

Women talk about their experiences of domestic violence

- * He wrecked the phone so I couldn't contact anyone.
- * He stopped me from having the car.
- * He forced me to get up through the night to feed him.
- * He made me account for my time if I went to the shops or anywhere.
- * I was always watching my step. Trying to keep one step ahead.
- * He told me I have no rights.
- * He abuses me in public - calls me names.
- * He threatens if I leave, he'll make sure that I never see the kids again.
- * He holds supreme ownership rights over me and the kids.
- * I had to keep the kids quiet all the time.
- * The abuse on top of everything else wore me down.
- * He stopped me from having contact with my family and friends.

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

Help is available:

1800 811 811
4721 2888

In an emergency:

000

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

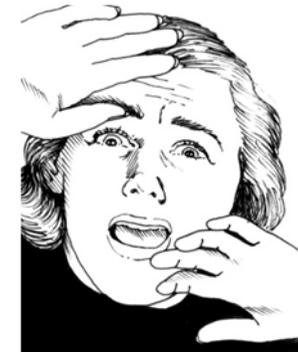
Po Box 502, Mt Isa QLD 4825
Phone: 07 4743 0946 Fax: 07 4743 7999
minqdvrs@nqdvrs.org.au
The Old Court House Building, Isa Street

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

Against Violence #5



Domestic Violence and Fear



"He never threatened me with the gun, but I knew that he knew that it kept me frightened.."

Woman in domestic violence.

NQDVRS
Funded by



Queensland Government

Domestic Violence doesn't have to happen all the time to keep a woman and her children in **FEAR**. It can be common for women to be in relationships where only one physical attack has occurred, but her levels of **FEAR** are still high.

*She knows what he can do.
He knows that she knows.*

- * **FEAR** often keeps a woman in a violent relationship.
- * **FEAR** and shame often silences the woman. She feels she can't tell anyone.
- * **FEAR** of her partner means she can't talk about what is happening to her.
- * A fist held close to her face does not actually harm her physically, but she knows what his fist can do to her face.
- * A fist rushing past her face, smashing the walls/window/door does not actually hurt her but it does leave her feeling frightened and shaking.
- * A loud voice, through clenched teeth, threatening that if she doesn't do as she is told, is intimidating and scary.
- * A car pulling into the driveway will make her listen **FEARFULLY** to the way the door is closed, trying to establish the mood he is in.
- * A cold stare across the room is enough to warn her that he is displeased and she will be "in for it" when you both get home!

SHE KNOWS WHAT HE CAN DO HE KNOWS SHE KNOWS

HER SAFETY IS IMPORTANT

SOME EFFECTS THAT LIVING IN DOMESTIC VIOLENCE CAN HAVE:

- ⇒ Physical injury
- ⇒ Emotional harm
- ⇒ Feelings of **FEAR** and terror of the perpetrator
- ⇒ Feelings of helplessness and being trapped in the situation
- ⇒ Social isolation
- ⇒ Feelings of shame and embarrassment
- ⇒ Poverty and dislocation caused by having to leave the family home
- ⇒ Poverty and economic deprivation by the perpetrator
- ⇒ Loss of self-esteem and confidence
- ⇒ Confusion and disorientation
- ⇒ High levels of stress and anxiety
- ⇒ Feeling depressed

This violent behaviour controls you and keeps you in **FEAR**. **FEAR** can affect a person's life in many ways. It can stop you from having autonomy over your life and **FEAR** can have a terrible effect on your health. If you know someone living with domestic violence, don't underestimate the effects of **FEAR**. Believe her, believe that she is **FEARFUL** for good reason, and offer

Women in rural and remote communities have the added difficulty of isolation; limited resources and services and lack of privacy. The nature of small communities can make it more difficult to seek help. The man's position within the community may also deter a woman from speaking out, doubting whether she would be believed.

Help is available

North Queensland Domestic Violence Resource Service

Townsville: 07) 47 212 888

Mount Isa: 07) 47 430 946

**DV Connect - 24hrs, 7 days
1800 811 811**

**1800RESPECT
1800 737 732**

**The Women's Centre
07) 4775 7555**

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

**Hinchinbrook Community Centre, Ingham
07) 4776 1822**

**Burdekin Association, Ayr
07) 4783 3744**

**Charters Towers Neighbourhood Centre
07) 4787 4797**