



Domestic & Family Violence

DOMESTIC & FAMILY VIOLENCE (DFV): A SELF-HELP GUIDE

Our mob has strong community values and places great emphasis on care, respect, and love, but sometimes things can go wrong. This is when we need to come together, recognise our mobs' strengths, and help each other out. Struggling with domestic violence? There is always a hand stretched out for you.

Considering Leaving Your Relationship?

Leaving a relationship can be a really hard decision to make. It means we need careful thinking, planning, and support from mob, especially when domestic violence is involved. It can feel hard to leave due to many reasons such as strong cultural or religious bonds, love for our partner, kinship ties, lateral violence, shame, concern for our bub's wellbeing, or fear of losing our home or money. Remember, you are not alone, and help is always available.

UNDERSTANDING DOMESTIC & FAMILY VIOLENCE (DFV)

It's important to know what Domestic & Family Violence (DFV) means. It involves abuse from one partner towards the other. If your partner's actions make you scared, powerless, or unsafe, then it's DFV. This can happen both during the relationship and even after you have broken up. DFV does not always happen physically; it also includes emotional, financial, and verbal abuse, among others. Signs of DFV include feeling disrespected, unable to express yourself freely or being scared to disagree or express your needs and wants.

If you recognise any of these signs reach out for help in finding safety from a DFV relationship.

WHO DOES DFV AFFECT?

DFV can affect anyone of us mob, regardless of our age, how much money we make, or how important of a role we may have in our communities. More than 90% of victims are women, but men can be victims too. Remember, Domestic and Family Violence (DFV) is a crime, and the law offers protection.

Supportive services are available in your state or territory.

Please yarn to someone you trust whether it's mob, an Elder, a counsellor, minister, or a crisis line, talking can help you understand your situation and find a path forward.



13 YARN
"Our Story, Our Healing"

www.13yarn.org.au



13 92 76

CALL US IF YOU NEED TO YARN 24/7



LEGAL RIGHTS AND SUPPORT

We all have legal rights. You have the legal right to live without fear and any form of physical or sexual assault or threats of violence are against the law in Australia.

To help you feel safe if the abuser does not keep away, you can apply for a protection order, and they will be charged with a criminal offence.

Additionally, support services such as Centrelink, Victims of Crime, and counselling services are available to help you through the crisis.



WHAT CAN FRIENDS AND FAMILY DO?

Your close mob can play a really big role in helping you feel supported. They can offer a listening ear, help around the house, help with the kids, and keep you feeling supported after making the choice of safety, especially during hard times. Remember, every bit of help counts.

IF YOU DECIDE TO LEAVE

Leaving a violent relationship may result in the abuser becoming upset, angered, and maybe even more violent.

Whenever you or your family's safety is threatened call 000 or 112.

We advocate for the importance of having a safety plan.

Having a safety plan may include planning your response to an emergency DFV situation.

packing an emergency bag with essentials,

telling your trusted family about your safety plan

accessing your network of support from family and community and local services

initial steps in your safety plan may include getting police assistance, family assistance and/or assistance from local services in advance of leaving your partner.

YOUR STRENGTHS AND SELF CARE

Remember that experiencing a traumatic event may impact on your physical, social, and emotional wellbeing. After a traumatic event it might need great courage to heal you and your family. An option to talk with someone to ask for support out of a situation (before, during or after). When you need support to move forward, remember support is available, whether it is one or a few of the following choices:

- Trusted family or friends
- Your trusted community members
- Local services
- Legal services
- Local emergency services (Ambulance, Police, Hospital)

Self-care includes taking care of your physical, social and emotional health, connecting with mob and culture.

You can contact 13YARN for round-the-clock support.

EFFECTS OF DFV

Survivors of traumatic events can develop ways to get by, known as maladaptive coping strategies, like changing how we act to keep peace or staying away from your mob. These are common and can affect our spirit, leading to things like increased alcohol and drug use, depression, anxiety, and other mental health issues in our mob.

- Low self esteem
- Low self-worth
- Poor self-talk
- Isolating

When you see or feel these effects please reach out for support and help in dealing with these challenges.

CHILDREN IN DFV

Our bubs and kids can be really badly hurt by DFV, even if they may not show it. They need love, protection, and reassurance that the violence is not their fault. There are professional people that can help our bubs and kids to navigate the hurt caused by violence.

Remember to teach your bubs about respectful relationships involving care, using language to share our feelings, and being able to give and take with others. Show them that conflict can happen without abuse or violence, where problems can be sorted out and the conflict can end safely and peacefully.



www.13yarn.org.au



13 92 76

CALL US IF YOU NEED TO YARN 24/7



SEEKING HELP

If you are in danger, call the police on 000 and 112 on mobile.



Other helplines available such as:

- The National Sexual Assault, Family & Domestic Violence Counselling Line (**1800RESPECT**)
- Mensline Australia (**1300 78 99 78**)
- Relationships Australia (**1300 364 277**) Support groups and counselling on relationships, and for abusive and abused partners.

Remember that experiencing a traumatic event may impact on your physical, social, and emotional wellbeing. After a traumatic event it might need great courage to heal you and your family. An option to talk with someone to ask for support out of a situation (before, during or after).

When you need support to move forward, remember support is available, whether it is one or a few of the following choices:

- Trusted family or friends
- Your trusted community members
- Local services
- Legal services
- Local emergency services (Ambulance, Police, Hospital)

Self-care includes taking care of your physical, social and emotional health, connecting with mob and culture.

You can contact 13YARN (**13 92 76**) for round-the-clock support, which is a free service to call from any landline or mobile, 24hrs, 7 days a week.



13YARN
"Our Story, Our Healing"

www.13yarn.org.au



13 92 76

CALL US IF YOU NEED TO YARN 24/7

