

# salvos

magazine



## The right to be safe

Ending the undertones and reality of gender-based violence



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### FEATURE

Healing through creativity

### FAITH TALK

For our daughters

### MY STORY

Finding freedom

*"You alone are enough.  
You have nothing to prove to anybody."  
Maya Angelou*





## The Salvation Army is about giving hope where it's needed most.

### What is The Salvation Army?

The Salvation Army, an international movement, is an evangelical part of the universal Christian Church.

### Vision Statement

Wherever there is hardship or injustice, Salvos will live, love and fight alongside others to transform Australia one life at a time with the love of Jesus.

### Mission Statement

The Salvation Army is a Christian movement dedicated to sharing the love of Jesus by:

- Caring for people
- Creating faith pathways
- Building healthy communities
- Working for justice



The Salvation Army Australia acknowledges the Traditional Owners of the land on which we meet and work and pay our respect to Elders, past, present, and future. We value and include people of all cultures, languages, abilities, sexual orientations, gender identities, gender expressions, and intersex status. We are committed to providing programs that are fully inclusive. We are committed to the safety and wellbeing of people of all ages, particularly children.

# Salvos Magazine

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**Feature [4]**  
The right to be safe

**Faith Talk [10]**  
For our daughters

**My Story [12]**  
Escaping family violence

## Gender-based violence

It's frightening to know that gender-based violence (GBV) affects one in three women around the world. Statistics give us the facts, but not the devastating reality for the hundreds of millions of women – the mothers, sisters, aunts, daughters, grandmothers – who suffer intimate-partner violence, domestic violence and elder abuse every year. Nor do statistics tell of the trauma resulting from the violence inflicted by acquaintances, colleagues, strangers and even institutions like the police force and courts.

This week's *Salvos Magazine* tells the sobering reality of GBV through Anika's story, and how she bravely rebuilt her life with help from the Salvos. We also discover how creative arts therapy is providing healing for victim-survivors.

And Salvo officer (pastor) Star Conliffe encourages us to observe the United Nations International Day for the Elimination of Violence against Women on 25 November and to get involved in the 16 Days of Activism to eliminate all forms of GBV.

Simone Worthing **Editor**

# The right to be safe

Ending the undertones and reality of gender-based violence

By Star Conliffe

**The United Nations International Day for the Elimination of Violence against Women is observed annually on 25 November. It is also the annual launch of 16 Days of Activism against entrenched gender-based violence. The campaign concludes on 10 December (Human Rights Day).**

## (Mild Spoiler alert)

There's a scene in the *Barbie* movie (2023) where Barbie and Ken have just emerged into the 'real world' for the first time and are rollerblading on Venice Beach. People on the beach stare, point and laugh at them. After being cat-called, Barbie says, "I feel kind of ill at ease, like ... I don't know a word for it, but I'm conscious but it's myself I'm conscious of."

Ken says, "I'm not getting any of that. I feel what can only be described as admired but not ogled and there's no undertone of violence." Barbie responds with, "Mine very much has an undertone of violence."

Her first experience of the real world is the threat of physical and sexual violence towards her person. Moments later, when a man slaps her on her backside and she punches him in the face in self-defence, it's Barbie who is arrested, not the man who assaulted her. She is then sexually harassed by the police officers whose job it is to protect her.

## GENDER-BASED VIOLENCE

Sadly, this funny scene reflects the real incidents of gender-based violence (GBV) that people experience around the world every day. GBV is a term used

to describe violence that occurs because of unequal power relationships between genders. GBV is more rampant in societies where male superiority is culturally accepted and most acts of GBV are committed by men and boys against women and girls. However, people who are gender and sexuality diverse also experience high levels of gender-based violence because they do not conform to their assigned gender roles.

“

**Sadly, the very systems and people that should protect women often fail them.**

”

GBV includes intimate-partner violence, domestic violence and elder abuse, but also acts of harm committed by acquaintances, colleagues, strangers and even institutions like the police force and courts.

## INSTITUTIONAL VIOLENCE

Around the world, some men use many forms of institutional violence to control and exploit girls and women. These





include bias towards men in the court system, sexist reports about incidents of crime in the media, forced marriage, sexual trafficking, enforced head-coverings, and education or work bans.

