

You Are Not Alone



What is Family Violence?

Family violence can affect anyone.

Family violence is when someone:



- Hurts or threatens you, or your children.



- Scares you or makes you feel unsafe. They might say things to make you feel bad about yourself.



- Controls what you do, say, or wear.



- Forces you to have sex or do sexual things when you do not want to.



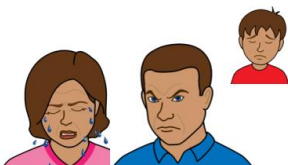
- Controls your money, stops you from working, or forces you to work.



- Follows you or send you text messages all the time to see where you are. They might even use apps to follow you.



- Stops you from seeing or talking to your friends and family.



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

It is never okay

There is no excuse for family violence. All forms of family violence are serious and against the law.



- People might get angry or more controlling at times of stress, or when things aren't going well.



- They might try to make you feel that it is your fault.



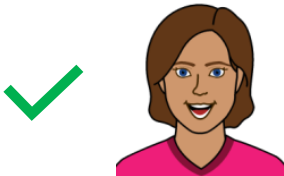
- They might scare you more or make you more anxious. They might blame you for how they are feeling. They might abuse or control you in any of the ways we described above.



- This is **never okay**.



- Family violence is **never your fault**.



- You have the right to:

- feel safe



- talk to friends and family



- get help

You can get help



Family violence services can help you



24/7 Support

If you, or someone you know, feels unsafe or is impacted by family violence, the following services are available 24 hours a day, 7 days a week. They will support you and can help if you need a place to be safe.



safe steps

1800 015 188



1800RESPECT

1800 737 732



Interpreter services available

If you cannot call, email safesteps@safesteps.org.au and a support worker will email you back.

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