

Domestic Violence
Information Booklet
FOR THE EAST

Acknowledgements

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Introduction

Domestic violence can occur in all forms of intimate relationships- in marriage, de facto relationships, gay and lesbian relationships and people from different cultural backgrounds.

Domestic violence occurs in other family relationships as well. Young people can be perpetrators of domestic violence against their parents and other siblings. Older people can also be living with domestic violence from grandchildren and adult children. No matter what living arrangement domestic violence occurs in, the effects are hurtful and damaging for the victim.

Everyone has the right to live in a safe and secure environment without the threat of violence.

Current statistics show that around 95% of domestic violence involves men being abusive towards women. For this reason, throughout this booklet the victim of domestic violence will be referred to as 'she' and the perpetrator (that is the person who is being violent) will be referred to as 'he'.

This booklet has been designed to give people information on domestic violence and where to find help for themselves and their children. We have also included information on counselling and groups, which are available to people who would like to change their abusive behaviour.

If you are living with domestic violence, you do have rights and you can seek protection. You do not have to put up with domestic violence. This booklet may be a start to changing your domestic violence situation.

Are any of These Things Happening in Your Relationship?

Does your partner, husband, boyfriend or girlfriend...

- Say you are useless or stupid?
- Shout at you? Hit you? Sometimes? Often? When you are alone? When others are around?
- Force you to have sex?
- Put you down in front of others?
- Refuse to give you money, or not give you enough money to pay for everything you need?

Do they make threats to you like...

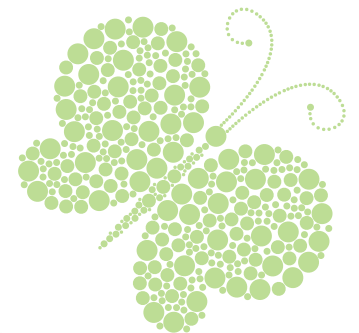
- What they would do if you left them?
- What they would do if you have a relationship with another person?
- What they would do if you do something again which they have already told you not to do?

These are all forms of domestic violence and something can be done about it.

“

It started off with him calling me names in front of people. Everyone used to laugh and I thought it was funny at first. He slapped me when I asked him why he did it. Then the slaps turned into punches and things just got worse. It wasn't until I told one of my friends what was happening that I learnt that what he was doing was not normal.

”



What is Domestic Violence?

Domestic violence is a lot more than just physical abuse. Domestic violence covers behaviour by a person towards their partner with the intention of controlling their life. This can include:

Physical Violence

Physical Abuse

Holding, restraining, pushing, shoving, shaking, punching, slapping, twisting arms and legs, using weapons. Any use of physical force whether it leaves an injury or not.

Sexual Abuse

Forcing her to do anything sexual when she doesn't want to, physically attacking her sexual parts of her body, demanding sex, rape, bondage, using objects, treating her as a sex object.

Object Damage

Throwing crockery, breaking furniture or household goods, damaging doors or walls, ill-treating, killing or threatening to kill family pets.

Emotional Violence

Threats and Intimidation

Making threats, using looks or actions, speaking in ways which are threatening or frightening.

Put Downs

Using putdowns about body shape, grooming, intelligence, parenting ability, home management skills and other comments that make her feel bad about herself.

Social Abuse

Isolation

Constantly criticising and being suspicious of her family and friends, being moody when her friends come around and making them feel uncomfortable about being there. Not allowing her to have her own friends and keeping her away from other people.

Smothering

Controlling what she does, who she speaks to, keeping in constant contact with her to 'see how she's going' when it's really to check up on her, insisting on everything being done together so she has no life of her own.

Put downs

Making hurtful comments about her in front of others or saying things to make her look and feel bad in public.

Economic Abuse

Keeping her financially dependent by not allowing her to do paid work, controlling all the money, refusing to allow her to have a say in financial decisions, making her ask for money, not giving enough money to pay for all of the bills, shopping and items needed.

Spiritual Abuse

Using the Bible or religion as a reason for violence and control, putting her down because of her religious or cultural beliefs, not allowing her to go to church or practice her beliefs, forcing her to go to church.

Power Abuse

Making all of the 'big' decisions, including decisions that affect her life, treating her like a servant, ignoring her rights, expecting her to tell him everything about how she feels, what she does and her plans, even if she doesn't want to tell him.



