

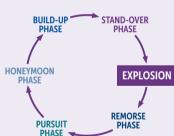
DOMESTIC VIOLENCE IS A CRIME

POWER by one person over another. This includes physical, sexual, emotional,

What is Domestic and Family Violence?

Domestic and Family Violence is the ABUSE of

verbal, financial, psychological, social, spiritual, technology facilitated and stalking Domestic Violence often happens in a cycle.



Do you constantly feel like you are walking on

Are you being abused?

RELATIONSHIP RED FLAGS

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

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.

Ask for help

Safety Planning

If in danger contact 000

• Tell supportive family and friends what is happening Call a Domestic Violence Support Service

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

Keep evidence

 Photos of abuse Journal

Doctors reports

Safe bag

- Keep a list of emergency contacts
- Spare kevs
- 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

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

Family Violence Hurts Kids too

"My daughter says she feels scared."

Everyone has the right to feel safe

violence is AGAINST the LAW

know what is going on

Seek help and support early

Take time out and have fun

What can you do?

Reassure them

Give lots of cuddles

"My son has started having angry outbursts."

Children and young people are scared by

family violence. Exposing children to family

Family violence does affect kids and this can

If your partner is physically or verbally abusive

towards you, your children might be next.

last a lifetime. Even if they can't hear it, they

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

How do I help my friend or family member?

ABC's of supporting loved ones

"Why doesn't she just leave?"

- 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

believe them.

Verbal, Emotional and Psychological Abuse

Name calling, insults, criticisms, demands.

punishment, ignoring, teasing and isolation

• Partner loses their temper or they use a tone

of voice to **intimidate** the other person or

• Making someone feel worthless, afraid or

insecure, convincing them to doubt

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

threats, rejection, neglect, **blame**,

Constant put downs

put them down

or take the children

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

and burning Being denied access to your home. deprivation of sleep or food

Physical Abuse

themselves and their thoughts Threatening to leave, commit suicide

Locking the victim in or out of the house

"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

"When I recover, I won't flinch every time

Any intentional act to another person that

may result in **bodily injury**, **physical pain**,

Physical abuse may include striking (with or

without an object), hitting, beating, pushing,

shoving, shaking, slapping, kicking, pinching

someone raises their hand near me."

trauma or impairment

or vour children

Damaging property

- Driving dangerously to scare you
 - Monitoring phone, emails & social media
 - Tracking with GPS

it's NOT ok - STOP STALKING

I am. I feel like I am being tracked." Complete control of all money and tactics to

"He is constantly texting me checking where

Financial and Technological Abuse

limit the partner's access to family finances

Sexual, Social and Spiritual Abuse

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.

Social Abuse is controlling who you see,

Spiritual Abuse is ridiculing or not allowing

who you speak to and where you go

you to practice your chosen religion or

It is NOT about intimacy, it is NOT a shared

experience. It has NOTHING TO DO with love

"If you scream I will kill you"

"I feel so isolated."

or affection!

cultural beliefs

- 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

It's NOT a joke, it's NOT romantic, IT'S A CRIME.

Emergency Contact	Housing & Accommodation	Counselling, Health and Support	Family and Community Support	Mediation and Financial Assistance	Indigenous, Disability Multicultural & LGBTIQ	Legal Services	Contributors	Notes	Notes
"You don't have to be in crisis to call." If you are in danger call 000 Police Assistance Line	"I can now come home from work without fear of what is awaiting me behind closed doors. It hasn't been easy but it has definitely been worth it." Link2Home (homelessness)	"My counsellor opened my eyes to my partner's abusive behaviours. She really listened and gave me the support I needed to feel better." Hunter Women's Centre	Got Your Back Sista 4989 2777 Child Protection Helpline 13 21 11 Family Referral Service 1300 006 480 Parentline 1300 853 437 Newcastle Family Support Services (Staying Home Leaving Violence) 4926 3577 Eastlakes Family Support 4943 9255 Maitland Family Support 4914 0444 Cessnock Family Support 4990 4507 Singleton Family Support 6572 4288 Port Stephens Family δ Neighbourhood Service 4987 1331 Yacaaba – Nelson Bay (Counselling δ Referral) 4984 2176 CALM – Community Activities Lake Macquarie 4950 3888	Centrelink Crisis Payment	Aboriginal Legal Service	"Family violence is against the law" Women's Domestic Violence Court Advocacy Service (WDVCAS)	PATHWAYS Samaritans Samaritans Samaritans Samaritans Samaritans Family Law Samaritans Samaritans Samaritans Samaritans Samaritans Line Sista Code Cessnock Domestic & Family Violence Network Westlakes Domestic Committee Committee Line Sista Code Line Sista Code	ourtownonevoice@gmail.com	