

Threats of Violence

This could include any threat of physical force meant to control their partner.

Breaking or striking objects

This behaviour is used to terrorise their partner into submission. The abusive partner may beat on a table with their fists, throw objects around or near their partner or punch holes in the walls.

Any force during an argument

This may involve holding a person down and physically restraining them from leaving the room. This may also include any pushing and

**Domestic Violence is about
POWER and CONTROL!!**

shoving. This also includes any physical violence eg. Hitting, slapping, kicking

Women's Bill of Rights

- ◆ I have the right to feel safe
- ◆ I have the right to a violence free environment and lifestyle
- ◆ I have the right to equality
- ◆ I have the right to respect
- ◆ I have a right to be appreciated
- ◆ I have a right to my dignity
- ◆ I have a right to make choices
- ◆ I have a right to receive empathy & warmth

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

DV Connect (24 hours 7 days);
ph. 1800 811 811 (24 hours 7 days)

Women's Centre; crisis support;
ph 4775 7555

North Qld Women's Legal Service,
Townsville
07) 4772 5400
Freecall 1800 244 504

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

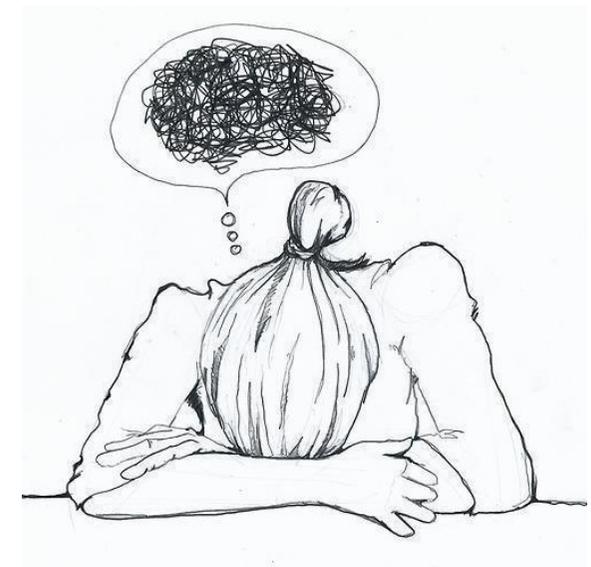
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<http://www.nqdvrs.org.au>

Against Violence #4



Knowing the Signs



NQDVRS
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DOMESTIC VIOLENCE IS ABOUT POWER AND CONTROL !!

Not all abusive relationships have physical violence as part of the abuse cycle. It is sometimes possible to predict the likelihood of the person you are currently or are about to become involved with choosing to be abusive. Below are a list of behaviors and traits, which are common in perpetrators. These are commonly known as

Warning Signs.

While not all people who are abusive show the same signs, if several behaviours are present, there is a strong tendency toward a person being violent. Generally, the more signs that are present, the greater the likelihood of domestic abuse. Even with all these signs, it is very important to trust your gut instincts about your relationship.

Controlling Behaviour

They may become angry if you are late coming back from the shops or an appointment, they may question you closely about where you went and who you talked to. Women have also reported being accused of sleeping with other men. As this behaviour progresses they may not let you make personal decisions eg. What to wear, they may try to make excuses that they know better or are just caring for you but if this behaviour starts to make you feel uncomfortable it could be domestic violence.

Jealousy

At the beginning of a relationship, an abusive partner will often say that jealousy is a sign of love. Jealousy has nothing to do with love. It is a sign of possessiveness and lack of trust. They may question you about who you talk to, accuse you of flirting, or be jealous of time you spend with friends and family. They might call you

frequently during the day or drop by unexpectedly.

Blames others for problems

Someone is always doing them wrong or 'out to get' them. They may make mistakes and then blame you for them. They will tell you that it is all your fault for almost anything that goes wrong.

Blames others for their feelings and actions

They may say 'You make me angry'. They may blame you for the way that they feel. This is a form of manipulation and is an attempt to make excuses for their behaviour and actions. An abusive partner is easily insulted. They may claim that their feelings are 'hurt' when they are mad or they may take the slightest setbacks or comments as personal attacks.

Cruelty to animals or children

An abusive partner may punish animals brutally or is insensitive to their pain or suffering. They may expect children to be capable of doing things beyond their ability. They may tease children or younger brothers or sisters until they cry. They may not want children to eat at the table or expect to keep them in their room all evening when they are home. They may become jealous of the child or animal because your focus is no longer on them.

Verbal Abuse

Saying things that are meant to be cruel and hurtful, this can be when your abusive partner degrades you, swearing or yelling at you, running down any of your accomplishments or verbally attacking you. Abusive partners may also use any personal information or past history with partner's that you may have told them in confidence, to belittle, shame and threaten you.

"Playful" use of/ force of sex

An abusive partner may like to throw the woman down and hold her down during sex. They may want to act out fantasies during sex where the woman is helpless. This may be a warning sign that the idea of rape is something exciting to them. They may show little concern about whether the woman wants to have sex and uses sulking or violence to manipulate her into compliance. They may start having sex with the woman while she is sleeping, or demand sex when she is ill or tired. Some women have also reported being forced to watch or view pornography.

Past Violence

An abusive partner may say they have hit women in the past, but that they made them do it. You may hear from other people that this person is abusive or that he has previous domestic violence orders. Violence usually escalates over a period of time.

When he's good he's very, very good, when he's bad he's horrid.

Many women are confused by their partner's sudden changes in mood. They may think that their abusive partner has a mental illness because one minute they are being nice and the next they are exploding. Explosiveness and moodiness are part of a pattern of abuse and are typical of people who use violence against their partners.

Strong ideas about what men & women should be?

Do they think women should stay at home, take care of their partner, & follow their wishes and orders? In other words, do they act like women are second class citizens?