

The 3 Rs

of Domestic Violence

Recognise: We can think of domestic violence of being physical or verbal violence against a partner. Yet it can happen in any kind of relationship and can involve children, parents, partners and elderly parents. Common forms of domestic violence include:

- Stalking
- Emotional abuse
- Social control/isolation
- Financial control/isolation
- Physical violence and threats
- Persistent demeaning comments
- Digital exploitation, blackmail or stalking
- Using religion to control a person or justify bad behaviour
- Taking important identity documents such as passports and visas

The violence is used to gain or maintain control. Violent actions may be repeated over time or one act may be all that is needed to make a person feel frightened and be controlled.

Ask yourself: Is a person fearful, cut off from their friends, unable to do things without permission? Do they have no money? Are they being controlled?

Respond: Listen carefully and express concern in a caring way. You could hear from someone who has been subject to domestic violence or from someone who uses violence and it may surprise you. The way you respond can make a difference.

Responses when you are hearing from an abused person

“Yes, I am listening.” “I believe you.” “This is difficult for you.” “You are not alone.”

If you hear from someone who uses violence

Acknowledge what you have heard. Their behaviour is NOT OK so do not agree with their actions or reasons. Refer the person to support services listed below.

Refer: Providing the contact details of support services is a good practical step. Never force a person to make contact. You can use these numbers if you need to talk.

IN IMMEDIATE DANGER CALL 000

Orange Door: 1800 319 354 (Monday to Friday, 9am – 5pm)

Safesteps: 1800 015 188 or safesteps.org.au – any time

1800RESPECT: 1800 737 732 or 1800respect.org.au - any time

MensLine: 1300 78 99 78 or mensline.org.au – any time

Djirra: (Aboriginal Support Service): 1800 105 302 (Monday to Friday, 9am – 10pm)

For more information head to <https://safeandequal.org.au/>

Jesus said: “I came that they may have life, and have it abundantly.” John 10:10