

### What Can You Do?

- If you notice unhealthy behaviour from your partner talk to someone you trust about it. Relationship/Dating Violence has no age limits. There are ways you can keep yourself safe.
- If you don't feel safe, let someone know.
- If you notice the unhealthy behaviour of your friend's relationship, talk to them about it. They may be too scared to talk to someone else about it, they may have been threatened, they may not even realise that they are being abused.
- Violence and Abuse in relationships can be stopped.

There are many behaviours that people identify as signs of love and affection which often mask behaviours which could prove destructive. As time progresses and the relationship becomes more serious, the possessive and controlling behaviours become more obvious.

**When....**Talking to members of the opposite sex results in unfounded jealousy and suspicion;

**When....**Your partner calls you names and says things that make you feel bad about yourself;

**When....**Your partner is easily angered and has sudden mood swings, is verbally and physically aggressive and possibly has abused you or another partner in the past;

**When....**You partner uses force or persuasion to make you do things against your will;

**When....**Your partner holds the belief that men are superior and makes degrading comments about women ; views females as sexual objects, believes females like to be treated roughly and forces you to engage in sex which is unpleasant, pressured or forced.

**Then....You are experiencing violence.**

**This is NOT Love....this is control.**

**THIS IS NOT ON!!!**

### Who Can Help?

- Schools—teachers, guidance officers, health nurses.
- Your friends.
- Your family or a trusted adult.
- The North Queensland Domestic Violence Resource Service. We can assist you with a Domestic Violence Protection Order, safety plans, counselling and support to help you feel better about yourself again.

### Support and Information is available:

NQ Domestic Violence Resource Service

Ph: (07) 4721 2888

Domestic Violence Telephone Service (24 hrs freecall)

Ph: (07) 1800 811 811

Rape Crisis Service (24 hrs)

Ph: (07) 4775 7555

Open Youth Project

Ph: (07) 4771 3648

Kids Help Line (24 hrs freecall)

Ph: (07) 1800 551 800

### NQDVRs

Funded by the Department of Communities

#### TOWNSVILLE OFFICE

PO Box 6061, Townsville QLD 4810

Phone: 07 4721 2888 Fax: 07 4721 1794

nqdvrs@nqdvrs.org.au

4<sup>th</sup> floor, Northtown Tower. Flinders Street Mall.

#### MOUNT ISA OFFICE

Po Box 502, Mt Isa QLD 4825

Phone: 07 4743 0946 Fax: 07 4743 7999

minqdvrs@bigpond.net.au

The Old Court House Building, Isa Street

<http://www.nqdvrs.org.au>

### Against Violence #19

### North Queensland Domestic Violence Resource Service

I have a Right to feel Safe  
I have a Right to be Respected  
I have a Right to say "NO"

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Violence is not part of a healthy relationship. Relationships are about caring and sharing and no form of violence should be part of it. Nobody deserves to be hit or put down in any form or way. This is not love....



## WHAT IS DATING VIOLENCE?

Dating violence is the sexual, physical, emotional or psychological abuse of one partner by the other in a dating relationship.

Dating Violence can be

- Physical: hitting, slapping, pushing, punching, grabbing, pinching, biting.....
- Sexual: forced or coerced sex, unwanted touching, rough and unpleasant sex.....
- Verbal: put downs, name calling, mind games, humiliation, threats, intimidation, ridiculing.....
- Social: isolation from friends, family.....

Arguments are a normal part of relationships, however when one partner tries to control the other, put them down or hurt them in any way they are being abusive.....this is Dating Violence.

## EVERYBODY'S BILL OF RIGHTS

I have the right.....

- ....to feel **SAFE**
- ....to a **VIOLENCE FREE ENVIRONMENT**
- ....to **EQUALITY**
- ....to **RESPECT**
- ....to be **APPRECIATED**
- ....to my **DIGNITY**
- ....to make my own **CHOICES**
- ....to receive **EMPATHY** and **WARMTH**
- ....to say **"NO"**

Dating Violence is an abuse of the basic trust, respect and love we expect to find when we enter into a relationship. Nobody deserves to be beaten or to be put down. Violence can never be justified.

Dating Violence is on a continuum of violence against women and children that includes sexual harassment, rape and sexual abuse.

## Did You Know?

**22% of young women and 5% of young men have experienced dating violence** (USA Crime Research Centre 2001)

### A Quick Quiz

*Does your partner do any of the following:*

- ♦ Become extremely jealous if you talk to other people
- ♦ Tries to control what you wear, what you say, where you go, who you hang out with
- ♦ Interrupts your conversations
- ♦ Has unpredictable mood swings
- ♦ Blames others for their problems or feelings
- ♦ Is cruel to animals, other people or young children
- ♦ Gets very angry very quickly, especially if they don't get their own way
- ♦ Has used or threatened to use physical violence against you during an argument
- ♦ Has threatened or abused former partners
- ♦ Constantly criticises or humiliates you in front of other people
- ♦ Constantly checks up on you

If you said yes to any of these you could be in an unhealthy relationship. You may want to talk to a trusted adult about your concerns.

If you are feeling unsafe, then you may be in an unsafe relationship—talk to someone about it.

*Everybody is responsible for their own behaviour, I can change my own behaviour, but I can't stop my partner's violence*