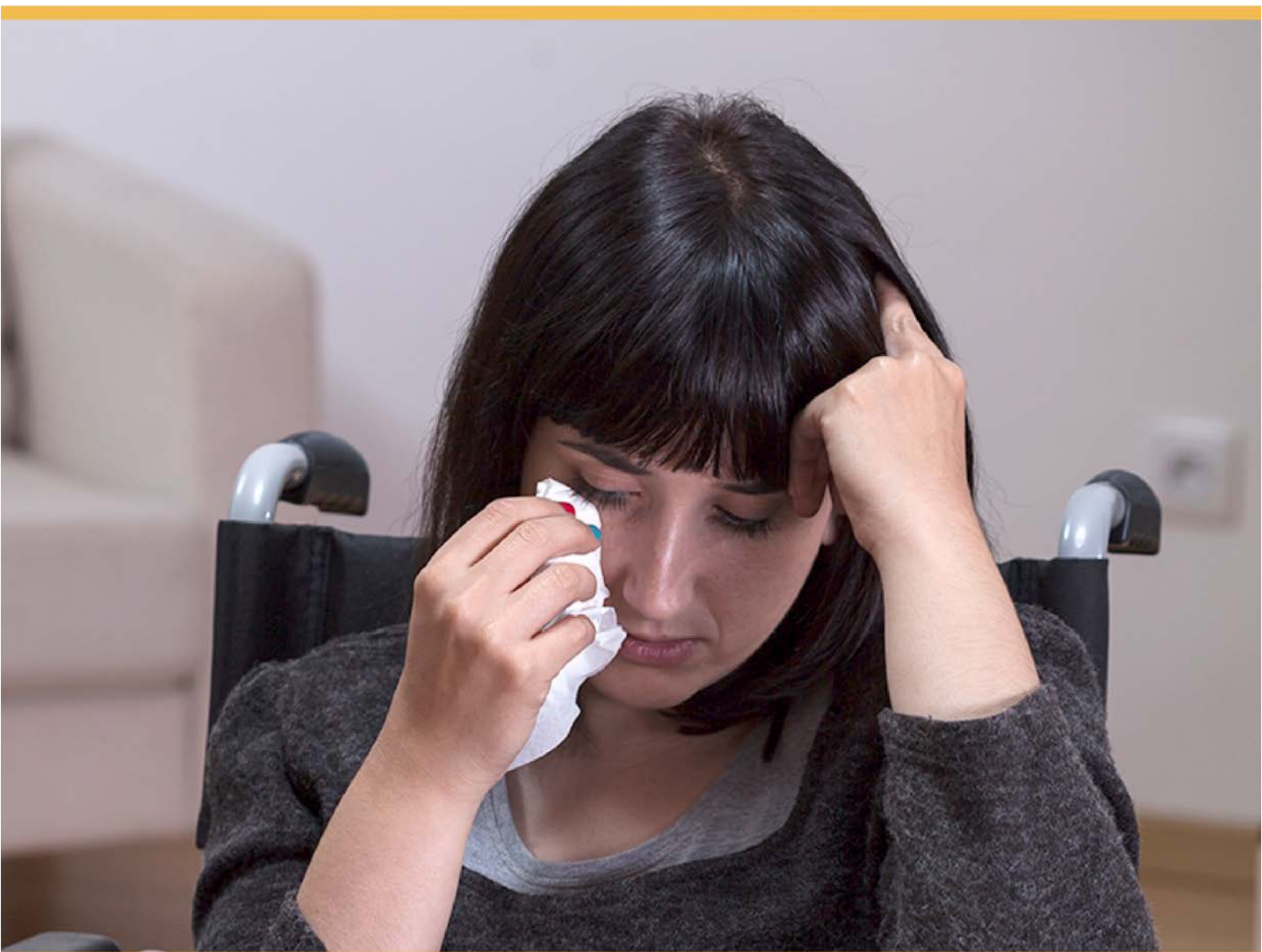


What is domestic and family violence?

An Easy Read guide



**Queensland
Government**

How to use this guide



The Queensland Government wrote this guide.
When you see the word 'we', it means the
Queensland Government.



