

**Kids Helpline** 1800 55 1800

**DVConnect Womensline** 1800 811 811

**DVConnect Mensline** 1800 600 636

**Lifeline** 13 11 14

**Statewide Sexual Assault Helpline** 1800 010 120

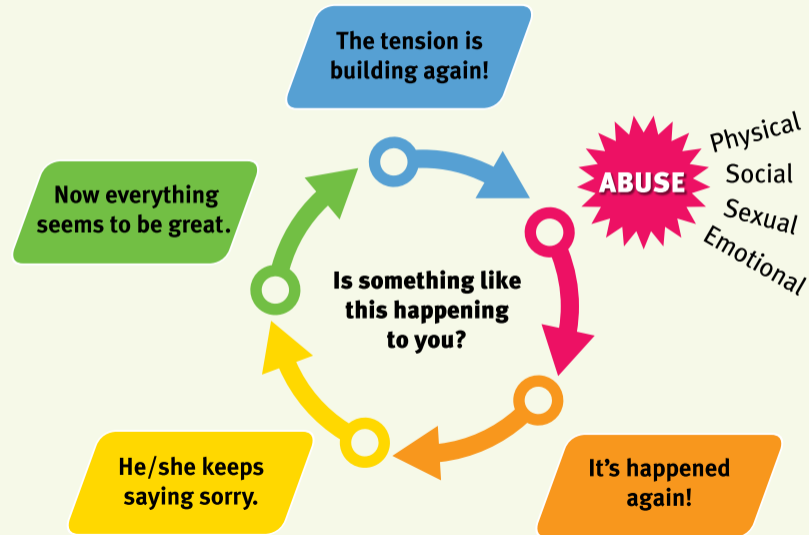
### 'My friend ...' Karen's story



When my friend Karen first got together with Tim, it was so intense. They did everything together.

Then he started to get jealous and push her around if she wanted to hang out with her friends or be by herself without him. We talked about it. She wanted to be in charge of her own life, not be controlled by someone else and just do what they wanted to do. In the end Karen had to break up with Tim because of the way he was behaving. She said it wasn't fun anymore. He didn't respect her right to be herself and do her own thing.

## The cycle of abuse



### 'In my relationship ...' Tracey's story

I was really afraid of Jeremy. At first, he made me feel special, but then he started to get jealous of me being with friends. At a party Jeremy tried to pull me away from them.

A friend tried to stop him and Jeremy hit him in the face! He then said he'd do the same to me. I was very scared. Relationships aren't meant to be scary like this, are they?

### Useful websites — lots of interesting stuff!

- [woah.org.au](http://woah.org.au)
- [dvrcv.org.au/publications](http://dvrcv.org.au/publications)
- [thehideout.org.uk](http://thehideout.org.uk)
- [180orespect.org.au](http://180orespect.org.au)
- [kidshelpline.com.au](http://kidshelpline.com.au)
- [esafety.gov.au](http://esafety.gov.au)
- [staysmartonline.gov.au](http://staysmartonline.gov.au)
- [thinkuknow.org.au](http://thinkuknow.org.au)
- [theline.gov.au](http://theline.gov.au)
- [smartsafe.org.au/overview](http://smartsafe.org.au/overview)

Department of Child Safety,  
Youth and Women



# It's your right to feel safe