectful leadership look like in sport?
- How can teammates challenge behaviour?
- What can clubs do to make women and girls feel equally welcome and safe?

****** Here in Castlemaine we have many sporting clubs. The 4 time premiere winning Womens AFL team, Castlemaine Football Netball Club, the Mt Alex Falcons, Castlemaine Goldfields FC, Castlemaine Basketball Assoc.

****** A valuable opportunity to harness a male voice/ perspective

Interview Ideas for your show



Contact: <https://djirra.org.au/>

5. Djirra

Angle: Aboriginal women's voices, cultural safety and community-led change.

Invite a representative to discuss culturally safe support, self-determination, and the importance of listening to Aboriginal women and communities in preventing violence.



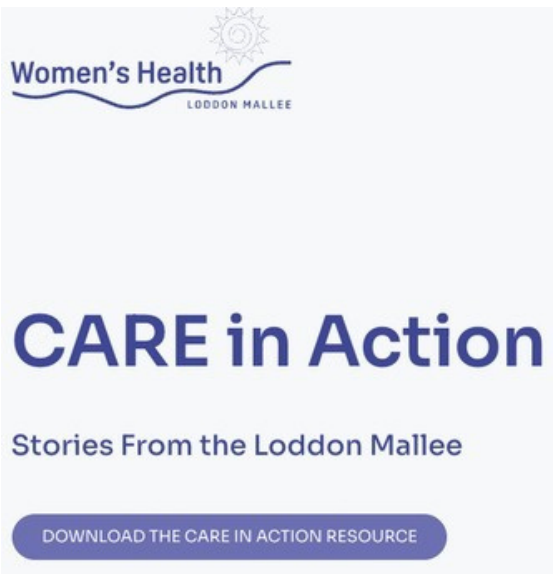
Youth

Contact:
Jodie Hearn Youth Development Officer |
Mount Alexander Shire Council
j.hearn@mountalexander.vic.gov.au
<https://mountalexandershireyouth.com.au/>

6. Young people, educators and respectful relationships practitioners

Angle: How do we raise a generation that understands respect?

- Interview a local secondary school educator, youth worker, or practitioner involved in respectful relationships education. With appropriate consent and safeguarding, young people could also share their perspectives.
- Topics might include consent, online behaviour, gender stereotypes, peer pressure, social media influencers and what healthy relationships look like.



7. Local women and gender-diverse community leaders

Angle: What does a safe, equal community look like?

Invite a local artist, business owner, community organiser, councillor, health worker or volunteer to discuss practical changes they have seen or helped create.

WHLM's 2026 CARE in Action resource specifically identifies regional prevention work by a variety of local and diverse organisations. It's a useful source for finding further examples and speakers.

Available for download here:
<https://whlm.org.au/care-in-action/>

Interview Ideas for your show



Contact:

**ARC Justice – Loddon Campaspe
Community Legal Centre**

Provides free legal assistance, including help with family violence intervention orders and related legal issues. The service covers Mount Alexander Shire, and legal assistance at Castlemaine

- Clare Sauro
- Website: arcjustice.org.au

Grainger Legal

Caroline Grainger

Contact: <https://www.graingerlegal.com.au>

8. The Legal Perspective;

Angle: How does our legal system ensure justice and impunity?

Invite a lawyer or someone from the Justice system to discuss what justice for women and girls who experience violence looks like. Justice is not only a court judgment or criminal conviction. It begins with survivors being heard, believed, and treated with dignity. For women and girls who experience violence, justice can mean:

- Immediate protection from further harm or retaliation for them and their children.
- Safe, confidential, and accessible ways to report violence.
- Access to legal aid, health care, psychosocial support, shelter, and other essential services.
- Timely, impartial, and survivor-centred investigations and proceedings.
- Accountability for perpetrators and for institutions that fail to act.
- Effective remedies and reparations that respond to survivors' needs.
- Justice processes that respect survivors' choices, safety, and agency and do not expose them to further trauma.

This is a big one and the focus of the campaign for 2026.

Suggested Questions to ask;

- What does justice actually mean for someone who has experienced gender-based or family violence?
- How well does the legal system hold perpetrators accountable, and where do gaps remain?
- Why do some cases never reach court, and what barriers prevent people from reporting violence?
- How do delays, access to legal representation, financial resources and the experience of giving evidence affect outcomes?
- How does the system balance the rights of an accused person with the safety and rights of a victim-survivor?
- What reforms could improve justice and accountability without compromising the right to a fair trial?
- What can regional communities do to improve access to justice and support people navigating the system?

Different ideas

You don't have to do a formal interview with a specialist. The campaign can be woven into existing music, arts, culture, community and talk programs. Here are a few ideas of how to incorporate the themes of 16 Days of Activism into your show.



Music programs — Songs about respect, power and freedom

- Put together a short segment of songs by women and gender-diverse artists about autonomy, resilience, equality, safety or breaking free from control.
- Invite a local musician to discuss how music challenges sexism or gives voice to difficult experiences.
- Explore how women are represented in song lyrics, music videos and the music industry.

