



# Killing Me Softly

Mel Brown  
Spirit Dreaming

*Aboriginal Wellbeing Conference*



what is  
**LATERAL VIOLENCE ?**

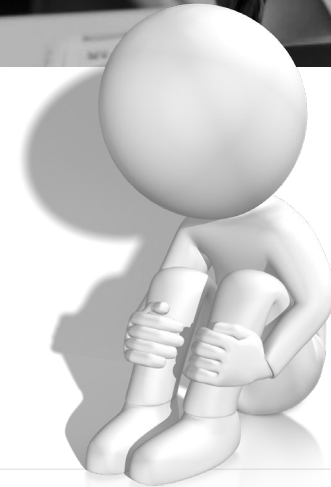


# LATERAL VIOLENCE

is a form of

## BULLYING

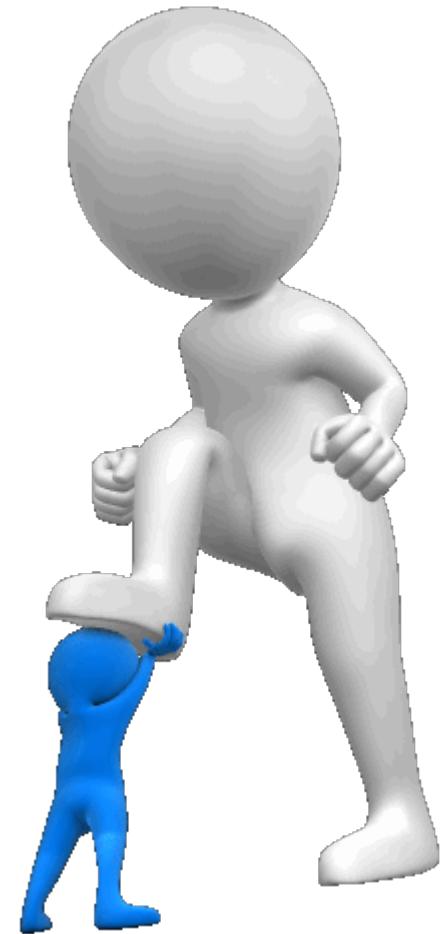
that includes gossip, shaming and blaming others, backstabbing and attempts to socially isolate individuals



# LATERAL VIOLENCE

is displaced violence  
directed against  
one's peers,  
rather than one's true  
adversaries.

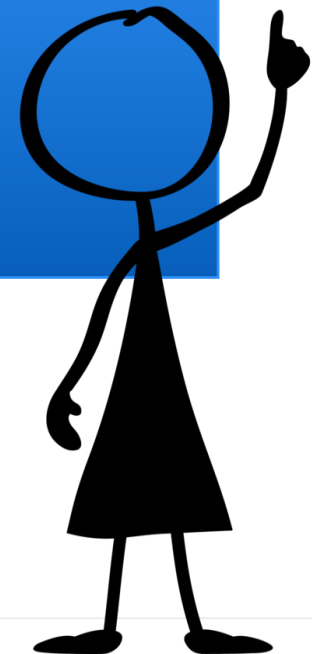
Wikipedia



# LATERAL VIOLENCE

occurs when an oppressed group of people  
engage in destructive behaviours  
as a way to find

