

See What You Made Me Do Podcast Edit 2 @ 320kbps.mp3

[00:00:00] Warning this podcast contains content that some listeners may find distressing.

[00:00:07] Welcome to the NSW Library Speaker series.

[00:00:10] Before we begin, I would like to acknowledge the Gadigal and Wongal people of the Eora nation and pay my respects to the elders past, present and emerging. Today, our conversation will be between Jess Hill and Rose Smith in relation to Jesse's book, See What You Made Me Do. Jess is an investigative journalist and author who has been writing and researching about domestic abuse since 2014. Before that, she was a producer for the ABC Radio and Middle East correspondent for the Global Mail and a journalist for Background Briefing. Rose Smith is the founder of Philotimo Jujitsu and creator of the High school, Jujitsu programs an all girls, self-defence and martial arts programs for high school students based out of Hunters Hill in Sydney. Philolotimo also runs specialised programs in martial arts and wellness for women who have experienced domestic violence. These programs are always free. She has practiced Jujitsu for 25 years and is a three time nominee for Australian of a Year for her work in the area of girls and women self-defence.

[00:01:21] Please welcome Jess and Rose,
Jess, see, what you made me do is an extremely popular book at the Inner West Libraries, and I'm hoping that you might be able to tell us briefly about the book and what surprised and drove you into writing it.

[00:01:36] Hmm. Well, I guess, you know, the book was essentially it was my attempt to get across the entire phenomenon of domestic abuse in Australia. And look, I still left out really fundamental aspects like child protection is the big one. There were just some things I just couldn't get across without making the book like Encyclopedia Britannica.

[00:01:57] But I what I wanted to do was really disrupt the notion of domestic abuse as a private issue that, you know, we talk endlessly about what happens behind closed doors. And what I wanted to show is that, yeah, it starts behind closed doors.

[00:02:12] But even that even even in amongst what happens behind closed doors, a lot of that is also occurring publicly like you hear about, especially men who use coercive control, for example, will, you know, will sequester their partners' wages or may even you know, in the case, I think it was of Simon Gittany and Rachel Harnum, which was a really high profile homicide a few years ago in Sydney, Simon Gittany actually went directly to Rachel Harnum's employer, and made sure that they paid him directly and not her or didn't pay her at all. There was something I can't remember exactly what it was. But, you know, so what I mean is that basically there are there's a lot of this stuff that happens in plain view and plain earshot of of us. And that's not to mention the fact that when a relationship finishes, you know, there are some people who are in some victims, survivors, who'll be lucky enough for the abuse to end when the relationship does. But for an overwhelming number, that abuse will continue into the court system, into their rental arrangements. You know, things like the perpetrator trashing the place and the victim only realising at that point that they're the only name on the lease and they're now up for the entire bond and for a bill for the damage. I mean, there are so many ways in which this abuse continues out in public. So I guess what I wanted to show, you know, I subtitle the book Power, Control and Domestic Abuse. And I'm not just talking about the power and control of the perpetrator. I'm talking about the power and control of the state, you know, and how this is like a feedback loop that we go through where you have violence or abuse in the home, and then that abuse can be reinforced and even re perpetrated by the systems that are supposed to step in and protect victims.

[00:04:02] I think, you know, the things that surprised me, what absolutely fundamentally reoriented my world view. And I'm ashamed it hadn't happened earlier. But, you know, I was writing the Indigenous chapter. And I think that I think when I was sitting in my car and I just I dashed out to get something, you know, by this stage I had a one year old, so I probably dashed out for like five minutes freedom. And then I I was listening to this podcast called Curtain, and it's hosted by Martin Hodgson, who's a lawyer, and Amy McGuire, who's a journalist. And it's a it's basically about an Indigenous man who was wrongly imprisoned. But they deal with a lot of other Indigenous issues. And I remember Martin had this monologue where he was basically talking about what happens to Indigenous women when they call police, if they've been assaulted in a domestic violence incident. And he said essentially what happens in a lot of these cases is the police turn up and they do ID checks before they even inquire as

to what's happened and they start arresting people on if they have unpaid fines, you know, and some of these fines like you gave me, if you gave not me, gave listeners a few specific examples of cases in which, you know, there had been a grandmother call, for example, and that she'd ended up being arrested for fines about an unregistered dog.

