

This booklet is intended as a guide only and while care has been taken to provide as accurate information as possible no liability is taken for any errors or omissions in the information given.

Additional copies may be obtained by contacting:

*Mallee Sexual Assault Unit Inc.
PO Box 1373, Mildura. 3502
Phone (03) 5025 5400
Email: msau@ruralnet.net.au*

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Mallee

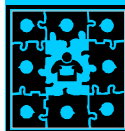
The "What is Family Violence?" Booklet is a recipient of the 2000 Australian Violence Prevention Award Certificate of Merit 2000

ABN 57 685 819 813

WHAT IS FAMILY VIOLENCE?



Information
about
Family Violence



Mallee FAMILY VIOLENCE
PREVENTION NETWORK

IN AN EMERGENCY



DIAL 000

Text Call Emergency
Dial 106

FOR FIRE POLICE AND AMBULANCE

OTHER 24 HOUR EMERGENCY NUMBERS

Abortion Trauma & Crisis Pregnancy Help
Free call 1800 650 840

Alcohol & Drugs - Direct Line
Free call 1800 136 385

Child Protection Crisis Line
13 1278 or Free call 1800 135 135

Family Drug Support
1300 368 186

G Line - for Problem Gambling
Free call 1800 622 112

Kids Help Line
1800 55 1800

Lifeline
13 11 14

Lifeline - Suicide Helpline
1300 651 251

Women's Domestic Violence Crisis Service of Vic.
Freecall 1800 015 188

WHO CAN HELP?
(NORTHERN MALLEE) *Continued.*

Domestic Violence
& Incest Resource
Centre
Ph. (03) 9486 9866

Mildura Community
Resource Centre
Ph. (03) 50 235966

Sunraysia Ethnic
Communities Council
Ph. (03) 50 237885

Centrelink
Ph. 13 1021

St. Vincent De Paul
Ph. (03) 50 235750



SERVICES AVAILABLE TO HELP MEN

The Men's Referral Service
1800 065 973
Free call Regional Victoria

Mallee Family Care
(03) 50 235966

Sunraysia Community Health Services
(03) 50 220318

Centacare
(03) 50 212475



WHO CAN HELP? (NORTHERN MALLEE) *Continued.*

Mallee Domestic Violence Services.
Ph. 24 hours (03) 50 212130

Mallee Sexual Assault Unit
Ph. (03) 50 255400

Sexual Offences & Child Abuse Unit (SOCA)
Ph. (03) 50 213721

Mildura Police Station
Ph. (03) 50 239555

Merbein police Station
Ph. (03) 50 252201

Ouyen Police Station
Ph. (03) 50 922502

Red Cliffs Police Station
Ph. (03) 50241201

Robinvale Police Station
Ph. (03) 50 263002

Werrimull Police Station
Ph. (03) 50 281205

Dareton police Station
Ph. (03) 50 277599

Wentworth Police Station
Ph. (03) 50 273102

Child Contact Service
Ph. (03) 50 226044

Salvation Army
Ph. (03) 50 212229

Murray Mallee Community Legal Service
Ph. 1800 243 002 (free call)