Technological Abuse

Methods that frighten and monitor her from a distance, including:

- Ringing her mobile phone constantly to check on activities
- Using redial to check numbers
- Following her internet histories
- Installing software to monitor her keystrokes on the computer
- Installing GPS in her car to monitor movements
- Configuring wireless phones or scanners to overhear her communication
- Posting threatening messages to her or about her in online chat rooms or social networking sites
- Installing hidden cameras, webcams or voice recorders to track her or impersonate her

Technology can be very helpful for victims of domestic violence but it is also important to understand how it may be misused...Here are a few things you can do to protect your privacy and safety:

- **Trust your instincts.** If you suspect your partner knows too much, your phone, computer, email, car use or other activities may be being monitored.
- **Plan for safety.** Dealing with such abuse can be difficult, domestic violence and police can assist you in a safety plan.
- **Take precautions if your abuser is 'tech savvy'.** If computers and technology are a hobby or profession for your partner, trust your instincts and take precautions, contact domestic violence services or police if you think you are being tracked.
- **Use a safer computer.** If your abuser has access to your computer they may be monitoring your activity, if possible use a safer computer, i.e. at the public library, community centre or internet café.
- **Create a new email account.** Only check this email on computers you feel are safe
- **Check your mobile settings.** Consider turning off your mobile phone if it is provided by your partner, also 'lock' the keypad so that you don't accidentally answer calls you don't want to, turning off the 'location' service on your phone via the 'phone settings'

option, then turning your phone on and off can also be helpful.

- **Change passwords and pin numbers regularly.** If you think your passwords are easy to guess or are known by your partner change them quickly and frequently.
- **Minimise use of cordless phones or baby monitors.** Turn monitors off when not in use and use traditional corded phones for sensitive conversations.
- **Get your own mobile phone, without GPS installed.** Try not to use shared or family phones when making escape plans as the bill or phone log may reveal your plans, instead use a pre-paid phone card so numbers won't be listed and be wary about phones given to your children by him- this may be a way to track you.
- **Ask about your records and data.** Ask government agencies about privacy policies regarding how your personal details are protected or published, request restrictions to access your private details to protect your safety.
- **Get a private mailbox and don't give out your real address.** When asked by businesses, doctors and others provide a private post box or a safer address to give them.

- **Search for your name on the internet.** Major search engines or social networks may have links to your contact information. Do a search for your name in quotation marks i.e. 'full name' and make sure social networking and other accounts are set with high security.
- **Keep records and consider reporting abuse or stalking.** Messages left via text or answering machines can be saved and used as evidence of stalking or abuse. Keep a record of all suspicious incidents, abuse, violence, threats, stalking or cyber-stalking can be reported to the police and the perpetrator can be charged with a criminal offence or an Intervention Order can be placed on him.
- **Consider registering as a silent voter.** Individuals can be located via the electoral role. There are current provisions which recognise domestic violence as a threat to safety.

Stalking is a crime recognised by police.

These are some of the many tactics and forms of domestic violence.

How it Begins and Why People Stay

Often domestic violence starts with a bit of a shove or a putdown and you may not give it much thought. Things get worse and you don't know what to do because:

- You think you are to blame for the abuse
- You think it's to do with your partner being under stress (due to work, family, etc.)
- You have dreams and hopes that you don't want the family to split up
- He's so nice to everyone else you believe it must be you
- People keep saying you are crazy because you put up with it
- People don't believe it's as bad as it is
- He apologises and says he won't do it again
- You love your partner
- You fear loneliness and believe you can't cope on your own
- You don't think your partner can cope on their own
- You don't want to separate your children from their father
- He has a good relationship with the children so you stay

Women who leave domestic violence situations will sometimes leave their partner time and time again. This may be because their partner pressures or tricks them into returning and they are not prepared for life away from their partner, do not have enough support or they feel guilty.

It is important to be as prepared as possible when leaving a domestic violence situation by making sure you have support. This can be by getting help from friends, family and through services in the community.