[00:05:21] I mean, that's the thing. I sat there listening. I God I didn't even know you had to register dogs. And here's this woman who's called on behalf of her daughter and who is desperate for police to intervene and expecting them to intervene and help her. And the first thing they're doing is checking her credentials and checking whether she has any outstanding charges. It's just what started to really sink in for me was the punitive response to Indigenous women who call for help. And that, I guess, finally got across to me. What kind of situation I mean, obviously, Indigenous people are in this country, but particularly Indigenous women who not only have racism, but also sexism as a as an intersectional oppression. So researching that chapter just, I think totally changed my life, not just because of the oppression and reading about what was happening in a punitive sense from police, but also just in really understanding or starting to understand what culture we set out to eradicate when we colonized Australia. And just how much hope and how much what that culture presents as an alternative to the way that we live now is actually offers so much hope and so much instruction on how we need to reform in in order to stop all sorts of things going wrong from domestic abuse to the abuse of nature, abuse of power, etc, so that, you know, I could recount many, many things that surprised me. But I think if I were to think about one, that was definitely, that was the biggest perspective shift.

[00:06:51] It's really full on. I I've got to say, I found your book really harrowing to read, and I particularly found one of your first chapters, the perpetrator's handbook, really just really eye opening, but also really, I guess, depressing when you realize how much we often blame women for what's happening to them. And I think that you actually explained that brilliantly. We hear the expression that men abuse women because society tells them they're entitled to be in control. Said a lot. What are your thoughts on that?

[00:07:31] Yeah, well, you know, like I wrote about that in the book, and what I'm talking about is not just that men are told that they are that they are to be in control, but that

that's what I was talking about before, that whole feedback loop between the system and the individual is that under patriarchal system and let's just name it, you know, patriarchy under that system, control is the absolute locus point of our culture. So and when I say it, what I mean is it's like control is like the highest value. And what our culture has really told men and socialized them into believing is that unless they are in control, then they will be out of control and they will be vulnerable and they will be weak, which is really the number one rule of what not to be if you're a real man. So this whole elevation of the notion of control and that being in control, whether it's being in control of your body, being in control because, you know, you're out there robbing a bank, you know, being in control of your family, you know, being in control of your family, even for men who are not abusive, can be a really personal touch point.

[00:08:46] You know that they are the breadwinner. They are the ones who they are the ones who are determining what happens in the household. But that's their natural place. That's a really long it's been in the culture for a really long time. And really, the home is the least touched frontier by the last 40, 50 years of feminism, even though we can see like there are some areas in which men are starting to sort of like relinquish that control, etc. in the home, it's it's a it's it's not untouched, but it's certainly one of those one of those arenas that just has not really had the massive changes that we've seen in other areas of life. And so I think that when you say like sort of men abuse because society tells them that they are entitled to be in control first is that they're entitled, and entitlement is a huge part of abuse. But the second is, if they're not, they will fail. And so there's a massive a massive amount of fear that's wrapped up in not being in control.

[00:09:47] And that's why I talk in the book about the sort of coalescing emotions of fear and shame as a background to a lot of these men's abuse, that they feel like they're losing control. They feel like if they if they aren't sort of they don't have the upper hand or if or if the wife or the partner is not doing things the way they think should be done, that that's that's a form of disrespect. It's a sign that they are out of control and they can feel shamed and humiliated as a response. The shame is like it's an emotion that none of us like. It's an emotion we all want to try to get away from in some way. Some of us will just hang our heads, you know, literally in shame to try to avoid someone's gaze. Others will want to disappear entirely, go live off in the woods somewhere because they feel so shamed, others will lash out. And I talk about in the book is a notion called humiliated fury. And it's the idea that when these men feel this really distinct and

overpowering sense of shame and humiliation, that what they do in order to overwhelm that is that they use control or violence.

[00:10:51] And so in the moment, they can regain power and it sort of and it expels that feeling of shame. But, of course, for a lot of guys who are not, you know, some of these guys who are not not, you know, narcissistic sociopaths, you know, some of the some of these guys literally do think they love their partners. They are attached to them. They feel very dependent on them to a point where they feel shamed by that dependence because it's a sign that they're not in control, but where once they've reinstated that power, they can then even feel ashamed of what they've done in that moment. So it's this total feedback loop and eventually what one entitlement does to all of these guys is it makes them think, well, I shouldn't have to feel shame. And they start thinking, well, what's making me feel shame? She's making me feel shame every time, you know, I have a bit of a reaction and she makes me feel ashamed for it. So this can be this building resentment. And I think that part of what you see in these guys who are not the like, you know, the 20 or 30 per cent who with a high grade narcissist, sociopaths, strategic abusers, what you see in these guys is this rolling sense of shame and resentment that then builds can build into this really sadistic behaviour where you're just like, how could somebody do that to someone, not only someone they love or even someone they know? Why is that person seemingly quite normal on the other side of this, you know, in terms of to their friends or at their workplace? So I think shame tells us a lot about the distortion of of men, in particular men's personalities and behaviour inside the home in domestic abuse.

