

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



physical abuse

Does your partner push or shove you?



Do you 'walk on egg shells' so your partner won't explode and get physical?



How does it affect you?



What creates a healthy relationship?

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



[safe place]

recognition of physical abuse

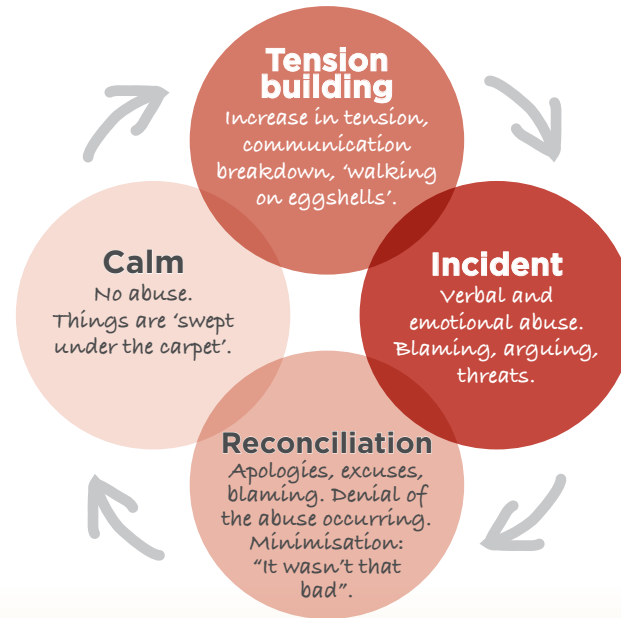
Physical abuse is sometimes more subtle than we realise.

Physical abuse can result in a person feeling powerless. Their life may become unpredictable and they may feel low self-worth, depression or anxiety.

Physical abuse is:

- Pulling hair, clothing.
- Spitting, gouging, pinching.
- Pushing, shoving, tripping up.
- Kicking, elbowing, arm twisting.
- Slapping, hitting, scratching.
- Burning, scalding.
- Punching, choking, biting.
- Chasing, stalking, kidnapping.
- **Dragging** a person.
- **Restricting** a person's movement or blocking their way.
- **Forcing** a person to sit, stand or lay down.
- **Throwing** an object at or hitting a person with an object.

CYCLE OF ABUSE



what constitutes physical abuse?

Physical abuse involves physical force that has the intent to intimidate, frighten or harm.

It's meant to cause harm to another person's body or control another person's physical freedom or movement.

It can result in injury, pain, impairment or death.

some facts about physical abuse

Physical abuse doesn't always result in visible injury, though it is the most visible form of abuse.

It's usually preceded or accompanied by psychological abuse.

Physical abuse is caused by a person's inability to control their anger or frustration. This loss of control usually has nothing to do with the person who is being abused.

Physical abuse includes:

- **Reckless, dangerous driving.**
- **Neglect of a partner or child.**
- **Being abandoned in an unsafe place.**
- **Being refused help when sick or injured.**
- **Destroying property or harming pets.**
- **Tying or locking a person up.**
- **Using a weapon to threaten or injure.**
- **Sexual harassment, forced sexual activity or rape.**
- **Being strangled or restricting your airways with an object so you can't breathe or until you pass out.**