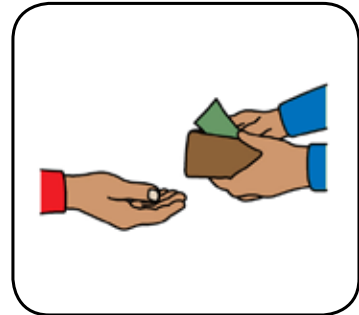


You deserve to be safe

Is someone making you feel scared?



Is someone hurting or controlling you?



How can you be safe?



Is this safe to take home?

Does someone you know...?



- Make you feel scared or afraid?



- Make you feel bad about yourself?

- Call you names?



- Always want to know where you are and what you are doing?



- Stop you from doing the things you want to do?



- Stop you from seeing or talking to your family and friends?



- Say that you will be locked away?



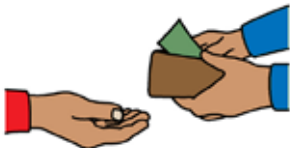
- Blame you for lots of things?
- Tell you that no one else will love you?



- Tell you that no one will help you?
- Tell other people not to believe you?



- Spend all your money or not let you have money?

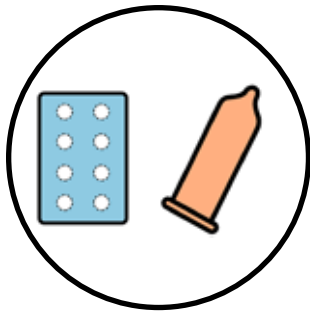


- Make you pay for everything?



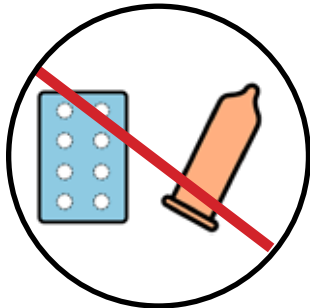
- Scare you with things they do - like yelling a lot, smashing things?

Does someone you know...?



- Make you use contraception when you do not want to?

Or



- Stop you from using contraception when you want to?

- Say they will hurt someone or something you care about?



- Hurt or say they will hurt your children?

- Hurt or say they will hurt your pets?



- Physically hurt you - like punching, kicking, biting, slapping, pinching, spitting etc.



- Put their hands around your throat (strangle)?



- Make you have sex even when you do not want to?



- Touch your private parts when you do not want them to?



- Make you touch their private parts when you do not want to?



People use different words to describe this

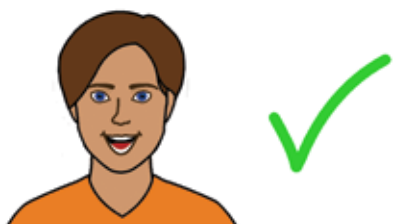
Sometimes people call this **domestic and family violence**.

Sometimes they call it **abuse**.

Sometimes they call it **assault**.



You may need help to stop the violence.



You deserve to be safe.

You may need help to stop the violence.

Domestic and family violence could make you



Have head aches

Sick in the tummy



Cry

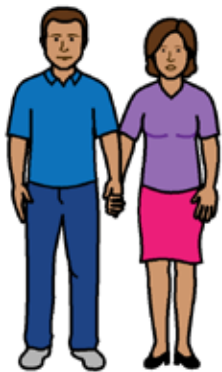


Shake

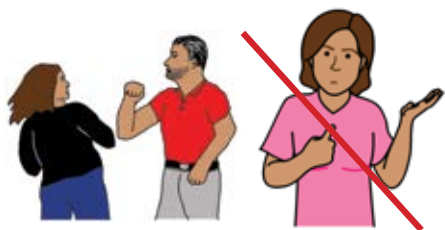
Feel like you can not relax



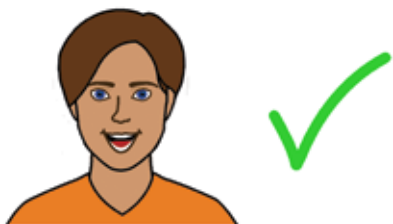
Feel like something bad might happen at any time.