[00:12:30] Absolutely. I think we probably don't even talk enough about toxic shame and how we talk about it a lot in talking about codependency, I think it's really interesting. It comes across both as such a toxic force. And there's definitely some similarities, I think. But the other thing that you mentioned in the book is and you actually just touched on a little bit then speaking about the real injustices that Indigenous women experience when they're, you know, calling the police for help and getting an I.D. check in and arrested for an outstanding fine. In the book, you describe how domestic abuse is often reinforced by the justice system. Can you elaborate on that?

[00:13:14] You know, when we talk a lot about the fact that perpetrators will minimize or dismiss acts of, you know, incidents of violence or things that they've done to wrong

their partner in domestic abuse, and we see that also happening from the police in there's one story in the in the chapter that really talks about one element of the justice system, which is, you know, which is the police response. And there's woman Kelly Thompson, who was murdered a few years ago. And, you know, often the stories that really get the grab the headlines and get our attention is where there's like massive catastrophic failures in in police response or, you know, the recent Queensland police officer who shared a victim's details with the perpetrator. You know, that's the sort of thing that makes us, you know, our hackles rise and we get really worked up about. But stories like Kelly Thompson's shows how basically just that initial neglect and minimization and dismissal of an element of the of what's happened can then start this chain reaction where basically the concerns are not paid high enough attention. And someone who is actually at very high risk and was at very high risk from the first phone call to the police can be deemed low risk. And the way that was done with Kelly Thompson, when you look at the log of what happened, police followed most procedures and policies until they didn't enforce certain, you know, breaches later on in the piece. But the first thing that went wrong is that the first responders did not record in the notes that the that Kelly Thompson had said she'd been choked.

[00:14:51] And what we know is that choking and strangulation is an absolute red flag for future homicide. And that's why strangulation has been made a crime in Queensland and Victoria, et cetera. Or it's been it's yet another thing. I think it was a crime before. So it's been criminalised as a as a separate and discrete incident because it is so dangerous. And so by not putting that choking on the initial notes, Kelly Thompson's case was deemed low risk. So, yeah, you know, when the police called, she didn't answer, you know, but nobody followed up. And that's the thing is so often police will feel, I guess, like the victim is not cooperating or like the victim is not sort of is not helping. And that's because the victims got their own stuff going on. What the police need to do is act as a protective force, an interventionist force that actually goes in and really make sure that the victim is okay. Now, Kelly Thompson, though, she didn't answer the first phone call. She called police 38 times over the course of a month and many, many, many failings until the night that her ex partner murdered her. And even the night of her murder, a neighbour saw him going inside the house, lurking around outside, called the police. And again, a first responder on the line said, well, can you just keep an eye on it and let us know if and if you hear anything?

[00:16:14] You know, any any and this guy, Norman Paskin, he knew that Wayne was not supposed to be outside Kelly's house and thought that something really seriously wrong had gone on. And if that first responder had had a cursory look in the system, they would have seen that there was an issue and that this needed to be taken seriously. So these are all little failings, you know, individuals who just don't quite do a good enough job or they don't record a really salient piece of information. And it's just the fact that police still, a lot of police still do not regard domestic abuse to be the same at the same level of criminality as a break in or as a regular assault and don't take it as seriously. So that's where I think, you know, the justice system is often failing women.

[00:17:04] And then, of course, the family law system is a whole kettle of fish, which is not really so much the justice system, but it is a court system, obviously, that goes to allocate care and custody of children. And that is a bumfight.

[00:17:19] Yeah. And I think, you know, just thinking about what you said about the police not taking it seriously, one of the things I appreciated is how you followed the story. I think it was some Jasmine and Nelson. Yeah. And you you asked the reader, you know, about compassion and, you know, do you really feel compassionate after you read the sort of the sort of the what happened? And I thought that was really interesting because you also just said that the police often feel that the victim isn't cooperating with them. But when you read what happened, you start to get an understanding that they can't always cooperate because they're fearing for their lives. And if they're seen to be cooperating, that could mean they're going to get murdered. So I think there's going to be some awful retaliation. I think I think you just made that so clear. And I felt really stressed reading some of those passages and just thinking, you know, oh, no, you know, it's like watching a horror movie, except it's real life.

