

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



social abuse

Have you stopped seeing family or friends because your partner doesn't want you to?



Does your partner monitor what you do or where you go?



You may be experiencing social abuse.

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



[safe place]

how to tell if you're experiencing social abuse

Social abuse can be difficult to recognise.

Social abuse involves ongoing manipulative and intimidating behaviours. Abusers aim to isolate their victims to increase their control over them.

You may feel anxious about social situations because:

- **You're only allowed to socialise** with people your partner approves of.
- **You're stopped from contacting** family, friends or support services.
- **You must tell your partner** where you're going, where you've been, who you're seeing, or who you've seen.
- **Your location is monitored** by mobile phone.
- **Your car odometer** is checked.
- **Your partner checks** your phone bill to see who you've had contact with.
- **You might be followed** or stalked.

CYCLE OF ABUSE



what is social abuse?

Social abuse includes the use of insults, threats, belittling remarks, ridicule, criticism or sarcasm aimed at embarrassing, shaming or humiliating you in public or in front of family and friends. It also includes your partner being possessive or jealous and using it as an excuse to justify their beliefs and actions, and insults or is rude to your family and friends to create conflict resulting in reduced contact with them.

some facts about social abuse

Social abuse can be easily overlooked but its impact on mental and psychological wellbeing is enormous.

A person may develop a fear of being ridiculed by their partner in social situations and lose the confidence to socialise. This leads to feelings of being isolated, different or excluded.

Over time the impact gets stronger and creates further isolation and a sense of loneliness. This leaves a person vulnerable to other types of abuse.

Social abuse can result in low self-worth, depression, anxiety or panic attacks and low confidence.

A socially abusive partner may:

- **Ridicule you about your family and your friends.**
- **Not allow you to have your say, make your own choices or respect your privacy.**
- **Tell you how to dress and ensure that your appearance meets their approval.**
- **Read your mail, text messages, and/or personal information without your consent.**

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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

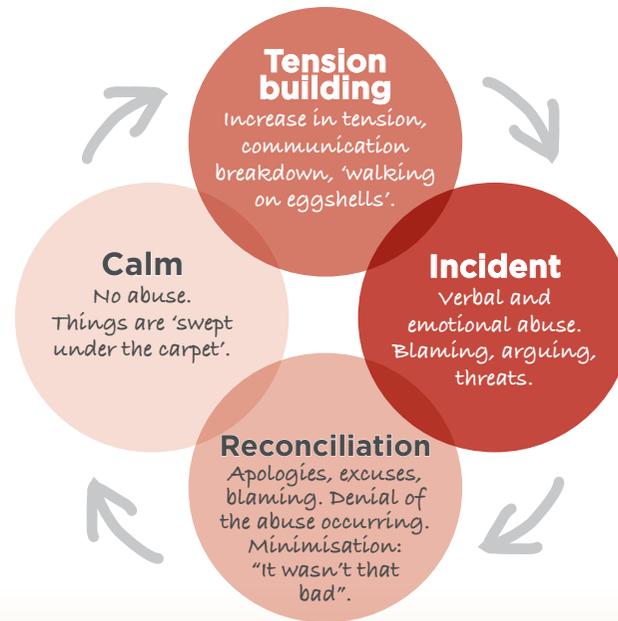
Physical abuse is sometimes more subtle than we realise.

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.**