



**Women's Community
Health Network WA**

What is family and domestic violence?



What is family and domestic violence?

Family and domestic violence is when someone you know:



- makes you feel scared or afraid



- makes you feel bad about yourself



- always wants to know:
 - where you are
 - what you are doing



- calls you names



- stops you from doing the things you want to do



- stops you from seeing or talking to your family and friends



- says that you will be locked away



- blames you for lots of things



- tells you that no one else will love you



- tells you that no one else will help you



- tells other people not to believe you



- spends all your money or doesn't let you have money



- makes you pay for everything



- scares you by yelling or smashing things



- says they will hurt someone or something you care about



- hurts your children or says they will



- hurts your pets or says they will



- hurts your body by:
 - punching or slapping you
 - kicking you
 - biting you
 - pinching you
 - spitting at you



- strangles you – puts their hands around your throat



- makes you have sex when you don't want to



- touches your private parts when you don't want them to



- makes you touch their private parts when you do not want to



- makes you use contraception when you don't want to



- stops you from using contraception when you do want to.



These things are called family and domestic violence.

They can also be called:



- abuse



- assault.



You may need help to stop them.

When does family and domestic violence happen?

Family and domestic violence can happen in all kinds of relationships.

It could be:



- your boyfriend or girlfriend



- your husband or wife, or partner



- your ex-boyfriend or ex-girlfriend



- your parents



- other family members – your uncle, aunty, brother, sister or cousin



- a worker or carer



- someone you live with.

How can family and domestic violence make you feel?

Family and domestic violence can make you:



- have headaches



- feel sick in the tummy



- cry



- shake



- feel like you cannot relax



- feel like something bad might happen at any time.

Your rights:



A relationship should never make you feel scared or unsafe.



Violence is never your fault.



You deserve to be safe.



You can leave a relationship that makes you feel unsafe.



Leaving an unsafe relationship can be a dangerous time.



Being pregnant or having a new baby can be a dangerous time.



It is very important to think about your safety.



It might help to talk to someone about your safety.

What can I do?



Your safety is the most important thing.



You should tell someone you trust as soon as you can.



Talk to someone who will believe you.

This can be:



- a friend



- a family member



- a worker



- someone from a domestic violence service



- a disability advocate – someone who helps people with disabilities speak up for the things they need.



If you do not get the help you need the first time you ask, keep trying.

Talking to someone might help you to ...



- think about what you need to be safe



- think about leaving and the safest way to do that



- think about if you want to stay and the safest way to do it



- understand how the law and the police might help you.



There are numbers for people you can talk to about this.

Who can help you?



If you are:

- in danger now, call the WA Police on **000**
- not in danger right now, call the WA Police on **13 1444**



You can call 000 anytime.



You do not need credit on your phone to call 000.



If you need to talk to someone about sexual assault or domestic violence, call **1800 RESPECT (1800 737 732)**



If you are a woman and want to report abuse or neglect from a family member or partner or

want help to talk about what is happening and come up with a plan to be safe, call Women's Health and Family Services on **(08) 6330 5400**



If you are a man or a boy and want help or advice, call MensLine Australia on **1300 789 978**



If you want phone counselling, information and advice and support in escaping situations of family and domestic violence, call **(08) 9222 2555**

or

1800 622 258 (Freecall)



If you want someone to talk to about sexual violence or sexual assault and come up with a plan to be safe, call the Sexual Assault Resource Centre's 24 Hour Emergency Line on: **08 6458 1828**

or

1800 199 888 (Freecall from landlines)

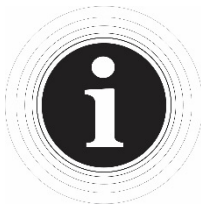


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The booklet was created with the help of WWILD women and a range of Queensland Service Providers. The 'You Deserve to be Safe' booklet can be found by following this link:

<http://wwild.org.au/easy-read-resources/>



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