

ESDVN

**Eastern Suburbs
Domestic Violence Network**



Randwick City Council
a sense of community

A pocket guide to

Relationships, domestic abuse and coercive control



Domestic abuse is widespread.
It impacts people of all ages,
genders, cultures and
socioeconomic backgrounds.

Support Services

Emergency

Police/Ambulance 000

Helplines

1800RESPECT

1800 737 732

Domestic Violence Hotline

NSW 1800 656 463

Aging and Disability Abuse

Hotline 1800 628 221

Kids Help Line

1800 551 800

Eastern & Central Sexual

Assault Services

9515 9040

Men's Referral Service

1300 766 491

Full Stop Australia

1800 385 578

Emergency

Accommodation

Link2Home

1800 152 152

Vinnies Homelessness

Services

131812

Legal Services

Domestic Violence

Women's Domestic Violence

Court Advocacy Unit

1800 938 227

Women's Legal Service

NSW 1800 801 501

Kingsford Legal Centre

9385 9566

Settlement and

Community Services

Sydney Multicultural

Community Services

9663 3922

Advance Diversity Services

9597 5455

Immigrant Women Speakout

Association

9635 8022

JewishCare

1300 133 660

Indigenous Services

Wirringa Baiya Aboriginal

Women's Legal Centre

1800 686 587

Aboriginal Legal Service

NSW/ACT 1800 765 767

Victims Services (Aboriginal

Contact Line)

1800 019 123

Referral & Support

The Deli Women &

Children's Centre

9667 4664

Bondi Beach Cottage

9365 1607

Domestic and Family

Violence St Vincent's

Hospital

8382 1111 or 0417 210 434

Staying Home Leaving

Violence

0439 414 673

Moving Forward DFV Case

Management Services

admin@movingforward.org.au

Lokahi Foundation

0451 800 562

Banksia Women

9360 6844

Victims Access Line

1800 633 063

The content of this brochure was developed by Georges River Council in partnership with the St George Domestic Violence Committee

Am I in a healthy relationship?

Psychological/Emotional

- ✓ My feelings are not judged by my partner. They support me and respect my boundaries.
- ✗ My partner makes me feel crazy and tells me I am, my feelings are judged and my boundaries aren't respected.

Physical

- ✓ I feel safe with my partner, they never hurt me or the people I care about.
- ✗ My partner reacts violently towards me, throws things at me when they are angry or hits me during arguments.

Sexual

- ✓ I have a choice whether I want to engage in sexual activities, my partner asks for consent and respects my decisions.
- ✗ My partner makes me engage in sexual activities even if I don't want to, they do everything they can to convince me and harass me until I do it.

Financial

- ✓ My partner doesn't control how I spend my money. I have complete access to my finances.
- ✗ My partner controls what I can spend money on, I always have to pay when we do things together. They spend my money without permission.

Technological control

- ✓ My partner doesn't check my phone or limit who I can speak to and what I can do online. I feel trusted and in control of my own technology.
- ✗ My partner checks my messages and social media accounts, asks for my passwords and tells me they can see where I am at all times.

Verbal

- ✓ We calmly discuss our issues and respect each other's opinions, we communicate effectively and fairly to find a positive outcome for each other.
- ✗ My partner blames me, makes negative comments, humiliates and puts me down.



Some people do not recognise they are in an unhealthy or abusive relationship because there may not be physical violence.

Coercive control is abusive behaviour used to cause fear and/or control a person or situation. This type of domestic violence is known as domestic abuse and can go undetected in intimate partner or family relationships for years.

If not recognised, this controlling behaviour can escalate to physical life threatening violence.



Coercive control checklist

Is there someone in your life who:

- Makes you feel afraid?
- Controls what you do and say?
- Puts you down or embarrasses you?
- Accuses you of flirting or cheating?
- Pressures or forces you to do sexual things?
- Threatens to hurt you, themselves, friends or family?
- Constantly checking your phone and location
- Limits your access to money?

Any of the actions above may be signs of coercive control and domestic abuse.

If you answered yes to any of these or recognise that you use these behaviours, you are likely to be in an unhealthy relationship.

There is support available to make changes and help build a healthier relationship.

It is important to seek advice and support even if you're not sure. We all need help sometimes.