



What is DFV?

What is domestic and family violence?

Domestic and family violence (DFV) is when someone close to you uses violence or abuse to hurt, scare or control you. This can restrict your freedom and stop you from making decisions about the things you need or what's important to you.

Relationships where DFV can happen

A person using DFV can be your romantic partner, family member, or your informal carer.

Romantic relationships

A romantic partner can be your boyfriend or girlfriend, husband or wife, or a same sex partner or ex-partner.

Family relationships

A family member can be a relative such as a parent, cousin, brother or sister, or an adult son or daughter. They can also be your kin or step-family.

Informal care relationship

An informal carer is someone who helps you with your daily needs and tasks. They might help with your mobility, self-care, medical appointments, communication and social activities. They might also help you care for your children.

Sometimes, your romantic partner or family member is your informal carer. They can also be a friend, a neighbour or another person in your community.

A disability support worker (formal carer) is not the same as an informal carer, but help is still available if you feel hurt, scared or controlled by them.

Violence and abuse is never OK

If you're worried about your relationship and need more information, there are videos you can watch on our website at www.qld.gov.au/neverok:

- To learn about the difference between a healthy and an unhealthy relationship, watch the 'What is a healthy relationship?' video.
- To learn about the different types of DFV, watch the 'Different types of DFV' video.

Remember, not all abuse is physical. There are many types of non-physical abuse and any of these can make you feel scared, controlled or unsafe.



No-one should use any kind of violence or abuse against you. Everyone has the right to be safe in their close relationships. Healthy relationships should make you feel safe, happy, valued and supported.

If you think your relationship is unhealthy or you feel scared, unsafe or controlled in your relationship, talk to someone you trust and remember support is available.

Learn more at www.qld.gov.au/neverok.