

Video resources to support women with disability experiencing domestic, family and sexual violence

Key messaging document – January 2025

Domestic and family violence (DFV) information video and print resources are available for women with disability experiencing DFV to better identify abuse and access support options.

The new video resources prioritise accessibility and were developed in partnership with women with disability and the Queenslanders With Disability Network.

Resources are available via www.qld.gov.au/neverok

How can you help? Add your voice to the cause.

- Access the videos at www.qld.gov.au/neverok
- Share a social media post or newsletter article
- Share the resources and key messaging document via your networks and channels
- Talk with your staff, colleagues, neighbours, friends and family members
- Download and share the [information sheets](#)
- Ensure you are aware of the signs of domestic and family violence
- Ensure you know where to find information and support
- Follow the Queensland Government's [Domestic, Family and Sexual Violence Prevention Facebook page](#) @dfvpqld

Key messages	What is domestic, family and sexual violence (DFSV)? <ul style="list-style-type: none">• Domestic and family violence is when someone close to you uses a pattern of 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.• A person using violence can be your romantic partner, your family member or your informal carer.• Not all domestic and family violence is physical. There are many types of non-physical abuse and any of these can make you scared, controlled or unsafe.• Physical violence is when the person in your relationship hurts your body.• Non-physical violence is when the person in your relationship treats you badly to hurt, scare or control you.• Any sexual activity without consent is sexual violence – no one has the right to make anyone do anything they don't want to do.• Sexual violence can happen to anybody, regardless of age, gender, race, culture, socioeconomic status, ability, sexual orientation or location. However, women and girls are the majority of victims of sexual violence.• Domestic, family and sexual violence is about power and control. It might make you feel unsafe, scared or threatened. It is never okay.• Domestic, family and sexual violence is a serious and pervasive issue that impacts on a person's safety, wellbeing, and sense of identity. Healthy relationships <ul style="list-style-type: none">• A healthy relationship makes you feel happy, safe and respected.• It's important to understand what a healthy relationship looks and feels like, so you can tell if your relationship is unhealthy or if you might be experiencing domestic and family violence.
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- All healthy relationships should be a positive experience for the people in them.
- If you think your relationship is unhealthy, or if you think you're experiencing abuse, support is available. We encourage you to reach out and talk with someone you trust.

Are you experiencing domestic and family violence?

- If you sometimes, often, or always feel scared, sad, unsafe, trapped or controlled in your relationship you might be experiencing domestic and family violence.
- If you think you're experiencing domestic and family violence, or you're in an unsafe or unhealthy relationship, it's important to reach out for help and talk to someone you can trust.
- You can get support over the phone, online or in-person from your doctor or a disability support worker.

Steps you can take to seek help

- Everyone deserves the right to have safe and healthy relationships and there are steps you can take to get advice or help if you need support.
- You can talk to someone you trust like a close friend, your doctor or a disability support worker.
- It's important to find a service that you are comfortable with and that understands your personal situation, so they can support you to consider the options available to you in your individual situation.
- A disability advocate helps protect your rights and ensures you are treated with the respect and care you have the right to.
- If you're experiencing domestic and family violence or think you're in an unhealthy relationship, support is available and there are steps you can take to help you be safe.
- Everyone has the right to feel safe, be safe and enjoy healthy relationships.

Different types of domestic and family violence

- It's important to remember that domestic and family violence can happen in many ways.
- Domestic and family violence is not always physical violence or abuse. It can also be many types of non-physical abuse and controlling behaviour.
- Often domestic and family violence involves physical and non-physical forms of abuse to hurt, scare and control you.
- Physical abuse is when someone hurts your body or tries to hurt you on purpose. They can also threaten to hurt or injure you to make you feel scared.
- Emotional abuse is when someone makes you feel scared, unsafe, or bad about yourself by criticising, threatening or controlling you.
- Sexual abuse is when someone forces you to do something sexual, or to be part of something sexual when you don't want to.
- It's important to remember it doesn't have to be penetrative sex to be sexual abuse.
- Financial abuse is when someone takes or controls your money in a way that you do not agree with and is not good for you.
- Technology-based abuse is when someone uses technology to control you, make you feel scared or unsafe or make you feel bad.
- Social isolation is when someone stops you from seeking or contacting your friend or family, stops you from contacting or receiving the supports and services you need, and stop you from getting to important appointments.
- Neglect is when you don't have the support to meet your basic needs.

- Identity-based abuse is when someone uses aspect of who you are to threaten or hurt you. This can include your race, gender or sexuality.
- Domestic and family violence can also involve spiritual, cultural, or religious abuse, to make you feel scared, unsafe, trapped or controlled.
- Support is available and people are there to help you be safe.

Information and support options:

- Everyone has a right to live free from the threat and experience of domestic, family and sexual violence. Support is available for all Queenslanders.
- Help and support options are available via www.qld.gov.au/needtoknow
 - WWILD – (07) 3262 9877
 - Contact hours: Monday – Friday, 9:00am-4:30pm).
 - The Sunny app
 - [Sunny](#) is 1800RESPECT's app for women with disability. It includes information and support for if you have experienced violence and abuse. Sunny is free to download and use on your smartphone.
 - Contact a disability advocate - <https://www.qld.gov.au/disability/legal-and-rights/advocacy>
- Learn more about domestic and family violence at www.qld.gov.au/neverok
- Follow the Queensland Government's [Domestic, Family and Sexual Violence Prevention Facebook page](#) @dfvpqld