

	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. <pre> graph TD A[BUILD-UP PHASE] --> B[STAND-OVER PHASE] B --> C[EXPLOSION] C --> D[REMORSE PHASE] D --> E[PURSUIT PHASE] E --> A </pre> 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 <i>"You don't have to leave to get help."</i> 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 <i>"My daughter says she feels scared."</i> <i>"My son has started having angry outbursts."</i> - 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 <i>"Now I have left, I control my own life and my kids are happy."</i>	How do I help my friend or family member? <i>"Why doesn't she just leave?"</i> 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 <i>"You don't have to be hit to be hurt."</i> 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 <i>"When I recover, I won't flinch every time someone raises their hand near me."</i> - 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 <i>"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."</i> - From Stories of Survivors	Financial and Technological Abuse <i>"He is constantly texting me checking where I am. I feel like I am being tracked."</i> - 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 <i>"If you scream I will kill you"</i> <i>"I feel so isolated."</i> - 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
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