

OUR COMMUNITY OUR BUSINESS

Domestic Violence occurs in one in four homes!



its time to say NO to violence

This booklet was an initiative of The Northern Domestic Violence Action Group. We would like to acknowledge the government and community organisations that have provided input into the update of this publication.

Centrelink, Department of Human Services

Northern Domestic Violence Service

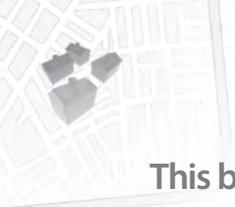
SAPOL

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CONTENTS

INTRODUCTION	2
WHAT IS DOMESTIC VIOLENCE?	4
THE CYCLE OF VIOLENCE	8
CHILDREN AND DOMESTIC VIOLENCE	14
DOMESTIC VIOLENCE IS A CRIMINAL OFFENCE	16
RESOURCE GUIDE	19
LEGAL ASSISTANCE	22
WHAT TO TAKE WITH YOU WHEN YOU LEAVE	24
SUPPORT SERVICES AND ACCOMMODATION FOR WOMEN	26
WOMEN FROM NON-ENGLISH SPEAKING BACKGROUNDS AND MIGRANTS	30
ABORIGINAL WOMEN	32
SAME SEX RELATIONSHIPS	33
RIGHTS OF OLDER PEOPLE	35
INFORMATION FOR PERPETRATORS OF DOMESTIC VIOLENCE	36



This booklet has been specifically designed to give women information about domestic violence and where to find help for themselves and their children in the Northern area of Adelaide.

This booklet also includes information on services available to men who want to change their abusive behaviour.

Current statistics show that 95 percent of all domestic violence involves men being abusive towards their female partner. The remaining 5 percent include domestic violence as perpetrated in gay or lesbian relationships and in a small number of cases, by women against their male partners.

2

Because the majority of victims are women and perpetrators are men, in this booklet the victim is referred to as 'she' and the perpetrator is referred to as 'he'.



There are other forms of family violence such as child abuse, elder abuse or the abuse of a parent by a teenage child. These may be linked to domestic violence but are not addressed in this booklet. However, they are referred to in the Resource Guide, which can be found in the middle of this booklet.



ARE ANY OF THESE HAPPENING IN YOUR RELATIONSHIP?

Your partner, husband, boyfriend:

- Tells you that you are useless, stupid and always wrong
- Shouts at you
- Hits you
- Pushes you around
- Forces you to have sex with him
- Puts you down in front of your friends
- Embarrasses you and your relatives and friends so they stop visiting
- Makes it hard for you to get out of the house
- Refuses to give you any money, or enough money for your family's needs

OR...

Does he make verbal threats to you about what he would do:

- If you ever left him
- If you had a relationship with another man
- If you do something again when he has told you not to

If you are afraid for yourself or your children or if you are being abused in any way, help is available and you have the right to ask for it.

Taking risks and making the break is a courageous and difficult step. If you are feeling scared or confused, it may be useful to talk to a trusted friend or counsellor.

There are specialist services that can help you make changes for the future.

Telephone numbers for these services can be found in the resource section in the middle of this booklet.



WHAT IS DOMESTIC VIOLENCE?

Domestic violence is a lot more than physical abuse. It covers a range of behaviours by your partner, husband or your child and is directed at you or your children. If you or your children are experiencing abuse you may need assistance to increase your safety.

PHYSICAL VIOLENCE

Physical Abuse Holding, restraining, pushing, shoving, shaking, punching, slapping, twisting limbs, using weapons.

Any use of physical force whether it leaves evidence of injury or not.

Stopping a woman from getting medical attention, preventing her from meeting her physical needs e.g. food, water, sleep.

Sexual Abuse Forcing or coercing a woman to do sexual things against her will, physically attacking the sexual parts of her body, demanding sex, rape, bondage, using objects, treating a woman as a sexual object.

Property Damage Throwing crockery, breaking furniture or household goods, damaging doors or walls, ill treating or killing family pets.

EMOTIONAL VIOLENCE

Threats and Intimidation Making threats, using looks or actions, or speaking in ways that are frightening or threatening. Driving unsafely, creating a sense of impending punishment, using legal threats, threatening suicide or murder, threatening to hurt the children, pets, family or friends.

Put Downs Using put downs regarding a woman's body shape, grooming, intelligence, mothering ability, home management skills etc. which erode her self-esteem.

Telling her she's crazy, stupid, useless, worthless etc.

SOCIAL ABUSE

Isolation Constantly criticising and being suspicious of her family and friends, being moody when her friends come around and making them feel uncomfortable about being there. Not allowing her to have her own friends and keeping her isolated. Forcing her to remain in the home, disconnecting the telephone or screening the mail, including the internet.

Smothering Controlling what she does, who she talks to, where she goes. Keeping in contact with her to "see how she's going" (when it is really to check up on what she is doing). Insisting on doing everything together so that she has no life of her own.

Put-Downs Making hurtful remarks about her in company or making blatant verbal attacks on her in public.





ECONOMIC ABUSE

Financial Dependence Keeping her financially dependent, trying to keep her from getting a job, controlling the money, refusing to involve her in financial decisions, making her ask for money, making her account for money spent. Telling her she's a 'free loader', having unrealistic expectations of what she can do with a limited amount of money, putting pressure on her to take out loans and other credit.

***Beware of joint debts, be careful of what you sign
– if unsure get legal advice***

Gambling Gambling the family income, selling or pawning things to pay debts and putting the family at serious financial risk.

