

what constitutes a healthy relationship?

- ✓ Seeking mutually satisfying resolutions to conflict.
- ✓ Discussing problems and accepting change.
- ✓ Being willing to compromise.
- ✓ Being emotionally affirming, valuing opinions.
- ✓ Respecting each other's rights to feelings, friends, activities and opinions.
- ✓ Shared responsibility – mutual agreement of fair distribution of work.
- ✓ Making decisions together.
- ✓ Mutual respect.
- ✓ Honesty and accountability.
- ✓ Trust and support.
- ✓ Non-threatening behaviour.
- ✓ Responsible parenting – being a positive role model for children.
- ✓ Economic partnership – making financial decisions together, where both benefit.

*Did you know...
Domestic violence happens within all communities, regardless of family circumstances.
You're not alone.*

helpful phone numbers

If you're in immediate danger call:

POLICE 000

For non-emergencies call:
POLICE 131 444

Koolkuna Domestic Violence
Advocacy Service
08 9274 7545

Koolkuna Supported Housing and
Outreach Service
08 9250 5077

Koolkuna Women's Refuge
08 9255 2202

Women's Domestic Violence Help Line
08 9223 1188 or free call 1800 007 339

Men's Domestic Violence Help Line
08 9223 1199 or free call 1800 000 599

Kid's Help Line
Free call 1800 551 800



www.koolkuna.org.au



financial abuse

Does your partner control the finances?



Does your partner monitor your spending?



What's financial abuse and how does it affect you?

*You're not to blame.
It's not your fault.*



[safe place]

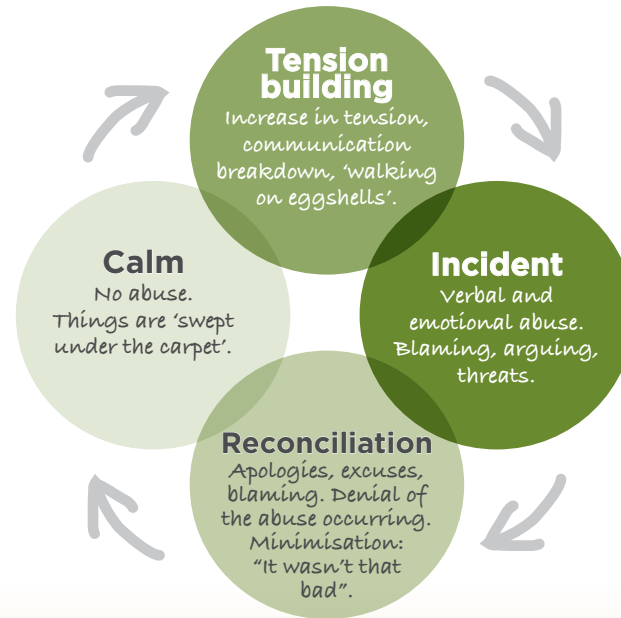
recognition of financial abuse

Financial abuse can be difficult to recognise.

Financial abuse is about being controlled, isolated or intimidated through financial means. Signs you may be a victim of financial abuse include:

- **You're 'kept in the dark'** about your family's income.
- **You're kept poor** and have to ask for money.
- **You're held accountable** for the money you've spent. Your partner may ask you for receipts.
- **You're afraid to tell your partner** about your spending, including food and bills.
- **You're denied the opportunity** to make important financial decisions with your partner.
- **You're prevented from getting or keeping a job** by your partner.
- **You're given an allowance** by your partner.
- **You're totally dependent** on your partner for food and shelter.

CYCLE OF ABUSE



what is financial abuse?

Financial abuse is controlling financial means to limit a person's ability to function independently.

Examples are:

- Being **denied access** to your bank account.
- Having your **pay cheque taken**.
- Being **denied money** for personal use to buy clothes, etc.
- You may have no credit history and could therefore find it very difficult to set yourself up with housing, credit cards, etc.

some facts about financial abuse

Your partner may hold partial or total control over the finances and limit your access to money.

Financial abuse can take many forms. It usually occurs on more than one occasion over a period of time.

You may be accused of financial incompetence or told you waste money. You may have unreasonable expectations placed on you for budgeting.

You may be criticised and threatened for the way you handle money. This might make you feel incompetent and guilty about handling money.

Your partner may:

- **Spend money that has been kept aside for living expenses.**
- **Take your money or make you responsible for paying the bills.**
- **Sell or hock your possessions, or family possessions.**
- **Spend the family income on alcohol and/or other drugs.**
- **Accumulate debt.**
- **Force you to give them your bank account details or cards.**
- **Be reluctant to pay debts or accounts.**