

In the 12 months to December 2015, there were 29,000 incidents of domestic violence-related assault in NSW. **That's 80 every day.**

(Source BOCSAR 2016)



# STOP DOMESTIC & FAMILY VIOLENCE



*A community information  
initiative brought to you by*

**LEE EVANS MP**

**Member for Heathcote**



**AUGUST 2016**

# A message from Lee

**Domestic, family and sexual violence is not acceptable under any circumstance and we must all play our part in ending this cycle of violent abuse.**

It just has to stop. We must stand up and say “enough is enough”.

Rarely is domestic violence a one-off incident, and if we are going to break the cycle we need to intervene early and prevent future violence.

A life free of violence is a basic human right but anyone can be a victim of domestic violence – women, children and men. It has no boundaries and can affect people of different socio-economic backgrounds, age, race, religion, culture or sexual preference.

However, a glaring reality is that men are the main perpetrators against women.

One in three Australian women has experienced physical violence during their lifetime, and nearly one in five has experienced violence by a current or former partner. Many more silent victims are living among us.

This community guide is aimed to assist those who are experiencing violence. Remember, it is not your fault and people can help you.

It is also for those who know of someone living in a dangerous situation. Don't be a by-stander. You can report this crime. Professional help is available right now. I urge you to seek help or to report violence.

**Lee Evans MP**  
Member for Heathcote



## Sutherland pilot site for new scheme

**People at risk of domestic violence now have an important resource to support them make informed decisions about their relationship.**

The NSW Domestic Violence Disclosure Scheme (DVDS) can help people find out if their current or former partner has a history of violent criminal offences.

The scheme is the first of its kind in Australia and one of the NSW Government's strategies to help reduce domestic violence in this State. Sutherland Local Area Command is one of four NSW Police Force LACs to pilot the DVDS.

Domestic violence is usually characterised by a pattern of abusive and controlling behaviours, and perpetrators often repeat these behaviours in their relationships. It is not a register or a list, rather a way to seek information about a person's proven violent offending history to help reduce the risk of domestic violence in the community.

More information on DVDS is available at [www.domesticviolence.nsw.gov.au/dvds](http://www.domesticviolence.nsw.gov.au/dvds)



*NSW Police Commissioner Andrew Scipione speaks at the launch of the Domestic Violence Disclosure Scheme in Sutherland Local Area Command.*



# DOMESTIC & FAMILY VIOLENCE

## What is domestic violence?

Domestic and family violence is violent, abusive or intimidating behaviour in a relationship. This relationship can be with a partner, ex-partner, carer or family member.

Escalating levels of physical abuse, emotional abuse, intimidation and violence is used to gain or maintain control, dominate, humiliate or scare a person. It can involve various forms of sexual acts without consent.

It also includes behaviour that unlawfully restricts the freedom, self-determination, movement or actions of the other person, with whom they have a relationship.

It also occurs in the form of parental abuse of children, older children abusing siblings and parents, as well as abuse of family elders.

See "Types of abuse" in more detail on Pages 4 and 5.

## Recognising the signs ...

*Does your partner, boyfriend or girlfriend, flatmate, carer or family member:*

- Make you feel uncomfortable or afraid?
- Humiliate you or make you feel worthless?
- Check up on you or where you are going?
- Try to stop you seeing friends or family?
- Make you feel afraid to disagree or say 'no'?
- Falsely accuse you of flirting with others?
- Control household spending or your money?
- Stop you from receiving medical assistance?
- Scare or hurt you by being violent?
- Pressure or force sexual activity or acts?
- Threaten to hurt you, or to kill themselves, if you want to end the relationship?
- Interfere with your online access or access to the phone?
- Hurt your children, or is violent in front of your children?

*Do you feel ...*

- Fearful or scared?
- Anxious, sick or numb?
- Like you have no confidence?
- Trouble sleeping or concentrating because of this?
- Tense muscles or racing heart because of this?



**If something is not right, you can seek help.**

**Contact the 24-hour Domestic Violence Line on**

**1800 65 64 63**

# Types of Abuse

## VERBAL ABUSE

- swearing and continual humiliation, in private or in public.
- attacks intelligence, sexuality, body image.
- attacks capacity as a parent and spouse.

## PSYCHOLOGICAL ABUSE

- drives dangerously.
- destroys property.
- abuses pets in front of family members.
- makes threats about custody of children.
- says police and the courts will not help, support or believe the victim.
- threatens to 'out' the person.

## EMOTIONAL ABUSE

- blames victim for relationship problems.
- compares victim to others to undermine self-esteem and worth.
- sporadic sulking.
- withdraws all interest and engagement (gives silent treatment).
- emotional blackmail and suicidal threats.

## SOCIAL ABUSE

- isolation from family and friends to alienate them.
- moves to a location where victim has no social circle or work.
- restricts use of car or telephone.
- prevents victim from going out and meeting people.

