



domestic violence

www.weekwithoutviolence.ywca.org.au

It is a crime for anyone to physically hurt, or threaten to hurt their spouse, partner or child. Domestic violence occurs in all kinds of families from all backgrounds. It is estimated that one in every four women experience domestic violence during their lifetime & nearly half of all Australians knows either a person who has committed family and domestic crime or is a family and domestic violence survivor. If you know of someone in an abusive relationship, support their right to safety and well-being.

What is Domestic Violence?

Domestic Violence can make you feel scared, afraid, nervous, unable to sleep, stressed, anxious or depressed, less confident in yourself, alone, trapped, ashamed & confused. Domestic Violence includes:

- Physical abuse such as pushing, choking, shoving, shaking, punching, slapping, twisting limbs, using weapons
- Sexual Abuse such as demanding or forcing sex, rape
- Object damage such as throwing crockery, breaking furniture
- Emotional Abuse such as threats, intimidation & put downs,
- Social Abuse such as isolation, suspicion of partner's family and friends, smothering & controlling what a partner does or who they talk to
- Economic Abuse such as keeping a partner financially dependent, trying to keep them from getting or keeping a job, controlling money

What can I do about Domestic Violence?

Believe in yourself. Remember it is NEVER OK for someone to hurt or threaten you.

If you think you, or someone you know may be in an abusive relationship get some help. Counselling for domestic violence is available from your doctor, local community health centre, or family support services. 24 hour phone counselling & referral is available through *Lifeline* on 131 114 or at *Kids Helpline* for those aged 5-18 on 1800 55 1800. Visit When Love Hurts: www.dvirc.org.au/whenlove/ or Reachout: www.reachout.com.au – for more information & links to services for children, men & women across the country.

If you've made a decision to leave develop a plan and collect as many of the following as possible - bank books, passport, drivers licence, birth certificate, medication, photographs, etc.

**Imagine a week of open minds not closed fists
– let's make it a reality**