**POWER FOR THEMSELVES  
IN A POWERLESS SITUATION**

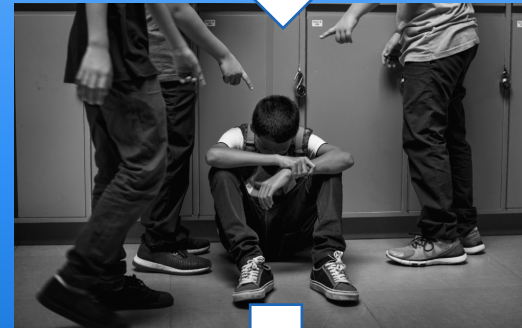


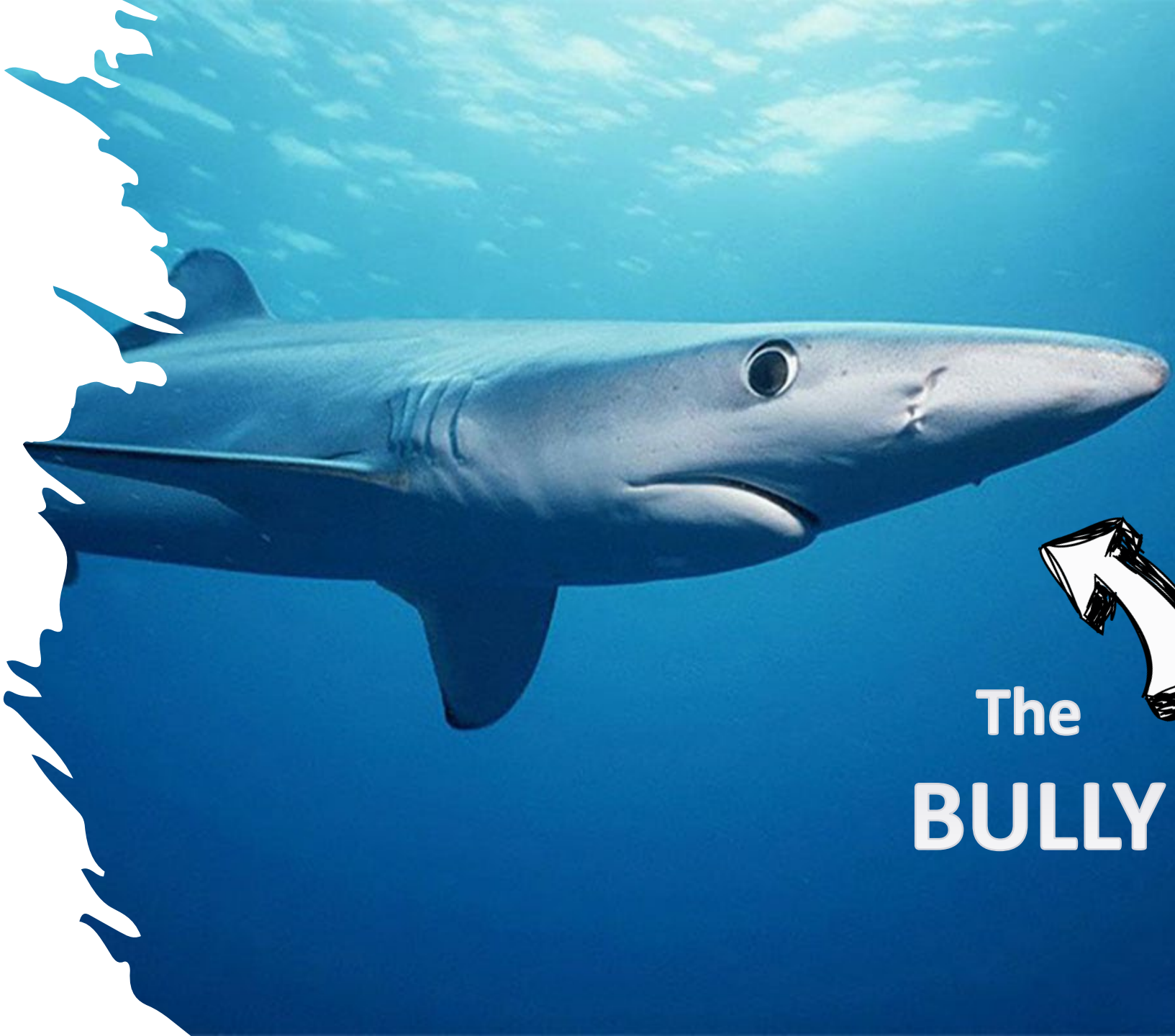
# LATERAL VIOLENCE

is when

# THE OPPRESSED, BECOME THE