[00:18:24] And remembering also that a lot of these, you know, in these especially coercive control relationships where there is a whole system of abuse that never switches off, you know that a big part of that is the perpetrator demonstrating to the victim that they are omnipotent, that they know everything that is happening. And so you often get, you know, I mean, often you get women who have actually literally been tracked either by GPS trackers in their car or by hidden cameras in their house or surveillance apps on their phone. So literally, the perpetrator is demonstrating their omnipotence by quoting back to them things that they've said in private, you know, but

in other times, it's it might be even just that they demand, as in the case of Jasmine Nelson, you know, if she was in another room of the house, she'd have to send a text message to him with a photo of where she was to prove that she hadn't sort of climbed out the window to go have an affair with someone. This is kind of slaveowner behaviour.

[00:19:21] And what the effect is on the woman is the sense that no one can ever keep me safe. I will never, ever be safe unless there is a police officer parked outside my door 24 hours a day, there will be a time he will get to me. And that's how, you know, a lot of women, even when they realize what situation they're in, that threat of omnipresence and the and the idea that he's willing to do extreme things to either them or their loved ones, that is often what keeps women in these relationships, because it's the sense that I will never, ever be safe.

[00:19:55] And it's better the devil I know inside these four walls than the devil I don't, which is what happens when he leaves and I don't have tabs on him.

[00:20:03] Yeah, 100 percent.

[00:20:06] So, I mean, we know we got introduced to each other a couple of years ago when I was heavily pregnant and you know, part of what I was trying to ascertain from you is how much, you know, a training in martial arts, especially for teenage girls or younger, might actually sort of serve to interrupt the types of I guess, the types of I want to say behaviours, but some vulnerabilities that exist in women and are socialized into women, stuff like not being able to really speak their mind, you know, having to shelter their intelligence in order to be attractive, you know, not being able to really connect with their own pain and being separate from their own bodies. And what I was really fascinated by is the work that you do with young girls and young women that isn't just about training in martial arts but is also about sort of trying to interrupt that socialization. So can you tell me how you think martial arts training is relevant in when we're talking about prevention of domestic abuse?

[00:21:15] Yeah, look, it's a really big question, and you and I obviously have had some really great conversations about this, and I I don't know that I have 100 percent answers, but what I do think is that studying a martial art can be one tool in a suite of tools that can help to empower women and girls to make good choices for themselves.

I've been a long time fan of the work and actually user of the work of Pia Mellody, and she really pioneered a lot of study and work in the area of co-dependence. And I think that one of the things, again, that struck me when I read your book and I read about coercive control is how much of it sounds like co-dependency. Now, there's no magic pill we can take to stop people from being co-dependent, because so much of that's got to do with the family that you were born into, you know, even the birth order that you have and how your family behaves where they're toxic or they're healthy, you know, all that were you parented well, did your parents neglect you?

[00:22:22] All those things obviously have so much to do with somebody becoming even a domestic abuser. And also for women, you know, we're socialized to be the caretakers, to look after people, to make sure everybody's happy, to look after you when you're sick, to do everything. That's a pretty toxic mix to put together if you don't value yourself enough to be able to say, no, I'm not I'm not putting up with it.

[00:22:50] And and so I don't have a I don't have a magic bullet. Once a woman is in a situation where there is coercive control, domestic violence, it's not as easy as to say no. It's it's it's been a it's as you so succinctly put it in the book, it's been, you know, death by a thousand paper cuts. By the time, you know, you realize you're unsafe. You can't you can't get out anymore. It just built up slowly. Although the other analogy you used was the frog in the boiling water. And it's too late by the time you realize you're being scalded to death. But I think that martial arts can give women a sense of mastery over their own bodies. And with that mastery over your own body, you're suddenly using your body as this amazing vehicle that can do these amazing things instead of this object that should be sexualized and photographed, you know, with your boobs out for Instagram. Not that there's anything wrong with doing that, if that's what you want to do. But if that's all you want to do with your body and you don't think that it's worth anything else, then I think that's really problematic for young women. And I find that within my programs, I get a lot of young girls coming in that have got no real sense of where their bodies begin and end. They don't know how to use them. And so through doing the martial arts training, they start to get a sense of the power that they have. That doesn't mean they can go out and punch on with giant men and win the fight. That's not what we're training for. It would also be unrealistic to suggest that something we can do, but we can start to develop a sense of being able to control ourselves and sometimes, you know, physically those around us, and to develop a sense of being able to see, you

know, one of the things that the girls talk about a lot, and I'd love to do a study into it, but one of the things they talk about a lot is the girls that practice sparring free sparring, which is kind of like a you know, you're trying to hit and kick each other in a controlled environment.

