

# WHAT KIND OF MAN WILL YOU BE TONIGHT?

**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**



CAMDEN/WOLLONDILLY  
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# YOUR MATE IS A GOOD BLOKE, BUT....

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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# 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](http://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.



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# 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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