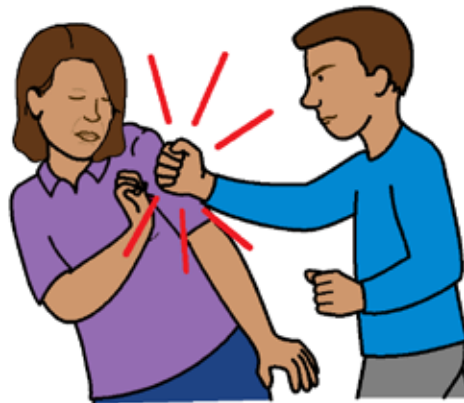


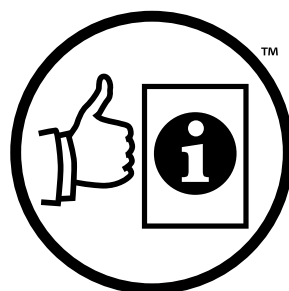


**WOMEN'S**  
LEGAL CENTRE ACT



## About family violence

**Women's Legal Centre ACT**



**Easy English**

## Hard words



This book has some hard words.

The first time we write a hard word

- the word is in **blue**
- we write what the hard word means.

## You can get help with this book



You can get someone to help you

- read this book
- know what this book is about



- find more information.

## About this book



This book is written by the  
Women's Legal Centre ACT.



The Women's Legal Centre helps women with  
legal problems in the ACT.

For example, **family violence**.



Family violence is when a person hurts  
someone in their family.

This book is about

- family violence
- the effects of family violence
- how you can get help.



# What is family violence?



Family violence can be

- **physical.**

When a person

- hurts you
- does **not** give you things you need such as medication or support tools.



- **verbal.**

When a person says things that make you feel

- bad about yourself
- afraid. For example, threatens to hurt you or other family members.



- **social.**

When a person stops you from

- going out
- seeing your family and friends.

Family violence can also be



- **financial.**

When a person

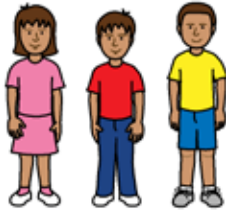
- spends your money and does **not** ask you
- does **not** let you use your own money for things.



- **sexual.**

When a person

- makes you have sex with them when you do **not** want to
- touches your private parts when you do **not** want them to.



Family violence can include children.



It is also family violence when children

- hear a family member hurt someone



- see a family member be violent



- know about the violence.

# Stages of family violence

There are 4 stages of family violence.



1. Build-up



2. Explosion



3. Guilt

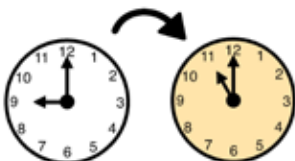


4. Honeymoon



You might see the stages happen

- in a different order to other people
- over a different amount of time
  - for example, in a day or over a few months.





## 1. Build-up

The violent family member might start to

- get angry



- control you



- argue more.

You might feel like you need to be more careful around the family member.



## 2. Explosion

The family member uses violence.



You might feel

- scared



- alone

- helpless.



### 3. Guilt

When the violence stops, the family member might



- promise **not** to hurt you again

- blame you or something else



- make you feel sorry for them.



You might feel

- relief



- what happened was **not** a big deal.

### 4. Honeymoon

The violent family member

- stops being violent

- is nice to you for a little while.



You might feel things will be OK.

## Risks



You might be at more risk of violence if the family member

- has been violent in the past



- has weapons



- uses drugs or alcohol



- has mental health problems



- knows you are pregnant or just had a baby



- thinks you want to leave the relationship

- has a lot of control over you.

For example, if you rely on the family member for money or support.

## What family violence can do



Family violence can make you

- feel very sad or worried



- want to give up



- use more drugs or alcohol.



You might find it hard to eat and sleep well.



You might find it hard to

- get a job or education



- find a safe place to live



- feel part of your community.



Family violence can cause mental health problems for you and your child such as

- depression



- anxiety.



Your child might

- feel sad and angry



- think the violence is their fault

- find it hard to make friends or do well at school.



