

## Women's Safety Services



### Women's Safety Awareness Sessions and Workshops

### Women's Self Defence Services

### Why These Services Are Needed

Women are generally far more concerned for their safety than men<sup>1</sup>, despite the fact that, in Australia, men are almost twice as likely to experience personal violence<sup>2</sup>. This fear impacts on their lifestyle and ultimately their quality of life as women often place limitations on activities and lifestyle choices based on perceived, rather than actual, risks.

For example, did you know the greatest source of threat to a woman is by a known person within the home?<sup>3</sup> Whereas many women limit their activities to protect themselves from strangers outside of the home. In doing so, women often fail to consider how they would respond to an assault from someone they know.

Personal Safety Australia Women's Safety Services aim to:

- Inform women about the actual risks to their safety
- Provide a range of practical strategies to reduce these risks and maximise women's safety in all situations
- Enable women to identify and effectively respond to potential threats to their safety
- Reduce the risk of victimisation
- Increase self-confidence and commitment to safety
- Develop problem-solving and assertiveness skills
- Encourage the development of a Personal Safety Plan
- Enhance women's wellbeing and quality of life
- Encourage women to reach their potential.

#### References:

<sup>1</sup> Australian Institute of Criminology 2007, *Australian Crime: Facts and Figures*, Canberra.

<sup>2</sup> Australian Bureau of Statistics 2006, *Personal Safety Survey*, Canberra.

<sup>3</sup> Australian Institute of Criminology 2007, *Australian Crime: Facts and Figures*, Canberra.