6



POWER ABUSE

Making all the 'big' decisions Acting like the 'master of the house'. Treating her like a servant. Intruding on her as a person, ignoring her rights. Expecting her to share all her thoughts, feelings, plans, regardless of whether she wants to.

Abusing her when she is vulnerable, when she is pregnant or has a new baby to care for, when she is ill, disabled, depressed or in any other way feeling debilitated.

SPIRITUAL ABUSE

Using the Bible or religion as a reason for the violence and control. Forcing her to go to church. Putting her down because of her religious or cultural beliefs. Not allowing her to go to church or practice her beliefs.



HOW IT BEGINS AND WHY WOMEN STAY

Often domestic violence starts with a bit of a shove or a put down and you may not give it much thought. Things get worse and you don't know what to do because:

- You think you are to blame for the abuse
- You think it is because your partner is under stress (due to work, family etc)
- You have hopes and dreams and you do not want the family to split up
- He is nice to everyone else so you think it must be you who is at fault
- People have told you that you are crazy because you put up with it, so now you feel you cannot ask them for help
- People don't believe that it is as bad as it is
- He apologises and says he will never do it again
- You love your partner
- You fear loneliness and believe you can not cope on your own
- You do not think your partner can cope on his own
- You do not want to separate your children from their father

Women who leave domestic violence situations may sometimes return to their partner time and time again. This may be because their partner pressures or tricks them into returning or it may be that they think they will not be able to cope away from their partner because he has always told them they will fail. They may not have enough support. They may feel guilty for taking the children away from their father.

It is important to be as prepared as possible when leaving a domestic violence situation by making sure you have support. This can be by getting help from friends, family and through services in the community.



THE CYCLE OF VIOLENCE

Domestic violence can be described as a pattern of behaviour that is often referred to as a cycle or wheel of violence.

Build-up

The man's behaviour escalates from controlling and abusive to threatening and increasingly violent. This might happen over a period of days or minutes. Some women notice warning signals including an increase in tension or verbal insults and demands. The man may say he feels provoked by his partner or start demanding to be treated with more respect.

Though he may believe or say otherwise, this escalation of tension has no relation to anything that is happening around the home.

Alcohol and/or drugs are never the cause of violence but are often used as an excuse.

No matter what the woman does or how hard she tries to please him, his tension inevitably builds to an act of violence.

Act of Violence

This is the most dangerous time – it can involve physical or verbal violence, serious threats, damaging property, harming children.



Remorse

The man experiences and expresses remorse, helplessness and guilt. He may believe and try to persuade his partner that it won't happen again. He may cry or make promises. He may say he lost control and generally he does not see himself as responsible for his actions. He may buy gifts, fix things he has damaged and do a whole range of things to try to 'make up'.

Nothing Resolved

There may be times when things are calm and appear to be better. However, promises are usually not kept and the violence is not dealt with.

The man may not accept responsibility and may say:

- That it will never happen again
- That the violence did not happen often
- That their partner was not hurt
- That it was not as serious as she made it out to be
e.g. it was only a push

The cycle of his violence usually continues as long as the partner who is violent ignores their problem. Unfortunately, it is often up to the victim of domestic violence to set boundaries or leave the situation rather than wait for her partner to take responsibility for his use of violence and abuse, and to change his behaviour.

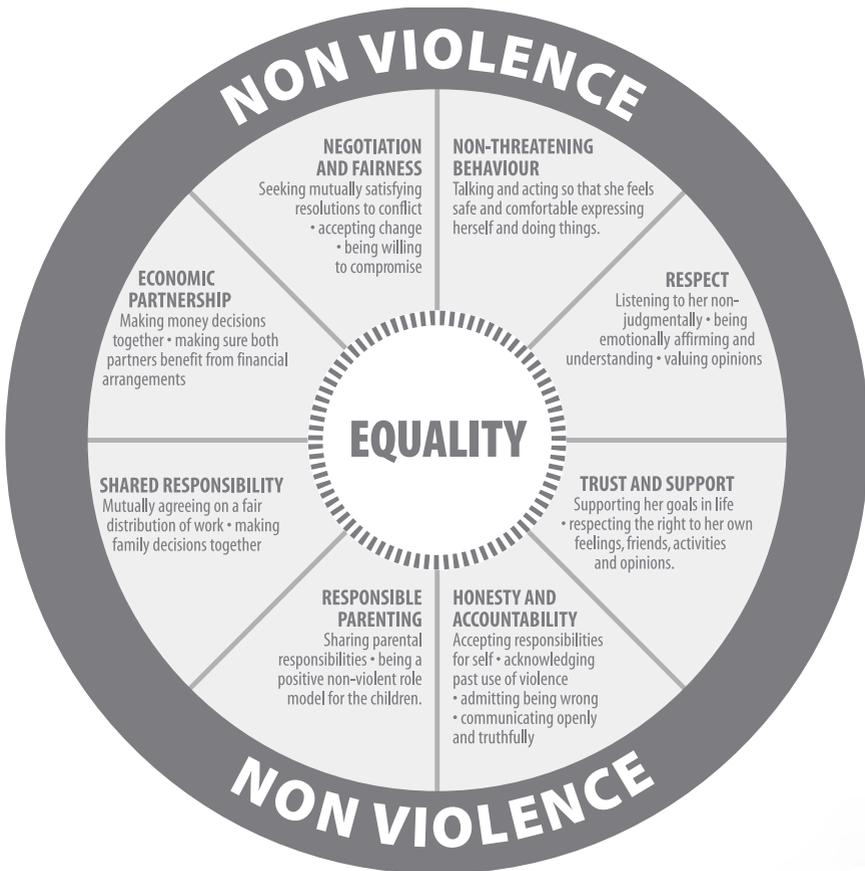
THE VIOLENCE WHEEL

This wheel explains the different behaviours that often form a pattern of violence. It indicates how each behaviour is used in an overall effort to control someone. A relationship does not need all these types of abuse to be considered violent.