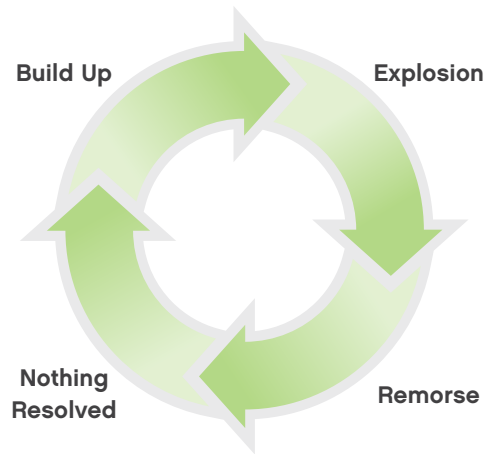


Myths and Realities about Domestic Violence

Myth	Domestic violence doesn't happen very often.
Reality	As many as one in three women my experience domestic violence sometime in their lives and up to one in eight may experience repeated abuse.
Myth	Domestic violence is private- outsiders should not get involved.
Reality	Physical assault or threats to harm are crimes whether inside or outside the home.
Myth	Alcohol and drugs cause domestic violence.
Reality	Violence occurs without alcohol or drugs. Many people use alcohol and drugs without becoming violent. Alcohol and drugs are an excuse and not a cause of domestic violence but may be a contributing factor.
Myth	If a woman gets hit she must have done something to deserve it.
Reality	The way one person acts does not give permission for their partner to hit or abuse them. No one deserves to be abused.
Myth	If he is sorry it means he has changed.
Reality	Many people feel sorry for hitting or abusing their partner after the abuse. These feelings, apologies and promises to change are part of the cycle of violence. This does not mean he will not do it again.
Myth	The relationship will get better, everyone has tough times.
Reality	Violence doesn't stop if you ignore it. The person using violence must realise they have a problem and make changes for it to stop.
Myth	Violence is a part of culture.
Reality	No cultural group is more or less violent than another. Violence is a behaviour that people learn from one another and is unacceptable in any situation or culture.
Myth	Abused women always leave home.
Reality	There are reasons why it is difficult for women to leave domestic violence situations. These include financial reasons, children, pressure from the rest of the family and friends to stay, hoping that he will change, being single again, still loving the abusive partner and having nowhere to go.

Cycle of Violence

Most perpetrators of domestic violence experience their behaviour as part of a cycle of four phases:



Build up

The perpetrators behaviour gets worse- from controlling and abusive to threatening and more violent. This might happen over days or minutes. The perpetrator often experiences his anger as getting stronger or feels as if they are under pressure or stressed. Perpetrators may say their partner makes them angry and this is the reason for the violence. He may show the build-up by his moods or actions, or it may happen inside his own head as he thinks about how bad the situation is.

Explosion

The most dangerous time- it can involve physical or verbal violence, serious threats and destroying objects. Some perpetrators feel they have lost control and may blame other things for their behaviour, for example alcohol or even their partner.

Remorse

The perpetrator feels sorry, helpless and guilty for his actions. He may believe and try to convince his partner it will not happen again. He may also make promises about how he will behave, as well as buying gifts for the victim and trying to make it up to her and/ or the children. The perpetrator may not think he is responsible for his actions and may blame his partner or children saying he was pushed too far.

Nothing resolved

There may be some time where things are calm and seem to be better. Really, nothing has changed and promises are not kept to make sure the violence is dealt with and doesn't happen again. The perpetrator may not accept responsibility and may say:

- That it never happened
- It didn't happen often
- Their partner wasn't hurt
- It wasn't as serious as she made it out to be (e.g. it was only a push)

This cycle will continue as long as the person who is violent ignores the problem. Unfortunately, it is often up to the victim of domestic violence to set boundaries or leave the situation rather than waiting for her partner to change.

Stopping the Cycle of Violence

It is possible to stop violence if the abusive and violent person (perpetrator) takes responsibility for his actions and decides to change. This is a big step and will most likely require professional help such as counselling or support groups. Sometimes it takes a crisis for the perpetrator to realise there is a problem and that they need to change. This may be:

- A serious threat from their partner that they are going to leave if the violence doesn't stop
- The partner leaving

- Being charged with domestic violence offences
- Other people finding out about the violence (family, neighbours, etc.)
- Children being involved or injured
- Police visiting or being called
- An Intervention Order being issued

It is important for the person behaving violently to make changes and stop violence. You can both get help and support to deal with the domestic violence you are experiencing.

Effects of Domestic Violence on Children

Domestic violence can be very damaging for children. It is a myth that children do not know or understand what is happening, that they will forget what they see and they will get over it quickly.

Children learn from what they see, so when a child sees domestic violence in their home it becomes distressing. The child may grow up believing this is the way to treat people you care for, that violence is a way to solve problems and that it is ok to treat your partner and women in this way.

A child may experience domestic violence by:

- Hearing the violence from another room and wonder what is happening.
- Directly observing the violence and feel in danger themselves.
- See results of the violence through seeing the victim bruised, crying and having low self esteem.
- Witnessing property damage.

The effects of domestic violence on children:

- A feeling of danger for the child. They may wonder if they are going to be hurt as well.
- The child may feel they have to help stop the violence and protect the victim. They may feel guilty if they do not do anything, or the child may be injured while trying to protect you.
- They may blame themselves for causing the arguments. This can result in them becoming withdrawn, not talking to parents in case it causes an argument and trying to please you all the time.
- They might become violent themselves because they think it is normal and acceptable, this can happen as a child or adult.
- Children feel the need to keep the domestic violence a secret from people outside the family home, this means other relationships in the child's life do not develop.

Specialist counselling services are available for children who are exposed to domestic violence, as the effects and impact domestic violence has upon children are different to the effects of the victim.

Young people can ring the Kids Helpline and talk to someone about what is happening at home. This can provide the child with support and counselling to help them understand what is happening. School counsellors are also available for young people to talk to and are a good source of support.