****** We have soooo many amazing local artists and musicians. Shout out if you need help making contact

Contact:

Stonemans Bookroom

<https://stonemansbookroom.circlepos.com/>

Castlemaine Documentary Festival

<https://cdocff.com.au/>

Castlemaine Fringe Festival

<https://www.castlemainefringe.org.au/>

Castlemaine State Festival

<https://castlemainefestival.com.au/>

Town Folk Festival

<https://townfolkfestival.com/>

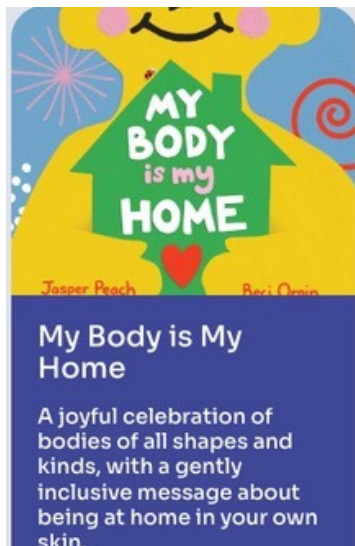
Arts and culture — Using creativity to change the story

Interview a playwright, filmmaker, author or visual artist whose work explores gender, power, identity or relationships.

Discuss how theatre and storytelling can challenge harmful attitudes.

Highlight local projects that celebrate women's voices or make gender equality visible.

****** In terms of Arts organisations - we're spoilt for choice. Reach out to any of our local orgs for contacts to artists / authors / playwrights / performers



Family and community programs — Raising kids with respect

- Talk to a parent, teacher, librarian or early-years educator about challenging gender stereotypes.
- Discuss how everyday language, toys, books and role modelling shape children's ideas about gender.
- Explore how adults can talk with children about feelings, consent, boundaries and respectful behaviour.

Here's a list of Children's Books. Potential guest:
Goldfields Library
<https://whlm.org.au/childrens-books/>

Talking Points

Gender-based violence

'Gendered violence' or 'gender-based violence' is any form of physical or non-physical violence or abuse against a person or group of people because of biased or harmful beliefs about gender. It includes all forms of violence against people based on their gender, or violence that affects people of a particular gender disproportionately.

It is commonly used to describe men's violence against women and girls.

Violence against LGBTIQ+ communities based on gender or gender norms is also a form of gender-based violence. Men and boys can also be targeted by violence due to their gender, or because they do not conform to gender norms.

The United Nations global 16 Days of Activism campaign focuses on men's violence against women, and this is what we predominantly refer to in this toolkit.

Prevention of gender-based violence

Primary prevention is public health approach, that is driven by communities, organisations and sporting clubs, to stop violence happening in the first place. This means changing social norms, cultures and practices that condone, normalise or enable violence across all settings spaces where we live, work, play and connect.

To create change, we collective and sustained effort to address the gendered drivers of violence. We each can play a role in contributing to this change, and it requires shared and collective efforts.

To effectively change attitudes, norms and power imbalances that drive violence, we need to

- Challenge the condoning of violence
- Promote women's decision-making and independence in public life and relationships
- Build new social norms, where people are not limited by gender stereotypes
- Support men and boys to develop healthy emotional expressions, behaviours and positive peer relationships
- Prevention efforts not only aim to prevent violence, but also work to create cultures where everyone is safe and respected.

To learn more about the gendered drivers and steps you can take, check out the **'Driving Change'** animation by Safe and Equal.

Talking Points

Men's use of violence

The vast majority of family and gendered violence is perpetrated by men – as is most violence against women and gender diverse people. 95% of victims of all violence, whatever their gender, experience violence from a male perpetrator.

The ideas that men should be aggressive, tough, not allowed to show fear or sadness, to always be dominant and in control are a major contributor here: communities and organisations who hold rigid gendered expectations, are more likely to condone or justify violence and men who personally endorse this rigid idea of masculinity are more likely to use violence.

Shifting cultures of masculinity

Rigid ideas of masculinity also make assumptions about even the types of hobbies, jobs and parenting responsibilities. Research shows that men are increasingly rejecting some of these expectations.

Cultures that emphasise aggression and disrespect towards women, can also often use homophobia and transphobia to assert masculinity or to gain approval from others.

While not all men are violent, all men can do something to change those harmful ideas and messages. Through bystander action, or modelling the change you'd like to see. This campaign is an opportunity to involve the men in your workplace or community about changing these harmful ideas and embracing healthy masculinities, to create safer families and communities.

Supporting conversations around prevention of gender-based violence

- Talk about the change/vision: There is growing awareness and acceptance of the impact and prevalence of gender-based violence in Australia. It's key to talk about the opportunities for change, and the solutions.
- Frame conversations about preventing gender-based violence through shared values (respect, safety and equality). This supports listeners to connect and engage, in a way that aligns with your show's ethos and vibe. Consider what your show's values are, how can it support a conversation? Creativity? Community spirit?
- Use inclusive language (consider people's pronouns)
- We're all swimming in the same sea; prevention efforts require us all reflect on the role we can play. That will mean we won't always get it right!
- Having conversations about gender-based violence can and will likely meet pushback. These conversations do challenge people's ideas and beliefs.
- Take a strengths-based approach – there is excellent work being done locally. Build off these efforts to continue building momentum!
- Prevention efforts require long term, sustained change. Apply learnings or share practices all year round!