

Women's Empowerment Toolkit

1. Understanding Your Rights

You have the right to safety, independence, dignity and access to support. Knowing these rights helps you recognise when something is not okay.

2. Emotional Wellbeing

Emotional wellbeing means grounding yourself, listening to your body's signals, knowing your triggers, and creating supportive connections.

3. Healthy Relationships

Healthy relationships are built on respect, boundaries, communication and mutual care. You should feel safe, heard and valued at all times.

4. Safety Steps

Simple steps include identifying trusted people, documenting concerns, thinking about safe exits, creating code words and knowing available supports.

5. Support Services

Key services include: 1800RESPECT, NSW DV Line, Lifeline, WDVCS, Women's Legal Services and local community organisations.