Phone numbers can be found in the resource section of this booklet.

Children and young people need support and reassurance that the violence is **not** their fault. The effects of domestic violence can be overcome with your support. Professional help and support is also available.

You and your child have a right to be safe!

“

The children were scared and cried themselves to sleep because of his screaming, shouting and smashing things. My 8-year old started to wet the bed again and played up at school.

”

What to do When Your Partner is Violent

Police

The police view domestic violence as a serious crime and there is no justification for the behaviour. The police aim to protect the victim and children living with domestic violence and hold the perpetrator responsible for the violence.

The police can help you by:

- Treating the violence like any other crime and ensuring a proper investigation is done.
- Giving referral information for you and your children. This will be for services that can help you.
- Helping you get an Intervention Order.

Write down each time the police are called to assist you and try to get a report number from the police. If you forget at the time, ring the next day and get the report number. It is always useful to have as much information about what is happening for your records, so try to keep the information together.

Crisis Care

Domestic Violence and Aboriginal Family Violence Gateway Service can offer counselling, support and referrals, along with emergency accommodation.



Domestic Violence Information Booklet

Emergency Phone Numbers

Police, Fire, Ambulance Emergency	000
Police Attendance	131 444
Domestic Violence and Aboriginal Family Violence Gateway Service (24 hour)	1800 800 098
HART (help with emergency support i.e. Urgent financial needs, DV, child abuse and homelessness)	1800 003 308
Life Line (24 hour)	131 114
1800 RESPECT (after hours counselling support)	1800 737 732

Indigenous Services

Aboriginal Advocacy Project	8232 5377
Aboriginal Family Support Service	8213 1112
Aboriginal Housing Authority (Housing SA Aboriginal Advisor)	131 299
Nunga Mi: Minar Shelter (Domestic Violence and Aboriginal Family Violence Gateway Service)	1800 800 098
Yaitya Tirramangkotti- Child Abuse Report Line	131 478
Aboriginal Legal Rights Movement	8113 3777

Children's Services

Child Abuse Report Line	131 478
Child, adolescent and Mental Health Service (CAMHS) Paradise CAMHS	8207 899
For other areas check your phone book	
Families SA Modbury- 995 North East Road	8407 4999
Child and Youth Health- Parent Helpline	1300 364 100
Children's and Youth Legal Service of SA 2/59 Main North Road, Medindie	8342 1800
Kids Helpline	1800 551 800

Relationship Counselling Services

Anglicare	8305 9670
Relationships Australia	1300 364 277
Elizabeth	8287 5055
Adelaide (City)	8223 4566
Ridgehaven	8396 4237
UnitingCommunities Adelaide	8202 5190
SPARK Resource Centre (Sole Parents)	8226 2500
Lutheran Community Care- 19 Edward Street, Magill	8331 3111

Financial Support

Centrelink	131 021
Other Languages	131 202
Enfield- 494 Regency Road	
Modbury- 116-118 Reservoir Road	
Norwood- 49 Edward Street	
(Social Workers are available for counselling)	

Financial Counselling and Emergency Relief

UnitingCommunities Adelaide	8202 5180
North East Community Assistance Project Inc.	8266 2780
Salvation Army, Tea Tree Gully	8360 6444
Salvation Army, Campbelltown	8365 5255
Primary Health Care Services-	8263 1155
North East Financial Counselling	
Uniting Communities Rostrevor	8331 3529

Gay and Lesbian Services

Gay and Lesbian Counselling Services	8362 3223
(Phone counselling 7pm to 10pm, 7 days, 2 to 5pm weekends)	
Gay Men's Health	8334 1617
Women's Health Statewide	1300 882 880

Health and Support Services

Adelaide Central Community Health Service	
Enfield- 5/221 Main North Road, Sefton Park	8342 8600
Alcohol and Drug Information Service (ADIS)	1300 131 340
Central Adelaide Domestic Violence Service	8365 5033
Northern Domestic Violence Service	8255 3622
GP Partners Adelaide	8112 1100
Gilles Plains Primary Health Care Centre	8334 8417
Primary Health Care Services- Salisbury with Tea	
Tree Gully Outreach	8281 7644
Sexual Abuse Support Services	8382 3554
Women's Information Service	8303 0590
Women's Healthline (1pm-4.30pm Monday to Friday)	1300 882 880
TTY	1800 182 089
Yarrow Place- Rape and Sexual Assault Services	8226 8787

Housing

Housing SA	131 299
Modbury- 100 Reservoir Road	8265 8300
Adelaide- 120 Flinders Street	8207 0000
Trace-A-Place- referrals for under 25s	8413 8150
Freecall	1800 816 349
Women's Housing Association	8349 4460
Lutheran Community Care- Women's Shelter	
19 Edward Street, Magill	8331 3111

