

What is domestic and family violence?

If one person behaves in a way that controls or dominates another person and causes fear for safety and wellbeing - this is domestic or family violence.

And it happens in more ways than many of us realise.

Domestic and family violence is usually a pattern of abusive and controlling behaviour taking many forms. It happens in intimate, family or informal care relationships.

It could be punching, hitting, choking someone, or damaging their property.

It can also include non-physical, emotional and psychological abuse, such as stalking, threats, repeated text messaging, put-downs in public or private, or pressure to behave in ways you're not comfortable with, including pressure to have sex.

Abusive tactics can take the form of intimidation, insults, name calling, or manipulating a person to do things they don't want to do, for example, by making threats to hurt themselves.

It might be withholding, controlling or misusing money, or threatening to do so.

Or controlling someone's appearance, or isolating them by preventing contact with family and friends.

Domestic and family violence also extends to children seeing violence, like their mum being hurt, being called names, things being broken or police arriving. It can make you feel worthless ...fearful...or powerless.

Regardless of your age, culture, sexuality or gender identity you have the right to live without fear.

The law recognises the importance of personal safety, and that domestic and family violence is unacceptable behaviour that is not tolerated in society.

Domestic Violence Orders are part of a strategy to protect the safety of all members of our community and to stop the violence.