

## Family Violence

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## What is family violence?

There are many different types of family violence and unfortunately it is more common than most people realize and can cause long-term physical and emotional harm.

Family violence violates a person's human rights. A person's basic human rights are protected under international and Australian laws. Family violence is a criminal offence and can be punishable by law. There is no shame in asking for help for yourself or someone who cannot ask for help themselves. It is also important to remember that anyone in the family can be the victim of abuse; spouses and partners, children, parents, the elderly, even the family pets.

### Definition of Domestic/Family Violence

Domestic and family violence is when someone intentionally uses violence, threats, force or intimidation to control or manipulate a family member, partner or former partner. It is characterized by an imbalance of power whereby the perpetrator uses abusive behaviours and tactics to obtain power and control over the victim causing fear. The violence is intentional and systematic and often increases in frequency and severity the longer the relationship goes on (Carrington & Phillips 2003, Tually, Faulkner, Culter & Slater 2008).

Family Violence Protection Act 2008

[http://www.legislation.vic.gov.au/Domino/Web\\_Notes/LDMS/PubStatbook.nsf/...\\$FILE/08-52a.pdf](http://www.legislation.vic.gov.au/Domino/Web_Notes/LDMS/PubStatbook.nsf/...$FILE/08-52a.pdf)

If you or someone you know is in danger call 000.

## If you are abusing someone there is help for you to

# learn better ways to be in a relationship.

If you feel that you are at risk of hurting others it takes courage and strength of character to ask for help and get support to learn how to better express your emotions and relate to the people around you. Be proactive and ask for support. No to Violence (03) 9487 4500 can help with anger management and self-control.

## Who can be an abuser?

Family violence happens in all kinds of relationships, including

- partners, ex-partners, husbands and wives
- adult children, siblings and extended family
- friends
- people with disabilities and their carers

## Types of family abuse

Include but are not limited to

1. abuse: emotional, physical and sexual
2. bullying (including cyber-bullying), harassment, threatening, and intimidation
3. isolation an individual from family, friend and community
4. keeping someone detained against their will
5. controlling assets or access to money
6. preventing one from practicing their religious beliefs

## Helpful links

For regional services near you, please use the [Directory](#) or the [Service Finder Navigational Tool](#) on this website.

Domestic Violence Resource Centre Victoria Phone: (03) 9486 9866 [www.dvrcv.org.au](http://www.dvrcv.org.au)

Helpline: RESPECT 1800 737 732

Women's Legal Aid Victoria 1800 133 302 [www.womenslegal.org.au](http://www.womenslegal.org.au)

Our Watch (03) 8692 9500 [www.ourwatch.org.au](http://www.ourwatch.org.au)

No to Violence (03) 9487 4500 <http://ntv.org.au>

HelpGuide [www.helpguide.org](http://www.helpguide.org)

Safe Steps Home 1800 015 188 [www.safesteps.org.au](http://www.safesteps.org.au)

The White Ribbon Foundation <http://www.whiteribbon.org.au/>

Women's Information and Referral (WIRE) 1300 134 1300