THE NON-VIOLENCE WHEEL

The non violence wheel offers a view of a relationship that is based on equality. This wheel is about behaviour which promotes equal control between two people in the relationship.





MYTHS AND REALITIES ABOUT VIOLENCE AND ABUSE

Myth Violence and abuse doesn't happen very often

Reality As many as one in three women may experience violence and abuse sometime in their lives. One in eight may experience repeated abuse. Domestic Violence occurs in one in four homes – in every neighbourhood – in families of all kinds.

Myth Domestic violence is private – outsiders should not get involved.

Reality Physical assault and threats to harm are crimes whether inside or outside the home.

Myth Drugs or alcohol cause domestic violence.

Reality Violence occurs without alcohol and drugs. Many people use alcohol and drugs without becoming violent. They are an excuse and not a cause of domestic violence, but may be a contributing factor.

Myth Regret and remorse on the man's part means he has changed.

Reality Many men feel regret and remorse after being violent towards their partner. These feelings, and/or apologies and promises to change are a part of the cycle. It does not mean that he won't do it again.

Myth It was a one off and it won't happen again.

Reality Research shows that it is rarely an isolated incident and that the abuse forms a pattern of repeated behaviour. Even if the physical abuse decreases, other forms of abuse can increase for the man to gain power and control. Some women never experience physical abuse but are totally controlled by their partner in other ways and live in fear.



Myth Women who are abused can always leave home.

Reality There are many reasons why it is difficult for women to leave. These include financial, children, hoping that he will change, fear of being single again, loving the abusive partner and having nowhere to go.

Myth Women often provoke the violence and get what they deserve.

Reality This myth implies that women are responsible for the violence done to them, that somehow they caused their partner to use violence. Violence and abuse is a choice and is the responsibility of the person using it. There is no justification for domestic violence.

Myth Children living with domestic violence are not affected.

Reality Children who witness domestic violence are also at high risk of experiencing psychological and emotional trauma. Even if they do not observe the violence and abuse, children generally know what is happening. It may rob children of their sense of safety. They may become fearful, withdrawn, confused and can blame themselves for the violence. They may assume that violence is a way of resolving conflict and can display aggressive behaviour.





CHILDREN AND DOMESTIC VIOLENCE

Domestic violence has an effect on all children who experience it although not all children will respond in the same way or experience the same effects. The effects and impact of domestic violence on children is different to the effects on women. It is a myth that children do not know or understand what is happening at home.



A Child May Experience Domestic Violence By:

- Hearing the violence from another room and wondering what is happening or what they should do.
- Directly observing the violence and feeling in danger themselves.
- Seeing their mother injured, distressed or fearful.
- Witnessing property damage or harm to pets.

The impact on children who live with domestic violence varies according to age, gender and their place in the family.



The Effects Of Domestic Violence On Children:

- Children may feel unsafe. They may wonder if they will be hurt and fear for the well being of their mothers and siblings.
- They may feel anger, shame, grief, anxiety, distrust and a sense of powerlessness. These feelings may lead to behavioural problems at home or school. They may engage in risky behaviour or become withdrawn.
- They may experience physical reactions such as headaches, stomach pains, nightmares or developmental delays.
- They may blame themselves for the violence and feel that they have to stop it or protect their mother. They may feel guilty if they choose not to intervene but also may feel guilty or scared if they do call for help.
- They often feel the need to keep the abuse a secret from people outside the family. This can affect the child's social development.
- They may learn that violence is an acceptable way to resolve conflict or to get what they want.
- They might assume that it is okay for men to be violent towards the women they are in a relationship with.

The Ways That You Can Help A Child Who Has Experienced Domestic Violence Include:

- Telling them the violence is not their fault
- Giving them permission to talk about the violence
- Listening to their feelings about their family life
- Helping them to make a safety plan that they can follow
- Letting them know that others have had similar experiences

Children learn from their family life about how men and women behave, and will copy the way violence is used to solve problems. They may grow up believing that violence is a normal part of an intimate relationship.



DOMESTIC VIOLENCE IS A CRIMINAL OFFENCE!

WHAT TO DO WHEN YOUR PARTNER IS VIOLENT

You can take action against violence directed towards you by reporting the incident to the police. Ask the police for the number of your Police Incident Report or Domestic Violence Report. Keep this number in a safe place.

POLICE

The police view domestic violence as a serious crime. The police are there to protect you and your children. The child and family investigation unit has been set up for this purpose.

The police can help you by:

- Attending at the time of crisis
- Removing the perpetrator
- Proceeding with criminal charges when relevant
- Assisting you to access an Intervention Order
- Referral to specialist services

Write down each time the police are called to assist you, and try to get a report number from the police. If you forget at the time, ring the next day and get the report number. It is always useful to have as much information about what is happening for your records, so try to keep the information together.

If you are unable to report the matter at the time because you are fearful, report it as soon as you can.



