

What are the consequences of abusive behaviour?

- Demanding or intimidating actions are destructive to relationships.
- People, including your children, get scared and hurt.
- People close to you no longer respect you.
- You could cause serious injury or death.

- A domestic violence order may be taken out against you.
- You could face criminal charges and prison.

Don't let abusive behaviour ruin your relationship.

How can you start changing your abusive behaviour?

1. Talk to someone about where to get help.
2. Stop making excuses and blaming others for your behaviour.
3. Accept that respectful relationships are free from violence and abuse.

You can talk to someone about this. Call DVConnect Mensline on 1800 600 636.

What happens if you stop being abusive?

- You will develop more respectful, healthy and safe relationships.
- People close to you will see that you take responsibility for yourself without blaming others for your behaviour.
- You may be able to repair some of the damage you have caused.

Every person has a right to have relationships free from violence and abuse.

See the signs. Make the call.

Freecall DVConnect Mensline on 1800 600 636 9am–midnight, seven days a week or Lifeline on 13 11 14 (24 hours) for anonymous and confidential advice.

* Calls from a mobile phone incur charges.

www.communities.qld.gov.au

Can you see the signs of domestic and family violence?



What is domestic and family violence?

Domestic and family violence is about using abusive behaviour in a relationship to feel in control. This can happen one time or it can happen often. It is also domestic and family violence if you get someone else to carry out the abuse.

Abuse can include:

- controlling what your partner spends
- controlling who your partner talks to or spends time with
- making threats
- pressuring your partner for sex
- being intimidating
- controlling or preventing cultural or religious practices
- constantly accusing your partner of being unfaithful to you, without any justification for this
- put-downs
- pushing, hitting, slapping
- constantly phoning and texting to check up on your partner.

Abuse can occur in all types of relationships.

- Spousal relationships — include married or de facto of the same sex or opposite sex, or parents of a child (whether they live together or not).
- Intimate personal relationships — include same sex or opposite sex, people of any age who are engaged, betrothed or dating.

- Family relationships — include by blood, marriage, extended family, kin or clan on cultural or religious grounds.
- Informal care relationships — include providing or receiving unpaid care for someone due to illness, disability or impairment.

Are you using abusive behaviour in your relationship?

- Have you been violent or abusive to a family member, partner or someone in your care?
- Have you made a loved one or someone in your care afraid?
- Is your abusive or violent behaviour affecting your children?

Abusive behaviour of any kind is a choice that will have consequences. Do you have the courage to change your abusive behaviour? See the signs — make the call.

You can change and improve your situation.

For confidential advice call DVConnect Mensline 1800 600 636.