

What are the signs of domestic and family violence?

There are signs that may suggest someone is experiencing domestic and family violence. They may:

- › seem afraid of their partner or a person close to them
- › stop seeing their family or friends, or end phone conversations when their partner is around
- › appear neglected or unable to access their money or belongings
- › talk about their partner's jealousy, bad temper or possessiveness
- › say their partner forces them to do sexual things
- › have become anxious, depressed, withdrawn or lost their confidence
- › have physical injuries such as bruises, broken bones, sprains or cuts, and may give unlikely explanations for them
- › be reluctant to leave their children with their partner.

Where to get help

Emergency (Police or Ambulance)

Triple Zero (000)

If someone is in immediate danger.

Women's 24 hour help line (DV Connect)

1800 811 811

Free and confidential advice and support for women experiencing violence at home.

Immigrant Women's Support Service

07 3846 3490

Counselling and advice for women from non-English speaking backgrounds about domestic and family violence and sexual violence.

Men's help line (DVConnect)

1800 600 636

Confidential help for men experiencing relationship and family issues.

Family and Child Connect

13 32 64

Free and confidential advice for families with children who need support.



For access to an interpreter in your own language call **137468**.

Everyone
has the right
to feel safe
at home

Information to help know the signs of domestic and family violence and how to provide support.

www.qld.gov.au/domesticviolence



What is domestic and family violence?

Domestic and family violence happens when one person in a relationship uses their power to control, abuse or frighten the other person. It takes many different forms and can occur in many different relationships, usually within the family (including extended family and in-laws) or in the home.

Domestic and family violence is unacceptable and can be a crime in Australia. Culture is never an excuse for domestic and family violence.

Children can be hurt by domestic and family violence.

What you can do to support someone

If someone you know is showing signs of domestic and family violence, take action — you may be the only one who does. Your help can make a difference.

What you should do:

- › **Listen** to what they have to say and believe what they tell you — don't blame them.
- › **Ask** them about the abuse at a time and place that is safe and private.
- › **Help** them to understand how the abuse may be affecting them and their children.
- › **Talk** about how to increase their safety.
- › **Offer** practical assistance like looking after the children or cooking a meal.
- › **Respect** their right to make decisions, even if you don't agree with them.
- › **Contact** your local domestic violence service for advice on how best to help without putting yourself and the victims at risk of harm.
- › **Ask yourself:** 'Is what I am doing making it safer for the person being abused?'

What you shouldn't do:

- › **Intervene** in a physically violent situation — you should call the police on Triple Zero (000).
- › **Reveal** a victim's location or plans to escape, especially to the abusive person, their friends or family.
- › **Directly** challenge an abuser if danger signs are present.

What you can do in your community

- › **Learn** more about the different forms of domestic and family violence and to recognise danger signs.
- › **Talk** about domestic and family violence and bring it out into the open.
- › **Promote** attitudes that show respect between men and women.
- › **Promote** gender equality in your community, religious or sporting club.
- › **Model** appropriate behaviour and challenge friends, family and community members when they dismiss violence or blame the victim.

It is important to seek expert advice if you think someone you know is being abused.

Domestic and family violence can have serious outcomes including death and serious injury.