RESOURCES FOR NORTHERN ADELAIDE METRO, GAWLER AND BAROSSA

Update June 2014



POLICE & LEGAL SERVICES

POLICE STATION ELIZABETH	8207 9411
POLICE STATION SALISBURY	8207 9900
POLICE STATION BLAKEVIEW	8284 5111
POLICE STATION GAWLER	8522 0400
POLICE NURIOOTPA	8568 6620

LEGAL SERVICES COMMISSION

TELEPHONE ADVICE LINE	1300 366 424
ELIZABETH OFFICE	8111 5400
ADELAIDE OFFICE	8111 5555
CHILD SUPPORT HELPLINE	8111 5576
	1300 366 424

NORTHERN COMMUNITY LEGAL SERVICE	8281 6911
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WOMEN'S LEGAL SERVICE	8221 5553
	1800 816 349

FAMILY COURT OF AUSTRALIA	1300 352 000
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FAMILY COURT DUTY SOLICITOR SERVICE	0434 079 388
	0434 079 387

SERVICES FOR MEN

MEN'S REFERRAL SERVICE	1300 766 491
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SHOPFRONT	8281 1775
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MENSLINE	1300 78 99 78
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UNITING COMMUNITIES (WITH RASA)	
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SALISBURY OFFICE	8285 4499
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ELIZABETH OFFICE	8255 3323
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USEFUL WEBSITES

www.dvsa.asn.au
www.sapolicenews.com.au
www.sapolice.sa.gov.au
www.menslineaus.org.au
www.austdvclearinghouse.unsw.edu.au

www.dvirc.org.au

www.familyrelationships.gov.au/

www.lsc.sa.gov.au

www.victimsa.org

www.immi.gov.au/living-in-australia/help

www.sacommunity.org

EMERGENCY PHONE NUMBERS

POLICE, FIRE, AMBULANCE EMERGENCY	000
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POLICE ASSISTANCE	131 444
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DOMESTIC VIOLENCE & ABORIGINAL FAMILY VIOLENCE GATEWAY SERVICE (DVGS) (FREE-CALL)	1800 800 098
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HOMELESSNESS	1800 003 308
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GATEWAY SERVICE (A/H CRISIS)	
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LIFE LINE 24 HOUR	131 114
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COUNSELLING AND SUPPORT

NORTHERN DOMESTIC VIOLENCE SERVICE

NORTHERN METRO	8255 3622
BAROSSA & GAWLER	8522 9100

DV AND SEXUAL ABUSE	1800 RESPECT
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COUNSELLING LINE 24/7	1800 737 732
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ALCOHOL AND DRUG INFORMATION SERVICE (DASSA)	1300 131 340
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FAMILY RELATIONSHIPS ADVICE LINE	1800 050 321
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FAMILY RELATIONSHIP CENTRE (RELATIONSHIPS AUSTRALIA SA)	
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SALISBURY 8285 4499
ELIZABETH 8255 3323
BAROSSA OUTREACH 8255 3323

WOMEN'S HEALTH AND SAFETY NORTHERN

GP PLUS HEALTH CENTRE 7485 4000
16 PLAYFORD BLVD ELIZABETH (OPTION 4)

GAWLER HEALTH SERVICE 8521 2000

CENTACARE SALISBURY 8250 3694

ANGLICARE

SALISBURY 8256 2173
ELIZABETH 8209 5400

LUTHERAN COMMUNITY CARE

NURIOOTPA 8562 2688

NORTHERN PARENT RESOURCE PROGRAMME CENTACARE 8250 3694

YARROW PLACE RAPE & SEXUAL ASSAULT SERVICES 8226 8787

WOMEN'S INFORMATION SERVICE 8303 0590

VICTIM SUPPORT SERVICE

ELIZABETH OUTREACH
STAYING HOME STAYING SAFE
DV HOME SAFETY PACKAGES 8231 5626

HEALTHDIRECT AUSTRALIA 1800 551 800

CHILDREN & YOUTH

CHILD ABUSE REPORT LINE 131 478

CHILD & ADOLESCENT MENTAL

HEALTH SERVICE (CAMHS)