Make sure you tell your child

- the violence is **not** their fault



- it is OK to be sad and angry

- you are always there to help



- it is **not** their job to protect you.

## Get help



It can be scary to ask for help.



You might be worried about

- what the violent family member will do



- who will help care for your children



- where you will live



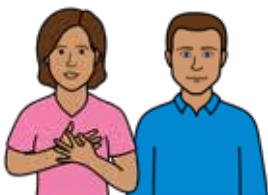
- how you will support yourself.

You might **not** want to leave the violent family member because you

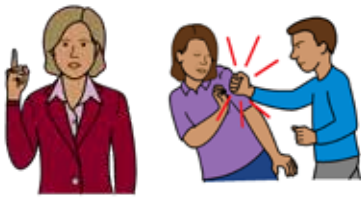
- feel pressure from other people to stay



- think things will get better



- care about the family member and rely on them for support.



We can help you find experts who

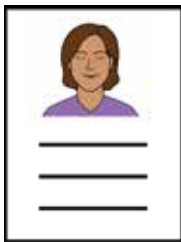
- know a lot about family violence



- give information and advice



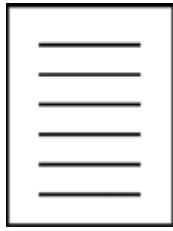
- give you legal support



- can help you make a **safety plan**.



A safety plan helps you know what to do to stay safe when family violence happens.



You can get a **family violence order**.

A family violence order is a piece of paper from the court that

- might protect you from a violent family member



- has rules the violent family member **must** follow.

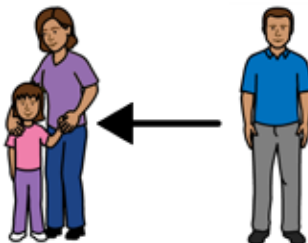


If the family member does **not** follow the rules, they can get arrested.



A family violence order can make the violent family member angry if they think you want to

- leave the relationship



- take away their children.

There might be other ways for you to stay safe.



## Where to get help

Call 000 if you are unsafe and need help quickly.



## Domestic Violence Crisis Service

You can get help from the Domestic Violence Crisis Service 24 hours a day.



Call 02 6280 0900



## Legal Aid ACT

Contact the Domestic Violence and Personal Protection Unit.



Call 02 6207 1874



## Sunny app

You can get the Sunny app on your phone to learn more about family violence.



You can get help from an **advocate**.



An advocate can help you

- understand information



- say what you want



- make decisions.



## **ACT Disability, Aged and Carer Advocacy Service**



Call 02 6242 5060

Go to [www.adacas.org.au](http://www.adacas.org.au)



## **Advocacy for Inclusion**



Call 02 6257 4005

Go to [www.advocacyforinclusion.org](http://www.advocacyforinclusion.org)



## More information

We can help you find support services you need.

Contact Women's Legal Centre ACT



Call 02 6257 4377



Website [www.wlc.org.au](http://www.wlc.org.au)



Email [admin@wlc.org.au](mailto:admin@wlc.org.au)



## If you need help to speak or listen

Contact Women's Legal Centre through the National Relay Service or NRS.



Call the NRS help desk  
1800 555 660

Go to the NRS website

[communications.gov.au/accesshub/nrs](http://communications.gov.au/accesshub/nrs)

## Notes

[illegible]

These resources were developed with the support of an ACT Women's Grant.

The Women's Legal Centre ACT and Region Inc. acknowledges the NSW Department of Justice and Attorney General as the owner of the original booklet titled 'Your Court, Your Safety'.

The Women's Legal Centre obtained permission to modify this booklet for use in the ACT in 2012. The booklet was substantially revised and updated in 2018.

This Easy English resource is based on the 2018 version, available at [www.wlc.org.au](http://www.wlc.org.au)

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Scope's Communication and Inclusion Resource Centre wrote the Easy English version in December, 2020.

To contact Scope call 1300 472 673 or visit [www.scopeaust.org.au](http://www.scopeaust.org.au)

To see the original contact the Women's Legal Centre ACT.

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