

## What Can You Do?

- If you notice unhealthy behaviour from your partner talk to someone you trust about it. Relationship/Dating Violence has no age limits. There are ways you can keep yourself safe.
- If you don't feel safe, let someone know.
- If you notice the unhealthy behaviour of your friend's relationship, talk to them about it. They may be too scared to talk to someone else about it, they may have been threatened, they may not even realise that they are being abused.
- Violence and Abuse in relationships can be stopped.

There are many behaviours that people identify as signs of love and affection which often mask behaviours which could prove destructive. When your partner holds the belief that it is aboriginal culture that men are superior to women, then you are experiencing violence.

## THIS IS NOT OUR WAY!

### Argument



### Dating Violence



**This is NOT love  
....this is control**

## Who Can Help?

- Indigenous Family Violence Counsellor 1800 737 732
- Schools—teachers, guidance officers, health nurses.
- Your friends
- Your family or a trusted adult
- The North Queensland Domestic Violence Resource Service.

## Support and Information is available:

**Kootana Women's Centre**

Ph: (07) 4770 1226

**NQ Domestic Violence Resource Service**

Ph: (07) 4721 2888

**Domestic Violence Telephone Service (24 hrs freecall)**

Ph: 1800 811 811

**Queensland Youth Services**

Ph: (07) 4771 3648

**Kids Help Line (24 hrs freecall)**

Ph: 1800 551 800

## NQDVRS

- ◆ Information and referral
- ◆ AARDVARC program for children
- ◆ Resources
- ◆ Court Support
- ◆ Choosing Safety Upgrades program
- ◆ Men's Behaviour Change Program

### TOWNSVILLE OFFICE

PO Box 6061, Townsville QLD 4810

Phone: 07 4721 2888 Fax: 07 4721 1794

nqdvrs @nqdvrs.org.au

1st Floor, Metway Arcade, 390 Flinders Street, Townsville

### MOUNT ISA OFFICE

Po Box 502, Mt Isa QLD 4825

Phone: 07 4743 0946 Fax: 07 4743 7999

minqdvrs@nqdvrs.org.au

The Old Court House Building, Isa Street

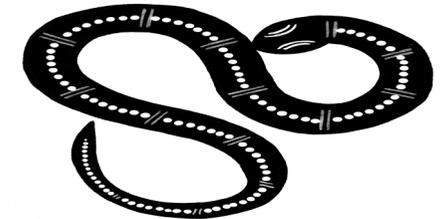
<http://www.nqdvrs.org.au>

## Against Violence #18



## Dating Violence

I have a Right to be Safe  
I have a Right to be Respected  
I have a Right to say "NO"



**Violence is not part of a healthy relationship. Relationships are about caring and sharing and no form of violence should be part of it. Nobody deserves to be hit or put down in any form or way.**

NQDVRS

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## WHAT IS DATING VIOLENCE?

Dating violence is the sexual, physical or emotional abuse of one partner by the other in a dating relationship.

Dating Violence can be:

Physical: hitting, slapping, pushing, punching, grabbing, pinching, biting.....

Sexual: forced sex or unwanted touching, rough and unpleasant sex.....

Verbal: put downs, name calling, mind games, humiliation, threats, intimidation, shaming.....

Social: isolation from friends, family.....

Arguments are a normal part of relationships, however when one partner tries to control the other, put them down or hurt them in any way they are being abusive.....

**This is Dating Violence**

*RESPECT yourself—don't  
Let your SHAME stop you  
from taking the FIRST STEP!*

*R.Kemp*

## Everyone has the right.....

....to be SAFE

....to a VIOLENCE FREE COMMUNITY

....to EQUALITY

....to RESPECT

....to be APPRECIATED

....to DIGNITY

....to make their own CHOICES

....to receive EMPATHY and WARMTH

....to say "NO"

Nobody deserves to be bashed  
or to be put down...

**Violence is never ok.**

**Dating Violence is a  
part of violence against  
women and children  
that includes sexual  
harassment, rape and  
sexual abuse.**

## A QUICK QUIZ

### Does your partner :

- Become extremely jealous if you talk to other people
- Tries to control what you wear, what you say, where you go, who you hang out with
- Interrupts when you're talking
- Blames others for their problems or feelings
- Is cruel to animals, other people or young children
- Gets very angry very quickly, especially if they don't get their own way
- Has used or threatened to use physical violence against you during an argument
- Has threatened or abused former partners
- Constantly shames you in front of other people
- Constantly checks up on you

If you ticked any of the boxes you could be in an unhealthy relationship. You may want to talk to a trusted adult about your concerns.