

# What is domestic Violence?

**Domestic Violence takes many forms such as:**

- **Verbal abuse**-is when he gets loud and aggressive; shouting, yelling, swearing and name calling, leading to gradually losing your self-confidence and feeling fearful
- **Emotional abuse**- makes you feel scared and unsafe, makes you feel guilty, and stupid; making fun of you in front of friends and making light of the abuse as if it's not happening.



- **Intimidation**- makes you feel scared by standing over you, yelling and ranting, smashing objects; kicking and showing weapons to scare you. Threatens to report you to immigration for deportation.



- **Physical abuse**-is when he pushes you, slaps, punches, kicks and shakes you with force, twisting your arms, holding and choking you.



- **Financial abuse**- is when he prevents you from working or makes you get a job, and takes all your money or not giving you any money. He may demand to know what you are spending; or he won't allow you to buy the food that you like to eat.
- **Social abuse**- He will not allow you to have contact with your friends or have your friends to come and visit you. Not allowing you to use the phone or not going out without him.



- **Sexual abuse**- is when he is touching, squeezing and stroking you in a way that frightens you or is forcing you to have sex when you don't want to or have said no! Forcing you to perform indecent sexual acts is against the law in Australia.

**Domestic Violence Protection Orders tell your partner or family member to stop doing the things that scare and hurt you and may order him to stop contacting, approaching or locating you.**

**It is not ok to be hurt.**

**If you are experiencing any of these and feel unsafe, please call on 47212888.**

**Help is available.**

## Who can I call for help?



- **North Queensland Domestic Violence Resource Service**  
Ph:4721 2888, 4<sup>th</sup> floor,  
Northtown on the Mall
- **The Women Centre**  
Ph: 4775 7555 or 1800 657  
501, 50 Patrick Street,  
Aitkenvale
- **Migrant Resource Centre-**  
Ph:4772 4800, 1<sup>st</sup> floor, City  
Link Building, Flinders Mall
- **Townsville Multicultural Support  
Group-Ph:4775 1588, 63 Ross  
River Rd. Mundingburra**
- **Police-000**
- **Translating and Interpreting  
Service-Ph:131450**



*Domestic Violence is wrong  
in every culture*

**NQDVRS**

**Funded by the Department of  
Communities**

- **Information and referral**
- **Assistance with Domestic  
Violence Protection Order  
application**
- **Aardvarc program for children**
- **Court Support**
- **Community Education and  
Training**
- **Resources**
- **Men's Behavioural Change  
program (MENTER)**

### **Townsville**

**PO Box 6061  
QLD 4810  
Ph: 07 4721 2888  
Fax: 07 47211794  
nqdvrs@nqdvrs.  
org.au  
<http://www.nqdvrs.org.au>**

### **Mount Isa**

**PO Box 502  
QLD 4825  
Ph: 07 4743946  
Fax: 0747437999  
minqdvrs@bigpond.net  
au**

Against Violence#22

North Queensland Domestic  
Violence Resource Service

**INFORMATION FOR  
PEOPLE FROM  
CULTURALLY AND  
LINGUISTICALLY  
DIVERSE  
BACKGROUNDS**

**Domestic Violence**

**Where and how to get  
help?**



**Domestic and Family  
Violence is a crime in  
Australia**