Loddon Mallee Women's Health
Ph. (03) 50 921686

Mildura Court House
Ph. (03) 50 230519

Wentworth Court House
Ph. (03) 50 273205

Mallee Accommodation & Support Program (MASP)
Ph. (03) 50 233744

Dept. Human Services
Ph. (03) 50 223111

Dept. Community Services
Ph. (03) 50 248838

Women's Domestic Violence Crisis Service
Ph. 1800 015 188

Mallee Family Care
Ph. (03) 50 235966

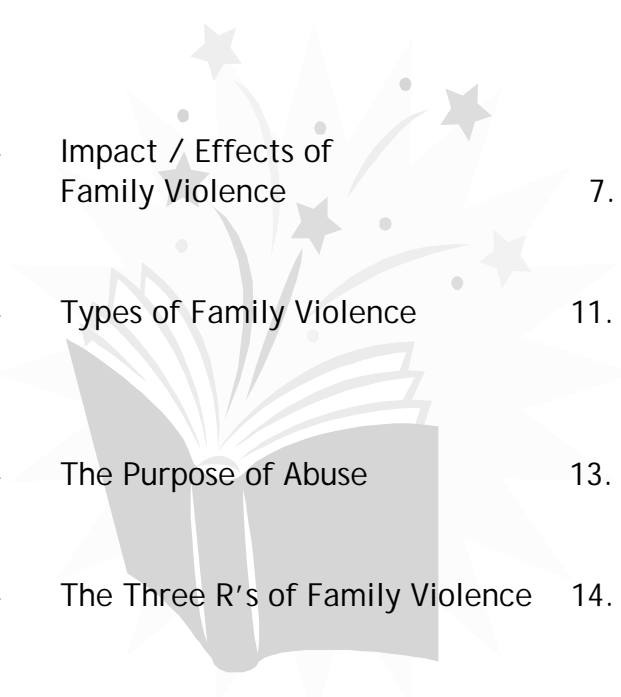
Sunraysia Community Health Services
Ph. (03) 50 237511

MBH - Mental Health Unit
Ph. (03) 50 223500

Are you in an abusive relationship?

Our support is available...

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WHAT IS FAMILY VIOLENCE?

It is not easy to explain what is meant by Family Violence. As a rule though, it usually means abusive behaviour towards other members of a family, including defacto relationships, marriage, blood ties, step families or relationships of a comparable type. Ordinarily, the parties are now or have been residing together; however, this does not always have to be the case.

Most people in an intimate relationship will encounter family quarrels and other forms of conflict from time to time. Family Violence occurs when family quarrels and other conflicts are replaced by threatening behaviour, harassment, and/or physical abuse and when one person is in a position of superior power and they use that power to control another.

VIOLENCE IS UNACCEPTABLE - THERE IS NO EXCUSE

Whilst Family Violence is most commonly understood in the terms of physical or sexual abuse, power can also be exerted by the use of social, financial, emotional, psychological, verbal abuse or stalking. These forms of abuse may happen alone and without physical or sexual abuse being present, although often they occur with one or the other. Singly or combined with another form of abuse, they can maintain a situation from which the victim of the abuse finds it difficult to escape.

WHO CAN HELP? (SOUTHERN MALLEE)

Centrelink Social Work
Service
Ph. (03) 50 365682



SERVICES AVAILABLE TO HELP MEN

The Men's Referral Service
1800 065 973
Free call Regional Victoria

Primary Health Care Services
(03) 50 331450

Salvation Army
(03) 50 331718



WHO CAN HELP? (SOUTHERN MALLEE)

Mallee Domestic Violence Services.

Ph. 24 hours (03) 50 331899

Mallee Sexual Assault Unit

Ph. (03) 50 255400

Sexual Offences & Child Abuse Unit (SOCA)

Ph. (03) 50 322021

Swan Hill Police Station

Ph. (03) 50 322022

Kerang Police Station

Ph. (03) 54 521955

Lake Boga Police Station

Ph. (03) 50 372201

Nyah West Police Station

Ph. (03) 50 302435

Piangil police Station

Ph. (03) 50 305244

Robinvale Police Station

Ph. (03) 50 263002

Sea Lake Police Station

Ph. (03) 50322022

Gannawarra Neighbourhood House

Ph. (03) 5452 2522

Swan Hill & District Hospital

Ph. (03) 5032 1111

Community Mental Health Services

Ph. (03) 5032 9704

The Salvation Army

Ph. (03) 5033 1718

Aboriginal Co-operative

Ph. (03) 5032 2964

Swan Hill Court House

Ph. (03) 5032 1352

Mallee Family Care - S/Hill

Ph. (03) 5032 4479

Mallee Family Care - Kerang

Ph. (03) 5452863

Northern District Community Health Service

Ph. (03) 5452 2700

Domestic Violence & Incest Resource Centre

Ph. (03) 9486 9866

Neighbourhood House

Ph. (03) 5032 1549

Women's Domestic Violence Crisis Service

Ph. 1800 015 188 (free call)

Primary Care Partnerships

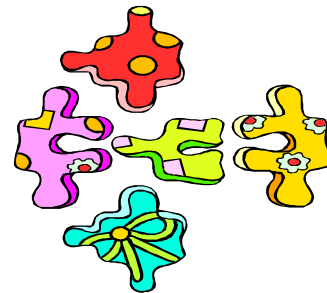
Ph. (03) 50331450

Murray Mallee Community Legal Service

Ph. 1800 243 002 (free call)

VERBAL / EMOTIONAL PSYCHOLOGICAL ABUSE

Any words or behaviours that do not give equal significance and consideration to another's feelings and experiences and which are intended to destroy or harm another person's belief in themselves is abuse. These forms of abuse are frequently the hardest to define or recognise and can also be seen to be the basis of all other forms of controlling and violent behaviour.



