

Stop your abusive ways. It's your story.

Freecall DVConnect
Mensline 1800 600 636
(9am – midnight, seven days
a week).

Counselling, support and
information or Lifeline
13 11 14 (24 hours) for
anonymous and confidential
advice.

Calls from a mobile phone
incur charges.

www.communities.qld.gov.au

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Can you see the signs of abusive ways?

Ask yourself:

- Have you been violent or abusive to a family member, partner or someone in your care?
- Have you made a loved one or someone in your care afraid?
- Are your abusive ways affecting your children?

What's the cost of your abusive ways?

- People, including your children, get scared and hurt.
- People close to you no longer respect you.
- You could cause serious injury or death.
- A domestic violence order may be taken out against you.
- You could face criminal charges and prison.

How can you make different choices?

This is not just women's business, it's men's business too.

- Make a choice to not use abuse or violence.
- Talk to an Elder or someone you trust about stopping your abusive ways.
- Accept that you need help to change. Call Mensline on 1800 600 636.

You are not alone. There is someone you can talk to.

What happens if you stop being abusive?

You will make good memories for your family, children and community.

Your story will be about choosing to have respectful relationships.

Every person has a right to have relationships free from violence and abuse.

Remember, how you behave makes memories for those around you.

How you behave, makes memories...



What will your story be?



**How do you want
your family
to remember you?**

Some people use abuse to control the people they are close to while others choose to have relationships free of violence and abuse. It is your choice.

What will your story be?

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1800 600 636 for anonymous
and confidential advice.**

Signs of family violence

Family violence is when you use abusive ways to feel in control of others. This can happen one time or it can happen often. It is also family violence if you get someone else to carry out the abuse.

Abuse can be:

- controlling what your partner spends
- controlling who your partner talks to or spends time with
- controlling or preventing cultural or religious practices
- constantly accusing your partner of being unfaithful to you, without any justification for this
- pressuring your partner for sex
- being intimidating
- putting someone down
- angry yelling
- pushing
- hitting

Abuse can happen in all types of relationships

- Spousal relationships — include married or de facto of the same sex or opposite sex, or parents of a child (whether they live together or not).
- Intimate personal relationships — include same or opposite sex, people of any age who are engaged, betrothed or dating.

- Family relationships — include by blood, marriage, extended family, kin or clan on cultural or religious grounds.
- Informal care relationships — include providing or receiving unpaid care for someone due to illness, disability or impairment.