ELIZABETH 8252 0133
BAROSSA 8632 5304

KIDS 'N' YOU

FAMILY SERVICES 8287 4855

CENTACARE SALISBURY 8250 3694

PARENT HELPLINE 1300 364 100

KIDS HELP LINE 1800 551 800

KIDS IN FOCUS 8209 6261

YOUTH HELPLINE 1300 131 719

SECOND STORY ELIZABETH 8255 3477

CENTACARE ELIZABETH 8252 2311

HEADSPACE 8209 0700

CHILDREN'S CONTACT CENTRE

SALISBURY 8285 4499

HOUSING

HOMELESSNESS 1800 003 308

GATEWAY SERVICE (HGS) 24/7

HOUSING SA 131 299

JUNCTION AND WOMEN'S HOUSING
8210 7000

YOUTH GATEWAY-TRACE-A-PLACE <25
1800 807 364

ABORIGINAL SERVICES

MUNA PAIENDI 8182 9206

NUNGA MI: MINAR DOMESTIC

VIOLENCE SERVICE
CONTACT THROUGH DVGS 1800 800 098

ARAS ABORIGINAL
ADVOCACY PROJECT 8232 5377

NUNKUWARRIN YUNTI 8406 1600

BRADY ST CLINIC 8254 5300

YAITYA TIRRAMANGKOTTI

CHILD ABUSE REPORT LINE 131 478

WODLI HOME ADVICE PROGRAM
CENTACARE 8250 3694

MIGRANT WOMEN'S SERVICES

MIGRANT WOMEN'S SUPPORT SERVICE 8346 9417

TRANSLATING AND INTERPRETING SERVICE 131 450

MIGRANT HEALTH SERVICE 8237 3900

MIGRANT RESOURCE CENTRE 8217 9510

SALISBURY 8283 0844

UNITING CARE WESLEY BOWDEN

MULTICULTURAL OFFICERS (AFRICAN, SPANISH, IRANIAN, AFGHANI) 8245 7100

GAY AND LESBIAN SERVICES

BFRIEND 8202 5805

GAY & LESBIAN COMMUNITY SERVICES SA-TELEPHONE COUNSELLING 8293 0800

WOMEN'S HEALTH STATEWIDE 1300 882 880

FREECALL 1800 182 098

SERVICES FOR THE ELDERLY ELDER ABUSE

AGED RIGHTS ADVOCACY SERVICE 8232 5377

FINANCIAL-COUNSELLING/SUPPORT

CENTRELINK

APPOINTMENTS 131 021

OTHER LANGUAGES 131 202

FAMILY AND PARENTING PAYMENT ENQUIRIES 136 150

23 HIGH STREET GAWLER
4 LANGFORD DRIVE ELIZABETH
33-38 GAWLER STREET SALISBURY

CHILD SUPPORT AGENCY 131 272

OTHER

UNITING COMMUNITIES

ELIZABETH OUTREACH 8202 5180

SMITHFIELD (F/ COUNS) 8202 5980

NORTHERN COMMUNITY LEGAL SERVICE 8281 6911

PLAYFORD COMMUNITY FUND

2ND FLOOR WINDSOR BUILDING ELIZABETH CITY CENTRE 8255 1599

ST VINCENT DE PAUL

8 LANGFORD DR ELIZABETH 8255 8547

14 ADELAIDE RD GAWLER 8252 4229

SALVATION ARMY

39 KINKAID ROAD ELIZABETH EAST 8255 8811

1C JULIAN TERRACE GAWLER 8252 7024

GAWLER COMMUNITY HOUSE

2 SCHEIBENER TCE GAWLER 8252 4601

U-CARE GAWLER

TOD STREET GAWLER 8252 4522



DOMESTIC VIOLENCE INTERVENTION ORDER CRITERIA

INTERVENTION ORDERS (PREVENTION OF ABUSE) ACT 2009 SECTION 6: GROUNDS FOR ISSUING AN INTERVENTION ORDER

There are grounds for issuing an intervention order against a person (the defendant) if–

- a. it is reasonable to suspect that the defendant will without intervention, commit an act of abuse against a person; and
- b. the issuing of the order is appropriate in the circumstances

Examples of abuse or violence under the Act include when the defendant:

1. Is physically abusive
2. Enters or interferes with or damages property
3. Follows a family member; or keeps a family member under surveillance
4. Uses verbal abuse and putdowns
5. Loiters outside the residence or some other place frequented by a family member
6. Is harassing you
7. Threatens to harm person, family, friends or pets
8. Is financially controlling
9. Monitors or stalks you
10. Publishes on the internet, by email, SMS or other electronic means any material about you
11. Forces or coerces you to engage in sexual acts against your will

IF YOU ARE EXPERIENCING DIFFICULTY IN OBTAINING AN INTERVENTION ORDER, YOU SHOULD SEEK ASSISTANCE FROM THE NORTHERN DOMESTIC VIOLENCE SERVICE



INFORMATION

What evidence is required? While it is helpful to have a witness this is not always possible with domestic violence. Text messages, the internet, voice mail etc can be provided as evidence and may be helpful when added to the history and pattern of the violence and abuse experienced. Any previous police attendance is useful but not essential. Applications are based on the victim's fear of the defendant and the likelihood of further abuse or violence occurring.

How much information should I include? As a guideline only, you can include the first, the worst and most recent incident. An overview of the pattern and history of abuse and how it impacts on the applicant's physical, emotional and mental well-being is important. What is the fear level?

Can children be included? Yes, if the children are less than 18 years of age. A statement provided to the police will need to outline any of the above incidents which children witnessed or experienced which had a physical, mental or emotional impact on them.

LEGAL ASSISTANCE

It is important that you obtain legal advice as soon as possible. This advice will help you work out what steps, if any you need to take in relation to legal matters.

THERE WILL BE MANY WELL MEANING PEOPLE OFFERING YOU ADVICE AND THIS CAN OFTEN BE CONFUSING. REMEMBER, YOUR SITUATION IS 'UNIQUE' AND FOR THIS REASON IT IS IMPORTANT THAT YOU GET ACCURATE LEGAL ADVICE.

LEGAL SERVICES COMMISSION (LEGAL AID)

- Telephone Advice Line 1300 366 424 (local call fee)
 - Elizabeth Office 8111 5400
- 

NORTHERN COMMUNITY LEGAL SERVICE 8281 6911

WOMEN'S LEGAL SERVICE 8221 5553/1800 816 349

*Family Law Matters are heard in the Family Court
and Federal Magistrates Court*

Information and/or legal forms and pamphlets can be obtained by ringing 1300 352 000 or by accessing the relevant website.

www.familycourt.gov.au

www.fms.gov.au

FAMILY LAW DUTY SOLICITOR SERVICE

If you are required to attend court before you have secured the assistance of a solicitor and/or before you have been able to access legal advice you can ask the Duty Solicitor for assistance.

The Duty Solicitors are based at the Family Court and Federal Magistrates Court which is situated at the Dame Roma Mitchell Commonwealth Law Court building at 3 Angas Street, Adelaide.

