

# One who chooses violence and abuse OR One your family looks forward to seeing

Signs that your behaviour at home might be causing a problem for you

The kids are scared of you
You're tense going home
You get angry quickly and lose control
You shout, hit and hurt your partner
You call her names and put her down

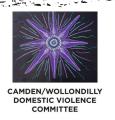
Life isn't meant to be like this. Help is available.

Call:
The Men's Referral Service
1300 766 491

or

Baptist Care
4624 8700











Do you sense that something is not quite right?

Does he treat his partner the way he should?

Are you worried about his kids?

Have you seen behaviours from him that makes you uncomfortable?

Do you ever worry about what he's going to do when he gets home?

Don't make excuses for him, be a mate. Support him to get help.

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1300 766 491
or
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4624 8700









## WHEN IS ENOUGH, ENOUGH?

Does any of this apply to your friend, your sister, your Mum or your Grandma or you:

He makes excuses for his abusive behaviour?

He makes excuses because he has been drinking or using drugs?

He blames her for his bad behaviour when he hurts her?

He runs her down in front of friends and family?

He controls what she does and who she talks to?

He makes decisions for her all the time?

He is always checking what she is doing and where she is?

He isolates her from everyone?

Any ONE of the above is Domestic Violence.

Domestic Violence is not OK.
You don't have to be hit to be hurt.

You can get help and speak to someone confidentially.

You can call:

- DV Hotline (24/7): 1800 65 64 63
- · Benevolent Society Centre for Women's Health: 4633 3777
- Macarthur Women's DV Court Advocacy Service: 4640 7333
  - WILMA Women's Health Centre: **4627 2955** OR go to : www.sayno2dv.org.au

If you are taking a photo of this poster, remember your safety. Maybe message this photo to someone you trust and delete it in case he is checking your phone







## WHEN IS ENOUGH, ENOUGH?

**Domestic Violence is not OK.** 

Constant put downs, insults and verbal threats

Undermining your sense of self and destroying your self confidence

Takes control of your money or doesn't let you work

Stops you from seeing family and friends

#### You don't have to be hit to be hurt.

Checking on you all the time - what you're doing and where you are

Ridiculing your spiritual beliefs and stopping you from practicing your faith

Forces you to do things sexually you don't want to

Harassment through:

- 1. Social Networks
- 2. Tracking you through your phone
- 3. Humiliating you on social media
- 4. Threatening to put photos of you on the internet

### Relationships are NOT meant to be like this

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