## FINANCIAL ABUSE

- denies access to bank accounts.
- provides only a small 'allowance'.
- victim not allowed to have a job.
- forces victim to sign documents or make false declarations.
- uses all money earned by victim for household expenses.
- controls victim's wage or pension.
- denies the victim is entitled to joint property.

## PHYSICAL ABUSE

- direct assault on the body. This could be choking, shaking, eye injuries, biting, slapping, pushing, spitting, burning, punching or kicking.
- use of weapons including objects.
- assaults the children.
- locks victim in or out of the house or rooms.
- forces victim to take drugs.
- withholds medication, food or medical care.
- sleep deprivation.

## SEXUAL ABUSE

- any form of pressured/unwanted sex or sexual degradation causing pain.

## HONEYMOON PHASE

### Batterer:

I'm sorry, begs for forgiveness, promises to get counselling, sends flowers/presents, I will never do it again, declares love

### Victim's response:

Agrees to stay, return or take him/her back, attempts to stop legal proceedings, sets up counselling appointment for him/her, feels happy/hopeful

**Batterer:**  
Hitting, choking, humili  
rape, use of weap  
throwing

**Victim's response:**  
Protects self & childre  
stay calm, tries to reas

## EXPLOSIVE PHASE

- assaulting genitals.
- forced sex without protection against pregnancy or sexually transmitted disease.
- makes the victim perform sexual acts unwillingly (including taking or distributing explicit photos without their consent).
- criticises or uses sexually degrading insults.

## HARASSMENT AND STALKING

- follows and watches.
- telephone and online harassment.
- tracks with Global Positioning System.
- intimidates by entering your place without permission.



# DOMESTIC & FAMILY VIOLENCE

## The Cycle of Violence

The Cycle of Violence consists of a set of behaviours and tactics a perpetrator uses to control an intimate partner, ex-partner, family member or their children. The various phases, listed below, are used in different combinations and to varying levels of intensity, with some phases overlapping.

### Batterer:

Moody, nitpicking, isolates him/her, withdraws affection, yelling, drinking or drugs, threatens, destroys property

### Victim's response:

Attempts to calm him/her, stays away from family and friends, keeps kids quiet, agrees, withdraws, tries to reason, cooks favourite meal, general feeling of 'walking on eggshells'

TENSION BUILDING PHASE

**BUILD-UP:** Increased tension, harassment and arguments.

**STAND OVER:** Increased level of control and threats, creates and instils fear in victim and children.

**EXPLOSION:** Extreme abuse, aggression and violence, malicious damage is used as an extreme controlling behaviour.

**REMOSE:** Attempts to justify and minimise actions, blames victim, demonstrates guilt and may include threats of self-harm.

**PURSUIT:** Promises it will not happen again, becomes the "victim", blames other factors or substance abuse including drugs and alcohol.

**HONEYMOON:** Returns to the courting phase, increased caring, attentive and romantic phase (previous manipulative practices).

### Perpetrator:

Isolation, imprisonment, threats, verbal abuse, destroying things

### Victim's response:

Compliance, calls police, tries to leave, fights back

RESOLUTION PHASE

The Cycle of Violence was developed following research by Dr Lenore Walker in 1979. The Cycle of Violence theory suggests that violence generally rotates between relative calm and an explosion of abuse.

**FACT**

Domestic and family violence can happen wherever the abuse or violence is perpetrated - at home, in the street, at the shopping centre, whilst driving, at a friend's house, at sporting and social events. It is still domestic and family violence if the two parties are in an intimate and/or familiar relationship. The relationship of the parties determines the category of the abuse and violence and enables Police to respond using special powers to intervene and provide protection for the victim.



## TALKING ABOUT DOMESTIC VIOLENCE

If you have concerns about a friend or family member, it's best to talk to them when they are alone and it is safe to speak.

Let them know that you are worried. Ask if they are OK. Don't push them to talk if they feel uncomfortable. Let them know you're there if they need to talk and that help is available.

### IF SOMEONE CONFIDES IN YOU

When someone confides in you about domestic violence, your response is important and can make a difference. They are more likely to seek help if they feel they have support of others ...

- tell them you believe them.
- let them know that it is not their fault.
- let them know you want to help them.
- tell them about help services.
- understand they are in a difficult situation and this could take a long time.

### LOOK AFTER YOURSELF

Helping someone who is being abused can be frightening, stressful and frustrating. If you need support, Lifeline offers support services 24 hours.

## Technology control in domestic violence

It is possible for someone to spy, harass or control you online. The use of technology in domestic and family violence situations is common.

Everyone's actions online are automatically tracked. It is important to clear this information so an abuser cannot access it.

