

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

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

DV Connect — 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

1300 516 700

Coolangatta Magistrates Court

5513 9700

This brochure is funded by the Department of Child Safety, Youth and Women.

NEVER THINK HIS VIOLENCE OR ABUSE IS YOUR FAULT

Domestic Violence Prevention Centre Gold Coast Inc.

Domestic Violence Prevention Centre
Beenleigh, Eagleby & North Gold Coast



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

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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 and 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 said and when you said it
- You may have tiptoed around his moods
- You may have encouraged the kids to be quiet around him
- You may have tried to do all the right things e.g. cook dinners, keep the house tidy etc.
- You may have seen less of your friends and family
- You may have kept the peace whenever possible
- You may have changed your own behaviour according to what he wants
- You may have handled all family matters on your own to make it easier for him
- You may have tried hard to protect the kids from the effects of violence
- You may 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.