

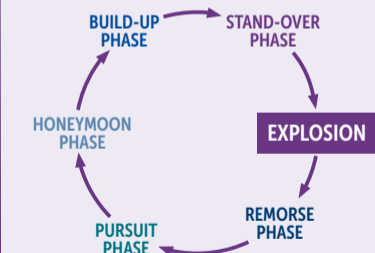


What is Domestic and Family Violence?

Domestic and Family Violence is the **ABUSE** of **POWER** by one person over another.

This includes physical, sexual, emotional, verbal, financial, psychological, social, spiritual, technology facilitated and stalking abuse.

Domestic Violence often happens in a cycle.



DOMESTIC VIOLENCE IS A CRIME

Are you being abused?

RELATIONSHIP RED FLAGS

Do you constantly feel like you are walking on eggshells?

Is your partner **INTENSE**?

Are they excessively charming, bombarding you with excessive texts and phone calls?

Do you feel **CONTROLLED** by your partner?

Are they constantly checking up on you?

Does your partner **CRITICISE** you?

Do they use name calling or **ISOLATE** you from family and friends?

Has your partner ever **pushed** or hit you?

Have they ever **damaged** your property on purpose?

If someone has tried to **choke** or strangle you that is an **EMERGENCY RED FLAG**.

Please seek help immediately.

You **DON'T** deserve to be treated this way. There is **NO EXCUSE** for abuse. **IT IS NOT YOUR FAULT.**

Safety Planning

"You don't have to leave to get help."

Ask for help

- If in danger contact **000**
- Tell supportive family and friends what is happening
- Call a Domestic Violence Support Service

Keep evidence

- Photos of abuse
- Journal
- Doctors reports

Safe bag

- Keep a list of emergency contacts
- Spare keys
- Cash & credit cards
- Copy of drivers licence
- Copy of legal documents e.g. Birth Certificate, Mortgage & Lease Agreement
- Clothing & medication

When and Where to go?

- Work out when is the safest time to leave
- Decide on a safe place – friend, relative, refuge

Family Violence Hurts Kids too

"My daughter says she feels scared."

"My son has started having angry outbursts."

- Everyone has the right to feel safe

- Children and young people are scared by family violence. Exposing children to family violence is **AGAINST the LAW**

- Family violence does affect kids and this can last a lifetime. Even if they can't hear it, they know what is going on

If your partner is physically or verbally abusive towards you, your children might be next.

What can you do?

- Seek help and support early
- Reassure them
- Give lots of cuddles
- Take time out and have fun

"Now I have left, I control my own life and my kids are happy."

How do I help my friend or family member?

"Why doesn't she just leave?"

There are many reasons why people stay in abusive relationships. Leaving can be a very dangerous period for a victim.

ABC's of supporting loved ones

- Acknowledge, support, listen
- Be non-judgmental
- Care, yet know that you cannot rescue
- Discuss a safety plan
- Encourage and Empower
- Friendly – offer to provide practical support and invite them out to social events
- Give information about Domestic Violence

A victim may only reach out for help once. If a friend says they are being abused, **believe them.**

Verbal, Emotional and Psychological Abuse

"You don't have to be hit to be hurt."

- **Constant** put downs
- Name calling, insults, **criticisms**, demands, threats, rejection, neglect, **blame**, punishment, ignoring, teasing and isolation
- Partner loses their temper or they use a tone of voice to **intimidate** the other person or put them down
- Making someone feel worthless, afraid or insecure, convincing them to doubt themselves and their thoughts
- Threatening to leave, commit suicide or take the children

Your relationship should make you feel safe, loved & happy - **NOT tense, scared & anxious.**

Physical Abuse

"When I recover, I won't flinch every time someone raises their hand near me."

- Any intentional act to another person that may result in **bodily injury, physical pain, trauma or impairment**
- Physical abuse may include striking (with or without an object), hitting, beating, pushing, shoving, shaking, slapping, kicking, pinching, and burning
- Being denied access to your home, deprivation of sleep or food
- Locking the victim in or out of the house
- Driving dangerously to scare you or your children
- Damaging property

"You may feel weak, but within you is the strength to leave, within you is the strength to overcome and achieve that which you deserve."
- From Stories of Survivors

Financial and Technological Abuse

"He is constantly texting me checking where I am. I feel like I am being tracked."

- Complete **control** of all money and tactics to limit the partner's access to family finances
- Providing an inadequate "allowance"
- Preventing you from seeking or holding down a job
- Coercing to sign documents
- **Stalking** can include following and watching
- Telephone and online harassment, constant texts/phone calls/email
- Monitoring phone, emails & social media
- Tracking with GPS

It's NOT a joke, it's NOT romantic, it's NOT ok - STOP STALKING IT'S A CRIME.

Sexual, Social and Spiritual Abuse

"If you scream I will kill you"

"I feel so isolated."

- ANY forced or **unwanted** sexual act or behaviour without your informed consent
- **Sexual assault** is an act of **power** and **control** and can occur in a long term relationship. It is NOT about intimacy, it is NOT a shared experience. It has NOTHING TO DO with love or affection!
- **Social Abuse** is controlling who you see, who you speak to and where you go
- **Spiritual Abuse** is ridiculing or not allowing you to practice your chosen religion or cultural beliefs

