**FAMILY VIOLENCE**

**WHAT IS FAMILY VIOLENCE?**

Family Violence (also known as domestic violence) is about power and control, and there are many ways this control can be exerted. It includes physical, sexual, emotional and psychological abuse, social and economic deprivation.

**SIGNS OF ABUSIVE RELATIONSHIP**

- Possessiveness
- Jealousy
- Physical and sexual violence
- Threats

**FORMS OF ABUSE AND VIOLENCE**

- **Physical harm**
  - self-harm, smashing things, hurting pets
- **Emotional & psychological abuse**
  - humiliation and blaming
- **Financial abuse**
  - strict or unfair control of money
- **Verbal abuse**
  - yelling
- **Social abuse**
  - controlling where you go and who you see
- **Sexual abuse**
  - rape
- **Stalking**
  - excessive phone call, texting and emails
- **Spiritual**
  - controlling practices or choices

**CONSEQUENCES OF ABUSE AND VIOLENCE**

**Immediate**
- physical injuries (cuts, scrapes, bruises)
- hearing loss, vision loss
- miscarriage or early delivery
- sexually transmitted diseases
- knife wounds or gunshot wounds
- homicide

**Long-term**
- gastro-intestinal disorders associated with stress
- headache/fainting/seizures
- gynaecological problems
- eating disorders
- sleep disturbances
- homelessness
EFFECTS OF FAMILY VIOLENCE

Fear
Shame
Anger
Suicidal thoughts
Substance abuse
Injury or death

Get support from family or friends
Talk to someone who you trust like a friend, counsellor or support worker.

Go to a refuge
A place to seek for temporary accommodation, and refugees offer legal advice, emotional support, practical help and good security.

Talk to emergency services or the police
If you are injured or sexually assaulted, contact the nearest hospital or if you feel unsafe contact the police.

Read about your rights
Check out your legal rights at Youth Law Australia. Every state has laws designed to protect you against all forms of family violence.

Centrelink for financial concerns
Centrelink crisis payments can help with immediate financial concerns.

For more information on family violence, contact:
Mental Health Foundation Australia
www.mhfa.org.au

1300 643 287
supportgroup@mhfa.org.au