We wrote this guide in an easy to read way.
We use pictures to explain some ideas.

Not bold
Bold

We have written some words in **bold**.
This means the letters are thicker and darker.
We explain what these words mean.



This Easy Read guide is a summary of some pages from
a website. This means it only includes the most
important information.



You can visit the website at
www.qld.gov.au/neverokay



You can ask for help to read this guide.
A friend, family member or support person
may be able to help you.



In this guide, we talk about some things that might upset you.



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



You can find their contact details on page 36.



You can find more information on our website.

www.qld.gov.au/neverokay

What's in this guide?

What is domestic and family violence?	5
Signs of domestic and family violence	10
Different types of domestic and family violence	14
More information	36

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:

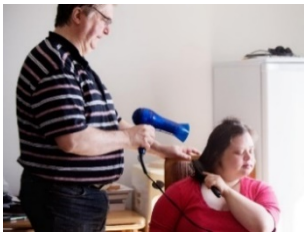
- other relatives
- kin
- **stepfamily.**



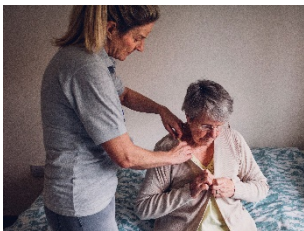
Your kin are people you call your family.



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.

Signs of domestic and family violence



The other person might use **violence**.



Violence is when someone hurts your body.



They might **abuse** you.

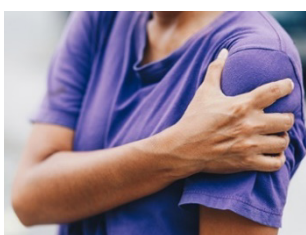


Abuse is when someone treats you badly.

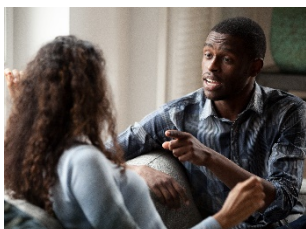
They might:



- scare you



- hurt you



- try to control you.



Domestic and family violence is never ok.



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.



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



There is more information about this on page 36.



We explain different types of domestic and family violence on the following pages.



We want more people to know what domestic and family violence is.



If we talk about it, we can help to stop it.

Different types of domestic and family violence



There are many different types of domestic and family violence.



We talk about all the different types of abuse in more detail on the following pages.

Physical abuse



Physical abuse is when someone hurts your body.

They might:



- slap or hit you
- punch you
- kick you
- pinch you
- choke you.

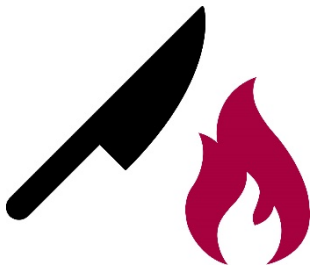
They might:



- break things

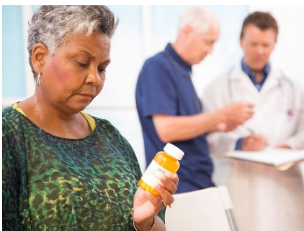


- throw things at you.



They might hurt you with objects that are:

- sharp
- hot.



They might give you medication you don't need.



They might break things you need.

This could include equipment you need to:



- move around



- communicate.

They might hurt your:



- assistance animal

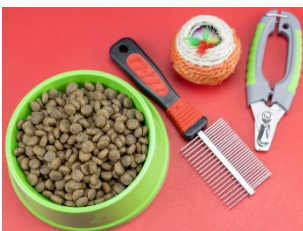


- pets.

They might hide or take away things:



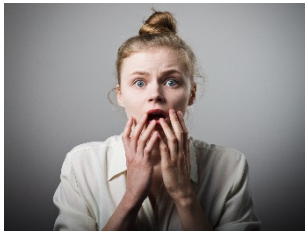
- you need



- your assistance animal or pets need.

