

KEY AGENCIES + CONTACTS

WHERE TO GET HELP

Getting help is a sign of strength and courage. Deciding to get help shows that you are ready to take control of your situation and take a positive step towards sorting things out.

24 HOURS

MEN'S DOMESTIC VIOLENCE HELPLINE 1800 000 599

The Men's Domestic Violence Helpline is open 24 hours a day, 7 days a week. You can call and talk anonymously to a trained professional, who will listen to you and give you some options on what you can do.

CRISIS CARE (24 hours) **(08) 9223 1111** or free call **1800 199 008**

OFFICE HOURS

The following organisations have offices and services across the State.

Centrecare **(08) 9325 6644**

Communicare **(08) 9439 5707**

Kinway (Anglicare WA) **(08) 9263 2050** or STD free call **1800 812 511**

Relationships Australia **1300 364 277**

TRANSLATING AND INTERPRETING SERVICES 131 450

Translating and Interpreting Services (TIS) are open 24 hours a day, 7 days a week. For the cost of a local call, TIS helps people who do not speak English.

To order publications, or for more information, visit the Department for Child Protection's website at: www.childprotection.wa.gov.au

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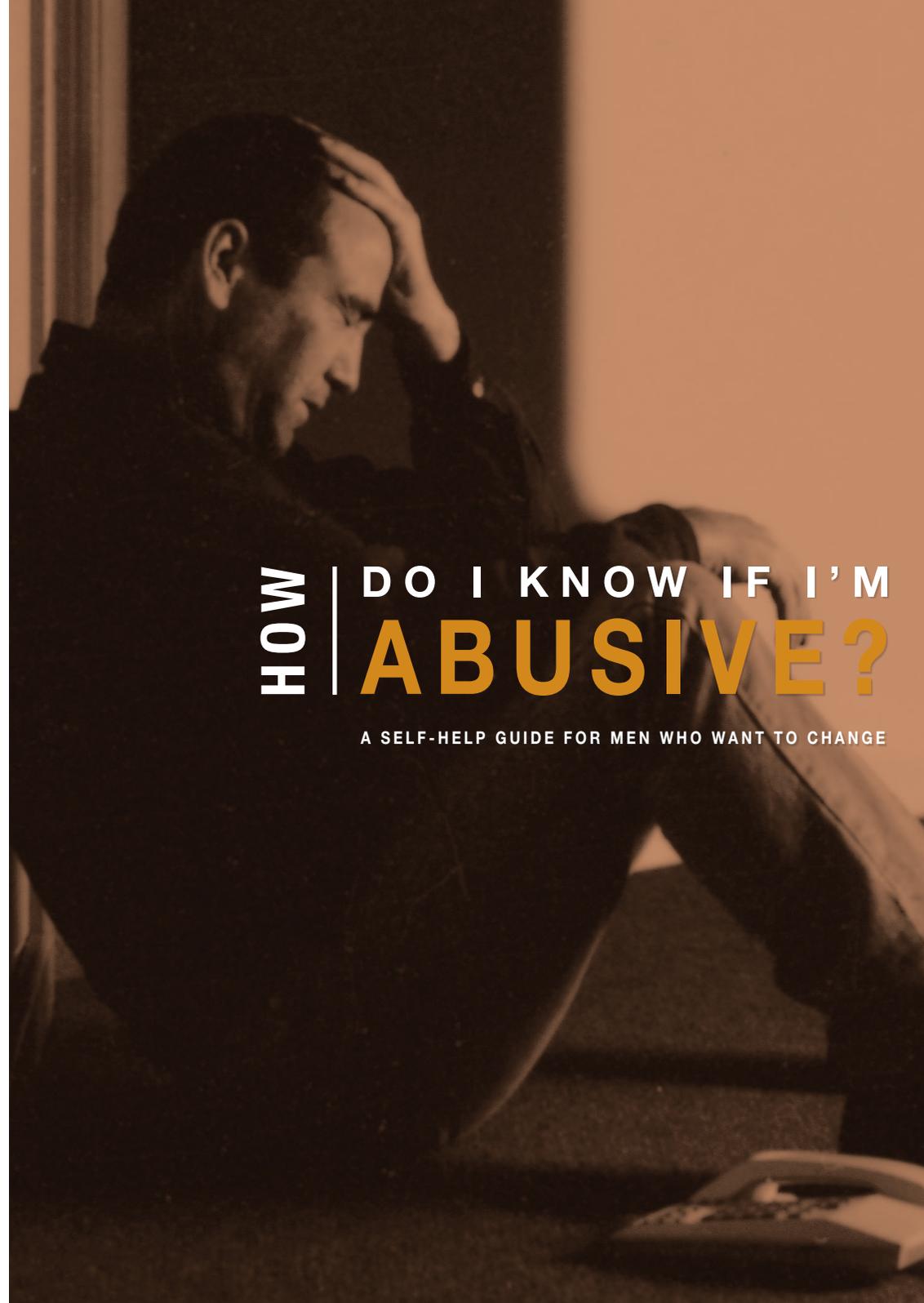


