



What happens when you hurt others?

- People, including your children, get scared and hurt.
- People close to you no longer respect you.
- You could cause serious injury or death.
- A domestic violence order may be taken out against you.
- You could face criminal charges and prison.

How can you make different choices?

This is not just women's business, it's men's business too.

Accept that you need to change. You can make a choice not to use abuse or violence.

You are not alone. There is someone you can talk to.

For example, you can call **DV Connect Mensline 1800 600 636.**

You can also talk to an Elder or someone you trust about how to be a caring partner and positive role model for your children and your mob.

What happens when you stop being abusive?

You will make good memories for your family, children and community.

Your story will be a positive one, about choosing to show respect in your relationships.

Every person has a right to live free from violence and abuse.

Remember, how you behave makes memories for those around you.

What will your story be?

The way you behave makes memories...

How do you want your family to remember you?

Some people use abuse to hurt and control the people they are close to, while others choose to have positive relationships with no violence or abuse. It's your choice.

What will your story be?

Call DV Connect Mensline on **1800 600 636** for free and private advice.

What is family violence?

Family violence is when you use abuse to feel in control of others. Mostly it happens often.

Abuse can be:

- physical things, such as pushing, hitting or putting your hands around your partner's throat
- controlling who your partner talks to or spends time with, and the things they do
- being jealous and accusing your partner of being unfaithful to you for no reason
- pressuring your partner for sex
- making your partner feel afraid
- being intimidating, putting your partner down, or yelling at them.

Abuse can happen in all types of relationships

Abuse can involve people who are married, or in other forms of relationships (including partners, ex-partners, and boyfriends or girlfriends).

It can also include abuse of family or kin, or people you are caring for.

Can you see the signs of your abusive ways?

- Have you hurt, frightened or been abusive to your partner or a family member?
- Has your behaviour made your children worried or afraid of you?

Stop your abusive ways.

It's your story.

Freecall DV Connect

Mensline 1800 600 636

(9am–midnight, seven days a week). Counselling, support and information.

Lifeline

13 11 14 (24 hours) for anonymous and confidential advice.

Calls from a mobile phone are charged.

www.qld.gov.au/domesticviolence