



Indian Support Center

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What is Domestic Violence

Domestic and Family Violence is violent, abusive or intimidating behaviour in a relationship. This relationship can be a partner, carer or family member.

Abusive behaviour isn't just physical violence. It can be any behaviour meant to control, dominate, humiliate or scare the other person.

Domestic and family violence can include lots of different types of **ABUSE**.

A person does not need to experience all of these types of abuse for it to be domestic or family violence.

(see table on page -2 for information on Types of Abuse)

How to GET HELP or REPORT

It's generally acknowledged that the numbers of domestic violence assaults are underreported by victims mostly due to fear of more violence, feelings of shame, or thinking that the assault was too inconsequential.

If you or someone you know are experiencing domestic violence you can

GET HELP

24 hour NSW Domestic Violence Line - CALL 1800 65 64 63.

24 hour Australia-wide Domestic Violence - CALL 1800 737 732

Police Assistance 131 444

Child Protection Helpline 132 111

NSW Elders Abuse Helpline 1800 628 221

Men's Referral Service 1300 766 491

Types of abuse can be	
Verbal Abuse	
Swearing and continual humiliation, in private or in public.	Attacks on intelligence, sexuality, body image and capacity as a parent and spouse.
Psychological Abuse	
Driving dangerously	Threatening about custody of any children
Destroying property	Threatening to 'out' the person
Abusing pets in front of family members.	Saying Police and courts won't help, support or believe the victim.
Emotional Abuse	
Blaming the victim for all the problems in the relationship.	Sporadic sulking. Emotional Blackmail and suicidal threats.
Withdrawing all interest and engagement (eg., weeks of silence)	Constantly comparing the victim with others to undermine their esteem and self-worth.
Social Abuse	
Isolation from family and friends eg., ongoing rudeness to family and friends to alienate them, or limiting contact with family and friends.	Instigating and controlling by moving to a location, where the victim has no social circle or work opportunities
Restricting use of telephone, internet, car, etc.,	Forbidding and physically preventing victim to go out and meet people.
Financial Abuse	
Forbidding access to bank accounts.	Providing only small allowance.

Not allowing the victim to have a job. Using all the wages earner by victim for household expenses.	Forcing victim to sign documents or make false declarations.
Denying the victim of his/her entitlement to a joint property.	Controlling the victims' pension and other earnings.
<u>Physical Abuse</u>	
Direct assault on the body(choking, shaking, eye injuries, biting, slapping, pushing, spitting, punching, or kicking)	Use of weapons including objects and injuring/hurting the victim.
Assaulting children	Locking the victim on or out of the house or rooms.
Forcing victim to take drugs	Withholding medication, food, or medical care.
Sleep/rest deprivation	
<u>Sexual Abuse</u>	
Any form of pressure/unwanted sex or sexual degradation. Causing pain during sex.	Assaulting genitals. Making the victim perform the sexual acts unwillingly (including taking or distributing explicit photos without their consent)
Forced sex without protection against pregnancy or sexually transmitted diseases.	Criticising or using sexually degrading insults.
<u>Harassment and Stalking</u>	
Intimidating, following and watching	Telepone and online harassment.
Tracking with Global positioning System (GPS)	Coming into the victims place without permission.

Who experiences Domestic Violence and Abuse?

People of all ages, ethnicities and social groups can be victims of domestic and family violence. Poor people, rich people and people in all sorts of relationships can also be victims. Domestic and family violence involves violent, abusive or intimidating behaviour and is about power and control.

Domestic and family violence happens in lots of different relationships including:

- married and de facto couples
- boyfriends and girlfriends
- long term residents in the same residential facility
- Carers, relatives, extended family or kin.

It does not matter if someone is still in the relationship or if it has ended.

Some individuals and groups may be more likely to experience domestic and family violence including:

- Aboriginal people
- Women with disability, culturally and linguistically diverse backgrounds
- People who identify as lesbian, gay, bisexual, transgender, intersex or queer (LGBTIQ)
- Younger, older and Pregnant women
- People living in remote or rural communities
- Women with mental health and/or drug and alcohol issues,
- Children living in a family where violence occurs.