Legal Services

Central Community Legal Centres	8342 1800
Family Court Law Helpline	1300 366 424
Family Court Legal Advice Lawyer	1300 139 937
Family Court of Australia- 3 Angus Street, Adelaide	8205 2666
Legal Services Commission	
Holden Hill- 7/560 North East Road	8369 1044
Northern Community Legal Service	8281 6911
Women's Legal Service	8221 5553
Freecall	1800 816 349
TTY	1800 670 864

Aboriginal Legal Rights Movement

Migrant Women's Services

Translating and Interpreting Service

Migrant Health Service- 21 Market Street, Adelaide

Migrant Resource Centre

CALD Statewide (24 hour)

UnitingCommunities Bowden- Multicultural Program

8113 3777

Older People

Aged Rights Advocacy Service Inc. (www.sa.agedrights.asn.au)

Aboriginal Advocacy Project

Seniors Information Service

8232 5377

8232 5377

8232 1441

Services for Men

COPE- Men's Group Confronting Violence and Abuse

Fatherhood Group

MensLine Australia

Parent Helpline

Relationships Australia

8223 3433

8243 5544

1300 789 978

1300 364 100

8223 4566

8245 8100

Police Stations

Holden Hill (24 hour)

Norwood

Tea Tree Gully

Adelaide

8207 6000

8207 6800

8263 0666

8172 5000

Youth

Youth Health Line

1300 131 719

Intervention Orders

Intervention Orders aim to protect you, your children and your property. They are made through the court and you can apply for one when:

- Someone injures you or your property
- Someone threatens you and you are afraid
- Someone is following you or watching you
- Someone is damaging and interfering with your property
- Sending you things that are offensive through the mail
- Contacts you when you do not want them to, by phone, mail, email, SMS, or in person

To apply for an Intervention Order contact the police and explain to them that you are living with domestic violence and would like an Intervention Order to protect you. Try and make a list of reasons you are applying for the Order, such as times he has injured or threatened you or your children.

The Intervention Order is applied in court and in some cases you will have to go to court also.

The police will tell you if you need to go or not. If the order is granted, the police will give the person you have taken the order against (the perpetrator of the domestic violence) a copy of the Order. When this happens the Intervention Order is valid and in place. The person who received the Order may disagree with it and it may go to court for them to contest it. The Police will let you know if this happens and will also explain what happens next. Orders can take a few days to go to court, however if it is urgent, it may be done quicker.

It is important you know what is in the Intervention Order you have applied for. You need to read the Order and make sure you understand the conditions. Keep a copy of the Order with you at all times.

You can apply for an intervention order as soon as an incident occurs if you believe it will happen again.

Financial Help

Centrelink

You may be able to get income support from Centrelink if you leave your partner. There is a Crisis Payment for people who are leaving home because of domestic violence. This is a one-off payment to help you settle into your new home. You need to state to Centrelink or to a Centrelink Social Worker that you are leaving because of domestic violence. You may ask to speak to someone privately at Centrelink if you don't want to tell the person at the counter.

You may also be able to receive Family Payment and Family Tax Benefits Payment. Centrelink can help you apply for these payments.

Centrelink Social Workers are available for customers who need help and would like counselling. Social Workers can also help with problems and concerns around child support, your relationships or any other issues. Ask to see a Social Worker when you get to the front counter or ring the call centre to speak to a worker.

Community Assistance Services

Throughout the community there are services which can help you with money, food vouchers, clothes and furniture. These services may be through a local church or community agency. A list of services in your area that may be able to help you can be found by asking:

- Your local GP Plus
- Families SA
- Service providers and workers you see already (e.g. Social Workers, Domestic Violence Workers, police when you ring a hotline, etc.)

These people will be able to help you contact services in your area or provide you with a list of services. Phone numbers for services are in the resource section of this booklet.

Housing

Phone numbers for services are located in the resource section of this book.

Housing SA

The Housing SA may offer housing support by offering rent assistance, bond and in some cases, cheaper housing to families or individuals who fit the criteria. You need to contact Housing SA and talk to someone about your situation. Ensure you tell them you are leaving home because of domestic violence.

If you are already in a Housing SA house, you may be able to get a transfer to another Housing SA house. You need to talk to your Housing SA worker to arrange this.

The Women's Housing Association (TWHa)

TWHA is a community organisation, which provides housing for women and children who have left domestic violence. TWHA does not provide emergency or crisis accommodation. You may contact them prior to leaving your partner; however there is a waiting list. The waiting list itself is long and will take in excess of 6 months to several years to gain housing depending on the area of choice.

Women's Supported Accommodation Services (shelters)

Supported accommodation is short term, safe and secure housing. Counselling, support and referrals to other services are also available. Accommodation is available for single women and women with children.



