

UNDERSTANDING DOMESTIC ABUSE



WHAT IS DOMESTIC ABUSE?

Domestic abuse is a pattern of abusive power and control. It's not about anger management; it's about one person exerting dominance over another.



WHAT TYPES OF ABUSE ARE THERE?

This abuse can manifest in many harmful ways, including physical, sexual, emotional, and financial harm, as well as threats and intimidation. These actions are illegal.



WHAT ARE SOME EXAMPLES OF ABUSE?

Financial control: controlling access to money or preventing financial independence.

Isolation: cutting off contact with friends and family.

Verbal abuse: insults, put-downs, and constant criticism.

Threats: intimidation through threats of harm to the victim or loved ones.

Emotional abuse: manipulation, gaslighting, and undermining self-esteem.

Physical abuse: hitting, kicking, biting, or other physical violence.

Sexual abuse: forcing unwanted sexual contact.

Stalking: persistent unwanted attention and harassment.

Property damage: destroying belongings or threatening to do so.

Weapon use: using weapons to intimidate or harm.



WHO CAN I TALK TO IF I NEED HELP

If you're experiencing violence or abuse at home, it's important to reach out for help. Reach out to your Crew to help you access the right help, or talk to someone you trust, like:

- A trusted adult, such as a parent, relative, or teacher.
- A school counsellor or other school staff member you trust.
- A friend or someone you look up to.
- A crisis hotline or support service e.g Kids Helpline (1800 55 1800)