

Signs of violence

It is not always easy to identify if you or someone you know is experiencing violence or is in an abusive relationship.

Below is a list of signs of abuse. These behaviours are typical of the jealousy, controlling behaviour, put downs, threats and violence that occurs in abusive, disrespectful relationships.

- Unfairly and regularly accuses her of flirting or being unfaithful
- Controls how she spends money
- Decides what she wears or eats
- Humiliates her in front of other people
- Makes sexist jokes against women
- Monitors what she is doing, including reading her emails and text messages
- Discourages or prevents her from seeing friends and family
- Threatens to hurt her, the children or pets
- Physically assaults her (hitting, biting, slapping, kicking, pushing)
- Decides what she uses for birth control
- Constantly criticises her intelligence, mental health and appearance
- Isolation in the workplace

These are some examples of unacceptable behaviour. If you or someone you know displays or experiences these signs it might help to seek professional support.



One woman is killed...

**...every week
by domestic violence**

National support services

1800 RESPECT – 24/7 service

1800respect.org.au
1800 737 732

Kids Help Line – 24/7 service

kidshelpline.com.au
1800 551 800

Lifeline – 24/7 service

lifeline.org.au
13 11 14

Mens Referral Service

1300 766 491

MensLine – 24/7 service

mensline.org.au
1300 789 978

National Disability Abuse and Neglect Hotline

1800 880 052

Police and Ambulance

000

Relationships Australia

1300 364 277

Sexual Assault Crisis Line

1800 806 292

Translating and Interpreting Service

tisnational.gov.au
131 450

For details of individual State and Territory services, please visit
whiteribbon.org.au/support

How you can help

STOP

violence against women



**See
Talk
Offer support
Prevent**

 **White Ribbon
Australia**

See

Your actions are important in helping to stop violence against women.

Abusive and disrespectful behaviour can be witnessed in your community, amongst your friends or within your family. It could be someone yelling at a woman on the street or physically pushing someone around.

Below are actions to help you safely intervene and stop abusive behaviour:

▶ **Learn the signs**

Would you know if someone close to you is experiencing violence?

Visit www.whiteribbon.org.au to find more information on being an active bystander against violence.

▶ **Be a witness**

If you see someone being assaulted make sure you stop and be a witness.

Just being there can help.

▶ **Don't ignore**

When you see someone being taken advantage of don't just turn a blind eye, stop and offer support – if needed call the police on **000** if there is risk of danger.



Talk

Words are part of disrespectful and abusive behaviour but words can also help stop abuse and prevent violence against women.

Here are some lines that might help you navigate a difficult conversation:

▶ **"You're better than that"**

Challenge their comments in a non-confronting way.

▶ **"Mate, what if that was your mum or sister?"**

Highlighting someone close can make it more relevant to the person.

▶ **"It's not cool to say that. She has the right to wear that / say that / do that"**

Remind them everyone has the freedom to make their own choices.

Asking a question can help people think about what they said and its impact on the person.

Talk to your mates about it... When sexist comments or behaviours occur point it out to your mates and start a conversation.

Offer support

Intervening doesn't mean putting yourself in danger.

Here are some helpful pointers on how you can safely stand up to violence against women when a situation has crossed the line:

▶ **Be prepared to listen**

Tell the person you're there to listen, that you believe them, and that it's not their fault.

▶ **Refer someone to support**

If you know that someone is experiencing violence let them know that there is support available, and it is ok to get the support.

▶ **Get help**

There's safety in numbers. If you see violence, ask someone nearby to support you in safely intervening.

▶ **Call emergency services**

If you see men's violence against women happening, call 000.

▶ **Standby those who speak out**

If someone you know is calling out a sexist joke, back them up.

Prevent

The first step to ending violence against women is prevention.

Below are some actions you can take to prevent men's violence against women:

▶ **Have a think**

What can you do every day to promote respect towards women?

▶ **Understand**

Educate yourself by doing White Ribbon Australia's free online e-learning course. Visit www.whiteribbon.org.au

▶ **Talk about domestic violence**

Don't be afraid to talk to your friends about domestic violence. Talking about an issue can help you understand it.

▶ **Change your behaviour**

If you identify disrespectful behaviour in your actions, make a change. Remember to be kind and considerate.

Hand out our STOP card to someone in need and help to stop violence against women