

FAMILY & DOMESTIC VIOLENCE

INFORMATION BOOKLET



Multicultural Women's
Health Services

EMERGENCY NUMBERS

POLICE—CRISIS **000** (EMERGENCY)
TO REPORT AND INCIDENT **131 444** (NON-EMERGENCY)

1800RESPECT
1800 737 732

CONFIDENTIAL INFORMATION, COUNSELLING AND SUPPORT
SERVICE FOR SEXUAL ASSAULT, DOMESTIC OR FAMILY
VIOLENCE AND ABUSE.

ENTRYPOINT PERTH
1800 595 206
HOMELESS SERVICES & ACCOMMODATION

CRISIS CARE
TEL: **(08) 9223 1111**
FREE CALL **1800 199 008**
REFERRAL TO SAFE ACCOMMODATION

WOMEN'S DV HELPLINE
TEL: **(08) 9223 1188**
FREE CALL **1800 007 339**
SUPPORT AND COUNSELLING FOR WOMEN EXPERIENCING DV.
STATE-WIDE 24 HOUR SERVICE.

LIFELINE
CALL: **13 11 14**
24/7 CRISIS SUPPORT

TYPES OF ABUSE

INTIMATE PARTNER VIOLENCE CAN OCCUR IN MANY DIFFERENT FORMS:

PHYSICAL



SEXUAL



VERBAL



CULTURAL/SPIRITUAL



SOCIAL



FINANCIAL



TECHNOLOGICAL



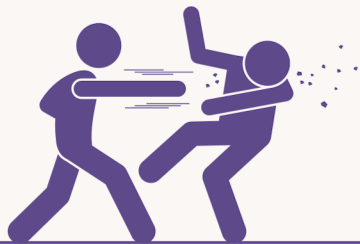
GROOMING



PHYSICAL ABUSE

ACTUAL OR THREATENED, CAUSING PAIN, INJURY AND/OR FEAR THAT CAN BE A SINGLE OR SERIES OF INCIDENTS.

HITTING



STRANGULATION



BRUISING



SMASHING THINGS



SLEEP & FOOD DEPRIVATION



DENYING MEDICAL SUPPORT

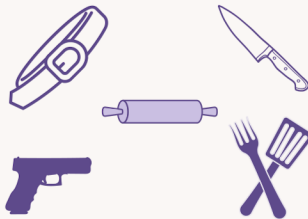


PHYSICAL ABUSE

SPITTING



USING WEAPONS



BITING



PULLING HAIR



KICKING



RECKLESS DRIVING



SEXUAL ABUSE

ACTUAL OR THREATENED UNWANTED SEXUAL ACTIVITY, WITH PERPETRATORS USING FORCE, MAKING THREATS OR TAKING ADVANTAGE OF VICTIMS WHO DO NOT GIVE CONSENT.

FORCED STRIPPING



RAPE



UNWANTED TOUCHING



FORCING TO WATCH PORN



SEXUALLY DEROGATORY TERMS



UNWANTED SEXUAL ACTS



SEXUAL ABUSE

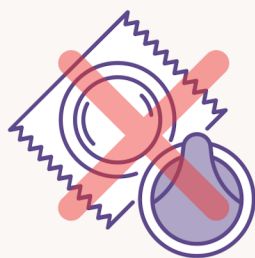
MANIPULATING INTO SEX



FORCED PREGNANCY OR ABORTIONS



BIRTH CONTROL SABOTAGE



UNWANTED BITING, PINCHING & HURTING DURING SEX



SEXUAL ABUSE OF CHILDREN



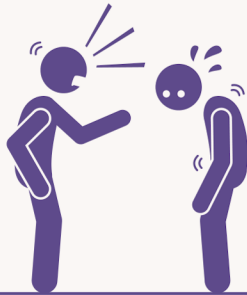
FORCING TO DRESS IN SEXUAL WAY



VERBAL ABUSE

USE OF WORDS OR SPEECH DESIGNED TO HUMILIATE, DEGRADE, DEMEAN, INTIMIDATE OR SUBJUGATE.

SHOUTING



INSULTING



PUT-DOWNS



THREATENING



MANIPULATION



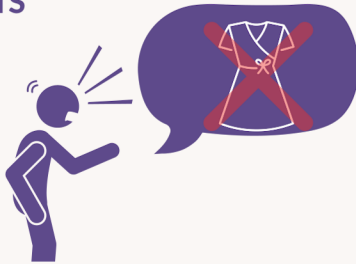
BLAME



FINANCIAL ABUSE

CONTROL OR MISUSE OF FINANCES WITHOUT CONSENT.