“

**We all need to speak out against the institutional barriers women face to accessing safety.**

”

You might be surprised to hear what I have witnessed in my own work with victim-survivors of gender-based violence in Australia.

One woman who left her abusive husband became homeless because there was no crisis housing available for her and her children due to lack of government funding. Another woman did not want to report her rape because she knew she ▶

## IF YOU NEED HELP

### \* In an emergency, call 000

- If you or someone you know is impacted by sexual assault, domestic or family violence, call **1800 RESPECT** on **1800 737 732** or visit **1800respect.org.au**
- For local services go to: **dss.gov.au/.../reducing.../help-and-support** or download the free Daisy App **1800respect.org.au/daisy**
- If you are concerned about your behaviour or use of violence, contact the Men's Referral Service on **1300 766 491**.
- Accessible information and support are available via the free Sunny App, developed for and by women with disability at **1800respect.org.au/sunny**
- For legal information, **familyviolencelaw.gov.au**

would be vilified in court. Perhaps worst of all was seeing local police misidentify a woman as the predominant aggressor because they listened to her husband but refused to hear her story.

Sadly, the very systems and people that should protect women often fail them. To end gender-based violence, not only do the attitudes and behaviours of men need to change, but we all need to speak out against the institutional barriers women face to accessing safety.

### GET INVOLVED

We can all get involved in this year's 16 Days of Activism campaign to help eliminate all forms of GBV by:

- Writing to Katy Gallagher, Federal Minister for Women, to request more funding for domestic violence services.
- Writing to your state police commissioner to ask what they are doing to train police in dealing with domestic violence matters so that less women are misidentified.
- Joining your local Walk Against Family Violence on 24 November.
- Accessing bystander intervention training ([genvic.org.au](http://genvic.org.au)).
- Creating cultural change by having zero tolerance for sexist jokes and comments.
- Calling out misrepresentations of gender-based violence on general and social media platforms.

*Lieutenant Star Conliffe is a Salvation Army officer (pastor) in Victoria. In 2022, her master's thesis explored the impacts of caring for victim-survivors of family and domestic violence on the wellbeing of Salvation Army women officers. She is passionate about people of all genders experiencing a world free from violence.*

### AUSTRALIA: THE GRIM FACTS

- On average, one woman a week is murdered by her current or former partner.
- 85% of women 15 years and older have been sexually harassed at some point in their lives (The Australian Human Rights Commission [2018]).
- 1 in 3 women have experienced physical violence, and 1 in 5 sexual violence, from the age of 15.
- Aboriginal and Torres Strait Islander women have 29 times the rate of hospitalisation from family violence compared with non-Indigenous women.

### SALVOS SUPPORT

In the Salvation Army we are making our family violence services safer and more accessible for people of diverse gender identities with inclusion training and policies for staff. We also regularly seek feedback from people who access our services about their lived experiences so we can report on workplace gender-based equality in our own organisation, to stay accountable and improve.



Scan here for more information on Salvation Army Family Violence Services.

# From actor to therapist

Creative arts therapy for victim-survivors of family violence

**Ruby is a Specialist Family Violence Therapeutic Practitioner with The Salvation Army. She spoke recently with *Salvos Magazine* about her role and the impact it has on clients and their families.**

***Salvos Magazine:* What does your role involve?**

**Ruby:** I work across short- and long-term family violence refuges within the Supported Accommodation and Afterhours Crisis Responses portfolio in the Family Violence Stream in Victoria. This new role allows me to really listen to our clients, to learn what their needs and wants are in terms of therapeutic support during their time with us and determine how we can develop and create a therapeutic program that meets those needs.

I offer counselling and creative arts therapy – one-on-one, group and family sessions. Those sessions include child and adult victim-survivors.

“

**I was so aware of the psychological and physiological shift I felt when engaging creatively ...**

”

We also offer a lot of wonderful external therapy options that come on site for us – art therapy, massage therapy, yoga, dance and play sessions, and music therapy for the kids.



So, it's been a wonderful few months of developing this role with The Salvation Army.

