

Domestic and family violence is when one person in a relationship uses their power to control the other person in any way.

It can be:

Physical abuse

Hitting, pushing, slapping, throwing objects, using weapons or strangling you.

Emotional abuse

- Criticising your personality or looks.
- Threatening to hurt you, your children, someone close to you, or your pets.
- Threatening you with deportation from Australia.
- Putting you down because you have a disability or illness.

Verbal abuse

Name-calling, yelling, or swearing at you or your children.

Sexual abuse

Touching you in a way that makes you feel upset or afraid and/or forcing you to have sex or watch pornography when you don't want to.

Financial abuse

Taking or controlling your money, or not giving you enough money to meet basic needs.

Social abuse

Controlling where you go, locking you in the house or stopping you from seeing friends, family or kin.

Stalking

Worrying or frightening you by watching, phoning, texting or following you.

Technology assisted abuse

Sharing personal images of you, tracking where you or your children go, or monitoring your social media (such as Facebook) or text messages without your consent.

Spiritual abuse

Not allowing you to practice your chosen religion, or not respecting your spiritual beliefs and values.

Cultural abuse

Preventing you from practicing your cultural beliefs or participating in significant cultural ceremonies; preventing you from having contact with people from your own cultural background.

If someone you're in a relationship with gets another person to abuse you, that's also considered domestic violence.

Children

Children can be affected by violence in the home and can be the target of violence.

They might get hurt while trying to help you.

Seeing, hearing or living with the threat of violence harms children.

Children need to feel safe and to know the violence is not their fault.

Domestic and family violence can get worse over time.

If you are in danger right now...

Telephone the police on **Triple Zero (000)**.

Tell the police you are in danger.

They can apply, or help you to apply, for a domestic violence order.

Local service contact details:

Getting help

DVConnect Womensline 1800 811 811

(24 hours, seven days a week)
Counselling, information, support and crisis accommodation support.

DVConnect Mensline 1800 600 636

(9am–midnight, seven days a week)
Counselling, support and information.

Legal Aid Queensland 1300 651 188

Violence Prevention and Women's Advocacy Legal Service (07) 3917 0597

Elder Abuse Helpline 1300 651 192

1800 RESPECT National 1800 737 732

Kids Helpline (5–25 years) Free call 1800 55 1800 (24 hours)

Immigrant Women's Support Service (07) 3846 3490

Translator Interpreter Service 13 14 50

qld.gov.au/domesticviolence

It's your right to feel safe

and protected from domestic
and family violence.

You can apply for a domestic
violence order.

You can remain in the relationship and still apply for a domestic violence order.

You can apply for a domestic violence order even if you're not a permanent resident of Australia.

Children

A child under 18 can only apply for a domestic violence order, or have one taken out against them if it relates to an intimate personal or informal care relationship.

But if the violence and abuse has occurred between family members, for example, parent/guardian and child or between siblings, this is a child protection matter.

A domestic violence order can stop someone:

- approaching you at your home or work
- from staying in a home currently or previously shared with you even if the house is owned or rented in their name
- approaching your relatives or friends (if they are named in the order)
- going to a child's school or daycare centre.

Domestic violence court support workers can help you to complete the application and support you at court.

Family — if you:

- are a relative by blood or marriage
- are regarded as a relative under cultural or religious grounds.

Informal care — if there is no payment involved for the care and you are either:

- receiving care from someone as a result of your illness or disability
- providing care to someone.

Police can apply for a domestic violence order on your behalf or you can apply for one yourself by going to the nearest Magistrates Court.

Getting protection

You can apply for a domestic violence order if you're in one of these relationships:

Intimate personal — if you are of the same or opposite sex and you:

- are a couple
- live together or have lived together
- are married, or were engaged to be married, defacto or divorced
- have a child together
- have been betrothed or promised under cultural tradition
- are or were previously dating.

Police

If the police respond to an incident of domestic violence they have the power to issue a police protection notice. This is a short-term domestic violence order telling the person using violence to be of good behaviour and not commit domestic violence towards you.

It lasts for a short period of time until the matter can be heard by a Magistrate.

You can apply to have the person using violence excluded from the home so they can't enter again or come within a certain distance for a set period of time.

Domestic and family violence can get worse over time.

It's your right to feel safe.

Plan ahead for your safety.

If possible:

- hide some money for emergencies
- keep a spare set of house and car keys handy
- keep spare medications, clothes and important papers in a safe place
- have contact numbers of friends, relatives or support people ready if you need help.