

What if you want out????

- ♥ Talk to your parents, a friend, a counsellor or someone else who you trust and who can help.
- ♥ Don't meet your partner alone. Avoid being alone at school, your job, on the way to and from places.
- ♥ Safety Plan – Plan and rehearse what you would do if your partner becomes abusive.

If you know a friend in a violent relationship, you can help by:

- ♥ Not ignoring the signs of abuse. Talk to your friend.
- ♥ Listen to your friend.
- ♥ Be supportive - don't judge - help them to identify options.
- ♥ Express concerns about your friend.
- ♥ Refer them to services that can help

IN AN EMERGENCY DIAL: 000

DOMESTIC VIOLENCE PREVENTION CENTRE GOLD COAST INC.

Counselling: 07 5532 9000

Admin: 07 5591 4222

info@domesticviolence.com.au

DOMESTIC VIOLENCE PREVENTION CENTRE BEENLEIGH, EAGLEBY, NORTH GOLD COAST

Counselling: 07 3807 9922

Admin: 07 3807 6226

admin@domesticviolence.com.au

www.domesticviolence.com.au

PO Box 409 Southport QLD 4215

Other Useful Telephone Numbers

Kids Help Line

1800 551 800

DV Connect Domestic Violence Line

1800 811 811 7 Days, 24hours

Women's Legal Service

1800 677 278 / (07) 3392 0670

Police Prosecutions

55 714 383

Southport Courthouse

1300 516 700

Coolangatta Courthouse

5513 9700

This brochure is funded by the Department of Communities, Child Safety and Disability Services, Queensland Government

DATING VIOLENCE



FOR YOUNG PEOPLE

WHO

**HAVE OR WHO ARE
EXPERIENCING VIOLENCE or
ABUSE**

IN THEIR RELATIONSHIPS

Produced by the Domestic Violence Prevention Centre Gold Coast Inc. (GCDVPC Inc.)

Healthy Relationships

A healthy relationship allows you time and space to do your own things as well as enjoying time with each other

- ♥ Pursue your own interests.
- ♥ Maintain and respect your own friendships and encourage your partner to do the same.
- ♥ Maintain your own values and beliefs.

Dating is about sharing, enjoying each other's company and having fun. If you feel afraid of your partner, controlled or intimidated, it is time to take a closer look at your relationship.

REMEMBER

Dating Violence is not your fault

Unhealthy Relationships

An unhealthy relationship is controlling. It doesn't allow time and space for you to do your own things.

WARNING SIGNS



- **Jealousy**— your partner doesn't like you talking to anyone else.
- **Control**—they want to know your every move and who you are with all the time.
- **Blame**—they blame you for things that go wrong.
- They make sexist, derogatory jokes or expect sex on demand.

If any of these things are happening, to you, it means your partner is attempting to control you, put you down and make you feel less confident about yourself.



DANGER ZONE



Are you going out with someone who....

- ◆ Intentionally does dangerous things that scare you?
- ◆ Is jealous and possessive, won't let you have friends, checks up on you or won't accept you breaking up?
- ◆ Makes threats to leave you or kill you or themselves if you don't do what they say?
- ◆ Threatens to hit you, hurt your friends, your family or your pets?
- ◆ Gets very angry about small unimportant things?
- ◆ Forces you into sexual acts you don't want by using threats or physical force?
- ◆ Hits or physically assaults you in some way?

BRUISES HEAL BUT HEARTS DON'T SO PLEASE DON'T IGNORE THE SIGNS ...