

## SEEKING PROTECTION

You may have had support from family or friends. Sometimes family or friends may not understand the danger you and your children maybe in. You are the best judge of how safe you are. You can talk to others about your safety.

These suggestions may help:

- Call the Police
- Apply for a Protection Order
- Tell friends or your neighbours
- Tell your employer
- Believe it isn't your fault
- Acknowledge that his violence is a crime
- Feel compassion for yourself and your kids
- Accept that the abuse has caused you great pain
- Recognise that you have already done a lot to try to change things
- See a Counsellor
- Join a Women's Domestic Violence support group
- Find out your Legal Rights

## IN AN EMERGENCY DIAL: 000

### DOMESTIC VIOLENCE PREVENTION CENTRE GOLD COAST INC.

Counselling: 07 5532 9000  
Admin: 07 5591 4222  
info@domesticviolence.com.au

### BEENLEIGH, EAGLEBY, NORTH GOLD COAST DOMESTIC AND FAMILY VIOLENCE OUTREACH SERVICE

Counselling: 07 3807 9922  
Admin: 07 3807 6226  
admin@domesticviolence.com.au

[www.domesticviolence.com.au](http://www.domesticviolence.com.au)

PO Box 409 Southport QLD 4215

## OTHER USEFUL TELEPHONE NUMBERS

### DVconnect — Womensline

24 Hours, 7 Days  
1800 811 811

### Women's Legal Service

1800 677 278 or (07) 3392 0670

### Legal Aid & Women's Legal Aid Queensland

1300 651 188

### Multicultural Families Organisation (MFO)

5571 0381

### Police Prosecutions

55 714 383

### Queensland Law Society

(07) 3842 5842

### Southport Magistrates Court

5583 5900

### Coolangatta Magistrates Court

5569 3040

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Domestic Violence  
Prevention Centre  
Gold Coast Inc.

Beenleigh, Eagleby, North Gold Coast  
Domestic and Family Violence Outreach Centre

**NEVER THINK HIS  
VIOLENCE OR  
ABUSE IS  
YOUR FAULT**



Produced by: Domestic Violence Prevention Centre  
Gold Coast Inc. (DVPCGC Inc)

*Please enquire about our Privacy Policy*

## DOMESTIC VIOLENCE IS A CRIME

Women are at greater risk at home than on the street. Most violence in the home is committed by men. Women and children are most often the victims.

## MALE VIOLENCE AGAINST WOMEN...

- Any behaviour which causes physical, sexual or psychological damage or causes a woman to live in fear, is violence against women.
- Threats are a form of violence.

Physical and sexual violence are the more obvious forms of violence. Pushing, poking, biting, hair-pulling, pinching, hitting, punching and using a weapon are all forms of violence.

Other forms of violence include:

- Insulting you in public
- Refusing to let you see friends & family
- Ripping or burning your clothes
- Calling you names
- Making you think you are crazy
- Disconnecting the phone
- Locking you in the house
- Threatening suicide
- Threatening to take or kill the children
- Drugging you
- Controlling all the money
- Treating you like a servant

## If you are in a relationship with a violent man or you have recently left, you may have some of these feelings...

- ... degraded and alone
- ... afraid to tell anyone
- ... worried about what others will think
- ... afraid that it is your fault too
- ... scared of coping alone
- ... confused, because sometimes he is loving and kind
- ... scared that it will get worse if you leave him
- ... insecure about the kids future
- ... furious that he could do and say what he did
- ... frustrated and sad because you tried everything to change the situation
- ... depressed
- ... guilty about leaving him
- ... that you've failed as wife and mother

There are many common ideas about why violence occurs, such as:

- He had a sad or difficult upbringing
- He drinks too much
- He has a stressful job & can't cope with family
- He has trouble expressing his feelings
- He can't control his anger
- Something about you drives him to use violence.

**THESE ARE ALL EXCUSES.** He is responsible for his violence. A violent man chooses his victims. He is less likely to abuse his boss, co-workers, friends, or people in the streets. He can control his violence but he **CHOOSSES** to be violent to his wife, lover, mother or child.

## It may be helpful to look at ways you have coped until now...

- You may have been careful about what you say and when you say it
- You may have tiptoed around his moods
- You encourage the kids to be quiet around him
- You try to do all the right things eg cook dinners, keep the house tidy etc
- You see less of your friends and family
- You keep the peace whenever possible
- You change your own behaviour according to what he wants
- You handle all family matters on your own to make it easier for him
- You try hard to protect the kids from the effects of violence
- You have tried to talk to him about his alcoholism or stress levels or his moods.

You have probably tried to stop the violence, but in the end, only he can change his own behaviour. Give yourself credit for everything you've tried.

**You are not to blame for his violence.**

**You have a right to be safe.**

**You have a right to live a life free from violence.**