Further information about this service can be obtained from the Family Law Section of the Legal Services Commission on 8111 555 or check out the website on www.lsc.sa.gov.au/cb_pages/family_law_dls.php

BUT REMEMBER:

The Duty Solicitor:

- Cannot assist clients who currently have legal representation
- Can only assist clients who have a matter currently being heard in the Family Court or Federal Magistrates Court
- Can only assist a client on one occasion
 - this is not an ongoing service



WHAT TO TAKE WITH YOU WHEN YOU LEAVE

If you are able, try to take as many of the following as possible:

- Money
- Cheque books, savings accounts, ATM cards, pin numbers
- Keys to your house, car, office, post office box
- Copy of your Intervention Order
- Mobile phone
- Medications and prescriptions
- Passport, work permit and any other immigration documents
- Clothes
- Address book
- Telephone numbers
- Residency orders, paternity documents
- Personal identification – drivers licence, pension card
- Birth certificates for you and your children
- Car registration documents, property title
- Pictures of injuries you may have received as a result of the violence
- Pictures, jewellery and items of sentimental value
- Tax file number
- Children's favourite toys, security blankets
- Lease/rental agreements
- Insurance papers



When you decide to leave your partner tell only people who will support you and keep your decision to leave and new address a secret. This can be difficult because you may feel guilty about not telling all of your friends, but it is important for your safety.

If you are not able to take anything with you when you leave, you can arrange for the police to go to the house with you to collect your personal things. This will help you to feel safe and secure when returning to your home. Ring Police Communications on 131 444 and ask for a police stand by. Do not enter the home alone, wait for the police to arrive.

Perpetrators of domestic violence know how to make you feel guilty about leaving them and may try to scare you into going back. Once you have left your partner he may try to get you to go back by:

- Buying you presents, promising you he has changed, telling you that he loves you, giving you a lot of attention.
- Using violence. Threatening you or your children, using death threats, watching you, following you.
- Making it hard for you to get money.
- Making demands to see the children.
- Making you feel like he is helpless without you. This may mean he stops eating, threatens to kill himself and stops going to work.
- Getting friends or family to put pressure on you and your children to return



SUPPORT SERVICES AND ACCOMMODATION FOR WOMEN

It may be helpful for you to talk to someone about your situation, whether you are living with domestic violence, or if you have left, or if you are thinking of leaving. There are counsellors you can talk to as well as support groups for people who have experienced domestic violence.

This can:

- Help you realise it is not your fault
- Give you the opportunity to talk about what has happened to you
- Help you access support for now and the future
- Increase your self-esteem and confidence
- Let you know that you are not alone
- Provide you with information about resources and services

You can find out more by telephoning the counselling and support numbers listed in the Resource Section of this booklet.

EMERGENCY ACCOMMODATION

What Supported Emergency Accommodation is

- It provides safe, short term accommodation for women and any accompanying children
- It is for women who have nowhere to go and need to leave a domestic violence situation
- As well as accommodation, a range of other services are offered to help women and children cope with the effects of domestic violence

IF YOU NEED ACCOMMODATION, CALL:

THE DOMESTIC VIOLENCE CRISIS SERVICE (DVCS)

Phone: 1300 782 200

Mon – Fri 8am – 5pm

Services provided:

- Access to immediate and safe accommodation
- Short term counselling
- Telephone counselling
- Information about police, housing options, legal issues

CRISIS CARE

Phone: 131 611

Mon – Fri 4pm – 9am

24-hour service on Sat – Sun and public holidays

Services provided:

- Emergency accommodation after hours
- Assisting women with safe alternative options
- Telephone counselling



NORTHERN DOMESTIC VIOLENCE SERVICE (NDVS)

Phone: 8255 3622

Shopfront 12 Chivell Street Elizabeth South

Mon – Fri 9am – 5pm

Services provided:

- Information about domestic violence including:
 - type of help available
 - how to access assistance
 - who to see
 - what to expect
- crisis counselling
- access to high security crisis accommodation
- access to short term emergency accommodation
- professional support
- specialist assessment, support and referral for children
- advocacy, information, referral, counselling, practical assistance with:
 - relocation
 - police/legal matters
 - court support
 - Centrelink services

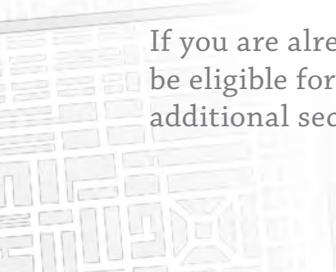
HOUSING

HOUSING SA – 131 299

Housing SA can assist you with information, referral and advice regarding your housing options.

Housing SA may also be able to assist you financially with bond and rent assistance for private rental accommodation.

If you are already in Housing SA accommodation, you may be eligible for transfer to another property or to apply for additional security in your home.



JUNCTION AND WOMEN'S HOUSING – 8210 7000

Junction & Women's Housing is a provider of affordable community housing for those in high need, such as women and children who have experienced domestic violence. It does not provide emergency or crisis accommodation.

FINANCIAL ASSISTANCE

Department of Human Services

CENTRELINK

Crisis Payment is a special one off payment to assist you if you have experienced domestic and family violence and have separated from the perpetrator.

You may be eligible for a Crisis Payment if you:

- have left your home and cannot return because of an extreme circumstance, such as domestic violence, and have set up or intend to set up a new home, or
- remain in your home after experiencing domestic violence where the family member responsible has left or been removed from your home
- qualify for another payment from Centrelink
- are in severe financial hardship
- make contact within 7 days of the incident
- You will need to provide evidence of the domestic violence/ extreme circumstance: such as police involvement/removal and domestic violence services interventions



WOMEN FROM NON-ENGLISH SPEAKING BACKGROUNDS AND MIGRANTS

Women from different cultures and backgrounds face additional problems when living with domestic violence. They may not know what services they can use or the laws around domestic violence in Australia. There may be cultural beliefs that domestic violence is okay and that women should live with it. Some cultures do not believe a woman has a right to leave a marriage and she may be isolated from her cultural community if she does leave.

