

STAY OR LEAVE?

Safety for you and your children is the most important consideration.

Living with someone who uses violence and other controlling behaviors affects your health and well-being.

The situation may cause you to feel:

- Useless and hopeless
- Anxious and fearful
- Angry and lonely

Leaving or changing the situation can be very difficult:

- There are things you can do to keep you and your children safe
- There are people and services that will listen to you and can help you to change your situation

EFFECTS ON YOUR CHILDREN

Children and young people are affected by seeing, experiencing or hearing violence or abuse in their home regardless of their age. Even if your child is not being physically hurt, they could:

- Become anxious and fearful
- Learn that threats, intimidation and control are acceptable behaviors

There are services available that can support you and your children.

YOU HAVE THE RIGHT TO BE FREE FROM VIOLENCE AND ABUSE

You have the right to be:

- Safe and unafraid
- Treated with respect
- Listened to and believed
- Emotionally supported and able to ask for help
- Make decisions and choices

WHERE CAN I GO FOR HELP AND SUPPORT?

In Tasmania, Engender Equality offers statewide counselling and support, in person, on the phone or via Zoom.

STATEWIDE: 6278 9090
admin@engenderequality.org.au

OTHER SERVICES:

1800 608 122

Family Violence Counselling & Support
Service Statewide phone support available until midnight

1800 737 732

1800RESPECT - National 24/7 phone support

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Police - in the case of an emergency



Engender
Equality

**Are you feeling
unsafe, controlled
or confused in or
after a
relationship?**

Free and confidential counselling for people who are experiencing or who have experienced control or abuse in a relationship.



6278 9090
STATEWIDE

<https://engenderequality.org.au>

Engender Equality is funded by the Tasmanian Government

YOU MAY FEEL:

- Trapped or unable to cope
- Guilty, alone or depressed
- Panicky or frightened
- Confused, worthless or powerless
- Like you are walking on eggshells
- Responsible for what happens
- That everything is your fault
- That it is all in your mind
- That you are going crazy

DOES YOUR PARTNER:

- Make most of the decisions?
- Put you down, humiliate or ridicule you?
- Lose their temper over small things?
- Blame you when things go wrong?
- Hurt you or damage your property?
- Threaten you, your children, other family members or your pets?
- Turn your children against you?
- Force you to do sexual things you don't want to do?
- Control what you do, what you say, what you eat or what you wear?
- Try and stop you from seeing family and friends?
- Deprive you of money or goods, medical or other necessities?
- Present pleasantly in public but act differently at home?

If you have answered YES to any of these questions, your partner may be abusing you.

ARE YOU TO BLAME FOR THE ABUSE?

No! No one can cause another person to be violent or abusive.

People who abuse their partners often blame other people, things or situations for their violence. Everyone is responsible for their own behaviour and actions.

Family violence occurs when someone uses violence, threats, force, harassment or intimidation to control or manipulate a partner or former partner. Family violence is not just physical abuse.

DOES ALCOHOL MAKE YOUR PARTNER VIOLENT?

No! Drinking is used as an excuse to avoid taking responsibility.

WHAT IF THEY ARE SORRY?

Being sorry doesn't stop the abuse or it would have stopped long before now.

Violence and abuse is rarely a one-off event because it arises from attitudes and expectations. Even if your partner promises to change, the violence or abuse is likely to come back later.

CAN THEY REALLY CHANGE?

YES, but there are no guarantees.

Your partner might tell you they will stop using abusive behaviours:

- If you leave or threaten to leave
- If you make changes
- When they are feeling less stressed
- If you get a Family Violence Order

HOW WILL YOU KNOW IF THEY HAVE CHANGED?

Real change is only possible if your partner decides they want to change their attitudes and expectations regardless of whether you remain together or not.

Ask yourself:

- Do you still feel afraid when you are with them?
- Have they stopped being violent or threatening towards you and others?
- Are they able to be angry without becoming verbally or physically abusive?
- Are you able to express your feelings towards them without being attacked?
- Can they respect your right to say no?
- Can you go out without their permission?
- Do you feel controlled in anyway?

VIOLENCE AND ABUSE ARE ALWAYS UNACCEPTABLE.