

Get help now. Without intervention things usually get worse for your partner and your children.

## PEER SUPPORT

Another thing to consider is your friendships. In order to assist you with the change you have committed to, one strategy you could think about is reassessing your friendships from those supporting violence to those who support your commitment to non-violence.

## YOU CAN STOP THE VIOLENCE

Talk to somebody about the violence and the decisions you have previously made and how you would like to change. Attend courses to help you do this. Practice different behaviours. For your partners safety and what you might do, work out how you can protect her and your children when you feel you are losing control.

## THERE ARE PEOPLE TO HELP YOU PLAN FOR THEIR SAFETY

You can call these services for further help:

**NQDVRs:**                   **4721 2888**  
**Men's Line**               **1300 789 978**

## RESPONSIBILITY

Acts of Domestic Violence and the outcome of those acts are the **SOLE** responsibility of the person who commits them.

### NQDVRs

- ◆ Information and referral
- ◆ AARDVARC program for children
- ◆ Resources
- ◆ Court Support
- ◆ Choosing Safety Upgrades program
- ◆ Men's Behaviour Change Program
- ◆ SAFE Dads Program
- ◆ Community education & Training

#### 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

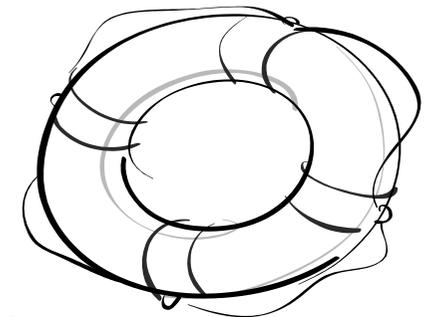
Po Box 502, Mt Isa QLD 4825  
Phone: 07 4743 0946 Fax: 07 4743 7999  
minqdvrs@nqdvrs.org.au  
The Old Court House Building, Isa Street

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

## Against Violence #37



## VIOLENCE IN THE HOME Strategies for men to keep their family safe



"Women who have been exposed to domestic violence have a greater risk of developing health problems including stress, anxiety, depression, phobias and medical symptoms."

NQDVRs  
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## Things about you - that you can do

- Talk to a family member who will not condone the violence but will give your family support.
- Have a place organised for a time-out.
- Listen to your 'early warning signs and, try and get out of the situation so that others are safe.
- Seek assistance to deal with the issues surrounding your violent behaviour.
- Listen to what your partner, and other family members are telling you about your violent behaviour.
- Acknowledge that you may have learnt that behaviour from someone else and that it is not acceptable and you can unlearn it and replace it with acceptable behaviour.

## Things about your family - that you can do.

- Let your children know what to do in an emergency if they are feeling unsafe. (where to go, who to phone, eg. The ambulance or friends and family). You may like to approach this as if it is a fire drill.
- Encourage her to tell you when she is feeling in danger and listen when she does.

## Work on a Healthy Relationship

- Show respect even though you may have a different opinion
- Be fair when having discussions
- Show love through affection
- Make sure you can be trusted and trust the other person
- Praise the other person when they do something you like
- Be responsible and accountable for the role you have in your relationship.
- Be thoughtful to the other person
- Be committed to the relationship
- Share your thoughts and feelings
- When you cannot solve the problem move on or compromise when there is a problem.
- Accept that bad things happen
- Ensure you try to keep your family and friends safe at all times.
- Be romantic and remember to take time out to enhance your relationship in the way the other person likes

## Domestic Violence is:-

- Swearing and calling your partner and children abusive names.
- Yelling and standing over your partner
- Trying to make them do something you want them to do, even when they do not want to do it.
- Using the children to make the other person feel unhappy or threatened.
- Putting your partner down, by criticising them or pointing out their weaknesses.
- Following your partner or demanding to know everywhere they go.
- Accusing your partner of being unfaithful without any evidence.
- Making your partner or ex-partner ask for money to buy food, clothes and basic items to live.
- Taking all their possessions or burning them.
- Criticising your partner's efforts without trying to help them improve.
- Stopping your partner from getting education and knowledge.
- Threatening to harm your partner, friends or their new partners, if you have separated.
- Telling them they are bad parents.
- Threatening to report them to authorities.
- Threatening to harm your partner or ex-partner financially.
- Threatening to inflict physical abuse.
- Using physical abuse to harm them.
- Threatening to damage property.
- Damaging property.
- Threatening to harm yourself, so that they will feel responsible.