*NO MATTER WHAT CULTURE OR BACKGROUND YOU
COME FROM DOMESTIC VIOLENCE IS NOT OKAY.
EVERYONE HAS THE RIGHT TO BE SAFE.*

It may be hard to speak to someone in your own community because people might tell others and your partner might find out you are unhappy and plan to leave. If you are in this situation there are services available that can support you and make sure you can talk to someone in your own language, or through an interpreter.

Whether you are a migrant or from a non-English speaking background or newly arrived to Australia you can:

- Contact the Migrant Women's Support Service
- Contact Relationships Australia SA
- Access the services listed in this booklet.

MIGRANT WOMEN'S SUPPORT SERVICE – 8346 9417

Provides free and confidential support for non-English speaking women and their children from diverse cultural backgrounds who live with domestic violence.

It can help with:

- Advice to victims of domestic violence about their rights
- Counselling
- Crisis Intervention practical help and support
- Advocacy on behalf of the client about Centrelink payments, police and legal matters and housing

MIGRANT RESOURCE CENTRE – 8217 9510

Offers information for migrant women on services available to them. It provides crisis intervention and referral. Information is available in many different languages.

MIGRANT HEALTH SERVICE – 8237 3900

Provides health services for new arrivals and refugees. Counselling is available and services are provided in many different languages.



ABORIGINAL WOMEN

Aboriginal women are over represented in domestic violence. It is important to recognise the impact of past and present government policies and practices that have resulted in a legacy of grief and loss for past and current generations. Many of the issues faced today such as family violence, impact on the well-being of Aboriginal families and communities.

Aboriginal concepts of violence are much broader than mainstream definitions of domestic violence. For Aboriginal people, the term family violence better reflects their experiences.

If you wish to speak with an Aboriginal worker, you can call the services listed below. If you wish to access mainstream services, please refer to the agencies listed in the middle Resources section of this booklet.

*FAMILY VIOLENCE IS NOT PART OF INDIGENOUS CULTURE.
YOU HAVE A RIGHT TO BE SAFE AND FREE FROM VIOLENCE*

You are not to blame for his violence. It's up to the Kornis to get help and change. You and your Porlis have a right to be safe in your own home.

WURNTANTHI:

NORTHERN DOMESTIC VIOLENCE SERVICE – 8255 3622

Aboriginal Liaison Officers support the Aboriginal and Torres Strait Islander communities with information, and with decisions about safety for women and children. Everything discussed within the service is confidential.

DOMESTIC VIOLENCE AND ABORIGINAL FAMILY VIOLENCE GATEWAY SERVICE – 1800 800 098



NUNGA MI: MINARS WOMEN'S SHELTER – 1800 800 098

(referral through Domestic Violence and
Aboriginal Family Violence Service Gateway Service)

Domestic Violence Crisis Service for Aboriginal women and their children. It provides counselling, emergency accommodation and support.

WOMEN'S LEGAL SERVICE

ABORIGINAL & TORRES STRAIT ISLANDER WOMEN'S PROGRAM – 8231 8929 or 1800 685 037

CONTACTS FOR ABORIGINAL FAMILIES

<i>Aboriginal Family Support Service</i>	8212 1112
<i>Aboriginal Justice Officer</i>	1800 659 538 <i>(Magistrates Court Fines Unit)</i>
<i>Adelaide Magistrates Court</i>	8204 8437
<i>Aboriginal Legal Rights Movement</i>	8113 3700 1800 643 222
<i>Aboriginal Prisoners and Offenders Support Service</i> <i>(for Aboriginal prisoners, offenders, young people and their families)</i>	8223 3177
<i>Department of Correctional Services Aboriginal Services Unit</i>	8226 9000
<i>Muna Paiendi Community Health Care</i>	8182 9206



SAME SEX RELATIONSHIPS

Domestic Violence does occur in same sex relationships and some of the problems and issues are similar to those in heterosexual relationships. However, there are other issues faced by gay and lesbian people who are experiencing domestic violence. People who identify as gay or lesbian may be isolated from their families and mainstream society, so may have less support around them when they experience domestic violence.

Although there may not be gender issues in gay and lesbian relationships, there can be issues of power and control. This can lead to one partner attempting to dominate and control the other.

People who are gay or lesbian may not want to say they are living with domestic violence for the same reason as people in heterosexual relationships. However, there are other issues which prevent them from admitting they are living with domestic violence.

These include:

- Fear that they will be isolated from the gay community because of a lack of understanding about domestic violence.
- Not wanting to send a negative message to mainstream society that domestic violence occurs in gay/lesbian relationships.
- Feeling discriminated against or not believed by mainstream services
- Talking about the domestic violence may mean having to come 'out' about their sexual preference.
- The person does not want to end a relationship that confirms their sexuality.

As a community it is important to accept that domestic violence does occur in the gay and lesbian community. Everyone has a right to live safely and it is your responsibility as a member of the community to say NO to domestic violence in ALL relationships.



RIGHTS OF OLDER PEOPLE

Domestic Violence also occurs in relationships between older people and may involve partners or other members of their families. Aged people have a right to live safely and free from violence. As well as accessing services already mentioned in the booklet, there are services specifically for older people.

AGED RIGHTS ADVOCACY SERVICE (ARAS) – 8232 5377

ARAS offers a free, confidential independent, statewide advocacy service for older people including those who are being, or are at risk of being, abused by family and/or friends.

