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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# 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.

<table>
<thead>
<tr>
<th>PHYSICAL ABUSE</th>
<th>SEXUAL ABUSE</th>
<th>VERBAL ABUSE</th>
<th>SOCIAL ABUSE</th>
<th>ECONOMIC ABUSE</th>
<th>PSYCHOLOGICAL AND EMOTIONAL ABUSE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Punching, choking, hitting, pushing, shoving, throwing things, smashing things, damaging property, hurting pets and threatening to do any of these things.</td>
<td>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.</td>
<td>Continued verbal harassment, including put-downs, insults, name-calling and swearing.</td>
<td>Not letting your partner have friends, isolating your partner from family, not letting them use the car or the phone.</td>
<td>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.</td>
<td>Humiliation, threats, insults, harassment or constant criticism. This may include verbal abuse, as described above.</td>
</tr>
</tbody>
</table>

## How to I know if I’m Abusive?

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.