

# Domestic and family violence - Not now, Not ever.

## Parent Fact sheet: Identifying and responding to Domestic and Family Violence

Responding to domestic and family violence is everybody's responsibility. This fact sheet outlines the signs to look out for to identify domestic and family violence and how you can respond to support someone who is experiencing this form of violence.

School community members who disclose they are in immediate physical danger should be encouraged to contact the police on 000 for advice and assistance. Specialist advice and support can be accessed by contacting DVConnect on telephone 1800 811 811 or through the national telephone line 1800 RESPECT (1800 737 732).

### Possible signs of Domestic and Family Violence

Some signs of abuse can also be indicators of issues unrelated to domestic and family violence, such as ill health or other personal issues. Therefore, sensitivity should be exercised when initiating a discussion with someone for whom you hold concerns.

Someone experiencing domestic and family violence may:

- Seem afraid of or always anxious to not upset their partner or someone else close to them
- Know or suspect they are being stalked
- Stop seeing you or other friends and family, or claim they are not allowed to
- Describe their partner as controlling, for example making them justify their movements or expenses, continually phoning or texting to check on them
- Have a partner who is depressed or suicidal, or has attempted suicide
- Say their partner has threatened to kill them
- Have a partner who has threatened to harm them, their children or their pets
- Become anxious, depressed, unusually quiet or lose confidence
- Say their partner is jealous or frequently accuses them of cheating
- Have physical injuries and give unlikely explanations, or wear baggy clothes and excessive makeup to hide the injuries
- Often be late to work or appointments or cancel meetings with you at the last minute
- Finish phone calls abruptly when their partner enters the room
- Be reluctant to leave children with their partner
- Appear neglected or unable to access their money or belongings

## What can you do to support someone who may be experiencing Domestic and Family Violence?

For a range of reasons a person experiencing domestic and/or family violence may not feel able to talk about what is happening for them.

If someone has been showing signs that they may be experiencing domestic and/or family violence you can approach them and ask if they are ok:

- Invite the person you know to talk in a place where they are alone and safe
- Take their fears seriously and listen to what they have to say
- Let them know the violence is not their fault — don't blame them
- Focus on their safety and the safety of their children. Help them by providing transport, child minding and a place to escape if they feel unsafe
- Let them know about services that can offer confidential help
- Let them know that DVConnect can help them to leave an abusive relationship safely and link them to other support services
- Respect their right to make their own decisions and understand they may not be ready to leave
- If they don't want to talk, reassure them that you will stand by them, and be ready to talk or help, when they ask
- Don't confront the abuser about their behaviour. This can put the person you are helping in serious danger

## Services and support for those affected by Domestic and Family Violence

Specialist domestic and family violence services can provide telephone crisis counselling, information and referral to crisis care facilities and refuges, support and advice with making safety plans, information on domestic violence orders and court support, access to interpreter services, emergency transport and information on longer term counselling services.

The [Queensland Police](https://www.police.qld.gov.au/programs/cscp/dv/whatDomViolc.htm) (<https://www.police.qld.gov.au/programs/cscp/dv/whatDomViolc.htm>) and [Queensland Government](http://www.qld.gov.au/community/getting-support-health-social-issue/domestic-family-violence/) (<http://www.qld.gov.au/community/getting-support-health-social-issue/domestic-family-violence/>) websites also have a large range of useful information and resources on domestic and family violence.

Within Queensland, DVConnect offers the following counselling and information services:

- Womensline: Ph: 1800 811 811 (24/7 telephone service)
- Mensline: Ph: 1800 600 636 (9am-midnight, 7 days)
- Sexual Assault Line: Ph: 1800 010 120 (8.30am – 11.30pm, 7 days)

Or contact the national 24/7 1800RESPECT (Ph: 1800 737 732) telephone service for support and information on Domestic and Family Violence and Sexual Assault

### Attributions

Department of Communities, Child Safety and

Disability Services: <https://www.communities.qld.gov.au/communityservices/violence-prevention/trust-your-instinct/domestic-and-family-violence/helping-others/signs-of-domestic-and-family-violence>