For information on shelters and referrals you can contact:

The Domestic Violence and Aboriginal Family Violence Gateway Service
1800 800 098

Trace-A-Place (if you are aged 12-25 years)
8212 7799

Legal Help

You may need to get some legal help for:

- Protection of you and your children
- Residency of your children or contact with them
- Child support payments
- Property settlements (house, car, bank accounts, etc.)
- Protection of property
- Accessing Legal Aid

There are services that can help you get legal information.

Women's Legal Service

Provides free and confidential legal advice to women. You can get information about domestic violence situations and what action you can take. Phone the service to make an appointment, or to talk to someone over the phone and explain that you are living with domestic violence.

Legal Aid

Legal Aid can provide a legal representative for you at a low cost. This is not a free service but the amount you pay depends on your income. To apply for Legal Aid, contact the Legal Services Commission or apply through a private lawyer. Even if you do not receive Legal Aid, you can get free information and advice from the Legal Services Commission.

The Family Court

The court deals with:

- Divorce applications
- Parenting orders (residency, contact arrangements, etc.)
- Enforcing court orders
- Property settlements between separating couples

All issues about where the children live and who they see are dealt with in this court. The Duty Solicitor at the court can give you advice and information that is free and no appointment is needed.

If you do not have a current Intervention Order against the perpetrator of the domestic violence, you may wish to take out an injunction against them. This can be done through the courts and can stop the perpetrator:

- Removing the children from the state
- Assaulting you and/ or your children
- Harassing you and your children
- Going into your home
- Selling or damaging your home and property

Community Legal Centres

Community Legal Centres provide free legal advice and in some cases legal representation to members of the community. You can have your legal rights explained to you as well as advice on the best action you can take.

Counselling

You may find it helpful to get some counselling to help you deal with the situation and make decisions around what you want to do next.

Phone numbers for the above legal services are in the resource section of this booklet.

You could seek legal advice if you think you, your children or property are in danger.

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I was so scared to tell anyone what was going on. When I tried to tell my family they didn't believe me. They said they couldn't believe how someone as nice as him could be violent. I heard about the Social Worker at the local Community Health Centre through one of the mums at school. I ended up speaking to the Social Worker. She actually believed me and listened to how I felt. It helped me to realise that he was the one with the problem, not me.

”

Survival Kit

The following is a checklist of items, which you should try to arrange to take with you as it may be hard to get them once you have left the house. Some of these items include:

- Money
- Cheque books, savings accounts, ATM cards, pin numbers
- Keys- house, car, office, safety deposit box, post office box
- Intervention Order
- Mobile phone
- Medications and prescriptions
- Passport, work permit and any other immigration documents
- Clothes
- Address book
- Phone numbers
- Residency orders, paternity documents
- Personal identification- drivers licence, passport
- Birth certificates- you and your children's
- Car registration documents- property title
- Pictures of injuries you may have received as a result of the violence
- Any evidence that may help the police in investigating your case, including letters or phone message tapes, etc.
- Pictures, jewellery and items of sentimental value
- Tax file number
- Marriage, separation and divorce papers
- School vaccination records
- Children's favourite toys, security blankets
- Lease/ rental agreement
- Mortgage payment books
- Insurance papers



If you have the chance to plan before you leave your partner, try and have as many things listed above packed together so it is easier and quicker to organise.

When you decide to leave your partner only tell people who will support you and keep your decision to leave and new address a secret. This can be difficult because you may feel guilty not telling all of your friends but it is important for your safety.

If you are not able to take anything with you when you leave, you can arrange for the police to go to the house with you to collect your personal things. This will help you feel safe and secure when returning to your home. Ring the police to speak to them to see when this can be arranged.

Once you have left your partner, they may try to get you to go back to them. It is important you have as much support around you when you decide to leave. Perpetrators of domestic violence know how to make you feel guilty about leaving them and may try to scare you into going back to them.

They may:

- Try and buy you back. This includes buying you presents, promising you he has changed, telling you that he loves you, giving you lots of attention.
- Use violence. He may threaten you or your children, use death threats and watch you. He may also make life difficult for you by making it hard for you to get money, wanting access to the children.
- Make you feel like he is helpless without you. This may mean he stops eating, threatens to kill himself and stops going to work.

All of this is done to make you feel bad about leaving and to try and get you to go home. By giving in and going home he will continue to use abuse to control you. It is important that the perpetrator admits they have a problem and seeks help to take responsibility for their actions and behaviour.

