

## What is domestic and family violence?

Domestic and family violence is when one person in a relationship uses violence or abuse to hurt, scare and control the other person.

It can happen in romantic or intimate relationships (now or in the past) as well as in relationships with family or informal carers.

### **Domestic and family violence is not always physical.**

It can look like any of the following:

- Shouting or swearing at you, making threats or accusations, putting you down
- Making all the money decisions or limiting your access to money
- Hurting, bruising or injuring your body
- Not letting you have the things you need to be healthy or independent
- Forcing you to do sexual acts
- Stopping you from contacting or spending time with your family and friends
- Taking away your phone or checking your internet use
- Stopping you practising your religion or cultural traditions

## Domestic and family violence is never okay

**If you think this is happening to you, there are steps you can take**



Talk to your doctor or healthcare professional



Call DVConnect Womensline on **1800 811 811**  
(24 hours a day, 7 days a week)



You can find more information online at [www.qld.gov.au/neverokay](http://www.qld.gov.au/neverokay)



**If you are in immediate danger, call Triple Zero (000) and ask for Police**

Women with disability are almost **twice as likely** to experience **domestic and family violence**\*



Domestic and family violence is *never okay*



You have the right to *feel safe* and to *be safe*



Is it safe for you to take this brochure home?



\*Compared to women without disability (Australian Institute of Health and Welfare, 2019)



Queensland Government

***“I knew something was wrong, I just couldn’t work out what it was.***

*My partner always seemed so nice and easy-going in public that some people couldn’t understand why I was worried. I always thought it was about him getting his own way. Then when I got help, I learnt that what I was experiencing was abuse.*

***I understand now that domestic and family violence is about power and control. I’m so glad I got help and got out of that situation.”***



Philippa\*, hearing impaired

*\*Name has been changed*

## What is a healthy relationship?

It helps to understand what a healthy relationship is so you can know if your relationship is unhealthy.

Signs of a healthy relationship are:

- **Respect:** You respect each other and your differences.
- **Kindness:** You are there for each other through good and bad times.
- **Trust:** You trust each other’s intentions or believe they are truthful.
- **Communication:** You listen to each other’s ideas and opinions.
- **Being equal:** You both make compromises when you disagree or don’t want the same thing.
- **Freedom:** You enjoy spending time together as well as apart – either alone or with friends and family.
- **Safety:** You feel comfortable and safe in each other’s company.

### Dealing with disagreements in a respectful way

In any relationship, there will be verbal disagreements and arguments. It’s okay to have different opinions. What’s important is that you talk openly and respectfully about it to resolve the situation. Sometimes this means agreeing to disagree or finding common ground to reach a compromise.

## Are you experiencing domestic and family violence?

**Sometimes people don’t realise they’re experiencing domestic and family violence.**

**If you are, you may:**

- feel nervous or afraid when you’re at home
- have been stopped from seeing your friends and family and become isolated
- become depressed, unusually quiet or lose confidence
- try to hide bruises and injuries
- have no access to your own money.

**Here are some examples of what it can look like:**

- Threatening or hurting you, your children, assistance animals or pets
- Threatening to put you into care
- Not giving you medicine or giving you too much medicine to make you sleepy
- Removing, hiding, damaging or not charging your communication or mobility aids
- Misusing your NDIS funds or disability support pension
- Taking photos of you when you’re naked without your permission
- Stopping you getting the sleep, food or medical care you need.