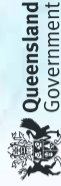


# You have the right to feel safe at home



Domestic and family violence is not acceptable in Australia. No matter who you are or where you come from, domestic and family violence can affect anyone and exists in every community.

**If you are living with abuse, or feel afraid in your home, it is not your fault. You do not need to feel ashamed or embarrassed.**

**A healthy relationship is trusting, supportive and safe. No one should be scared by someone in their family.**

**Help is available. If you do not feel safe it is ok to ask for help. When you need support, contact:**

**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.

**Men's help line (DVConnect)  
1800 600 636**

Confidential help for men experiencing relationship and family issues.

**Lifeline  
131 114**

Support if you are experiencing a personal crisis at any time of the day or night.



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

**Culture is never an excuse for domestic and family violence.**

**[www.qld.gov.au/domesticviolence](http://www.qld.gov.au/domesticviolence)**

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 most commonly happens in relationships within the family or home.

**Does your partner, family member or a person caring for you use or threaten any of the following types of abuse?**

**Financial abuse**

- › take away the money you earn or are entitled to (Centrelink benefits)?
- › not provide enough money for you or your children's needs?
- › monitor and control what you buy?
- › prevent you from getting a job?

**Physical abuse**

- › push, hit, put their hands around your throat, kick or throw objects at you?
- › stop you from getting medical attention or enough food and water?

**Sexual abuse**

- › force or pressure you into sex acts you don't want to do (even within marriage)?
- › threaten to harm you if you do not have sex?

**Verbal abuse**

- › swear or use offensive language towards you?
- › humiliate, criticise or insult you, especially in public?

**Emotional and psychological abuse**

- › make you feel worthless, ashamed, helpless, distressed or afraid?
- › threaten to physically harm you, your children, family members or pets?
- › withhold your passport or threaten to have you deported from Australia?
- › threaten to leave you or take your children away?
- › control what you wear, watch and/or read?

**Cultural and spiritual abuse**

- › shame you for your cultural or spiritual beliefs or practices?
- › stop you from using your preferred language and going to cultural or religious events?
- › use religious or cultural beliefs as an excuse for harming you or forcing you to do things you don't want to do?
- › make threats if a dowry is not paid?

**Social abuse**

- › control where you go, control who you see, or lock you in the house or stop you from seeing your family and friends?
- › monitor your telephone calls and social media (e.g. Facebook, Instagram)?
- › get possessive and jealous if you talk to others?

**If any of these things are happening to you, this is domestic and family violence.**