Support Services for Women

It may be helpful for you to talk to someone about your situation, whether you are living with domestic violence, or if you have left domestic violence. There are counsellors you can talk to as well as groups for people who have experienced domestic violence. This will help you:

- Realise it's not your fault
- Talk about what has happened to you
- Get support for now and the future
- Increase your self-esteem and confidence
- Know that you are not alone
- Find out about resources and services which can help you

You can find out about services by ringing a GP Plus in your area, calling the numbers listed in the resource section of this booklet or looking in the phone book under 'domestic violence services'.

You don't have to deal with domestic violence alone. There are services and people to help you.

Domestic Violence and Pets

Pets are often abused to intimidate or control a woman and/ or children in a domestic violence situation.

Women delay leaving a domestic violence relationship because they are fearful of what might happen to their pet.

Children who are exposed to pet abuse may experience fear, anxiety, depression and anger.

If you have animal cruelty concerns you please call the RSPCA.

Domestic Violence and Pets

Phone 8231 6931

After hours 8231 2120

Animal Welfare League Animal Shelters

1 - 19 Cormack Road, Wingfield

Phone 8348 1300

4 Hewittson Road, Elizabeth West

Phone 8256 0000

Lonsdale Animal Shelter

10am to 5pm Weekdays, 10am to 2pm

Weekends and public holidays

Dog and General Enquiries

Phone 8382 0888

Cats Phone 8382 9962

Community Liaison Officer

Phone 8212 6871

All Reports are CONFIDENTIAL and will be passed onto an RSPCA Inspector to investigate.

Indigenous Women

Indigenous women are over represented in domestic violence; however it is important to recognise the impact of past and present government policies and practices that have resulted in a legacy of grief and loss for past and current generations. Many of the issues faced today such as family violence, impact on the wellbeing of Indigenous families and communities.

Indigenous concepts of violence are much broader than usual mainstream definitions of domestic violence. For Indigenous peoples, the term family violence better reflects their experiences.

If you wish to speak with an Indigenous worker, you can call the services listed below. If you wish to access mainstream services, please refer to the agencies listed in the resource section of this booklet. Go Sister. You can do it! You are not alone.

Domestic violence is not a part of Indigenous culture. You have a right to be safe and free from violence.

Nunga Mi: Minar Shelter

(through the Domestic Violence and Aboriginal Family Violence Gateway Service 1800 800 098)

Domestic violence crisis service for Aboriginal people and their children. Provide counselling, emergency accommodation and support.

Women's Legal Service

8221 5553 or 1800 816 349

There is a free legal service for Aboriginal women. You can get information and advice on:

- Getting an Intervention Order
- Help and advice with debts
- Referrals for counselling and housing
- Help with property issues
- Legal advice

Nunkunwarrin Yunti

8223 5217

You can talk to a domestic violence worker and a family support for counselling and advice on where you can get help with accommodation, financial help and anything else you need help with. The service is free but you need to make an appointment.

Women from Non-English Speaking Backgrounds and Migrants

Women from different cultures and backgrounds face different problems when living with domestic violence. They may not know what services they can use or the laws around domestic violence in Australia. There may be cultural beliefs that domestic violence is okay and that women should live with it. Some cultures do not believe a woman has the right to leave a marriage and may be isolated from her cultural community if she does leave.

No matter what culture or background you come from, domestic violence is not okay. Everyone has the right to be safe.

“He used to threaten me constantly that he would send me back to Holland without the children if I do not do what he wanted. The lawyer the refuge found for me has told me that he can't do that and that's made a big difference to me.”

It may be hard to speak to someone in your own community because people might tell others and your partner might find out you are unhappy and plan to leave. If you are in this situation there are services available that can support you and make sure you can talk to someone in your own language, or through an interpreter.

Whether you are a migrant, non-English speaking background or newly arrived to Australia you can:

- Access the services listed in this booklet
- Contact CALD Statewide
- Contact the Migrant Resource Centre
- Contact the Migrant Health Service

CALD Statewide

Provides free and confidential support for women and their children from diverse cultural backgrounds who live with domestic violence.

They can help with:

- advice to victims of domestic violence about their rights
- counselling
- crisis intervention- practical help and support
- advocacy on behalf of the client about Centrelink payments, police and legal matters and housing
- accommodation help

Migrant Resource Centre

Offers information for migrant women on services available to them, information is available in many different languages.

Migrant Health Service

Provides health services for migrant women. Counselling is available and services are provided in many different languages.

“My Mother always told me not to tell anyone what was happening. She used to say 'What happens behind closed doors is no one else's business'. I was taught that people should think we had no problems. I had no one to talk to about my husband hitting and yelling at me. Then one of my cousins told me about a counsellor who spoke our language. I told her what was going on and she said that I had nothing to be embarrassed about and that he was to blame- not me.”

