

**SAY NO  
TO  
FAMILY VIOLENCE**

**PAMPHLET**

**RECOGNISE THE SIGNS OF FAMILY  
VIOLENCE**



**ACHRRH**  
Australasian Centre for  
Human Rights & Health

Empowering Communities  
through Knowledge  
and Research.





## **DO NOT BE SILENT ON DOMESTIC VIOLENCE**

### **Quick Facts:**

- Family Domestic Violence is suffered by 1 in 4 women
- Family Domestic Violence is a systematic pattern of controlling and inducing fear
- Family Domestic Violence causes depression and suicide, violence and murder
- Family Domestic Violence causes children to become aggressive, depressed, and fail at school
- Family Domestic Violence is against the Law
- 86% victims are women and 14% victims are men

#### **➤ PHYSICAL VIOLENCE**

- Kicking
- Slapping
- Pulling Hair
- Punching
- Throwing Objects
- Strangulation

#### **➤ EMOTIONAL ABUSE**

##### **○ CONTROL AND DOMINATION – LACK OF EQUALITY IN RELATIONSHIP**

- Perpetrator wants it all his way.
- Perpetrator does not let her speak, he speaks for her.
- Victim is frightened of Perpetrator
- Perpetrator throws objects around.
- Children are afraid of Perpetrator
- Victim is isolated and cannot go out of the house alone.
- Perpetrator controls what she wears and where she goes and with whom.

##### **○ BLAMES HER FOR EVERYTHING**

- Blames victim for things that go wrong in life eg losing job.
- Blames victim for his violence, or not finding a job.

##### **○ DAILY CRITICISM AND HUMILIATION**

- Calls victim names, abusive words like 'useless' and 'stupid' or any swear words.
- Demears, humiliates, make victim feel inferior.

○ **DOWRY DEMANDS OR DEMANDS FOR GIFTS IS ILLEGAL**

“Perpetrator pressures her to ask her parents for money.

If she refuses she is verbally abused, humiliated, physically abused”

○ **SOCIAL CONTROL BY ISOLATING HER FROM HER FAMILY OR FRIENDS IS ILLEGAL**

- Perpetrator does not let victim out with her friends.
- Perpetrator does not allow victim to communicate with anybody, not even with her family.
- Perpetrator dead - locks the door, takes the key, goes to work and leaves victim in the house.
- Perpetrator deprives victim of food , medicine, medical care etc

○ **VERBAL THREATS OF VISA CANCELLATION AND DEPORTATION IS DOMESTIC VIOLENCE**

- Husband says, “*I am a permanent resident and I can kick you out of the country*”.
- He does not give her passport.

○ **SEXUAL JEALOUSY IS A MONSTER**

- Sexual jealousy is not accepted as an excuse for verbal abuse or physical violence. Criminal charges can be laid.
- Keep your anger under control
- Get help, Get professional help
- Find someone to discuss your problem.
- Learn anger management skills in counseling.
- Manage your jealousy because it is your issue .
- Sometimes jealousy can be a symptom of depression or feelings of inferiority /insecurity.
- Speak to your local doctor and get right type of help.

○ **PHYSICAL OR VERBAL ABUSE DURING PREGNANCY**

***Putting the life of the child and the mother at risk***

➤ **FINANCIAL CONTROL**

- Beaten or abused or humiliated by Perpetrator if she does not have a job .
- Perpetrator controls her income.
- Perpetrator cannot spend her income.
- Victim is denied access to money.

➤ **ELDERLY PARENTS ABUSE BY ADULT CHILDREN**

- Pressurized to hand over the title of their property, or their money or their pension to the adult children.

➤ **SEXUAL ABUSE WITHIN MARRIAGE**

- Even when married, the law expects the man to respect his wife and ask permission for sex.
- Forced sex in marriage or sex without her consent is against the law in this country.
- Criminal charges can be laid.

➤ **SPIRITUAL/ RELIGIOUS CONTROL IS DOMESTIC VIOLENCE**

- Not letting her go to her place of worship.
- Not letting her pray is against the law.

**Why get help?**

- ❖ Family Domestic Violence kills women
- ❖ Family Domestic Violence damages our culture
- ❖ Family Domestic violence breaks up homes
- ❖ Family Domestic Violence causes mental problems in women, men and children
- ❖ Support those who may be victims by speaking out
- ❖ Encourage perpetrators to seek help

**HAPPY HOME BRINGS HEALTH, WEALTH AND SUCCESS**

**WHERE TO GO FOR HELP**

- **POLICE IN EMERGENCY -- 000**

- **YOUR GP -- THEY ARE HELPFUL, EASY TO REACH, THEY WILL REFER YOU TO THE RIGHT PLACE.**
- **1800 RESPECT**

- **INTOUCH MULTICULTURAL CENTER AGAINST FAMILY VIOLENCE – 1800 755 988**

**SAFE STEPS**

call 1800 015 188 FOR ANY SUPPORT *24 Hour state wide line 1800 015 188*

- **MEN'S 24 HOUR REFERRAL SERVICE -- 1800 065 973 (FREE CALL VICTORIA ONLY)**

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**NEED ADVICE - WRITE TO**

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*Harnessing the power of community support networks, ACHRH is a think tank and undertakes research, evaluation informing community based solutions to eliminate family domestic violence and shed new light on issues relating to human rights and health of women, children and men in the Austral-Asian Communities*