Government of Western Australia
Department for Child Protection

FREEDOM FROM FEAR
CAMPAIGN AGAINST DOMESTIC VIOLENCE

HOW | DO I KNOW IF I'M
ABUSIVE?

A SELF-HELP GUIDE FOR MEN WHO WANT TO CHANGE



HEALTHY CONFLICT

Healthy conflict in relationships is normal. Everyone has to deal with healthy conflict if they want the benefits of being in a relationship.

What do you do when you get angry with your partner?

When you argue with your partner, do you become abusive?

ABUSIVE BEHAVIOUR

Abusive behaviour, also called domestic violence, is about more than just hitting. It is when one person uses abuse to gain power and control over their partner. This often prevents the partner from doing what they want to do.

People who abuse are not 'out of control' because of poor anger management, stress or alcohol or drugs. Rather, they have learned to use abuse to get what they want. The good news is that because abuse is learned behaviour, it can be unlearned.

Domestic violence takes many forms.

It includes behaviour that results in physical, sexual and/or psychological damage, forced isolation, economic deprivation or **behaviour that causes the partner to live in fear.**

PHYSICAL ABUSE

Punching, choking, hitting, pushing, shoving, throwing things, smashing things, damaging property, hurting pets and threatening to do any of these things.

SEXUAL ABUSE

Demands for sexual intercourse when one person does not want to participate, threats of physical violence during sex, or forcing a person to participate in acts they do not wish to perform.

VERBAL ABUSE

Continued verbal harassment, including put-downs, insults, name-calling and swearing.

SOCIAL ABUSE

Not letting your partner have friends, isolating your partner from family, not letting them use the car or the phone.

ECONOMIC ABUSE

One person takes total control of the family income, so that the other person isn't allowed to have any money, or is only allowed to have money for household expenses and none for personal use.

PSYCHOLOGICAL AND EMOTIONAL ABUSE

Humiliation, threats, insults, harassment or constant criticism. This may include verbal abuse, as described above.

Perhaps you haven't hurt your partner, but you're worried that you will? If you're worried, ask yourself these few important questions.

HOW YOU TREAT YOUR PARTNER

1. Do you often call your partner names and constantly criticise them? yes no
2. Have you ever tried to stop your partner doing something that they wanted to do? (For example, going out with friends, having a job, doing some study.) yes no
3. Do you take control of the finances, so your partner is not allowed to have money for their own personal use? yes no
4. Have you ever threatened to hit or throw something at your partner? yes no
5. Have you ever unfairly accused your partner of paying too much attention to someone else? yes no
6. Have you ever slapped, hit, pushed or shoved your partner? yes no
7. Have you ever pressured your partner to have sex when they didn't want to? yes no

Many couples in intimate relationships disagree about things and fight. Disagreements are part of a normal, healthy relationship. It's a problem if one partner feels too threatened or scared to argue back or have their say. When this happens, the balance of power is no longer equal.

Your relationship may seem peaceful as a result, but it will be undermined by unexpressed anger and resentment. Such relationships are not satisfying to anybody and are likely to break down if you do not get help.

If you answered YES to any of these questions, chances are you can't simply sort things out by yourself.

You will need to seek help from a professional trained in domestic violence.

The Men's Domestic Violence Helpline has professionals on the line that you can talk to.