

Domestic, Family and Sexual Violence Lived Experience Self Reflection Tool

We understand that people with lived experience are strongly motivated to help others avoid the same negative experiences that they may have had.

Membership of the Lived Experience Advisory Network (LEAN) does not require lived experience experts to share the details of their own experiences, but you may reflect on your experiences to provide input and expertise. This may be uncomfortable and challenging at times. It is important that you feel ready and safe to participate.

The questions below are based on those specifically developedⁱ to support people with lived experience to reflect on and decide whether to participate.

Readiness

- What are my reasons for wanting to participate?
- Have I had sufficient time since my experience to feel ready and safe to be in conversations about domestic, family and/or sexual violence?
- Do I want to be a part of the LEAN? Or do I feel like I should?

Resources

- What personal and professional resources do I need to have in place to participate?
- Are there any training or new skills I might need to participate?
- What support might I need to ensure my health and wellbeing are not negatively impacted? (These can be formal such as workers or services and informal like family, friends and pets).

Safety considerations

- Is it safe for me to participate?
- Are there any ongoing risks posed by the person who caused me harm?
- Are there strategies that can be put in place to increase my safety?
- Am I comfortable to discuss with Embolden any concerns I have about my safety and strategies to address these?

Boundaries

- What are my personal limits regarding how much I am willing to share or contribute?
- How will I ensure my personal and professional boundaries are upheld?
- Am I clear on other boundaries established by the LEAN Terms of Reference; for example, that members do not speak publicly on behalf of the LEAN

Legal considerations

- Are there any potential legal consequences for me in participating?

Privacy

- What information am I ready to share and what information do I want to keep private?
- Do I want to participate in LEAN engagements using my own name or a pseudonym (made up name)?

Other considerations

- Are there people in my life who I think should be aware of my decision to participate in the LEAN? If so, what might they think or feel about my participation?
- Am I clear about how to provide feedback or make a complaint?

ⁱ Lamb K, Hegarty K, Amanda, Cina, Fiona, and the University of Melbourne WEAVERS lived experience group, Parker R. (2020) The Family Violence Experts by Experience Framework: Domestic Violence Victoria. Melbourne, Australia.
https://static1.squarespace.com/static/596d8907b3db2b5b22158a4e/t/64d449fe7f759a1a45afb087/1691634187632/DVV_EBE-Framework-Report.pdf