

Staying safe from

Family violence



© Fizles/Dreamstime

Family violence in any form is unacceptable.
No-one should feel afraid in their own home.
Knowing what family violence is and where to
get help is vital.



Neighbourhood Watch
Let's watch out for each other

What is family violence?

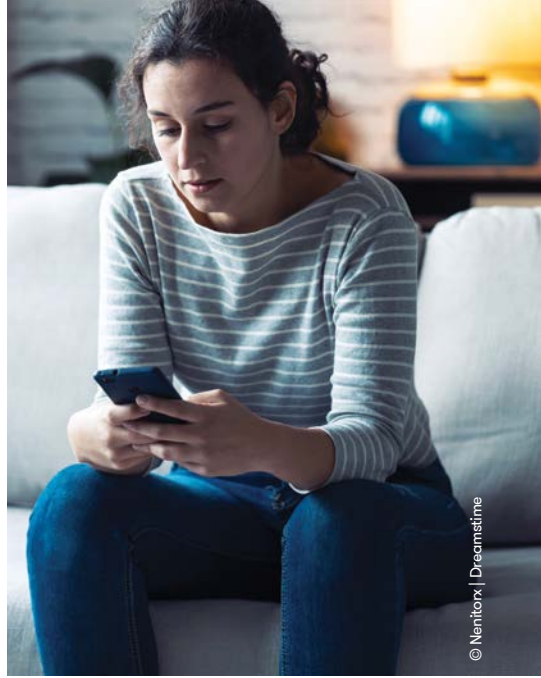
Family violence is when an intimate partner, family member, carer, housemate or former partner demonstrates a continuous pattern of threatening, controlling, coercive or abusive behaviour towards you.

This repeated abuse may make you feel scared for your safety, attack your self-worth, restrict your freedom and stop you from living your life as you choose. It can involve threats to you, your children, your pets or family members.

Family violence is not just physical or sexual abuse. It can include many types of abuse which are harmful and unhealthy.

Family violence hurts kids as well

Children have the right to feel safe and secure in their own home and not live in fear. Studies show that living with violence at home can cause long-term physical and emotional harm to children and can potentially affect their development.



© Nentox | Dreamstime

Types of family violence

Physical

- punching or kicking you
- strangling or choking you
- using force to steal or damage your belongings
- sexually abusing and assaulting you
- causing or threatening cruelty, death or injury to a pet or animal
- intentionally damaging, or threatening to damage, property
- unlawfully depriving you or your family members of their freedom

If your partner uses violence while you are pregnant or soon after birth, you will need additional and immediate support.

Economic

- controlling your money and keeping you financially dependent upon them
- demanding money from you in a threatening way
- lending you money and then enforcing difficult repayments.

Emotional or psychological

- threatening or blackmailing you or your family
- speaking to you in a way that is intimidating, abusive and/or frightening
- bullying, putting you down and degrading you
- stalking and making continuous unwanted approaches
- causing a child to hear, witness or be exposed to the effects of violent, abusive or threatening behaviour
- using social media and technology to frighten or shame you

Social

- insulting or teasing you in front of others
- isolating you from family and friends
- controlling what you can do, what you can say, and what you can wear

Sexual

- coercing you to participate in sexual acts when you don't want to

If you are experiencing violence

- Call Triple Zero (000) if you need police immediately.
- If English is not your first language, call Triple Zero (000) and tell them your language. They will connect an interpreter.
- Reach out to one of the support services listed here.
- If you can't report the violence or seek help yourself, tell a friend, family member or neighbour as they can contact police or a support service on your behalf.

If you suspect family violence

If you are concerned for the safety of a neighbour, friend or family member, you can reach out to police or one of the support services listed on the next page. It doesn't have to be an emergency.

However, if you become aware that a person is in immediate or urgent danger because of family violence (for example, you overhear loud threats of physical harm made against your neighbour by their partner or parent), you should immediately call the police on Triple Zero (000).



© Fizeska | Dreamstime

What happens if I call for help?

If you contact police, they will take steps to ensure that you and your family are protected and will connect you with support services. These services are available to help you feel safe and supported and to assist people using violence to change their behaviour.

Safety at home

Safety planning is thinking about things you can do to be safer when living with violence or abuse. The best way to make a safety plan is with the help of a support service. Some of the things you may wish to consider include:

- Speak to neighbours you know and trust. Ask them to call police on Triple Zero (000) if they hear violence or abuse.
- Have a safe place to go if you need to leave.
- Keep a list of important numbers in your wallet or mobile phone that you can call in an emergency, such as local taxis, crisis accommodation and the local police station.

“You have the right to feel respected and safe in your relationships”

Services to support you

safe steps



(7 days a week, 24 hours)

Crisis support, information and referral to safe accommodation (refuge) for women and children.

Phone: 1800 015 188 (toll free)

www.safesteps.org.au

Webchat: www.safesteps.org.au/chat

1800 RESPECT



(7 days a week, 24 hours)

Confidential information, counselling and support service.

Phone: 1800 737 732 (toll free)

www.1800respect.org.au

Women's Information and Referral Exchange



(Mon to Fri: 9am to 5pm)

Free information, support and referrals for women.

Phone: 1300 134 130 (cost of local call)

www.wire.org.au

Kids Helpline



(7 days a week, 24 hours)

Free, private and confidential telephone and online counselling services for children and young people aged between 5 and 25.

Phone: 1800 551 800 (toll free)

www.kidshelpline.com.au

Mensline Australia



(7 days a week, 24 hours)

Free and confidential counselling, information and support for men.

Phone: 1300 789 978 (cost of local call)

www.mensline.org.au

inTouch



(Mon to Fri: 9am to 5pm)

Free and confidential information, cultural support, and support services for women from migrant and refugee backgrounds, their families and communities.

Phone: 1800 755 988 (toll free)

www.intouch.org.au

Men's Referral Service



(Mon to Fri: 8am to 9pm;

Weekends: 10am to 3pm)

Anonymous and confidential counselling, information and referral service for men taking responsibility for their violent behaviour.

Phone: 1300 766 491 (cost of local call)

www.ntv.org.au

Legal Aid

Phone: 1300 792 387 (cost of local call)

www.legalaids.vic.gov.au

Women's Legal Service

Phone: 1800 133 302 (toll free)

or (03) 8622 0600

www.womenslegal.org.au

Legend

- Live chat function, if you don't feel comfortable calling.
- Quick exit button, if you need to close the page quickly
- Browse anonymously option, so it won't appear in your search history



Neighbourhood Watch
Let's watch out for each other

Follow us on Facebook and Instagram

Subscribe to our eNews

Volunteer with a local group

Participate in a local event

www.nhw.com.au

hello@nhw.com.au