***SM:* Can you tell us about the role of trauma-informed counselling?**

**R:** My approach is very trauma-informed and trauma-focused. I take great care in creating a safe and empowering space for clients to explore within. I hold a master's degree in creative arts therapy, so my work is led by creative-based psychotherapeutic approaches. ▶



For those who have experienced trauma, having to verbally explain and express those experiences can often be a really challenging or overwhelming thing. Through creative-based interventions, I offer alternative ways to express and process their experiences. That could be through play-based techniques, role play, somatic techniques, visual arts, nature expressions ... this broadens the scope of how people can engage with their trauma, making it more accessible.

**SM:** And what about children? Do you work differently with them?

**R:** I offer a lot of play and play-based interventions, so we might bring in toys and create a story with these toys, and it's amazing what comes up that is just so relevant to their experience. We could do a whole session about unicorns in space, or about mummy and daddy bear and what baby bear has seen and felt. It's very participant-led; it gives

them the choice of what they share, and how much they disclose. I focus on boosting self-confidence and fostering their sense of self.

## CHANGING FAMILY DYNAMICS

**SM:** You mentioned families. Can you expand on that?

**R:** Yes. When a mother and her child or children arrive at the refuge, it's often the first time they've been on their own without the PUV (person using violence), and that can be really overwhelming because the dynamics have changed. And although there can be a sense of freedom in that, it can also feel like, whoa, we're starting again – where or how do we go from here?

“

**I hope to just continue to offer ... a safe landing place for the clients to then leap off when they're ready, and thrive.**

”

The women often experience control transition, being now in a space where they're making all the decisions, and possibly redefining their relationship with their children due to this shift in family dynamics. Maybe the kids have watched Mum not be treated very well, so we work with the kids about appropriate ways of speaking to others, or appropriate ways of dealing with anger or big feelings. It's finding safe ways for the whole family to move forward in these new ways of communicating and being in relationship with each other.



## CARING FOR THE THERAPIST

**SM:** How do you look after yourself in the course of this work?

**R:** It can be challenging. Self-care and the letting go process might mean a fast walk for 20 minutes. Or it might just mean having a shower and changing my clothes when I get home, taking the day off me that way. I have an external therapist I meet with regularly. I need to be at my best to offer my best.

## CREATIVE ARTS THERAPY

**SM:** What led you to work in this area?

**R:** Prior to getting my master's in creative arts therapy, I was an actor. I was so aware of the psychological and physiological shift I felt when engaging creatively as an actor that was almost freeing. This allowed me to lean into challenging emotions and feelings and



engage with them in a safer way. I was acutely aware of how impactful and powerful that was.

Then I heard about creative arts therapy. I did my master's at Melbourne University and majored in dramatherapy. It was beautiful, an incredible experience.

“

**Trauma can be a very lonely and disconnecting experience ...**

”

I always knew I wanted to work alongside women, supporting women and journeying with them. I'm honoured to work within a team so passionate about women and women's rights, with such a strong desire to support, uplift and advocate for women.

**SM:** Looking to the future, are there specific developments that you'd like to see happen?

**R:** Trauma can be a very lonely and disconnecting experience, so I hope to continue offering a safe and empowering opportunity for connection, and a safe landing place for the clients to then leap off when they're ready, and thrive. All in all, it's just an honour to share this small part of their journey before their next exciting chapter begins.



Scan here for more information on Salvation Army Family Violence Services.

# For our daughters

Praying for victim-survivors of family violence

By Sandra Pawar

Violence against women and girls is something straight from the pit of hell. I don't usually speak so strongly or use the word hell very often at all, but violence against females tries to destroy women's self-esteem, sense of value, sense of safety, relationship with God and their very lives.

I don't know the stories you are carrying with you as you read this. I do know, though, that if you have experienced violence committed against you, it has affected the very core of who you are – how you have felt about yourself, how you perceived how others felt about you, and how you related to God.

It left scars – some visible and some naked to the human eye, but painful just the same. To you today I say – I am sorry this happened to you; I am sorry you had to experience something so painful. As a victim-survivor of domestic violence I want to say – I see you today, God sees you today.

For those of you who may not have experienced the horror of violence committed against you, I say thank you God. I am glad that is not your story.

Sadly, though, it is the story for so many women and girls around the world:

- Gender-based violence is a global pandemic that affects 1 in 3 women in their lifetime.
- Globally, around 736 million women are subjected to physical or sexual

violence by an intimate partner or sexual violence from a non-partner.

