

Family & Domestic Violence is a Crime.

WHO IS AFFECTED BY FAMILY & DOMESTIC VIOLENCE?

ANYONE

It can occur;

- In a marriage, de-facto or same-sex relationship.
- Between children and parents or children and other family members.
- To a disabled person reliant on their family carer.
- To parents or other family members by their children or grandchildren.
- To a child.

If you are experiencing family or domestic violence it is not your fault – the person choosing to use abusive behaviour is 100% responsible.

Women are **far more likely** to experience family and domestic violence at the hands of their partner. Intimate partner violence and rape are the most common types of violence against women in Australia.

Responsibility for the Violence Always Lies with the Abuser.

SEEKING HELP

Police
(all areas at all times)
131 444

Bunbury Police Station
9722 2111

Busselton Police Station
9754 9555

Collie Police Station
9734 6333

Waratah
1800 017 303
(domestic violence/sexual assault counselling)

Women's Domestic Violence Helpline
1800 007 339

Men's Domestic Violence Helpline
1800 000 599

Crisis Care (24 hours)
1800 199 008
(emergency accommodation and support)

1800 RESPECT
1800 737 732
(domestic violence & sexual assault phone support available 24hrs)

Women's Refuge
9791 2894
(safe accommodation, Bunbury)

Women's Refuge
9752 2785
(safe accommodation, Busselton)

Victim Support Service
9781 4294
(VRO and court support for victims)

Alcohol & Drug Info Line
1800 198 024

Legal Aid
(legal representation)
9721 2277

South West Community Legal Centre
9791 3206

Multicultural Legal Service Centre
9328 1544
(advice regarding partner visas and immigration concerns)

South West Emergency Child Care
9791 1335
(in home child care for emergencies)

Relationships Australia
6164-0566
(parent mediation and development of parenting plans for Family Court)

Information Booklet

For People who have Experienced Family & Domestic Violence



waratah
Support Centre

1800 017 303
9791 2884



www.waratah.asn.au



waratah

1800 017 303
9791 2884

waratah@waratah.asn.au

Every Person has the Right to Feel Safe & Live Without Fear.

WE PROVIDE

- A free, safe and confidential service for adults and children affected by family and domestic violence, sexual assault and sexual abuse.
- Sexual assault 24/7 crisis response

1800 017 303 | 97 912 884
Bunbury, Busselton, Collie

WHAT IS FAMILY & DOMESTIC VIOLENCE?

The use of violence and abuse by a person in a relationship to create fear and control another person.

- **Domestic violence** is the abuse of an intimate partner (including same-sex and ex-partners)
- **Family violence** includes the abuse of children, parents, the elderly, disabled, siblings and other family members.

This behaviour is intentional and will most often increase in frequency and severity the longer a relationship goes on and will escalate to dangerous levels if/when the victim attempts to resist the abuse or leave.



waratah

**Abuse is Not about Love,
it is about Control.**

TYPES OF FAMILY & DOMESTIC VIOLENCE

PHYSICAL - hitting, punching, choking, kicking, burning, using weapons, locking a victim out of her home or abandoning her somewhere. Damaging or destroying property, smashing or throwing objects, punching walls/doors. Driving dangerously intending to cause harm or fear.

SEXUAL ABUSE - sexual assault of a child/adult; includes being forced, bribed, threatened or coerced to perform non-consensual sexual acts, sharing of intimate photos without permission, unwanted touching, unwanted exposure to pornography, using sex to control and manipulate, rape.

FINANCIAL ABUSE - denying access to money, not allowing the victim to work, forcing them to hand over their money, controlling income, incurring debts in the victim's name, withholding child support.

ISOLATION - Preventing the victim making or maintaining connections with their family, friends or culture. Stopping victims from working, having outside interests and limiting access to the telephone, vehicle, computer or internet. Demanding that every minute of the day be accounted for, excessive questioning, acts of jealousy, spreading lies about the victim.

EMOTIONAL ABUSE—name calling, mocking, humiliating, degrading, shaming, controlling, stalking, intimidation, mind games and verbal abuse. Threatening violence, to self-harm and to hurt pets, children or other family members. Threats to report the victim to authorities (e.g. Centrelink, Child Protection, Immigration)

SPIRITUAL - Ridiculing beliefs and culture, preventing the victim practicing her religion and taking part in groups or ceremony that is important to her religious beliefs, using religious or cultural practices to excuse violence and abuse.

OTHER - Dictating what the victim does, who she sees, who she talks to or where she goes. Not allowing the victim to express her feelings or thoughts. Depriving the victim of food, water or sleep. Loitering at places the victim is known to go to, watching her, following her, making telephone calls persistently and sending unwanted letters, cards and gifts.

HOW FAMILY VIOLENCE AFFECTS CHILDREN

Children and young people who witness violence often feel;

- self-blame
- helpless
- grief
- fear
- sadness
- anger
- worry

Keep your kids safe by;

- Telling them to move away if fighting begins
- Go to a neighbour or stay in their room
- Have five people they can go to for help
- How to call police and know their address
- **Kid's Helpline**
1800 551 800

They may show signs of;

- Aggression/challenging behaviours
- Disturbed sleep/nightmares
- Low self-esteem/withdrawal
- Mental distress/anxiety
- Problems in school/with socialising
- Poor/lack of concentration
- Risk taking behaviour/addiction
- Self-harming behaviour

Children can be used to control the person being abused. This includes preventing the other parent from leaving or punishing the other parent in Family Court. Children are at higher risk following separation.

While many parents believe their children are shielded from family and domestic violence, research shows around 90% of children from violent families directly witness violence.

And...

If they don't witness it directly, they are aware of it occurring as they are alert to the obvious distress, tension and fear in their parents.