ARAS can help by:

- Offering information about rights, entitlements and responsibilities
- Giving support to help solve concerns or speak on the older person's behalf
- Offering strategies to protect themselves or reduce the abuse
- Offering education and information to community groups and staff

35

ABORIGINAL ADVOCACY PROJECT

ARAS also offers a service to older Aboriginal people. They can help you access information about your rights and help you access services. This service is free and confidential.

Information about ARAS is available in several languages including Braille.

An interpreter can be arranged if requested.



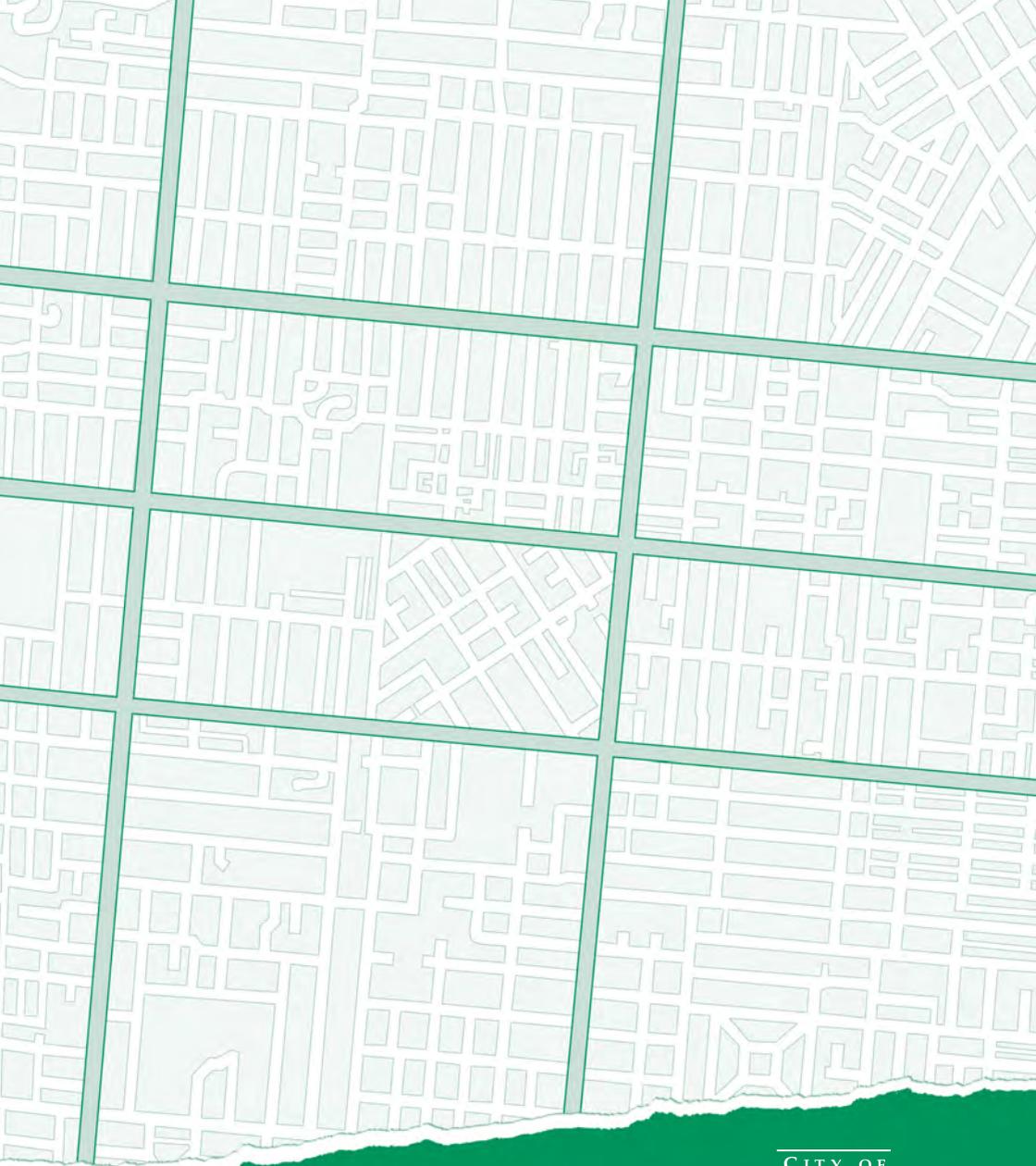
INFORMATION FOR PERPETRATORS OF DOMESTIC VIOLENCE

Reading this booklet may have made you realise that you need to address the way you respond when you are angry, the way you treat your partner in controlling or restricting ways or that you no longer wish to perpetrate the cycle of violence in your relationship. It is up to you to change your behaviour and make your home safe for your partner and children.

If you would like to deal with your problems and end the domestic violence in your home you can:

- Ring the Domestic Violence Gateway
- Ring the Domestic Violence Helpline – 1800 800 098
- Ring the Respect Line – 1800 737 732
- Contact a men's worker in your area through your local Relationships Australia office.

BY ADMITTING YOU HAVE A PROBLEM YOU WILL BE ABLE TO START TO CHANGE YOUR BEHAVIOUR. YOU NEED TO TAKE RESPONSIBILITY FOR YOUR ACTIONS AND BEHAVIOURS TO IMPROVE THE SITUATION. THIS MAY BE A LONG AND DIFFICULT PROCESS, BUT IN THE END YOU WILL BE HELPING TO MAKE YOUR HOME SAFER AND HAPPIER.



CITY OF

Rayford

