

YOU ARE NOT ALONE

‘When people offer support, don’t feel guilty for taking it.’

- SURVIVOR

‘It’s not a reflection that you are a bad parent or not coping well. It’s a gift, not a criticism when someone offers to help. It’s also a gift to give help. I have accepted so much help and had to get over so much pride and shame. But now I am more able to accept help and offer it. It’s been liberating and empowering.’

Call us on 1800 884 292

www.cnv.org.au/we-are-here-to-help

Centre for Non-Violence



YOU ARE NOT ALONE

Are you concerned about your relationship?

Many of us are experiencing stress because of the financial, health and social impacts of the Covid-19 pandemic.

Some people may find themselves trying to exert more control over family members in harmful ways.

If you are concerned about how you're behaving towards family members, we encourage you to reach out for support.

Call us on 1800 884 292

www.cnv.org.au/we-are-here-to-help

Centre for Non-Violence





YOU CAN HELP

BE AN ACTIVE BYSTANDER

We must act if we hear or see someone experiencing domestic or family violence or abuse.

You can:

- In an emergency, call 000
- Report concerning behaviour
- Offer support or assistance if it's safe for you to do so
- Call out sexism and attitudes that disrespect women, or condone violence
- Help victim/survivors prepare safety plans
- Educate yourself to understand what causes family violence and abuse

Call us on 1800 884 292

www.cnv.org.au/we-are-here-to-help

Centre for Non-Violence





YOU ARE NOT ALONE

ARE YOU...

- Living in fear?
- Worried about your safety, or the safety of your children?
- Not sure whether you're experiencing family or domestic violence?

We can help.

Centre for Non-Violence

1800 884 292

cnv.org.au/we-are-here-to-help





YOU ARE NOT ALONE

Are you worried about your safety, or the safety of your children?

Centre for Non-Violence works with victim/survivors of family and domestic violence.

We will work with you if you wish to stay in the family home or leave the relationship.

Your safety is our priority.

Call us on 1800 884 292

www.cnv.org.au/we-are-here-to-help





YOU ARE NOT ALONE

You don't have to be leaving a relationship, to call us

We understand you want the abuse
or violence to stop.

We can work with you to help you
feel safer in your own home.

Centre for Non-Violence

1800 884 292

www.cnv.org.au/we-are-here-to-help



YOU ARE NOT ALONE

THERE IS NEVER AN EXCUSE FOR ABUSE

Everyone has the right to live without violence and make their own choices.

If you're living in fear or concerned for you or your family's safety, we can help.

If you're concerned about how you are behaving towards family members, we can help.

Call us on 1800 884 292

www.cnv.org.au/we-are-here-to-help

Centre for Non-Violence





YOU ARE NOT ALONE

You don't have to be leaving a relationship, to call us

We understand you want the abuse or violence to stop.

We can work with you to help you feel safer in your own home.

Centre for Non-Violence

1800 884 292

www.cnv.org.au/we-are-here-to-help





YOU ARE NOT ALONE

ARE YOU...

- Living in fear?
- Worried about your safety, or the safety of your children?
- Not sure whether you're experiencing family or domestic violence?

We can help.

Centre for Non-Violence

1800 884 292

cnv.org.au/we-are-here-to-help





YOU ARE NOT ALONE

‘Hearing others’ stories means I am not alone.’

- SURVIVOR

‘Hearing other women’s stories has lifted my sense of isolation. I couldn’t talk to people because I was ashamed and embarrassed. The few times I did reach out I felt scrutinised and judged. I have shared my pain and my triumph. To step into the light and realise others have gone through things too – I think, if others keep doing it, I can do it too. I see strengths I didn’t know I had.’

Call us on 1800 884 292

www.cnv.org.au/we-are-here-to-help

Centre for Non-Violence





YOU ARE NOT ALONE

‘Starting to like myself freed me from shame and embarrassment.’

- SURVIVOR

‘It doesn’t matter what others think of me.

It took me a long time to find my self-esteem.

With family violence you are put down all the time, and you start to believe it.

You’re left with anxiety after emotional abuse. But there are good parts in me. I had to find them.’

Call us on 1800 884 292

www.cnv.org.au/we-are-here-to-help

Centre for Non-Violence





YOU ARE NOT ALONE

There is never an excuse for abuse

Whether it is physical violence or controlling behaviour that restricts your movements and freedoms – abuse in any form is unacceptable.

Everyone has the right to live freely, without violence and to make their own choices.

If you're living in fear, or concerned for your safety or your children, we can help.

If you're concerned about how you are behaving towards family members, we can help.

You are not alone.

Centre for Non-Violence 1800 884 292

www.cnv.org.au/we-are-here-to-help





YOU ARE NOT ALONE

WHY ARE WE HERE?

In the 2018-19 period, our region recorded:

- 1114 family violence incidents where children were present
- 3825 police referrals across the six local government areas we cover – a 26.7 per cent increase from the previous year
- 6 out of 10 family violence incidents occurred between current or former partners
- 88.8 per cent of incidents were recorded as taking place at a residential location
- Police referrals in our region are above the state average in relation to family violence

Centre for Non-Violence 1800 884 292

www.cnv.org.au/we-are-here-to-help



YOU ARE NOT ALONE

‘We must challenge misinformation about the drivers of violence.’