A safe relationship should not make you feel scared or unsafe.

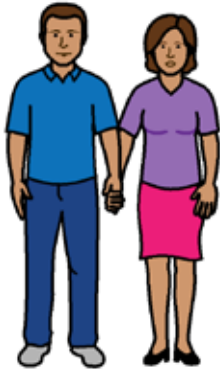


Violence is never your fault.

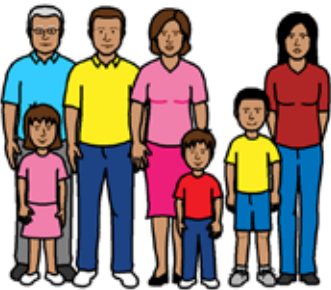


You deserve to be safe.

Violence can happen in all kinds of relationships



- Boyfriend or girlfriend
- Husband or wife or partner
- Ex-boyfriends or ex-girlfriends



- Dad or Mum
- Family member (uncle, aunty, brother, sister, cousin)



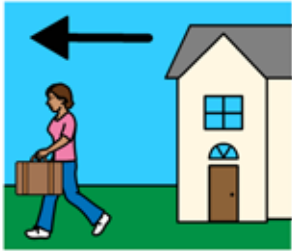
- Friend
- Neighbour



- Worker or carer
- House mate



Dangerous times



Leaving an unsafe relationship can be a dangerous time.



Pregnancy or having a new baby can be a dangerous time.



At these times it is very important to think about your safety.



It might help to talk to someone about your safety.



What can I do?

Your safety is the most important thing.



If you are in serious danger, or you are being hurt you can call 000.



You can call 000 anytime.



You do not need credit on your phone to call 000.

Talk to someone who believes you



A friend

A family member



A worker

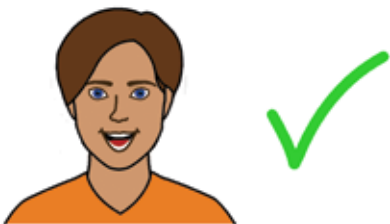
Someone from a **domestic violence** service



A **disability advocate** (someone who helps people with disabilities speak up for the things they need)



If you do not get the help you need the first time you ask, keep trying.



You deserve to be safe.



Speaking to someone might help you to



- Think about what you need to be safe.



- Think about if you want to leave and the safest way to do it.



- Think about if you want to stay and the safest way to do it.



- Understand how the law and the police might help you.

There are numbers for people you can talk to about this on the back of this book.



Contacts

These services can talk to you about violence and your safety. They can talk to you about violence and your safety.

You can call

Someone you trust can call.



Police

000

Call 000 if you are in danger.



DV Connect

1800 811 811

Can help you talk about what is happening and come up with a plan to be safe.



QLD Statewide Sexual Assault Helpline

1800 010 120

Can talk to you about sexual violence or sexual assault and come up with a plan to be safe.



WWILD

07 3262 9877

Helps people with intellectual or learning disabilities who are experiencing violence.



People With Disabilities Australia (PWDA)

1800 422 015

Can help people with disabilities get the things they need to be safe.



1800RESPECT

1800 737 732

Can help people anywhere in Australia by talking about what's happening and suggesting things you can do to be safer.

Call anytime, day or night.



REMEMBER



If you do not get help the first time you ask,
keep trying.



You deserve to be safe.

People can help you better if they know what help you need. Do you



- Need help with reading and writing?



- Need help to remember things?



- Find it hard to catch public transport?



- Have someone who helps you?



- Need an interpreter?

An interpreter is someone who changes your message from one language to another. For example, from Vietnamese to English or from English to sign language



- Want the person helping to understand important things about your culture?



Notes
