# Domestic and family violence

## What you need to know

### An Easy Read booklet

## How to use this booklet

The Queensland Government wrote this booklet.

When you see the word ‘we’, it means the Queensland Government.

We wrote this booklet in an easy to read way.

We have written some words in **bold**.

This means the letters are thicker and darker.

We explain what these words mean.

This Easy Read booklet is a summary of another document.

This means it only includes the most important information.

You can find the other document on our website at [www.qld.gov.au/neverokay](http://www.qld.gov.au/neverokay)

You can ask for help to read this booklet.

A friend, family member or support person may be able to help you.

In this booklet, we talk about some things that might upset some people.

If you get upset and need support, there are services you can contact.

You can find their contact details on page 11.

You can find more information on our website. [www.qld.gov.au/neverokay](http://www.qld.gov.au/neverokay)

## What’s in this booklet?

[What is domestic and family violence? 3](#_Toc70591299)

[What is a healthy relationship? 7](#_Toc70591300)

[Are you experiencing domestic and family violence? 10](#_Toc70591301)

[Steps you can take 11](#_Toc70591302)

## What is domestic and family violence?

**Domestic and family violence** is when you are hurt, controlled or scared by someone close to you.

Under Queensland’s law, domestic and family violence can happen in different types of **relationships**.

Your relationship with someone is how you are connected to them.

Domestic and family violence can happen in a romantic relationship
with your:

* boyfriend, girlfriend or partner
* husband or wife.

It can happen:

* in your romantic relationship now
* after a romantic relationship ends.

Domestic and family violence can happen in a relationship with a member of your family.

This could mean a:

* parent
* brother or sister
* adult child
* aunt or uncle
* cousin
* grandparent.

You can also have a family relationship with your:

* other relatives
* **kin**
* **stepfamily**.

Your kin are people you call your family.

Your stepfamily are people you are related to by marriage.

Domestic and family violence can happen in a relationship with your
**informal carer**.

Your informal carer is someone who helps you with daily tasks.

They can be:

* your family
* your friends
* other people in your community
* your neighbour.

An informal carer is not the same as a disability support worker.

Domestic and family violence is never ok.

**Violence** is when someone hurts your body.

**Abuse** is when someone treats you badly.

If you think you are experiencing violence or abuse in a relationship we haven’t talked about, you can still get help.

You can talk to:

* domestic and family violence services
* someone you trust.

There is more information about this on page 24.

### Different types of domestic and family violence

There are many different types of domestic and family violence.

**Physical abuse** is when someone:

* hurts your body
* gives you medication that you don’t need.

**Emotional abuse** is when someone:

* says things that make you feel scared
* says things that make you feel bad about yourself
* says they will hurt you
* tries to control you.

**Sexual abuse** is when someone makes you do sexual things you do not want
to do.

**Financial abuse** is when someone:

* takes or uses your money without asking you
* controls your money.

**Technology-based abuse** is when someone uses technology to:

* make you feel bad
* control you.

**Social isolation** is when someone stops you contacting or spending time
with your:

* family
* friends.

**Neglect** is when someone doesn’t give you help or care they are supposed to give you.

**Spiritual** or **religious abuse** is when someone controls:

* how you take part in your religion
* what you believe.

**Cultural abuse** is when someone controls how you take part in your **culture**.

Your culture is:

* your way of life
* how you think or act now because of how you grew up.

Identity-based abuse is when someone uses information about you to
hurt you.

## What is a healthy relationship?

A healthy relationship can make you feel:

* happy
* safe
* like you matter
* respected.

It’s important to know what a healthy relationship:

* looks like
* feels like.

It will help you understand when a relationship is unhealthy.

There are signs that a relationship is heathy.

### Respect

You respect:

* each other
* what is different about each of you.

### Kindness

You’re there for each other when you have:

* good times
* bad times.

### Trust

You trust each other.

You believe the other person won’t hurt:

* you
* the relationship.

You believe the other person will be honest.

### Communication

You share your:

* feelings
* hopes
* dreams.

You listen to each other’s:

* ideas
* opinions.

### Being equals

You both put the same amount of effort into the relationship.

You work together to find a way for both of you to be happy when you don’t:

* agree
* want the same thing.

### Freedom

You enjoy spending time together.

You enjoy spending time apart.

### Safety

You feel safe when you’re together.

When you have a problem, you can tell the other person.

You don’t worry about what they will:

* say
* do.

## Are you experiencing domestic and family violence?

Sometimes people don’t know what they’re experiencing is domestic and family violence.

When you’re at home you might:

* feel scared
* be quiet
* feel bad all the time and it doesn’t seem like your feelings will change.

You might be stopped from seeing your:

* family
* friends.

You might try and hide any:

* bruises
* injuries.

You might not have a say about how your money is used.

## Steps you can take

Domestic and family violence is never ok.

You can get help if you think you might be experiencing domestic and
family violence.

There are services you can talk to if you experience domestic and
 family violence.

They will listen to you.

They can give you advice.

These services can be:

* organisations
* individuals, like your doctor.

If you are in danger now:

* call TripleZero

**000**

* ask for the police.

You can get more information over the phone.

* **DVConnect Womensline**

**1800 811 811**

* **1800RESPECT**

**1800 737 732**

You can find more information on our website.

[www.qld.gov.au/neverokay](http://www.qld.gov.au/neverokay)

The Information Access Group created this Easy Read. For any enquiries, please visit [www.informationaccessgroup.com](http://www.informationaccessgroup.com). Quote job number 4003-A.