They include not listening to or ignoring another person's feelings, manipulation with lies, threatening to take something away from them, threatening to kill their pets, harm them or a loved one, threats of suicide, damaging or threatening to damage property, harassment, humiliation or ridicule of any part of the person, such as their appearance, cultural background, skills, family, friends, beliefs, occupation or their capacity to cope and succeed on their own.

FINANCIAL / ECONOMIC ABUSE

This form of abuse includes not providing access to financial resources, not involving the other person in any financial decisions, expecting a person to manage on an impracticable amount of money then blaming and criticising the other person when they are unable or incapable of doing so, not permitting the other person to contribute to finances by working or by controlling the other person's income, assets and spending.

IT'S ALL
ABOUT POWER



SOCIAL ABUSE

There are three (3) main forms of Social Abuse. The **first** is the verbal or psychological abuse delivered in public, this manipulating behaviour also includes behaviour that belittles another person's religious or spiritual beliefs. The **second** is "smothering", this behaviour involves intruding, dominating and restricting another person's social activities, interests, employment opportunities, access to transport and the phone. The **third** is manipulating and isolating another, by denying access to friends and family or by pushing family and friends away. Social abuse includes any behaviour that denies a person the right to be of equal standing and autonomous.

THE THREE R'S OF FAMILY VIOLENCE

REMEMBER: No person has the right to threaten or physically harm another. It makes no difference that the abuser and the victim are related or residing together. The victim no matter what age, nationality or sex has the right to be protected.

RECOGNISE: that abuse can escalate in severity, intensity, brutality and frequency over time, and more severe methods of control are generally imposed by the abuser if one form of abuse fails to produce the desired effect in the victim.

REALISE: that some forms of abuse are likely to have a greater impact in terms of immediate distress and long lasting effects than others, so that rather than put all forms of abuse and types of Family Violence into one group, each case has to be looked at individually.

SPOUSE / PARTNER ABUSE (DOMESTIC VIOLENCE)

(Any form of abuse between spouse's / partners

Behaviour by one person, which has been adopted to control his /her partner, which results in one partner having a greater power than the other and / or results in physical, sexual and / or psychological damage.

THE PURPOSE OF ABUSE

The purpose of abuse is to demean, humiliate, degrade, coerce, subdue and enslave another person. To isolate another from all other reference points, to have total control over all aspects of another person's resources, financial and social. Thus making the other person totally dependent on the abuser for all necessities.

FAMILY VIOLENCE CAN HAPPEN IN ANY FAMILY AND ACROSS ALL CULTURES



STALKING

Stalking involves harassing or frightening someone, by following them, making unwanted phone calls or sending things to someone with the intention to harm or scare them.

PHYSICAL ABUSE

The most obvious form of violence is physical abuse. Physical abuse usually begins with a lack of consideration for the physical comfort or needs of others. It can escalate to actions which generally include all types of assaults and torture, such as pushing, hitting, shaking, scratching, poking, kicking, choking, burning, twisting limbs, biting, using objects as weapons and / or using weapons, damaging the home or objects. The severity of the injury range from no

SEXUAL ABUSE

Sexual abuse includes unwanted fondling, touching, using sex to punish, using objects during the sexual act against another person's wishes, causing intentional injury during sex, bondage against another person's wishes, forcing a person to watch, participate or behave sexually in a way that makes them feel uncomfortable.

Sexual abuse is not only a violation of a person's body; it is abuse experienced at an emotional level also. It is an act of invasion and the abuse of power.

IMPACTS / EFFECTS OF FAMILY VIOLENCE

Whether the abuse is directed at other members of the family or not, witnessing or experiencing Family Violence usually has a very damaging effect on all that witness it or are subjected to it.

VIOLENCE AFFECTS ALL MEMBERS OF THE FAMILY

Often other members of the family live in fear of the next outburst of violence, feel helpless, alone, blame themselves, have trouble getting the violence out of their minds, have trouble sleeping, have nightmares and various other common re-

COMMON RESPONSES

Responses to Family Violence in any form can occur singly or in a multiple of ways. It must be noted that not all that witness or experience Family Violence will be affected in the same way. There will be as many different responses as there are different people.

