

Keeping Safe

Domestic Violence Help

Have Hope

- You're not alone
- There is support – access it
- You're not to blame.
- There's no excuse for abuse
- Partners should be equals. One is not 'boss' of the other



Friends can Help

- Find a safe time to talk
- Listen and support - Don't judge or blame
- Give contacts for Help Services
- Be part of the Safety Plan



Safety Plan

- Plan who to call, where to go, what to take
- Store contacts under secret names
- Check in daily with someone
- Get neighbour to listen out
- Maybe alert police so they know



DV Help Services

- Confidential
- Will support you
- Will respect your decision
- Will offer free shelter if available
- Won't call police unless there's danger



Help Lines

Kids Help Line



- Call about any problem – any time
- Safety first
- You're not the cause of parent's violence
- Challenging abusive parent may be unsafe.
- DV Connect - 1800 811 811
- MensLine - 1300 78 99 78
- Kids Help Line 1800 55 1800
- Legal Aid 1300 651 188
- Emergency 000
- Relationships Australia 1300 364 277

Legal Help



- DV is more than hitting – it's also threats and control
- Children are harmed if exposed to DV
- DV court – closed to public
- DV Protection Order from court:
 - police make application, or
 - self-application – you may get help to make this
- DV order is a strong warning.
 - may say you can still stay together, but no violence
 - may say abuser must not go near you
 - won't give a criminal record, unless abuser breaks order.
 - If abuser breaks order, can be fined or jailed if very serious.
- Law says abuser must be held to account but to be given chance to change if possible



Speak Out

- There's no excuse for abuse
- If you hear or see DV. Make the call
- Disrupt, Interrupt if you safely can



Think about it

- Violence is a choice – there are better choices
- You have the power to choose to change
- Violence causes problems – doesn't solve problems
- Partners in a relationship should be equal
- There's help and support programs