



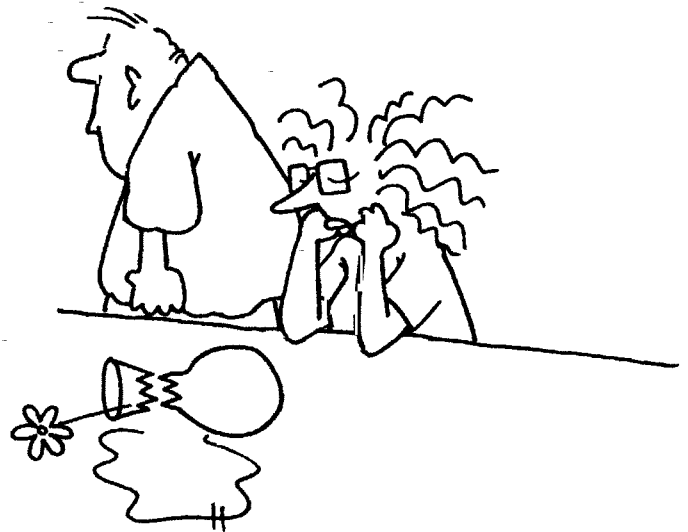
Info-Link Sheet

Violence Against Women

Women's Information and Referral Service

1800 817 227

Older Women Out There is a wellness project for women living in rural and remote areas. It is coordinated by NSW Agriculture's Rural Women's Network and funded by the NSW Department of Health



Family violence is a hidden problem within Australian society. Nearly 1 in 4 women experience family violence in a marriage or marriage-like relationship.

What is family violence?

There are many forms of family violence and controlling behaviours. When anyone uses some form of violence and abuse in a relationship it is a very serious statement that things are not right in the relationship. All forms of abuse have the effect of intimidating and degrading others.

Types of violence and controlling behaviours can include:

Physical: punching, hitting, shoving, kicking or injuring with weapons.

Sexual: forcing or demanding sex or sexual acts which a person does not wish to perform.

Verbal: harassment, put downs, insults, comments intended to humiliate, and name calling.

Social: not allowing a person in your family to have friends, isolating them from other family

members, denying them access to the car or telephone and making public insults.

Financial: expecting a person in your family to cope with inadequate money and not sharing the family resources fairly.

Emotional: using threats or manipulative behaviour, such as threatening to leave or commit suicide, unless you get your way.

Spiritual: putting down a person in your family's religious or spiritual beliefs, preventing her from attending religious gatherings.

Male Privilege: expecting a person in your family should obey or serve you, or that your opinions, feelings and actions are more important than theirs

(Information adapted from the Victorian Men's Referral Service <<http://home.vicnet.net.au/~mrs/>>)

Are you at risk?

Does a person in your family...

- ☐ become easily angered and is prone to sudden mood swings?

- ☐ try to control your contact with your family and friends?
- ☐ need to know where you are constantly?
- ☐ pressure you to have sex which is unpleasant or forced?
- ☐ constantly put you down?
- ☐ never take responsibility for their actions and always blame you?
- ☐ control all the finances and insist you account for every cent spent?
- ☐ verbally abuse or attack you?
- ☐ has a history of violence?
- ☐ see themselves as more important than you and always right?
- ☐ uses force, threats or coercion to make you do things against your will?

The more often you have answered yes the greater the risk for you.



Assistance and Resources

Domestic Violence Line freecall 1800 656 463. 24hrs, 7days.

Female staff offer confidential support; immediate assistance; advice; referrals; information & assistance with police, courts & the law.

Domestic Violence Advocacy Service freecall 1800 810 784, TTY 1800 626 267, 9.30am - 12.30pm M- F, 2pm-4pm M, T, Th, & F. Free legal telephone advice relating to all aspect of domestic violence.

Lifeline Australia provides a telephone counselling service that is available 24 hours a day, 365 days a year. Lifeline is staffed by trained volunteers and supported by professional staff. Call 13 11 14 (for the cost of a local call from anywhere in Australia). Calls are confidential and anonymous.

Country Care Link freecall 1800 806 160 is a free confidential family information and support service for country NSW. The service provides confidential personal counselling, referrals and legal assistance.

Women's Refuge Referral & Resource Centre Ph (02) 9518 8379

Immigrant Women's Speakout Association Ph (02) 9635 8022

Women's Health Information, Resources, Crisis Ph (02) 9699 6288

Women's Information & Referral Service (WIRS) 1800 817 227 (freecall), TTY 1800 673 304, 9am- 5pm, Monday to Friday.

A domestic violence kit for rural women

Is domestic violence too close to home? This kit comes in a discreet blue wallet. Sections include:

violence, risks for women - a check list, steps you can take, planning to be safe, services that can help, why does she stay?, local service details, emergency contact numbers, country women - strong women, you are important, what about the kids, helping hands - friends, family, community, can the law help, and the law in your state. Phone (02) 6202 5736 for a free copy.

Women and Violence: What can you do if you experience violence? This booklet looks at; Domestic Violence and You, Domestic Violence and the Law and Types of Assistance available. It is a 34 page A5 booklet. Copies can be obtained by contacting the Women's Information & Referral Service on freecall 1800 817 227. Also available *Women and Violence: What can you do if you experience sexual assault.*

Web sites

Domestic Violence: Get Help site There are many services for victims of domestic violence, male or female, straight or gay; as well as help for batterers who want to change. This list only includes information found on the Internet. You can also find help in the phone book - call a shelter, ask your doctor, a lawyer, a member of the clergy, or a friend or family member. In an emergency, call the police! www.zip.com.au/~korman/dv/help/australia.html

NSW Department for Women
www.women.nsw.gov.au

Benevolent Society of NSW - Centre for Women's Health.
www.bensoc.asn.au/women/domviol/

Relationships Australia
www.relationships.com.au/support/abuse.htm

InformOz
www.isis.aust.com/domviolence/webresources.htm

Women's Information and Referral Service (WIRS) freecall 1800 817 227

WIRS is a free & confidential telephone service for all women in New South Wales and is part of the Department for Women. WIRS can help you find information that you, your family or friends may need from anywhere in NSW from Monday to Friday between 9.00am and 5.00pm. If you ring after hours or on the weekend you can leave a message and someone will phone you back.

If you are deaf or hearing impaired you can contact WIRS on their TTY number 1800 673 304. For their translating and interpreting service call 131 450.

This info-link sheet has been compiled by NSW Agriculture's Rural Women's Network as part of the Older Women Out There project. For more information contact the Rural Women's Network on Ph (02) 6391 3620, Fax (02) 6391 3650, Email <allison.windus@agric.nsw.gov.au>

