

SOMETHING
DOESN'T FEEL
QUITE RIGHT?
RIGHT?

RELATIONSHIP
WARNING
SIGNS



Northern Domestic Violence Service



IN YOUR RELATIONSHIP...

- Are you frightened of disagreeing with your partner?
- Do you and your children change your behaviour to avoid angry scenes?
- Are you criticized or humiliated in front of other people?
- Is your relationship with your children damaged or undermined?
- Are you constantly questioned about what you do or where you are?
- Are you expected to be available to answer phone calls at all times?
- Is your privacy violated? Are your emails read, your mail opened, your phone checked?
- Are you forced or tricked into having sex or performing sexual acts without your consent?
- Are you often accused of cheating?
- Are you prevented from going out, from seeing friends or family, or from holding a job?
- Does your partner use violence or threats to get their own way? Smash things, damage property?
- Are you blamed for any problems in the relationship and told that "it's all your fault"?
- Does your partner threaten to kill or hurt themselves if you ever break up?
- Are alcohol and drugs used as excuses for behaviour?
- Are you prevented from having access to adequate money for your family or personal needs?
- Does your partner make all the 'important' decisions without discussion with you or other family members?
- Are you 'advised' how to dress, or have your 'imperfections' repeatedly pointed out?

IF YOU ANSWER YES TO ANY OF THESE QUESTIONS, YOU MAY BE IN AN ABUSIVE RELATIONSHIP OR YOUR RELATIONSHIP MAY BECOME ABUSIVE.

REMEMBER...

- Physical and sexual assault, threats and stalking are crimes.
- Everyone has the right to feel safe and free from fear in their own home.
- Domestic Violence is about power and control over another and using fear, humiliation, threats and violence to maintain a power imbalance.
- The abuse is not your fault. There is no excuse for violence.
- It is important to feel OK about who you are, to feel loved, supported and free to be yourself.
- The person who chooses to use violence and abuse must take responsibility for their actions for there to be any lasting change.
- Promises are not evidence of changed attitudes and behaviours. Actions are.
- Family violence affects children. Even if they don't see or hear the abuse they know it is happening.

You do not have to do this alone – there are people that you can talk to, and find out what help is available.

CONTACT US

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DECIDING WHETHER TO STAY OR LEAVE IS HARD.

**YOU MAY LOVE THE PERSON, OR YOU MAY FEEL TRAPPED
OR SCARED OF WHAT MIGHT HAPPEN IF YOU LEAVE.**

**YOU MAY BE CONCERNED ABOUT YOUR SAFETY, OR THAT
OF YOUR CHILDREN, OR CONCERNED ABOUT THEM
SEEING WHAT IS HAPPENING**

**For confidential telephone counselling for
Domestic Violence and Sexual Assault matters call...**

1800 RESPECT (1800 737 732)