- Intimate-partner violence is the most common form suffered by women, with around 641 million affected globally.
- Younger women remain particularly at risk of violence, with 1 in 4 women aged 15 to 24 suffering violence at the hands of an intimate partner by the time they reached their mid-20s.
- Globally, as many as 38% of murders of women are committed by an intimate partner.
- In Australia, 1 in 6 women or 1.7 million women have experienced physical violence at the hands of their partner.
- In Australia, from 2021-2023, 3 in 10 assault hospitalisations were due to family and domestic violence.

Each horrific statistic represents our sisters, daughters, aunts, grandmothers, mothers – they represent women with names, with families and friends and stories to tell. Women who are deeply valued and loved by God.

Let's just take some time to lament over what we just read. To lament is to acknowledge and respond to the pain happening around the world, in our nation, in our communities and in our families.

Those statistics represent some deeply sad things, and I believe we must take time to mourn and grieve over them, to



lament and bring them all before God. To cry out to God with our grief while also acknowledging his faithfulness.

Pray with me as you read this prayer of lament:

*Hear us, Lord Jesus.*

*We cry out just now for all your daughters around the world who have been victims of partner and family violence – Lord bring healing and freedom.*

*Hear us Lord Jesus.*

*We cry out for all your daughters who have been raped and abused – Lord bring justice.*

*Hear us, Lord Jesus.*

*We cry out for your daughters who have been murdered and for those who grieve them – Lord bring comfort.*

*Hear us, Lord Jesus.*

*We cry out just now for all your daughters around the world who have experienced deep shame, humiliation and*

*thoughts of suicide because of what has happened to them – Lord bring hope and peace.*

*Bring healing.*

*Bring freedom.*

*Bring peace.*

*Bring justice.*

*Bring comfort.*

*Bring hope.*

*Amen.*

*Captain Sandra Pawar is an Australian Salvation Army officer (pastor) serving in the United States.*

**If you or someone you know needs help, call 000 in case of emergency, or Lifeline on 13 11 14.**



Scan here for more information on Salvation Army Family Violence Services.

# Escaping family violence

Anika\* shares her harrowing story of abuse to safety

I grew up in India with my younger sister and my parents. Our household was a happy one, and I was independent and westernised. I completed a bachelor's degree in computer sciences and engineering and had an excellent job.

## LOOKING FOR KINDNESS

As a female in India, if you are not married with a child by age 27, society thinks there is something wrong with you. There was even more pressure on me because my sister was diagnosed with a life-threatening illness and was undergoing medical treatment.

All I wanted was a kind person, who would understand the hardship I was facing as the sole provider for my sister.

An Indian man living in Australia was introduced to us. He seemed the nicest person although now, looking back, I can see how strange it was.

I went into debt for \$30,000 to pay for the wedding, thinking it would be a happy life and a secure future for me, for my sister and for my mum. Only my husband's parents and his sister, who lives with disabilities, attended the wedding.

## IMMEDIATE ABUSE

From the day I arrived in Australia, I wasn't allowed to use any area of the big house they lived in. My mother-in-law made me constantly switch bedrooms and use separate bathrooms, and she would immediately clean any couch or chair I sat on.

They wouldn't give me food. The only thing I was allowed to eat was

out-of-date products.

I suffered every kind of abuse – financial, physical, emotional and sexual. I had to clean the house from top to bottom every day. I was literally a slave.

## A GLIMMER OF HOPE

I finally called the Women's Legal Service, and they appointed Robyn, a social worker, to my case. She explained that there were laws here to protect me and people to help me.

There was finally a glimmer of hope.

“

**I suffered every kind of abuse – financial, physical, emotional and sexual.**

”

After a week of not eating and being forced to dress up for rituals, I knew I had to get out of the house. I tried to email Robyn and got an automatic reply saying to call 000 or email Safe Steps.

I called Safe Steps (Family Violence 24/7 response service), grabbed my passport and documents and called an Uber. My mother-in-law tried to stop me, but I got away.

Safe Steps organised a place for me for two days in a hotel and then I was referred to a Salvos short-term refuge. I couldn't sleep, needed the light on and





was very distressed. The Salvos organised some clothes and other things for me. Louise (Specialist Family Violence Practitioner) helped me every day to write down what I wanted to do – rebuild my life, support my sister, and not let this experience define me.

