

Can you see the signs of domestic and family violence?



See the signs. Make the call.

DVConnect Mensline
1800 600 636
(9am–midnight, seven days a week) Counselling, support and information.

Lifeline 13 11 14
(24 hours) Anonymous and confidential advice.

Calls from a mobile phone incur charges.

qld.gov.au/domesticviolence

What happens if you stop being abusive?

- You'll develop more respectful, healthy and safe relationships.
- Your children will see your positive changes, which can influence how they handle their relationships.
- You may be able to repair some of the damage you caused.

Everyone has the right to have relationships free from violence and abuse.

How can you start changing your abusive behaviour?

1. Talk to someone about where to get help.
2. Stop making excuses and blaming others for your behaviour.
3. Learn how to build respectful relationships, free from violence and abuse.

You aren't alone, there is help.
Call DVConnect Mensline on **1800 600 636**

What are the consequences of abusive behaviour?

- Broken relationships.
- People you love, including your children being hurt or scared of you.
- Losing the respect of your friends and family.
- Causing serious injury or death.
- A domestic violence order may be taken out against you.
- Criminal charges and prison time.

Don't let abusive behaviour ruin your relationship.

For confidential advice call
DVConnect Mensline
1800 600 636.

What is domestic and family violence?

Domestic and family violence is using abusive behaviour in a relationship so you feel in control. This can happen once but it's usually a pattern of behaviour.

Getting someone else to carry out the abuse for you is also considered domestic and family violence.

Abuse can include:

- controlling what your partner spends
- controlling who your partner talks to or spends time with
- making threats
- pressuring your partner for sex
- being jealous and accusing your partner of being unfaithful to you for no reason
- controlling or preventing cultural or religious practices
- throwing objects during a disagreement
- put downs, cruel jokes
- pushing, hitting, slapping
- constantly phoning and texting to check up on your partner.

Abuse can happen in all types of relationships

- **Intimate personal relationships** — including same sex or opposite sex people of any age who are married, defacto, engaged, betrothed or dating. It also includes parents of a child, whether they live together or not, or are divorced or separated.
- **Family relationships** — include by blood, marriage, extended family, kin or clan on cultural or religious grounds.
- **Informal care relationships** — include providing or receiving unpaid care for someone due to illness, disability or impairment.

Are you using abusive behaviour in your relationship?

- Have you been violent or abusive to a partner, family member or someone in your care?
- Does your partner need permission to speak to family or friends, or to spend money?
- Have you made a loved one or someone in your care afraid?
- Is your abusive or violent behaviour affecting your children?

Admitting you have a problem with abusive behaviour is the first step to changing your life.

Only you can control your actions.

Only you can end the violence.

Only you can make the right choice to create a safe and positive future for you and the people you care about.