- SURVIVOR

We will see many excuses made for men’s violence towards women and children in coming months, which can only cause further harm.

Abuse is about power and control.

www.cnv.org.au/we-are-here-to-help

Centre for Non-Violence 1800 884 292





YOU ARE NOT ALONE

When you are safe from violence you are free to live and grow.

Centre for Non-Violence works with victims of family and domestic violence.

We understand abuse is not always physical.

Your safety is our priority.

Call us on 1800 884 292

www.cnv.org.au/we-are-here-to-help





YOU ARE NOT ALONE

Violence against women is everyone's business

- 1 in 4 Australian women have experienced intimate partner violence
- More than one woman is killed in Australia by a partner or ex partner every week
- 42 per cent of clients accessing homelessness services are leaving family violence
- Intimate partner violence is the leading contributor to death, disability and illness in women aged 18-44

Call us on 1800 884 292

www.cnv.org.au/we-are-here-to-help

Centre for Non-Violence





YOU ARE NOT ALONE

WHY ARE WE HERE?

In the 2018-19 period, our region recorded:

- 1114 family violence incidents where children were present
- 3825 police referrals across the six local government areas we cover – a 26.7 per cent increase from the previous year
- 6 out of 10 family violence incidents occurred between current or former partners
- 88.8 per cent of incidents were recorded as taking place at a residential location
- Police referrals in our region are above the state average in relation to family violence

Call us on 1800 884 292

www.cnv.org.au/we-are-here-to-help

Centre for Non-Violence



THERE IS NEVER AN EXCUSE FOR ABUSE

YOU CAN HELP

It can be difficult to know how to help someone experiencing violence or abuse, but some strategies could include:

- Listen without judgment
- Never excuse violence or abuse (whether it's physical or psychological)
- Never question their choices. She is an expert in her own safety. Understand that for many reasons, a woman may not leave a relationship
- Find practical ways to help – deliver groceries, keep copies of private documents, offer your home as a safe place to go
- Help her prepare a safety plan
- In an emergency call 000

www.cnv.org.au/we-are-here-to-help

Call us on 1800 884 292

Centre for Non-Violence

YOU ARE NOT ALONE

Violence and abuse is about power and control

In a relationship where partners are equal, both can freely and safely state their opinions and feel heard.

In an abusive relationship, one partner controls the other – using a range of tactics and creating fear. It may be physical violence, verbal abuse, restricting their freedom and movement, making demands or threats, or sexual abuse.

Whether it is physical or psychological, there is never an excuse for abuse.

Call us on 1800 884 292

www.cnv.org.au/we-are-here-to-help

Centre for Non-Violence





YOU ARE NOT ALONE

YOU CAN MAKE YOUR OWN CHOICES

Whether it is physical violence or controlling behaviour that restricts your movements and freedoms – abuse in any form is unacceptable.

Everyone has the right to live freely, without violence and to make their own choices.

If you're living in fear, or concerned for your safety or the safety of your children, we can help.

Call us on 1800 884 292

www.cnv.org.au/we-are-here-to-help

Centre for Non-Violence





YOU CAN HELP

BE AN ACTIVE BYSTANDER

We must act if we hear or see someone experiencing domestic or family violence or abuse.

You can:

- **THINK** of your own and others' safety first
- **ACT** by reporting concerning behaviour
- **OFFER** support and assistance
- **HELP** victim/survivors prepare safety plans
- **EDUCATE** yourself and others to understand what causes family violence and abuse (and call out sexism and attitudes that disrespect women, or condone violence)
- **CALL** 000 in an emergency

Centre for Non-Violence 1800 884 292

www.cnv.org.au/we-are-here-to-help





YOU ARE NOT ALONE

Violence and abuse happens in all communities

We know abuse occurs in all relationships, including LGBTIQ.

Everyone has the right to feel safe in their relationship.

We can support you, as well as connect you with specialist LGBTIQ organisations if this is your preference, including With Respect and Switchboard Victoria

Call us on 1800 884 292

www.cnv.org.au/we-are-here-to-help

Centre for Non-Violence



YOU ARE NOT ALONE

Violence and abuse happens in all communities

We know abuse occurs in all communities, and some groups of women experience more barriers in seeking support.

These include Aboriginal women, women with disabilities, migrant and refugee women.

Everyone has the right to feel safe in their relationship.

We can help.

Centre for Non-Violence 1800 884 292

www.cnv.org.au/we-are-here-to-help





YOU ARE NOT ALONE

‘Starting to like myself freed me from shame and embarrassment.’

- SURVIVOR

‘It doesn’t matter what others think of me. It took me a long time to find my self-esteem. With family violence you are put down all the time, and you start to believe it. You’re left with anxiety after emotional abuse. But there are good parts in me. I had to find them.’