OPPRESSORS

and use destructive  
power over others

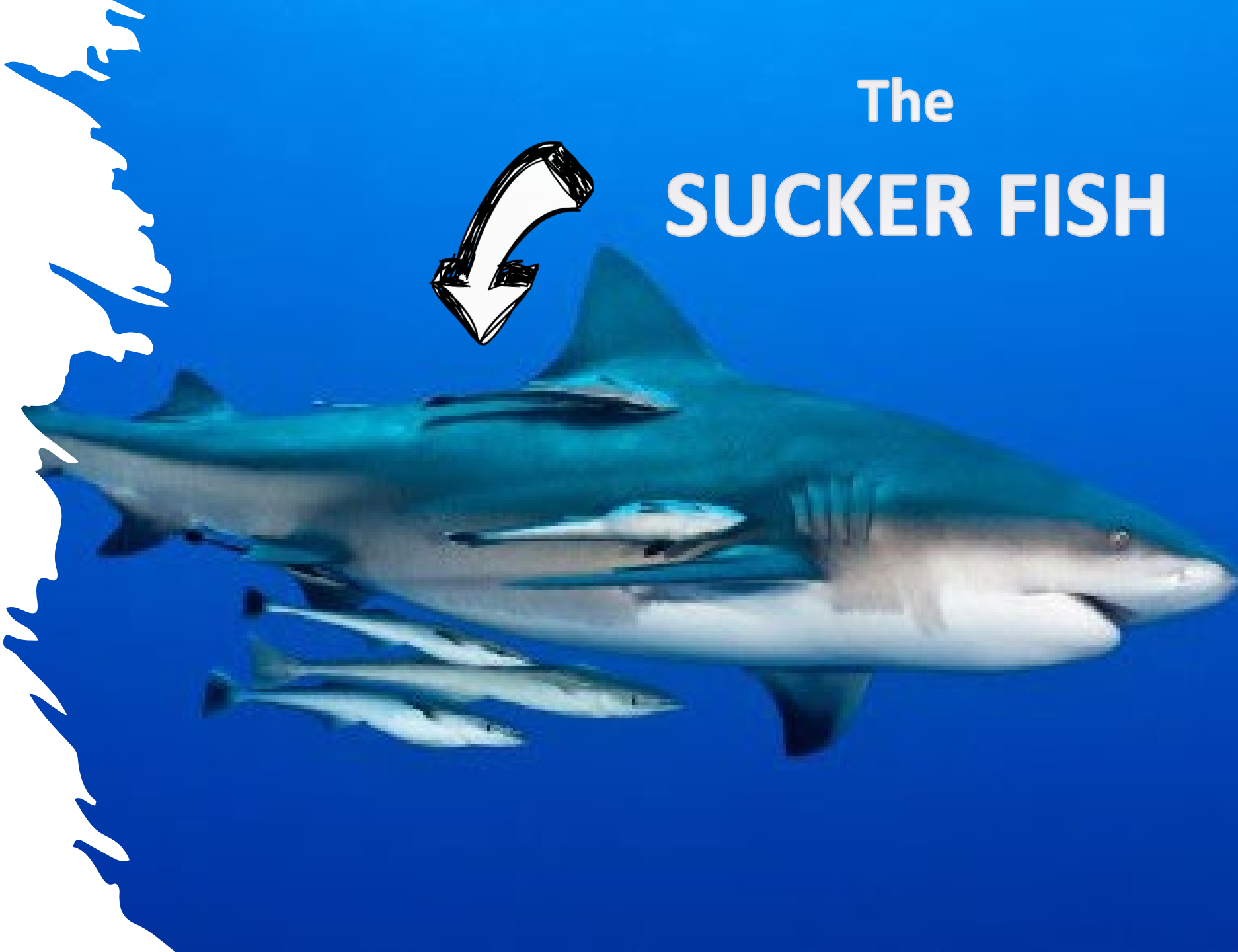


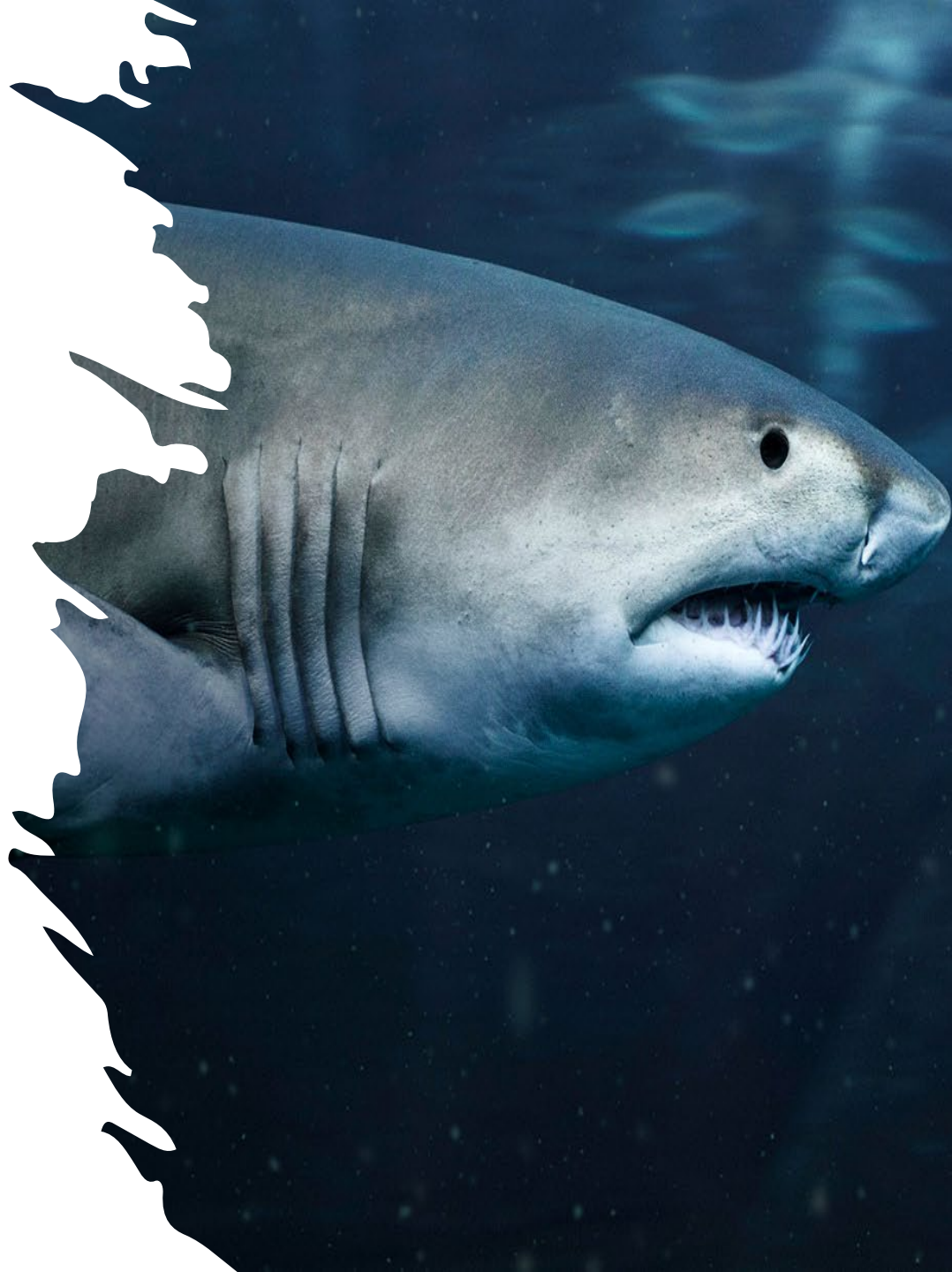


The  
**BULLY**



The  
**SUCKER FISH**





The  