Any behaviour online by a partner or someone else could be abuse if it makes you feel scared or unsafe. This behaviour may include:

- sending multiple emails or text messages a day.
- monitoring your computer's activity through Spyware.
- tracking your location using GPS.
- watching you through hidden cameras.
- intercepting your phone calls and messages.
- impersonating you to others.
- checking your internet history.

### Clear your internet history after using any device

A record of your internet activity is recorded on the computer or device you are using. If you are in an abusive relationship, it could be a good idea to delete this data by clearing the internet history.

### Browse 'Incognito' or 'Private'

Most internet browsers will have these settings. Your search history is not saved.

### Use a safe computer

If you suspect your internet activity is being tracked, use the internet on a safer computer or device. Try the public library or a community group.

**FACT**

In NSW, police respond to more than 140,000 incidents of all forms of domestic and family violence per year. That's 380 cases a day and almost 16 cases an hour.





# DOMESTIC & FAMILY VIOLENCE

## can be used violence

### **Be aware when 'talking' online**

Email, social media sites and instant messaging services can be tracked. Seeking help may be safer from a landline or friend's phone. Be sure to log out of social networking sites and clear your browser's history.

### **Create an anonymous email account**

Create an anonymous user name and account you can use on a safer computer. When making usernames, avoid using personal information.

### **Protect or change your passwords**

Choose difficult passwords for your email and other online accounts and regularly change passwords. Don't share passwords. Consider a password manager service.

### **Check mobile settings and GPS**

Check your devices are not connected to other devices via Bluetooth or similar. Most mobile phones will regularly send GPS information to different applications. Turn off location access in your mobile phone settings.

### **Be aware of giving personal information**

Be cautious of the information you give out online. You don't know how this information will be shared or stored online.

### **Get a PO Box and protect your address**

If you're concerned about someone knowing where you live, you can open a Post Office Box (PO Box) or consider using a safe address. You can use this if you need to give an address online.



## **AURORA (NSW)**

The Aurora domestic and family violence app is for people experiencing domestic and family violence or for those worried about their relationship. It is also a valuable resource for those worried that a friend or family member is experiencing domestic and family violence.

The app contains useful and potentially life-saving information including emergency contacts, information on the sorts of behaviour considered to be domestic and family violence and information and links to support services available in NSW.

It is free and is available to download at [itunes.apple.com/au/app/aurora/id611015460](https://itunes.apple.com/au/app/aurora/id611015460) for iPhone and iPad and for Android at [play.google.com/store/apps/details?id=com.komosion.aurora](https://play.google.com/store/apps/details?id=com.komosion.aurora)



## **DAISY**

Daisy connects women who are experiencing or have experienced sexual assault, domestic and family violence to services in their state and local area.

Daisy provides women with an easy way to find a wide range of services.

Daisy is free and is available to download at [itunes.apple.com/us/app/daisy/id968542048](https://itunes.apple.com/us/app/daisy/id968542048) for iPhone and iPad and for Android at [play.google.com/store/apps/details?id=au.com.medibank.projectconnect](https://play.google.com/store/apps/details?id=au.com.medibank.projectconnect)



**Domestic and family violence is a crime that takes many forms. Just because it happens in a home or by someone the victim knows; it is still a crime. The NSW Police Force will respond to all reports of domestic violence.**



# DOMESTIC & FAMILY VIOLENCE



The NSW Government is leading the nation in tackling domestic violence. It is one of the biggest social issues affecting the lives of women, men and children.

The 2016-17 Budget doubles the investment in specialist domestic violence initiatives to more than \$300 million over four years up from \$148.5 million in the 2015-16 Budget.

This is in addition to the hundreds of millions of dollars the government spends each year to combat domestic and family violence through mainstream services in justice, police, health, child protection, social housing and homelessness services.

## GETTING HELP

If you or someone you know is experiencing domestic violence:

Anyone in immediate danger should call Triple Zero (000)

For information and support call the NSW Domestic Violence Line on 1800 656 463 or 1800 RESPECT on 1800 737 732

For crisis accommodation information and referral call Link2home on 1800 152 152

Men having problems with violent behaviour can call the Men's Referral Service on 1300 766 491



### WHEN TO CALL 000

- Is someone seriously injured or in need of urgent medical help?
- Is your life or property being threatened?
- Have you just witnessed a serious accident or crime?

If you answered YES call Triple Zero (000).

### WHEN YOU CALL 000

- Do you want Police, Fire or Ambulance?
- Stay calm, don't shout, speak slowly and clearly
- Tell the operator the exact location
- Listen to the operator
- Don't hang up

**Stay focused, stay relevant, stay on the line**

## Contact Lee Evans MP

### Electorate Office:

Shops 1 & 2, 17-23 Station Street, Engadine NSW 2233

**Phone:** 9548 0144 **Fax:** 9548 5639

**Email:** [heathcote@parliament.nsw.gov.au](mailto:heathcote@parliament.nsw.gov.au)

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