Same Sex Relationships

Domestic violence does occur in same sex relationships and some of the problems and issues are similar to those in heterosexual relationships. However, there are other issues faced by gay and lesbian people who are in domestic violence situations. People who identify as gay or lesbian may be isolated from their families and mainstream society, so the person may have less support around them when they experience domestic violence.

Homophobia within society also helps silence domestic violence in gay relationships as it makes the issues hard to talk about.

Although there may not be gender issues in gay and lesbian relationships, there are still control issues. This means that one partner may be in a position where they can dominate and control the other and they may abuse this power, resulting in domestic violence.

People who are gay or lesbian might not want to say they are in a domestic violence situation for the same reason as people in heterosexual relationships. However, there are other issues which prevent them from admitting they are living with domestic violence. These include:

- Fear that they will be isolated from the gay community because of a lack of understanding of what domestic violence is
- Not wanting to send a negative message to mainstream society that domestic violence does occur in gay/ lesbian relationships
- Feeling discriminated against or not believed in mainstream services
- If the person is not "out" and open about being gay or lesbian, by talking about their domestic violence situation people will find out their sexuality (e.g. family, co-workers, etc.)

As a community it is important to accept that domestic violence does occur in the gay and lesbian community. Everyone has a right to live safely and it is your responsibility as a member of the community to say NO to domestic violence in ALL relationships. There are services available to gay and lesbian people that can help with domestic violence situations. These services can provide:

- Counselling on domestic violence and relationship issues
- Crisis accommodation help
- Referrals to other services
- Support

Phone numbers for these services can be found in the resource section of this booklet.

It is important that you explain what is happening to people you can talk to and that they understand you are being abused. Just because you are the same sex as the person abusing you it does not mean you are to blame or that you should be able to stop the abuse yourself.

Information for Perpetrators of Domestic Violence

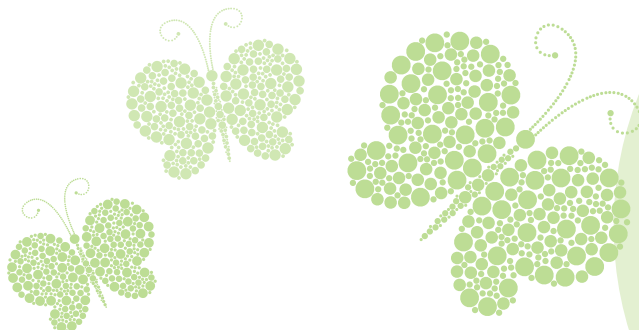
Reading this booklet may make you realise that you have a problem controlling your anger, that you control your partner or that you are involved in the cycle of domestic violence as a perpetrator. It is up to you to change your behaviour and make your home safe for your partner and children.

If you would like help to deal with your problems and to end the domestic violence in your home you can:

Ring the Domestic Violence and Aboriginal Family Violence Gateway
Service 1800 800 098

Contact a men's group in your area through your local GP Plus or Health Service

Contact MensLine Australia
1300 789 978



Rights of Older People

Domestic violence also occurs in relationships between older people and may involve their partners or other members of their families. Aged people have the right to live safely and free from violence. As well as accessing services already mentioned in the booklet, there are services specifically for older people.

Aged Rights Advocacy Service (ARAS)

ARAS offers a free, confidential independent, state-wide advocacy service for older people, carers and their representatives who are getting aged care services in a residential or community setting. Older people who are being, or are at risk of being, abused by family and/or friends can also get help.

ARAS can help by:

- Offering information about rights entitlements and responsibilities
- Giving support to help solve concerns or speak on the older person's behalf
- Offering strategies to protect themselves or reduce the abuse
- Offering education and information sessions to community groups and staff

Aboriginal Advocacy Project

ARAS also offers a service to older Aboriginal people. They can help you access information about your rights to protection and help you access services. This service is free and confidential.

Information about ARAS is available in several languages including Braille. An interpreter can be arranged if requested.

Emergency Phone Numbers

**Police, Fire,
Ambulance Emergency
000**

**Police Assistance
131 444**

**Domestic Violence
and Aboriginal Family
Violence Gateway Service
1800 800 098**

**Life Line (24 hour)
131 114**

Useful Australia-wide websites for further information

**Australian Centre for Study
of Sexual Assault
www.aifs.gov.au/acssa**

**COTA Senior Services
www.cotasa.org.au**

**Domestic Violence Incest and
resource Centre (Victoria)
www.dvirc.org.au**

**Freedom from Fear
(Western Australia)
www.freedomfromfear.wa.gov.au**

**Elder Abuse Prevention Association
www.eapa.asn.au**

**National Clearing House
[www.austdvclearinghouse.
unsw.edu.au](http://www.austdvclearinghouse.unsw.edu.au)**

**Women's Information Service
www.wis.sa.gov.au**

**Women with Disabilities
www.wwda.org.au**