**BAIT**





Stay AWAY  
from the  
SHARKS

# LATERAL VIOLENCE

is not

# PERSONAL !

It's just a way for the  
bully to feel better about  
themselves

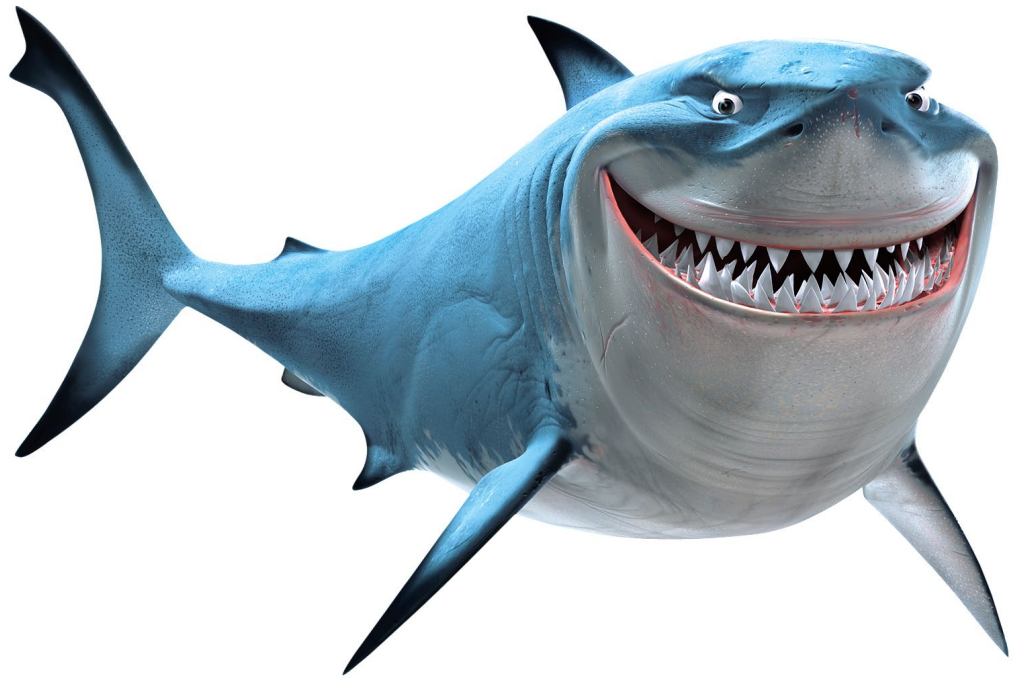


It is simply a tool used to  
make themselves feel better

# BRUCE is an Opportunist

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He feeds on  
what's available  
&  
What's easy to  
eat !



