



FAMILY VIOLENCE

YOU CAN HELP

Don't let shame stop you helping friends and family who are being hurt.



WE WANT THE FIGHTING TO STOP

WHAT IS FAMILY VIOLENCE?

Family violence can be put downs, taking without asking, calling names, forcing someone to have sex, hitting and threatening to hit. Violence also happens against our Elders.

FAMILY VIOLENCE CAN INVOLVE:

- Elders
- partners (man or woman)
- parents and kids
- teenagers
- extended family members
- the whole family, or all those living in the house and community.

The person being hit or hurt is not the only person affected by family violence. It hurts our kids, the whole family and our whole community. You can help by supporting the people being hurt.



"I feel shame for what I did to my woman. My kids, our families and our friends all knew what I was like. When I owned up and got help, I started to see the difference in how everyone treated me."

SAY 'NO' TO FAMILY VIOLENCE

IT'S NOT OUR WAY
IT'S NOT OUR CULTURE

"Our mob have to speak up, say 'no more fighting'. Our men have to help too. It's everyone's problem. My sisters are getting bashed all the time, terrible scars inside and out, our kids are suffering. Our men have to teach each other not to bash. It's not just the grog either; that's no excuse to hurt each other."

TYPES OF VIOLENCE

PHYSICAL

- Punching
- Hitting
- Breaking up your things

EMOTIONAL

- Calling you names that hurt you
- Making you think it's your fault

SEXUAL

- Rape or being forced to have sex when you don't want to

MONEY/POSSESSIONS

- Taking without asking
- Taking back money
- People keeping the change when they shop for you

JEALOUSY

- Getting angry when you talk to other guys or girls
- Saying you have been sleeping around

ISOLATION

- Not letting you talk to or see your family or friends

SPIRITUAL ABUSE

- Feeling like your spirit is being hurt or destroyed

WHY DOES THE VIOLENCE KEEP HAPPENING?



After a fight, a couple often goes through a good patch where things are okay. They might both say 'sorry' and say it won't happen again. But the tension soon builds up and the fights happen again. The fighting is like a billy boiling over a fire – the hotter it gets, the quicker it will boil over. The kids are also caught up in this cycle and they feel the tension and the fighting too.

"He was always calling me useless and I started to believe I was ... I would say sorry for things that I know now were not my fault. I would make excuses for him like he had had too much grog last night. I know now that there is no excuse for abuse – it's wrong."



NO WAY ... NO MORE
VIOLENCE HURTS OUR KIDS AND OUR FUTURE

"Fighting is really bad in my community and we are often scared to get help. We don't want to leave; we just want the fighting to stop. If we all speak with one voice, then maybe we can do something. We should all say no to fighting – we can make a difference if we work together."

HOW DO I KNOW IF SOMEONE IS BEING HURT?

YOU MAY SEE YOUR FRIEND OR FAMILY MEMBER:

- making excuses for the bad things their partner does
- looking scared and not wanting to mix with their friends
- not speaking up for themselves – their partner always speaks for them
- with bruises or cuts on their body.

HOW DO I KNOW IF IT'S RIGHT FOR ME TO HELP?

REMEMBER, YOU DON'T HAVE TO FIX THE PROBLEM.

Look at how safe it is for you and your friend before you decide how to support them. Just being there for someone can make all the difference. You could help by:

- working out ways to keep safe
- talking about some safe places to go and what to take if they have to leave in a hurry
- telling them about an agency who could help
- listening to them and believing them
- helping to keep the kids safe.

FAMILY VIOLENCE

You see the suffering.
You see the fighting over and
over again. You see the hurt on
the faces of the kids as they
run from the fighting.

HOW CAN I HELP?

WHAT CAN I DO?

About the artist

Loretta Egan is an Ingarida woman and speaks the Wadjari language. Loretta maintains very strong links with her country and traditional culture in the Murchison/Gascoyne region. Loretta was educated in Geraldton and Perth.

About the painting on the cover

This painting shows the man standing with a bottle of beer in one hand and showing a fist to the woman sitting on the ground and crying. The symbol shows the man alone on one side and the woman and children together on the other side. The middle of the painting shows the family coming together and finding a solution to the violence. The bottom of the painting shows the man being responsible and taking the children back and teaching them about their heritage and culture, how far we have come and right from wrong. It shows the mother sitting close by and passing on her wisdom. The tree represents strength; the footprints show how far we have travelled through our journey of life.

About the painting above

The painting shows a man standing with a stick in one hand and a bottle of beer in the other. It shows the man has bashed his woman. The middle of the painting shows the family coming together and finding a solution to the violence. The bottom of the painting shows the man being responsible and taking the children back and teaching them about their heritage and culture, how far we have come and right from wrong. It shows the mother sitting close by and passing on her wisdom. The tree represents strength; the footprints show how far we have travelled and the hands represent us making our mark as we travel through our journey of life.

**IF SOMEONE YOU KNOW IS BEING HURT,
LISTEN TO THEM, BELIEVE THEM**

CALL THESE PHONE NUMBERS

**24 HOURS
Crisis Care**

Tel: (08) 9223 1111
Free call: 1800 199 008

Police
131 444

000 emergency only

Local phone numbers

Women's Domestic Violence Helpline

Tel: (08) 9223 1188
Free call: 1800 007 339

Men's Domestic Violence Helpline

Tel: (08) 9223 1199
Free call: 1800 000 599



Government of Western Australia
Department for Child Protection

www.childprotection.wa.gov.au