



LET'S BRING CHANGE TOGETHER

- Understanding gender-based violence
- Forms of abuse
- Signs of abuse
- How to help – Dos and Don'ts
- Support services

#BringChangeTogether



DPV
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Everyone deserves to feel safe at home, in the community and within Australia. 'Let's Bring Change Together' is a community-led, co-designed project about family violence. We hope to educate and motivate people in the South Asian community to talk openly about it and seek help if they need to.

Understanding gender-based violence

'Gender-based violence' is when violence happens to a person because of their gender, or violence that mostly affects people of one gender. Usually, it describes men's violence against women.

'Family violence' is when you are made to feel scared by a family member, someone you are in a 'family-like relationship' with (a carer maybe) or someone you are – or used to be – in an intimate relationship with. It can also happen in a 'family-like' relationship culturally recognised by your community. You experience threatening, coercive, dominating, abusive or other negative behaviours.

Family violence affects groups differently. Some communities are at greater risk because they face more than one sort of discrimination, are disadvantaged, and have limited access to support services. Hume and Whittlesea are home to many people from culturally and linguistically diverse (CALD) backgrounds. They also have the highest rates of family violence.

Family violence incidents	Hume	Whittlesea
2018-19	3,821	3,139
2019-20	4,221	3,329

It's a fact that CALD women living with family violence find it extra hard to get the right help and support.* A September 2020 Coroner's Report looked into a cluster of suicides in 2018-20 by South Asian women who lived in Whittlesea. A very upsetting list of mental health issues and family violence had led to these tragedies.



Shweta:

"Family violence is against the law in Australia. You are important to your children, your family."

* Source: City of Whittlesea family violence data (2020)

Forms of abuse

Controlling behaviour – when a person gets and holds power over you

Examples: Always wants to know where you are and who you're with, tells you what you can and cannot wear in public or at home

Emotional abuse – any deliberate act to make you feel worthless or question your self-esteem, or threaten you

Examples: Puts you down all the time, name-calls, makes you feel you're not good enough or can't do anything right

Psychological abuse – when someone manipulates and lies to you until you (or others) think you're 'crazy', you wonder what is real

Examples: Makes you doubt memories, or tells you things in the past didn't happen (sometimes called gaslighting), or says you have mental health problems

Financial abuse – when a person uses money or finances to get and keep control over you

Examples: Takes out loans or creates debt in your name, controls access to finances, won't let you use bank accounts or credit cards

Sexual abuse – any forced or coerced sexual activity to use power over and control you

Examples: Pressures you into sex or sexual acts, won't use protection when you want to

Spiritual abuse – when a person uses spiritual or religious beliefs to hurt, scare or control you

Examples: Refuses to let you take part in spiritual or religious practices you find important, or forces you and your children to be part of practices that don't have meaning to you

Physical abuse – uses physical force to scare or harm you

Examples: Pushing, shoving, slapping, scratching, biting, kicking, hair pulling, stopping you from getting away – for example, pinning you against a wall or bed

Visa abuse – when someone in a family-like relationship uses the fact that you are not a permanent resident or citizen to show power and control

Examples: Hiding your passport or visa documents so you can't use them, saying you can't see your children because of your visa status

Technology-facilitated abuse – using technology to control, coerce, stalk or harass you

Examples: Sending abusive texts, emails or messages via social media, or making you send photos to prove where you are



Signs of abuse

- Are you concerned that a friend or relative is withdrawing from close friends and family?
- Are they extra quiet, lacking in confidence or depressed?
- Do they say things like 'He doesn't like it if I don't tell him where I am' or 'He's always checking my text messages'?
- Do they talk about the person being very jealous or quick to anger?
- Has your friend or relative talked about a family member who is always getting angry about small things – like the house not being clean enough or his shopping not being done?
- Does your friend or relative seem anxious, afraid or just not themselves around this person?
- Does your friend or relative get treated badly by this person in public, being called stupid in front of friends, family or colleagues?

How to help – Dos and Don'ts

DO

Ask if they're OK

Ask in a sensitive way, one-on-one when the person they seem to fear isn't there. Say you are worried, explain why and make it clear you want to help. They might be defensive or pretend everything is fine. Remind them you're there if they need you.

Listen

If a friend or relative tells you about family violence, listen and believe them without judgement or criticism. Help them understand it is not their fault and they deserve to be treated with respect. Tell them they're brave for talking about it.

Help them be safe

No-one should have to leave an abusive relationship without support. The best thing you can do is make sure the person has options for getting themselves (and any children) to safety. You can call family violence response workers 24/7. See our list of support services below.

Offer practical assistance and emotional support

Be calm and helpful. Offer to take the friend or relative to the police station to report the abuse or to a court hearing, give them a bed at your house or drive them to an appointment.

DON'T

Don't criticise or blame

Admitting to being abused is a big step. Don't be judgmental or dismissive. Don't blame the person who has been abused, or explain how they should do things differently. Don't make excuses for the abuser's actions.

Don't give up on them

On average, a woman experiencing family violence will attempt to leave seven times before she finally gets out. It can be hard to see someone you care about return to an abusive relationship, but don't cut them off or get angry. Instead, remind them that you want them to be happy and appreciated. You'll be there as long as it takes. Keep in regular contact.

Don't tell them what to do

Don't say things like, 'It's about time you stood up to him' or 'You should just leave'. Family violence is complex. Don't make them feel bad about their decision-making skills. Provide information and help them brainstorm options for feeling safer.

Don't pressure them to leave

The person may not be ready to leave or might have valid reasons for staying, like fearing for their kids' safety and theirs if they leave. Family violence is often worst when a woman is trying to leave or just after she does.

Helping someone who is experiencing family violence can be tough. If you need advice or support, call **Safe Steps 24/7 on 1800 015 188**.

Support services

If you need an interpreter, please call Translating and Interpreting Service (TIS National) on 13 14 50.

Family violence:

1800 Respect National Helpline - 1800 737 732

Safe Steps Crisis Line - 1800 015 188

Orange Door (Hume Moreland Area) - 1800 271 151

Orange Door (Northeast Metropolitan Area) - 1800 319 355

Northern Centre against Sexual Assault (NCASA) - 1800 806 292

Elizabeth Morgan House Aboriginal Women's Service - 9482 5744

Djirra - 1800 105 303

Child Protection - 13 12 78

WIRE (Women's Information and Referral) - 1300 134 130

Victims Assistance and Counselling Program - 1800 819 817

Indian Care - 1300 00 50 40

Whittlesea Community Connections: Legal Advise - 9401 6655

Mental health:

Child and youth

Beyond Blue - 1300 22 4636

Headspace - 1800 650 890

Kids Helpline - 1800 551

DPV Health - 1300 234 623

Child and Youth Psychology

Newbold Mental Health Program

Adults

Head to Health - 1800 595 212

DPV Health - 1300 234 623

Counselling and Social Work

Men's Behaviour Change Program

Men's Health Case Management

Specialist referrals:

Men

No to Violence - 1300 766 491

LGBTIQ

With Respect - 1800 LGBTIQ (1800 542 847)

Gay and Lesbian Switchboard (Vic.) - 9663 2939

Thorne Harbour Health - 9865 6700



Let's Bring Change Together

DPV Health designed, developed and produced a video about family violence in partnership with Red Hat Films, and 27 community members who helped deliver the message in culturally appropriate ways.

SCAN the QR code to watch it -