CONTROLLING FINANCIAL DECISIONS



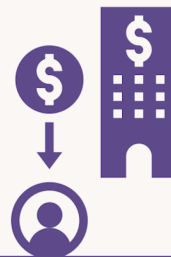
STOPPING YOU FROM ACCESSING MONEY



STOPPING YOU FROM HAVING A JOB



LOANS OR MAKING DEBTS IN YOUR NAME



MONITORING AND CONTROLLING YOUR SPENDING



TAKING YOUR MONEY WITHOUT CONSENT



CULTURAL/SPIRITUAL ABUSE

BRINGING HARM ON THE BASIS OF, OR THROUGH THE USE OF SPIRITUAL AND CULTURAL BELIEFS AND TRADITIONS.

STOPPING YOU FROM PRACTICING YOUR SPIRITUALITY/CULTURE



FORCING YOU TO PRACTICE THEIR SPIRITUALITY/CULTURE

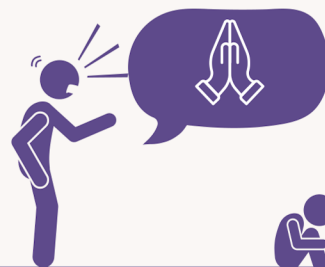


USING CULTURE/ SPIRITUALITY TO JUSTIFY VIOLENCE

ITS YOUR DUTY TO OBEY ME



FORCING YOUR CHILDREN TO PRACTICE THEIR SPIRITUALITY / CULTURE



SOCIAL ABUSE

ACTUAL OR THREATENED FORCED ISOLATION FROM YOUR SOCIAL CIRCLES AND SUPPORTS.

ISOLATING YOU FROM FAMILY AND FRIENDS



RESTRICTING ACCESS TO TRANSPORT



STALKING



STOPPING YOU FROM CONTACTING OTHERS



TECHNOLOGICAL ABUSE

A FORM OF ABUSE AND CONTROLLING BEHAVIOUR THAT USES TECHNOLOGY TO STALK, COERCE OR HARASS ANOTHER INDIVIDUAL.

ONLINE STALKING,
MONITORING AND USING
YOUR ONLINE ACCOUNTS



THREATENING YOU USING
PHOTOS/VIDEOS



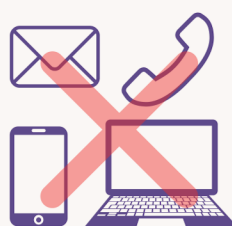
READING YOUR MESSAGES
WITHOUT CONSENT



ABUSIVE CALLS AND
MESSAGES



STOPPING YOU FROM USING
TECHNOLOGY



TRACKING YOUR LOCATION
WITHOUT CONSENT



GROOMING ABUSE

THE WAY IN WHICH AN ABUSER GAINS THE TRUST AND EMOTIONAL CONNECTION OF THEIR VICTIMS, ESPECIALLY CHILDREN, IN ORDER TO MANIPULATE, EXPLOIT OR ABUSE THEM.

INTENSE ROMANTIC GESTURES, GIFTS AND SWEET WORDS



USING CHARM STRATEGICALLY



MANIPULATING FRIENDS AND FAMILY INTO THINKING THEY'RE GREAT



INTIMIDATION



ISOLATING YOU FROM FAMILY AND FRIENDS



SECRECY



LEAVING HOME

WHAT TO CONSIDER:

DETERMINE A SAFE PLACE TO GO



INFORM YOURSELF ABOUT QUICKEST EXITS



HAVE A LIST OF EMERGENCY CONTACTS



KEEP A RECORD OF TIMES AND WAYS YOUR PARTNER HURT YOU



PREPARE A BAG WITH ALL YOUR IMPORTANT BELONGINGS. PACK LIGHTLY



TELL TRUSTED FAMILY, FRIENDS AND NEIGHBOURS



CHANGE REGULAR APPOINTMENTS AND ROUTINES



ALWAYS CARRY A CHARGED MOBILE WITH CREDIT



ESSENTIAL ITEMS

WHAT TO PACK (IF YOU CAN) WHEN ARE LEAVING A RELATIONSHIP/HOME BY YOURSELF OR WITH CHILDREN . WHEN DOING THIS BE MINDFUL NOT TO MAKE YOUR PROCESS OBVIOUS AND PACK LIGHTLY.

MONEY



CLOTHES



TRANSPORT



MOBILE



KEYS



**IMPORTANT DOCUMENTS OR
CERTIFIED COPIES**



**IDENTITY PROOF AND
IMPORTANT CARDS
E.G. HEALTHCARE,
CENTRELINK,
PASSPORT ETC.**



**MEDICATION,
PRESCRIPTIONS, VISUAL AND
HEARING AIDS**





Multicultural Women's
Health Services

FOR MORE INFORMATION

Ishar Multicultural Women's Health Services Inc.
21 Sudbury Road, Mirrabooka WA 6061

Call **08 9345 5335**

Email **info@ishar.org.au**

Visit **www.ishar.org.au**

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