

## 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.

**Contact us on:** 07 5532 9000  
or 07 5591 4222

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Queensland 4215

**www.domesticviolence.com.au**

## Other useful phone 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)**

(07) 5571 0381

### **Police Prosecutions**

(07) 5571 4383

### **Queensland Law Society**

(07) 3842 5842

### **Southport Magistrates Court**

1300 516 700

### **Coolangatta Magistrates Court**

(07) 5569 3040



DVPC is located on Kombumerri Country on the traditional lands of the Kombumerri Saltwater people. We acknowledge and pay respects to the Kombumerri traditional custodians and their Elders, past and present.



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# Never think his violence or abuse is your fault



Produced by the Domestic Violence Prevention  
Centre Gold Coast Inc. (GCDVPC 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 and 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; and
- 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; or
- 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; or
- 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 **chooses** 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.
- tiptoed around his moods.
- encouraged the kids to be quiet around him.
- tried to do all the right things e.g. cook dinners, keep the house tidy etc.
- seen less of your friends and family.
- kept the peace whenever possible.
- changed your own behaviour according to what he wants.
- handled all family matters on your own to make it easier for him.
- tried hard to protect the kids from the effects of violence.
- 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.**