Emotional abuse

Emotional abuse is when someone:



- says things that make you feel scared



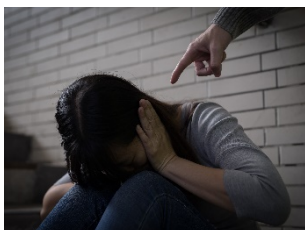
- says things that make you feel bad about yourself



- says they will hurt you



- tries to control you.



They might:

- say mean things and put you down
- yell, shout or swear at you.



They might blame you for things that aren't your fault.



They might say you have done things you didn't do.

They might say they will hurt your:



- children

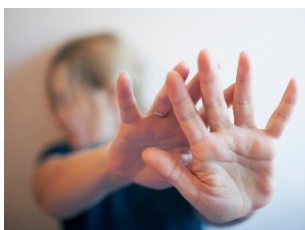


- pets or support animals.

Sexual abuse



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



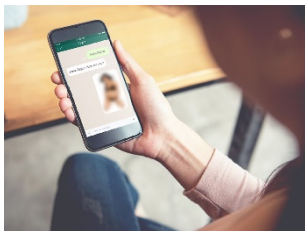
They might make you have sex when you don't want to.



They might touch you in places you don't want them to touch you.



They might make you touch them in places you don't want to touch them.



They might show you sexual pictures or videos that you don't want to see.



They might take pictures of you while you are naked when you don't want them to.



They might share naked pictures they take of you:

- online
- with other people.

They might not let you make your own choices about:



- safe sex



- having children.

They might tell you that you'll get into trouble if you:



- don't have sex with them



- tell people about the sexual things you are being made to do.

Financial abuse

Financial abuse is when someone:



- uses your money without asking you



- keeps your money from you



- uses your money for things they like



- does not spend your money on things you need.

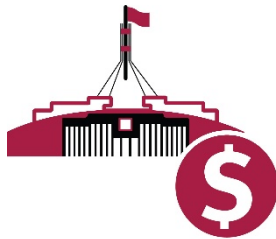
Your money is money you get from:



- your job



- the **National Disability Insurance Scheme (NDIS)**



- Centrelink – your **disability support pension**.



The NDIS is a way of providing supports and services to people with disability around Australia.



The Disability Support Pension is a payment from the Australian government to help with your day-to-day living costs.



They might take money from your:

- purse or wallet
- bank account.



They might not spend money on disability supports and services.



They might get angry when you spend money.



They might not let you:

- have a job
- earn your own money.



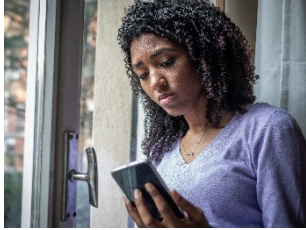
They might make you sign things when you don't understand what you are agreeing to.



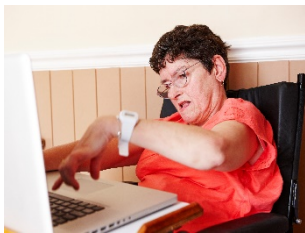
They might not give you passwords or codes you need to use your bank account.

Technology-based abuse

Technology-based abuse is when someone uses technology to:



- make you feel bad

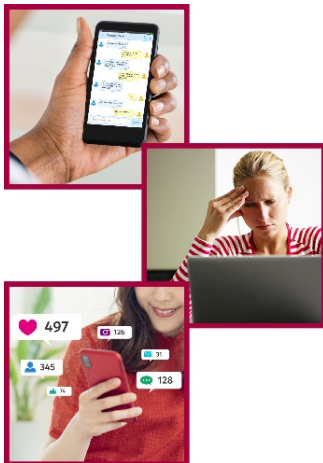


- control you.



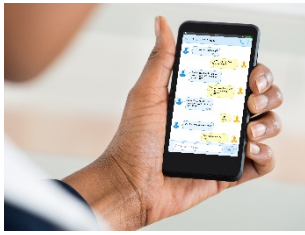
They might use a:

- phone
- tablet
- computer.



They might use:

- text messages
- email
- social media.



They might look at things without your **consent**,
like your:

- phone
- email
- social media.

