

Fact Sheet

Family & Domestic Violence

Family and domestic violence is defined as one individual's abuse of power in relation to another by means of asserting dominance and/or control; it is a conscious decision by which many suffer. Family and domestic violence is found worldwide, it does not discriminate against sexual identity, race, culture, religion, socioeconomic class, age, health status or gender. Men, women, children, families, neighbourhoods and communities can all be victims of Family and domestic violence.

One in three Australian women will experience violence at the hands of a current or past partner

Types

- Physical violence: pushing, shoving, hitting, choking, kicking, slapping, beating with a weapon
- Sexual violence: Rape, unwanted sexual practices, mutilation, coerced prostitution
- Intimidation: aggressive looks, gestures, smashing furniture, damage of personal property, displaying weapons, harming pets
- Threats: threatening to harm partner, friends and/or children
- Emotional abuse: degrading comments, public humiliation, undermining, psychological games, rumour spreading
- Isolation: cutting of individual from friends, family, work, social media or other network, geographical isolation
- Stalking: following, constant unwanted contact, monitoring
- Financial abuse: total control of money, making individual beg for money
- Spiritual abuse: control of religious expression



Getting Help

- Access support
- Contact a support agency
- Make a safety plan
- Contact the police
- See a health professional
- Recognize your strengths
- Phone a helpline

Zonta says NO to Family & Domestic Violence

Signs

- Come on very strong to begin with, is extremely charming and a smooth talker.
- The relationship gets serious very quickly.
- Get extremely jealous of other people including family, friends, children and past partners.
- Isolates you and tries to make you feel guilty for wanting contact with family, friends or for participating in activities outside the relationship.
- Never takes responsibility for themselves, always blaming others or something else.
- Abuses drugs and / or alcohol.
- Acts hurt when they don't get their own way.
- Takes offense when other people disagree with their opinion.
- Is not or has been cruel to pets or other animals.
- They threatened you with violence.
- They call you names, puts you down or swears at you.
- Extremely moody and switches quickly from being nice to explosive anger.
- They intimidate others e.g. uses threatening body language, punches walls or breaks objects.
- Holds you against your will to keep you from walking away or leaving the room.
- Has abused children.
- Has been abusive in previous relationships.

Zonta House Refuge Association provides support services to women who have experienced family and domestic violence, mental health issues, homelessness and other crises enabling them the opportunity to make safe and sustainable life choices. For more information or support, visit our resource page at www.zontahouse.org.au