

DOMESTIC & FAMILY VIOLENCE



DEFINITION

Domestic and family violence (DFV) includes any behaviour, in an intimate or family relationship, which is violent, threatening, coercive or controlling, causing a person to live in fear and to be made to do things against their will (DVSM).

Abuse

Abuse can be psychological, emotional or verbal. Using words and other strategies to insult, threaten, degrade, abuse or denigrate the victim are examples of this.

Physical Assault

Physical violence can include punching, kicking, slapping, choking or using weapons against the victim. All threats of physical violence should be taken very seriously.

Sexual Assault

This is any non-consenting sexual act or behaviour; any unwanted or disrespectful sexual touch, rape, forced compliance in sexual acts, indecent assaults or forced viewing of pornography.

Economic Abuse

Economic abuse is when a partner controls or withholds access to family resources such as money.

Threats

Using coercion, intimidation or threats such as telling the person that they, the children, pets or property will be hurt or taken away. It could be making a person afraid by using looks, actions or gestures.

Using Children

For example, making the other parent feel guilty about the impact of separation on the children; threatening to take the children away, or to report the partner to child protection authorities.

Social Control

Preventing the partner from making or keeping connections with their family, friends or culture; controlling what the partner does, who they see or talk to, what they read and where they go.

Impact on Children

Witnessing or experiencing domestic/family violence can have a damaging effect on children. It is important that they get the support they need.

ACCESSING SUPPORT

1. Online resources

There are a number of helpful websites that have resources that can provide support and guidance on services and options that you may require.

2. Contact a support group

They can offer you direct help through common lived experiences.

3. Consider a safety plan

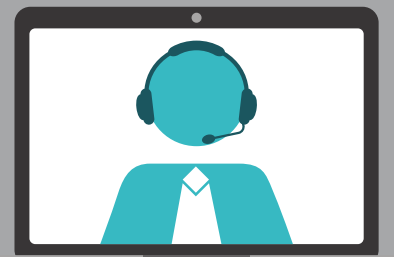
There may be a time that you may need to leave quickly. Have a list of items and important documents that you should take with you, as well as a plan for where you would go and how to get there.

4. Engage with EAP

Use your EAP service to support you and allow you the opportunity of an additional resource in place.



You may wish to support a colleague by linking them in with the following services or encourage someone to identify what supports are appropriate for their situation.



www.1800respect.org.au | 1800 RESPECT (1800 737 732)

- Assure: 24/7 service | www.assureprograms.com.au | 1800 808 374
- Lifeline: 24/7 service | www.lifeline.org.au | 13 11 14
- MensLine: 24/7 service | www.mensline.org.au | 1300 78 99 78
- Kids Helpline: 24/7 service | www.kidshelp.com.au | 1800 551 800
- Translating and Interpreting Service: www.tisnational.gov.au | 131 450
- Domestic Violence Service Management: www.dvnsdsm.org.au |



How to respond when someone discloses they are experiencing domestic and family violence?

Listen to them and follow their lead.

Let them decide what is needed and what is next.

Let them decide the pace and the precision of any steps.

Let them lead.

(Follow My Lead, DVSM)