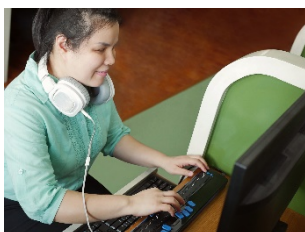


When you give your consent, you say it is okay
for someone to do something.



They might stop you from using your:

- phone
- tablet
- computer
- **screen reader.**



A screen reader helps people who are blind or can't see
well to use computers.



They might say mean things about you on social media.



They might use your phone to check:

- where you go
- what you do.

Stalking



Stalking is when someone spends a lot of time:

- watching you
- following you
- **harassing** you.



When someone harasses you, they treat you in a way that makes you feel uncomfortable.

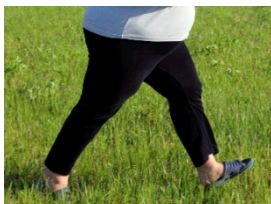


They do it over and over again.

They might follow you:



- in a car



- on foot.



They might wait outside:

- your home
- your university
- the place where you work.

They might leave things you don't want, such as:



- notes or letters



- gifts.



They might check:

- where you are going
- what you are doing.

Social isolation



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

- family
- friends.



They might say mean things about your:

- family
- friends.



They might try to make you feel bad when you spend time with your:

- family
- friends.



They might only let you do things they can take part in too.



They might leave you at home when they go out.

They might not charge things you need to:



- move around



- communicate.

Neglect



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



They might stop you from getting:

- sleep
- food
- medicine
- health care.



They might not help you:

- wash
- stay clean.



They might not help you look after your assistance animal or pets.

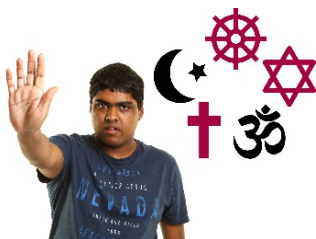


They might leave you alone in a place you don't like.



They might ignore you when you want or need something.

Spiritual or religious abuse



Spiritual or religious abuse is when someone controls:

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



They might make you feel bad about:

- your religion
- what you believe.

They might stop you:



- wearing clothes from your religion



- taking part in ceremonies or traditions from your religion



- eating foods from your religion or culture.

They might use their religion to:



- say what they're doing is ok



- stop you from ending the relationship.



They might make you follow:

- their religion
- what they believe.

Cultural abuse



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.



They might make you feel bad about your culture.

They might stop you:



- eating foods from your culture.



- wearing clothes from your culture



- taking part in ceremonies or traditions from your culture.

Identity-based abuse



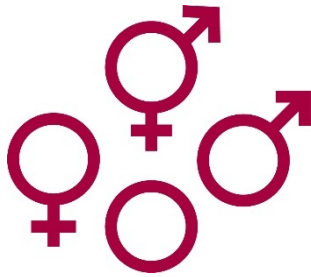
Identity-based abuse is when someone uses information about you to hurt you.



They might talk about your **gender**.



Your gender is about who you feel you are as a person.



Your gender can be:

- male
- female
- a combination of these
- none of these.



They might talk about your **sexuality**.



Your sexuality is who you:

- are attracted to
- want to have romantic or intimate relationships with.



They might say mean things to make you feel bad about yourself.



They might say mean things because they know it will upset you.



They might tell you to keep part of who you are a secret.



They might say they will share things about you that you don't want people to know.



This might be about your:

- gender
- sexuality
- religious beliefs
- race.



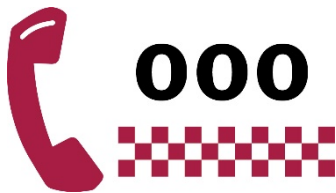
This might be about your disability.

More information



However it happens, domestic and family violence is never ok.

If you are in danger now:



- call TripleZero
000



- ask for the police.

If you think you are experiencing domestic and family violence:



- talk to someone you trust



- call DVConnect Womensline
1800 811 811



- call 1800RESPECT
1800 737 732.



You can find more information on our website.

www.qld.gov.au/neverokay



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