[00:25:02] One of the things that they say is that initially when they start learning how to do it, it feels really scary and terrifying and it's very confronting. But as they practice, more and more time seems to slow down within the session when they're sparring and they say the movements look really slow and they're able to get out of the way, I think that's really interesting. So in some way, their brains are training them instead of that flinching. Oh, here it comes kind of response that any of us would have if somebody just threw their hand out at us. They see it. It's almost like a slow motion. They've practiced so many times. They see it coming and they can get out of the way. And with that kind of confidence, I wonder, along with all the stuff we're teaching them in the classes about co-dependency, about loving yourself, about self care and about self-worth, I wonder if all of that together maybe can help them the first time that someone treats them disrespectfully to be able to say, I know what this is, I've learned what this looks like and I'm not afraid of you, so I'm going to walk away. I don't know.

[00:26:17] Yeah. And I think that there's no like there's no guarantee that any amount of education or coming from a loving home or, you know, is going to prevent you from being in an abusive relationship. But, you know, I've heard so many times women say, you know, I had my instinct was telling me early on that something was wrong.

[00:26:37] But they in that way of being socialized to be in relationship and as you say, to sort of put, let's say, in a binary heterosexual sense, to put the men's feelings first and to push aside their own instinct in order to preserve the reputation and feelings of the man that they're with. That's often the first thing that goes wrong and the first thing that starts to trap them. And what I think, you know, I've been talking to your students. What I've found is what they really seem to connect with through that physical mastery is instinct. Right. And they and they value their instinct and they know their instinct and they don't feel like their instinct is something that is disadvantaging them. Whereas, you know, if you look at the work of Carol Gilligan about, you know, when girls start to lose their voices at age around 12 or 13, where they start to really get the message that if they were to follow their instinct and say what they thought, they'd be unpopular with

friends. And they definitely would not be able to be in a relationship that what they need to do is just quiet down, don't be a loudmouth, just go with the flow and ultimately put their own instincts and needs aside in order to prioritize the needs of others. And so I think that, you know, I don't think studying martial arts like it makes you arrogant and, you know, like, everyone get out of my way.

[00:28:01] But I think it can rebalance some of that kind of lack of connection to instinct.

[00:28:09] And that's what, you know, I think that when people say we've seen you and I said recently, you know, a particular feminist talking about they're so outraged by the idea that women would be encouraged to study martial arts as a way to defend, you know, as a way to prevent domestic abuse. I think that it's a really shallow interpretation to look at the physical, like the actual physical ability to defend oneself or use violence, that that's actually like the last order issue when we're talking about expansion power 100 percent.

[00:28:39] And look, Carol Gilligan is spot on 12 to 13 is also the age most girls drop out of organized sport. So, you know, there's a whole lot of issues going on.

[00:28:50] I also think, you know, we could have a whole podcast about why girls don't do sport. We're not going to get into that today, but we don't make it easy for them. And I think you might remember that first time when you came out to see the class. And I stopped the class and I said to the girls, how many of you, after your first lesson was so excited you went home and you showed your dad or your brother or your uncle or male relative the first thing that you learned how to do. And it didn't work. And they basically told you, see you know, you don't know what you're doing. You can't defend yourself. And all those hands went up in the air. And, of course, you know, it's a really interesting thing. These dads who love their daughters, you know, send them off to martial arts and then as soon as she comes home and says, Daddy, Daddy, you know, grab my wrist or put your hands around my throat. I'm going to show you how I can get out of this technique. And then they, you know, they hold so tight or they are so strong that the girls can't make the technique work and they're utterly defeated. And and, you know, they come back to class the next lesson going, I was a total failure. And the first thing I asked them is how many of you actually tried to hurt them?

[00:30:02] And there's always silence and then I say, now I want you to go home, and this time I want you do the whole thing again and I want you to scream in their face as soon as they touch you.