“

### The Salvos helped me get my life back.

”

Amy (Specialist Family Violence Therapeutic Practitioner) would check in on me every day. She would take me for a walk, bring me a book to read and help my awareness of my mental health. The team would go to any lengths to support me and help meet my needs.

I often went to The Salvation Army church and the chaplain there, Vanessa,

would sit with me and pray. I would think of sad things and get answers from God. These are the things I will remember for life.

### SECURE HOUSING

Denver (Specialist Family Violence Housing Practitioner) helped me find a new place to live and set it up. I still can't live with anyone as I can't trust people yet, but I am taking steps forward every day. After work now I can watch TV and have long conversations with my mum. I can eat what I want and do whatever I like.

The Salvos helped me get my life back. They are so kind, so considerate, and I am so thankful. Now that I have gone through this, I know I can face anything.

*\*All names have been changed*



Scan here for more information on Salvation Army Family Violence Services.

## Basic muffins



### Ingredients

2 cups flour, 1 tbsp baking powder, ½ tsp salt, 3 tbsp sugar, 1 beaten egg, 1 cup milk, 3 tbsp oil

**Optional:** Apple, raisins, bananas, pumpkin, walnuts, blueberries

### Method

- Mix dry ingredients and wet ingredients in separate bowls.
- Combine both lots of ingredients until dry ingredients are moist.
- Spoon into muffin tray.
- Bake at 230°C for 20-25 mins.



1. Who is credited with the reason we answer the phone with the word 'hello'?
2. What word did Alexander Bell, the inventor of the telephone, think would be the best way to answer a call?
3. Which UK group recorded the song 'Hello, Goodbye'?
4. What Maori word, which means 'be well/healthy', can be used to say hello, goodbye and thank you?
5. Who delivered the famous line "Gooooood morning Vietnam!" from the film of the same name?
6. What is the Spanish word for hello?

## Bible byte

"His power at work in us can do far more than we dare ask or imagine."

Ephesians chapter three, verse 20b  
*Contemporary English Version*

## Tum-Tum

On which page of this week's *Salvos Magazine* is Tum-Tum hiding?



H P U E A R R I V A L R E A X G  
 T X E T M F D Y N W Y D X H E O  
 I A C R V B T I D I O M P X P O  
 D U F O S J R E V L G B R P U D  
 U G E A M O K A L X S R E M H B  
 Z G D L R M N P C E N C S E O Y  
 J R D A A E U A H E P I S E W E  
 R E I Q N N W N L R G H I T D C  
 T E S L G S G E I I A O O A Y X  
 L T O A A I W U L C W S N N A D  
 H I N D Z P Z E A L A C E Z E B  
 N N P I H E W F R G U T F T C H  
 V G Y E N O B C H E E R I O Q O  
 E S Z U U G Z K G H M B O O A L  
 P E A C E G W E L C O M E H N A  
 H E L L O Q G L P E U Q R D I Y

# Wordsearch

Words are hidden vertically, horizontally, diagonally, forwards and backwards. Enjoy!

- Adieu
- Answer
- Arrival
- Cheerio
- Eddison
- Embrace
- Expression
- Farewell
- Goodbye
- Greetings
- Hello
- Hola
- Hi
- Howdy
- Idiom
- Language
- Meet
- Peace
- Personal
- Phrase
- Telephone
- Welcome
- Word

## HAVE A LAUGH

**Why do cows wear bells?  
 Their horns don't work.**

**How do poets say hello?  
 Hey, haven't we metaphor.**

**Why do we tell actors to 'break a leg'?  
 Because every play has a cast.**



## DID YOU KNOW?

**World Hello Day, held on 21 November, promotes the importance of personal communication for preserving peace.**

**It was started in 1973 in response to the conflict between Egypt and Israel in 1973. Now around 180 countries participate in the event.**

**People are encouraged to take part in World Hello Day by greeting 10 people.**

**Quiz answers:** 1. Thomas Edison 2. Ahoy! 3. The Beatles 4. Kia ora 5. Robin Williams 6. Hola  
 Tum-Tum: is hiding behind the plane wheel on page 7.



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