NO ONE DESERVES TO BE ABUSED

FEAR

The fear of future violence to self or loved ones often becomes the most powerful weapon and controlling mechanism used by the abuser. Abuse is usually accompanied by coercion, bribery or threats to force the

SIBLING ABUSE

Any form of abuse between siblings

They may be siblings through blood ties, stepfamilies, defacto relationships or any other relationship of a comparable type. Parents / Care givers or the siblings themselves may not speak out due to the lack of information regarding the difference between normal Sibling Rivalry and Sibling Abuse.

PARENTAL ABUSE

Any form of abuse between a parent/care giver and a child

The abuse can occur between any person deemed as a parent or a caregiver of a child or dependant, an older child or a teenage child.

Parents / Care givers may be reluctant to speak out due to the child being young and unable to live independently, the fear of being seen as an unfit parent and often the parent / caregiver is reluctant to press charges.

CHILD ABUSE

The abuse and / or neglect of a child.

Child abuse is a situation wherein a parent or any other person who has care of the child / children, inflicts or allows to be inflicted any emotional or physical damage which causes or can cause a risk of disfigurement, death or impairment of physical / emotional health or

TYPES OF FAMILY VIOLENCE

There are five (5) main categories of Family Violence, the two most common are **Spouse / Partner Abuse (Domestic Violence)** and **Child Abuse**, the other three are not as widely discussed but do exist in our communities. They are **Elder Abuse**, **Sibling Abuse** and **Parental Abuse**.

Abuse occurs when one person uses their power or authority over another, or takes advantage of a person's trust, love or respect. The type of abuse depends largely on the age of the victim, however, the form of abuse maybe one of or the whole range of abuses already mentioned

ELDER ABUSE

The abuse and/or neglect of an elderly person

The abuser may be a family member, friend, neighbour, paid carer or any other person in a position of trust or authority.

Elderly people may not speak out due to isolation, dementia, protection of the abuser, lack of knowledge, the fear of losing their independence and their mental competence being challenged. The elderly are often thought of as being frail in mind and body and unable to make their own decisions.

SELF CONCEPT

Over time, a persons' belief in their worth, their self concept and their sense of having rights and choices, becomes eroded by the constant blame for the abuse from the abuser, additionally, the victim can become habituated to the behaviour, seeing it as normal or as something deserved.

PHYSICAL PROBLEMS

Headaches, abdominal complaints, asthma, peptic ulcers, anorexia, bulimia, obesity and skin problems.



EMOTIONAL / PSYCHOLOGICAL PROBLEM

Depression ranging from general lethargy, eating / sleeping problems, to suicide attempts or self harm. Low self esteem, poor social skills, lack of motivation, addictive behaviours, such as drug / alcohol abuse, compulsive gaming / spending or general dissatisfaction.

DISASSOCIATION

A defense mechanism against trauma, whereby a person develops amnesia at certain times or events.

HELPLESSNESS / POWERLESSNESS

People who are in a Family Violence situation often feel that they have no control over their own lives or at times over their own bodies. They feel that they have no choices available to them.

RESPONSIBILITY / ISOLATION

Often the abused feel that they are responsible for keeping the abuse a secret and / or keeping the family together. This feeling of responsibility can isolate the person from family and friends.

GUILT / SHAME

The victim often believes that the abuse is their fault or that they deserve it.

VIOLENCE IS UNACCEPTABLE

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HELP IS AVAILABLE

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THERE IS A SOLUTION**RELATIONSHIP DIFFICULTIES**

Victims often find it difficult to maintain long-term relationships, often they have a fear of sex or intimacy, have indiscriminate or multiple sex partners, or they view violence as a way to cope with stress / pressure as a normal part of family life and model such behaviour in other relationships.

PARENTING PROBLEMS

The victim may be over protective of their children, or they may have a fear of being a bad parent or that they may abuse their children. Some parents who are or have been in a family violence situation consider that violence is the only way to handle family pressure and / or discipline.



**NO ONE WHO IS OR FEELS
THREATENED SHOULD FEEL
THAT THEY ARE TO BLAME.**

**VIOLENCE CANNOT BE
EXCUSED UNDER ANY
CIRCUMSTANCES.**