

What is family violence?

Family violence can affect anyone. It can involve anyone that:



you are related to



you have a romantic relationship with



you live with



is your ex-partner



It can take many forms:

Emotional abuse



- When someone scares you or makes you feel unsafe. They might
 - be cruel to you
 - threaten you
 - threaten your children
 - say things that make you feel bad about yourself.

Social abuse



- When someone stops you from seeing or talking to your friends and family.

Sexual abuse



- When someone touches you or forces you to do sexual things that you do not want to do.
- It can also be when someone forces you to have sex. This is called rape.

Technological abuse



- When someone uses technology to follow, shame or harass you.
- This could also be on social media.

Financial abuse



- When someone controls your money, or decisions about your money.
- They might not let you work or force you to work.

Spiritual or cultural abuse



- When someone stops you from practicing your religion or makes fun of it.
- They might use your religion to control you.
- They might force you to act against your religion.

Physical abuse



- When someone hurts you or your children.
- They might hurt your pets or destroy things.

It is also when children hear, see, or know about the violence



You are not alone

If you, or someone you know, feels unsafe or is impacted by family violence, these services are open all day, every day.

safe steps  1800 015 188

1800RESPECT  1800 737 732

Call 000 if you, or someone you know, is in danger

