

Domestic and family violence

What you need to know

An Easy Read booklet



**Queensland
Government**

How to use this booklet



The Queensland Government wrote this booklet. When you see the words 'we', it means the Queensland Government.



We wrote this booklet in an easy to read way. We use pictures to explain some ideas.

Not bold
Bold

We have written some words in **bold**. This means the letters are thicker and darker. We explain what these words mean.



This Easy Read booklet is a **summary** of another booklet. This means it only includes the most important information.



You can find the other document on our website at www.qld.gov.au/neverokay



You can ask for help to read this booklet.
A friend, family member or support person
may be able to help you.



In this booklet, we talk about some things that
might upset some people.



If you get upset and need support, there are
services you can contact.



You can find their contact details on page 25.



You can find more information on our website.
www.qld.gov.au/neverokay

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What is domestic and family violence?



Domestic and family violence is when you are hurt, controlled or scared by someone close to you.



Under Queensland's law, domestic and family violence can happen in different types of relationships.



Your relationship with someone is how you are connected to them.

Domestic and family violence can happen in a romantic relationship with your:



- boyfriend, girlfriend or partner



- husband or wife.

It can happen:



- in your romantic relationship now



- after a romantic relationship ends.



Domestic and family violence can happen in a relationship with a member of your family.

This could mean a:



- parent
- brother or sister
- adult child
- aunt or uncle
- cousin
- grandparent.



You can also have a family relationship with your:

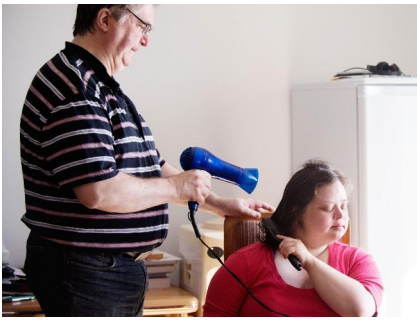
- other relatives
- **kin**
- **stepfamily.**



Your kin are people you call your family.



Your stepfamily are people you are related to by marriage.



Domestic and family violence can happen in a relationship with your **informal carer**.



Your informal carer is someone who helps you with daily tasks.

They can be:



- your family
- your friends
- other people in your community
- your neighbour.



An informal carer is not the same as a disability support worker.



Domestic and family violence is never ok.



Violence is when someone hurts your body.



Abuse is when someone treats you badly.



If you think you are experiencing violence or abuse in a relationship we haven't talked about, you can still get help.

You can talk to:



- domestic and family violence services



- someone you trust.



There is more information about this on page 24.

Different types of domestic and family violence



There are many different types of domestic and family violence.

Physical abuse is when someone:



- hurts your body



- gives you medication that you don't need.

Emotional abuse is when someone:



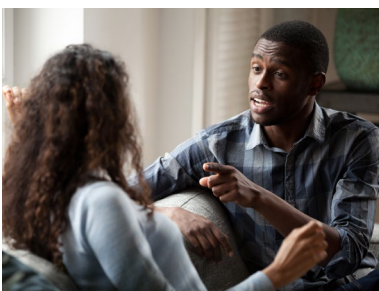
- says things that make you feel scared



- says things that make you feel bad about yourself



- says they will hurt you



- tries to control you.



Sexual abuse is when someone makes you do sexual things you do not want to do.



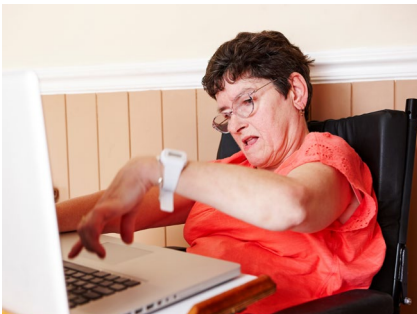
Financial abuse is when someone:

- takes or uses your money without asking you
- controls your money.

Technology-based abuse is when someone uses technology to:



- make you feel bad



- control you.



Social isolation is when someone stops you contacting or spending time with your:

- family
- friends.



Neglect is when someone doesn't give you help or care they are supposed to give you.



Spiritual or religious abuse is when someone controls:

- how you take part in your religion
- what you believe.



Cultural abuse is when someone controls how you take part in your **culture**.



Your culture is:

- your way of life
- how you think or act now because of how you grew up.



Identity-based abuse is when someone uses information about you to hurt you.

What is a healthy relationship?

A healthy relationship can make you feel:



- happy



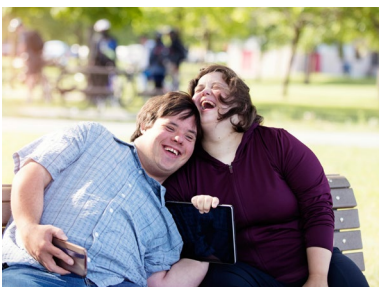
- safe



- like you matter



- respected.



It's important to know what a healthy relationship:

- looks like
- feels like.



It will help you understand when a relationship is unhealthy.



There are signs that a relationship is healthy.

Respect



You respect:

- each other
- what is different about each of you.

Kindness

You're there for each other when you have:



- good times

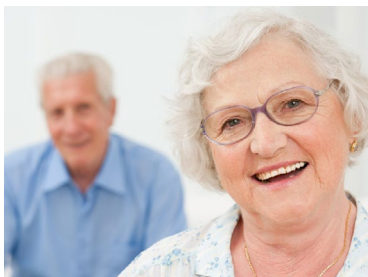


- bad times.

Trust



You trust each other.



You believe the other person won't hurt:

- you
- the relationship.



You believe the other person will be honest.

Communication



You share your:

- feelings
- hopes
- dreams.



You listen to each other's:

- ideas
- opinions.

Being equals



You both put the same amount of effort into the relationship.



You work together to find a way for both of you to be happy when you don't:

- agree
- want the same thing.

Freedom



You enjoy spending time together.



You enjoy spending time apart.

Safety



You feel safe when you're together.



When you have a problem, you can tell the other person.



You don't worry about what they will:

- say
- do.

Are you experiencing domestic and family violence?



Sometimes people don't know what they're experiencing is domestic and family violence.

When you're at home you might:



- feel scared



- be quiet



- feel bad all the time and it doesn't seem like your feelings will change.



You might be stopped from seeing your:

- family
- friends.



You might try and hide any:

- bruises
- injuries.



You might not have a say about how your money is used.

Steps you can take



Domestic and family violence is never ok.



You can get help if you think you might be experiencing domestic and family violence.



There are services you can talk to if you experience domestic and family violence.



They will listen to you.



They can give you advice.

These services can be:



- organisations



- individuals, like your doctor.

If you are in danger now:



- call TripleZero
000



- ask for the police.

You can get more information over the phone.



DVConnect Womensline



1800 811 811



1800RESPECT



1800 737 732



You can find more information on our website.



www.qld.gov.au/neverokay



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