

WHAT SHOULD I KNOW ABOUT FDV?

How to recognise abuse or coercive control

Understand and look for the signs:

- She is afraid of her partner or is always anxious to please him or her
- She hardly ever sees her friends or family
- Her partner often criticises or humiliates her
- She seems anxious or depressed
- Her partner order her around or makes all the decisions
- Her children seem scared of her partner
- She often talks about her partners 'jealousy' or 'temper'
- She often has visible cuts, bruises or other injuries
- Her partner or ex is constantly calling or following her
- Her partner forces her or pressures her to do sexual things

What is abuse?

Every couple has disagreements. In a respectful relationship, both parties should be free to express their opinions, to be themselves, and can say no to things they don't want to do. But in an abusive relationship, one partner tries to dominate the other through criticisms, demands, sexual pressure or physical harm. For the victim and her children, this behaviour can be frightening and harmful.

How you can help

Often people worry that they will be 'interfering' if they try and help. But your support can make a difference.

- Tell her you're concerned about her and explain why
- Listen to her and take the details seriously
- Help her understand that the abuse is never her fault
- Help her to protect herself
- Offer practical help, like minding the children, cooking a meal or offering a safe place to stay
- Maintain regular contact with her
- Research services and legal options available to help her
- Don't judge her for staying or tell her what to do, it's often complicated and takes time to change

Who can you call?

Call '000' in an emergency

Call 1800RESPECT: 1800 737 732 information, support and counselling available 24 hours a day, 7 days a week.

Call Sexual Assault Resource Centre (SARC) (08) 6458 1828 or 1800 199 888 (free call from landlines) — Crisis line for recent sexual assault 8:30am — 11:00pm.

Call Crisis Care 1800 199 008 provides Western Australia's after-hours response to reported concerns for a child's safety and wellbeing and information and referrals for people experiencing crisis.

Call us at Luma: For her health and wellbeing (08) 6330 5400 for access to family and domestic violence services — for adult and child victim-survivors.

Call 13 YARN (13 92 76) — 24/7 Aboriginal and Torres Strait Islander crisis support line.

YourToolkit provides details for contacting support services, helplines and refuges in specific Australian areas. This website is great and has a self-assessment to identify whether coercive control might be present in the relationship.

Use the Conversation Guide to help you talk more confidently and openly with young people about the importance of respectful relationships.

Use Generation Respect as a practical guide for talking to other adults about raising respectful young people.

eSafety Commissioner website for Tech based abuse information

Call Lifeline 131 114 — broad assistance for any crisis

