

Domestic and Family Violence Information Sheet

What is domestic violence abuse?

Domestic and family violence, also known as domestic violence, family violence or partner violence, is a pattern of abusive behaviour in an intimate relationship that over time puts one person in a position of power over another, and causes fear.

In an abusive relationship, one partner tries to dominate the other through physical harm, criticisms, demands, threats, or sexual pressure. For the victim and her children, this behaviour can be very dangerous, frightening, confusing and damaging.

It is often referred to as a pattern of coercion and control. Abusers are sometimes called 'perpetrators of violence'.

Domestic and family violence does not always stop when the relationship ends, so it can also occur between ex-partners.

Abuse can include frequent, violent attacks, abuse can also include monitoring your phone, restricting access to finances, controlling who you spend time with and many other behaviours that aren't physical at all.

Forms of abuse

Domestic violence is any of the forms of abuse listed below. All types are unacceptable some are criminal offences.

- Creating fear
- Intimidation
- Verbal abuse
- Physical abuse
- Emotional abuse
- Social abuse
- Financial abuse
- Sexual abuse
- Controlling behaviour
- Spiritual abuse
- Separation violence
- Stalking
- Domestic homicide

Are you in an abusive relationship?

Do you:

- feel afraid of your partner?
- feel that you can't do anything right?
- believe that you deserve to be treated badly?
- wonder if you are going crazy?
- feel emotionally helpless?

If your answer is yes to any of these questions, we encourage you to seek some help. For more information please contact our **Intake Officer on 4968 2511**.

Are you being abused quiz - <http://www.dvrcv.org.au/help-advice/abuse-quiz>