

How this may be affecting you?

Violence can affect you in all sorts of ways, such as:

- Not sleeping properly
- Nausea or headaches
- Abusing alcohol or drugs
- Anxiety or depression
- Missing classes, or taking days off work
- Not communicating with your family or friends
- Feeling like you can't trust people
- Losing touch with who you are and what is important to you, your own opinions and feelings
- Having less confidence in yourself
- Feeling alone and afraid to tell anyone

Some ideas that may help you to feel stronger

- Focus on things that you enjoy or feel good at, to build your confidence
- Write your feelings down, keep a journal, or write your partner a letter that you don't have to send
- Listen to music that has lyrics in it that make you feel stronger
- Pay attention to and trust your feelings and gut instincts
- Believe that you don't deserve to be treated this way
- Believe it's not your fault that your partner behaves this way
- Be proud of the way you've been able to be strong and of the ways you have found to keep going when you've felt so much confusion, fear and hurt

Information sourced from
Domestic Violence and Incest Resource Centre
Department of Communities
North Queensland Domestic Violence Resource Service



Funded by Queensland Health and Department of Communities

The Women's Centre

1800 657 501 24 Hr Free Call
In 07 47 Area

Ph 07 4775 7555

Fax 07 4779 2959

email: nqcms@thewomenscentre.org.au

www.thewomenscentre.org.au

FREE Services Provided

24 hour support line
Sexual assault support and counselling service
Women's Health Service
Health Promotion
Shelter Referral
Ongoing Counselling
Therapeutic Groups
Networking
Workshops
Donations - bread/ food packages (when available)
Community Education
Information and Referral
Internet and Telephone facilities
Feel free to come in, relax and have a cuppa

For further information please contact the
Women's Centre 4775 7555

Other Important Numbers

NQ Domestic Violence Resource Service (NQDVRS)
07 4721 2888

NQ Women's Legal Service
07 4772 5400

Women's Health Information Line
1800 017 676 Free Call

DVConnect Women's line
1800 811 811 - 24 Hrs Free call

NQCMS-02

The Women's Centre



What is Domestic Violence and How Does it Affect Women?

**If you are in immediate danger
contact the police on 000 or ask
someone else to contact them for you**

**The Women's Centre acknowledges the
traditional custodians of the land**

**50 - 52 Patrick Street Aitkenvale
ph 4775 7555 Free call 1800 657 501
www.thewomenscentre.org.au**

What is Domestic Violence?

Domestic Violence is when someone you are in a relationship with behaves in ways that make you feel fearful or unsafe. Domestic relationships are spousal, intimate or dating.

Tactics may be used by your partner to maintain power and control in a relationship. Examples are:

- Words or actions to intimidate or harass you
- Controlling your actions
- Stopping you seeing friends and family
- Causing injury or harming you in any way
- Damaging your property
- Forcing you to have sex
- Threatening you

Domestic violence can happen to any woman.

She may be of any age, status, religion, ethnicity or culture.

You have a right to feel safe

The physical and emotional safety of you and your children (if you have any) must come first.

Making the decision to leave or stay in a violent relationship is very difficult. There is support available to help you, either way.

People who experience this type of abuse or violence can feel very confused or ashamed. It is hard to accept that someone you love and have trusted can behave aggressively towards you. If you are unable to explain the other person's behaviour, you may begin to think that you are to blame.

You are not to blame! It is not your fault!

*You do not have to live with violence.
Everyone has a right to feel safe*

Hints for your Safety

Decide where to go if you need a safe place - family, friends or a women's shelter.

- Consider keeping a spare set of keys to the house and car, your passport, birth certificates, and other ID, in a safe place, eg: a friend, relative, solicitor
- Let supportive persons know about the violence - tell family, friends and neighbours
- Let your children know what to do in an emergency (where to go, who to phone, for example: police and ambulance). You may like to practice this like a fire drill.
- Have a place in mind where you and your children can go quickly if necessary.
- Listen to your early warning signs: when you get the feeling that something is about to happen, get out then.
- Have an excuse prepared so that you can leave quickly if your partner becomes threatening.

You do not need to get hurt before seeking help

Protection Orders

You can apply for a protection order if you are experiencing domestic violence from someone you are in a relationship with.

A protection order puts limits on the behaviour of the person who is being violent towards you. The order can also protect your children, relatives or associates if there has been violence towards them.

You can apply for a protection order at a Magistrates Court.
For assistance in applying for an order, contact The North Queensland Domestic Violence Resource Service on 07 4721 2888

Safety Plan Checklist

I have...

- a safe place to go
- got essential documents in a safe place
- an emergency plan
- put away emergency money
- talked to the children about what to do in an emergency
- asked neighbours to call the police when he is violent
- got spare keys to the house & car in a safe, easily accessible place

After leaving a violent partner:

- You can ask the electricity board, Telstra etc. to keep your forwarding address confidential
- Ask the school to let you know if he turns up there
- Use an answering machine to screen calls

Children also need someone to talk to about what is happening in their home

Children are affected by domestic violence even if they have not seen the abuse or violence.

You can help a child who has experienced domestic violence in the following ways:

- Tell them that the violence is not their fault, and that using violence is never OK;
- Give them permission to talk about the violence;
- Help make a safety plan that they can follow (if you do not know how to do this, please contact one of the organisations listed on the back of this pamphlet); and
- Let them know that other children have had similar experiences.

For further information, support or referral please contact the Women's Centre on 47757555