Call us on 1800 884 292

www.cnv.org.au/we-are-here-to-help

Centre for Non-Violence





YOU ARE NOT ALONE

**‘There shouldn’t be
shame in talking
about it.
That’s what saved me.’**

-SURVIVOR

‘Tell everybody. Shout it to the rooftops. Once you start to share your story you realise other women have the same story. Not knowing this is part of the problem. We need to get the story out of the private and into the public. We need to talk about this, because the secrecy of family violence reinforces the whole thing.’

Call us on 1800 884 292

www.cnv.org.au/we-are-here-to-help

Centre for Non-Violence





YOU ARE NOT ALONE

‘On your own you can get knocked down, but together you can’t. I feel safer next to you.’

- SURVIVOR

A message of hope from a survivor who felt safer with us by her side.

Call us on 1800 884 292

cnv.org.au/we-are-here-to-help





YOU ARE NOT ALONE

**‘You are not to
blame. It’s not
your fault.’**

- SURVIVOR

There is never an excuse for abuse.

Call us on 1800 884 292

[www.cnv.org.au/we-are-here-to-
help](http://www.cnv.org.au/we-are-here-to-help)

Centre for Non-Violence



YOU ARE NOT ALONE

**‘You’re not to blame.
Be kind to yourself.
Give yourself
compassion.’**

- SURVIVOR

There is never an excuse for abuse.

Call us on 1800 884 292

www.cnv.org.au/we-are-here-to-help

Centre for Non-Violence





YOU ARE NOT ALONE

**‘Talk to people
you trust.’**

- SURVIVOR

‘Talk to people who you trust about your story- but not people you don’t trust - find your circle.

‘Resist isolating yourself because you think no-one will believe your story.’

Call us on 1800 884 292

www.cnv.org.au/we-are-here-to-help

Centre for Non-Violence



YOU ARE NOT ALONE

**‘Believe in yourself
and your story.’**

- SURVIVOR

We **see** you.

We **believe** you.

We **hear** you.

Centre for Non-Violence 1800 884 292

www.cnv.org.au/we-are-here-to-help



YOU ARE NOT ALONE

‘Don’t try to do it alone.’

- SURVIVOR

‘Take action. Find people who know more about what to expect than you know.’

‘Get yourself a crew. Don’t try to do it alone. There are people and organisations there to help you.’

Centre for Non-Violence 1800 884 292

www.cnv.org.au/we-are-here-to-help



YOU ARE NOT ALONE

‘Let people be a part of your journey and help.’

- SURVIVOR

‘You radiate a different kind of energy that wasn’t there before when you have been through something. People feel as though they can be a good and helpful part of the journey. Let people be a part of your journey and help. That cloak of invisibility is gone, and it can make you feel back in the world.’

Centre for Non-Violence 1800 884 292

www.cnv.org.au/we-are-here-to-help





YOU ARE NOT ALONE

‘Be kind to yourself.’

- SURVIVOR

‘It’s really hard to learn how to do; especially when you have always put everyone else first.’

‘It’s so important to take time for yourself and do things for yourself.’

Centre for Non-Violence 1800 884 292

www.cnv.org.au/we-are-here-to-help





YOU ARE NOT ALONE

‘Hearing other women’s stories gives me the courage to keep going.’

- SURVIVOR

‘It’s good to hear about other people’s coping mechanisms and practices. How other’s cope. If you don’t hear, you don’t know how others survive. You’re just floating in your own boat.’

Centre for Non-Violence 1800 884 292

www.cnv.org.au/we-are-here-to-help





YOU ARE NOT ALONE

Gender inequality is the cause and the consequence of violence against women.

Gender equality is the solution.

Centre for Non-Violence 1800 884 292

www.cnv.org.au/we-are-here-to-help





YOU ARE NOT ALONE

What are the gendered drivers of violence against women?

Rigid gender stereotypes, attitudes and beliefs – and male dominance and cultures that support inequity and limits to women’s independence all contribute to violence against women and gender inequality.

Centre for Non-Violence 1800 884 292

www.cnv.org.au/we-are-here-to-help





YOU ARE NOT ALONE

WHY WON'T SHE LEAVE?

Instead, ask 'why doesn't he stop using violence and abuse?'

She stays because she thinks no one will believe her. She stays because she values the relationship, but she wants the violence to stop. She stays because he says he will change. She stays because he says he is sorry. She stays because she is keeping herself safe. She stays because she feels she has no-where to go. She stays because she is scared she will lose the children.

No one deserves violence and abuse. There is never an excuse for violence and abuse. Victim/survivors often feel blamed for the abuse. Anger, stress and alcohol do not cause violence and abuse.

Centre for Non-Violence 1800 884 292

www.cnv.org.au/we-are-here-to-help





YOU ARE NOT ALONE

Not all family violence is between intimate partners

Elder abuse is behaviour that is intimidating, violent or abusive, creating fear for older people.

Elder abuse can be financial, social isolation, physical or about withholding care to a parent by an adult child and/or children.

Centre for Non-Violence 1800 884 292

www.cnv.org.au/we-are-here-to-help





YOU ARE NOT ALONE

Adolescent violence and abuse is ...

... any abuse towards parents by teens.

Mothers are most often the target of
abuse from adolescents.

We can support you.

Centre for Non-Violence 1800 884 292

www.cnv.org.au/we-are-here-to-help