[00:30:12] And I just want you to get your hand and I want you to just put it right in their face and push them away and then do the technique.

[00:30:20] How does that go down? Goes down brilliantly. Because it works. Because it works.

[00:30:26] You know, I do also tell them don't do it somewhere where Dad can fall on a table. But I'm like, well, you know, I had a father. God, not one father won't be the only one. I'm a female martial arts instructor, so I'm already an anomaly in my chosen field because it's very male dominated. And, you know, female martial artists are often considered to be not as good, not as strong. And I had a father come in with his daughter and say, oh, this isn't real, you know, self-defence, is it? I mean, it's not like the UFC where, you know, it's no holds barred. And I was like, mate, UFC has rules. You can't fishhook, you can't eye gouge.. You can't, but you can't help or you can't punch someone in the nuts.

[00:31:09] Why do you think women can't do these things too? I don't want to and I have no plans to. But I just think it's really interesting that there's this real disconnect. There's this real disconnect between girls going and doing martial arts.

[00:31:24] It's considered unladylike. It's considered, you know, and as you as you also mentioned with the certain prominent feminist going off about, you know, women shouldn't learn martial arts and it doesn't matter because it won't work anyway. All I'm going to say to that is eighty six per cent of women now, this is this is not a domestic violence statistic. This is actually more of a random attack statistic. But eighty six percent of women who fight back in a random attack situation. So, you know, walking down the street or in the car park or whatever, they fight back, they don't get raped and they don't sustain further injury. If if you had a eighty six percent chance of winning the lottery, you'd go and buy a ticket. So I already think it's worth learning. Where women get into great danger in domestic violence situations and sometimes they fight back without knowing how to fight back. And of course, it doesn't work and they get badly

injured. And, you know, and that, of course, deters them obviously from fighting back any further and totally understandably. But I do think that it can be a most wonderful support for women to just get that mastery over their body. And even if they never use their martial arts, you know, I think that it's really it's a really just a lovely thing to be able to do for yourself. And it does it does change the way you feel about yourself. So Jess it's just been such a privilege to speak with you today. And I can only urge anybody that's listening to go out and get to see what you made me do and just read it. And it's harrowing. But it's you know, it just left me feeling like I want to do even more to help. So what would your message be to all women and men listening to this podcast?

[00:33:10] Yeah, I know. Thank you so much. And your support has been so gorgeous. And I'd say that, you know, to anyone listening to this podcast, what has been really amazing in the reader feedback that I've got is hearing people really interrogating their own relationships, their own connections with intimacy, their own sort of negative habits around needing power and control, or how they respond to shame in their own relationships. And I'd say that, you know, as much as absolutely we need to be paying much greater attention to the people around us. And obviously, we want to be trying to open up communication channels to anyone who we think might be in a controlling and dangerous relationship. I'd say, you know, attend to yourself first, because this is not a domestic abuse is not a phenomenon that happens to other people. You know, it is an extension of something that goes on inside all of our relationships in that we all have to grapple with issues of power and control, and we all have to grapple with how we respond when we feel shamed. And I know that, you know, personally in my relationship, when it looks like I'm at fault for something, you know, because of certain things in my childhood and whatever, I, I find it very, very hard to back down because I feel shamed in that moment that I didn't do what I was supposed to do. I wasn't the perfect partner. And I can respond really badly and I arc up and I can start to get insulting and shut down. And and when I actually know in that moment that I've done something wrong and what I should be doing is apologizing. Now, I'm not saying that I'm a perpetrator, but I think that this all exists within various gradients in our relationships. And until we as a society grapple with our addiction to control and the way in which we use power in negative ways then the broader issue of domestic abuse will not change.

[00:35:07] That's absolutely amazing and I think it's a really valuable insight. And I definitely would add to that. I'd strongly encourage people to just investigate, get See

What You Made Me Do and and get reading. And thank you so much Jess for spending time with me on this podcast today.

[00:35:27] My pleasure. Thank you.

[00:35:29] Cheers. Thank you very much, Jess and Rose, for today's conversation. I would also like to thank my colleagues, Matthew Ballane, Community Projects Officer, and Veronique Delaunay Library Programs Officer for their assistance and collaboration in producing this podcast. For more information about domestic violence, please go to the Inner West Council website at the Community Wellbeing, Slash Safety and Well-Being, Slash Domestic and Family Violence Page. Thank you for listening and look out for upcoming digital content, the Inner West Library, What's On and social media channels, thank you.