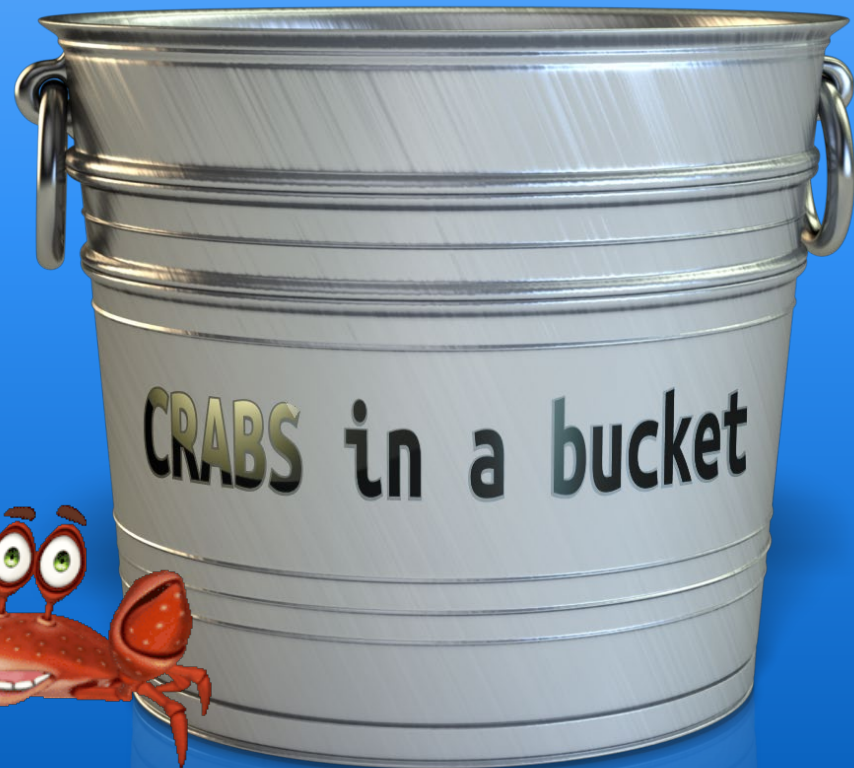
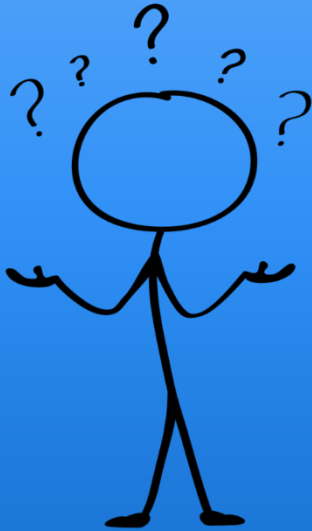
**LATERAL VIOLENCE**

**CANNOT**  
exist without

**FEAR**



**LATERAL VIOLENCE** is when two people are affected by the same situation, but turn on each other rather than confront the situation



# LATERAL VIOLENCE

is directed

*Sideways*

meaning the aggressors  
are your peers - often  
towards people in  
powerless positions like  
themselves

*It is your own  
PEERS  
that  
BULLY YOU*

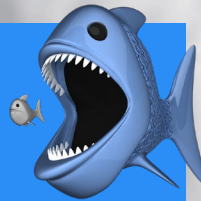




MANIPULATION



DOMINATION



CONTROL



DIMINISHING



when is it  
**LATERAL**  
**VIOLENCE ?**

The traits of a  
**BULLY**



They **NEVER** choose someone they think will retaliate



They **ONLY** choose someone they feel safe with



How to stop



Retaliate  
by making the  
victim feel unsafe  
... by  
**RESPECTFULLY**  
naming  
and shaming  
the behaviour



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# strategies for managing **LATERAL VIOLENCE**



**NAME IT  
SHAME IT !**

# strategies for managing **LATERAL VIOLENCE**



**NAME IT  
SHAME IT !**



**DON'T GET  
INVOLVED IN  
GOSSIP**

# strategies for managing **LATERAL VIOLENCE**



**NAME IT  
SHAME IT !**



**DON'T GET  
INVOLVED IN  
GOSSIP**



**DEFLECT**

**“WE CANNOT BE THE CHANGE WE WANT,  
IF WE REMAIN WERE WE ARE”**





**“WE CANNOT BE THE CHANGE WE WANT,  
IF WE REMAIN WERE WE ARE”**

**“Be the stone that  
creates the ripple in  
the pond”**





**“WE CANNOT BE THE CHANGE WE WANT,  
IF WE REMAIN WERE WE ARE”**

**“Be the stone that  
creates the ripple in  
the pond”**

**“Together,  
Be the beginning  
of change”**



# Thank You



[lateralviolence.com.au](http://lateralviolence.com.au)