

**Women talk about their experiences of domestic violence.**

- ❖ He wrecked the phone so I couldn't contact anyone.
- ❖ He stopped me from having the car.
- ❖ He forced me to get up through the night to feed him.
- ❖ He made me account for my time if I went to the shops or anywhere.
- ❖ I was always watching my step. Trying to keep one step ahead.
- ❖ He told me I have no rights.
- ❖ He abuses me in public – calls me names.
- ❖ He threatens if I leave, he'll make sure that I never see the kids again.
- ❖ He holds supreme ownership rights over me and the kids.
- ❖ I had to keep the kids quiet all the time.
- ❖ The abuse on top of everything else wore me down.
- ❖ He stopped me from having contact with my family and friends.

**For information, support or referral please phone:**

**North Queensland Domestic Violence  
Resource Service:  
4721 2888  
or  
North Queensland Combined Women's  
Services:  
(The Women's Centre) 4775 7555**

**NQDVRS**

Funded by the Department of Communities

- Information and referral
- Aardvarc program for children
- Community education & training
- Resources
- Court Support
- Men's Behavioral Change Program

**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 Building, Flinders Mall  
(Above the City Library)

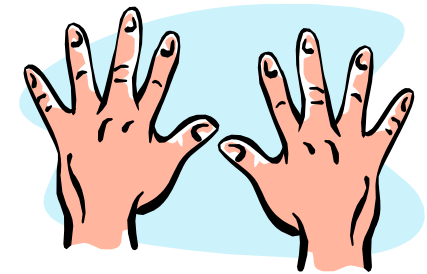
**MOUNT ISA OFFICE**

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 #5**

**DOMESTIC  
VIOLENCE AND  
FEAR**



**North Queensland  
Domestic Violence  
Resource Service**

**"He never threatened  
me with the gun, but I  
knew that he knew that  
it kept me frightened.."**

**Woman in domestic violence.**

Domestic Violence doesn't have to happen all the time to keep a woman and her children in **FEAR**. It can be common for women to be in relationships where only one physical attack has occurred, but her levels of **FEAR** are still high.

*She knows what he can do.  
He knows that she knows.*

- **FEAR** often keeps a woman in a violent relationship.
- **FEAR** and shame often silences the woman. She feels she can't tell anyone.
- **FEAR** of her partner means she can't talk about what is happening to her.
- A fist held close to her face does not actually harm her physically, but she knows what his fist can do to her face.
- A fist rushing past her face, smashing the walls/window/door does not actually hurt her but it does leave her feeling frightened and shaking.
- A loud voice, through clenched teeth, threatening that if she doesn't do as she is told, is intimidating and scary.
- A car pulling into the driveway will make her listen **FEARFULLY** to the way the door is closed, trying to establish the mood he is in.
- A cold stare across the room is enough to warn her that he is displeased and she will be "in for it" when you both get home!

This violent behaviour controls you and keeps you in **FEAR**. **FEAR** can affect a person's life in many ways. It can stop you from having autonomy over your life and **FEAR** can have a terrible effect on your health. If you know someone living with domestic violence, don't underestimate the effects of **FEAR**. Believe her, believe that she is **FEARFUL** for good reason, and offer to help;

### **HER SAFETY IS IMPORTANT.**

SOME EFFECTS THAT LIVING IN DOMESTIC VIOLENCE CAN HAVE:

- Physical injury
- Emotional harm
- Feelings of **FEAR** and terror of the perpetrator
- Feelings of helplessness and being "trapped" in the situation
- Reduced quality of life
- Social isolation
- Feelings of shame and embarrassment
- Poverty and dislocation caused by having to leave the family home
- Poverty and economic deprivation by the perpetrator
- Loss of self-esteem and confidence
- Confusion and disorientation
- High levels of stress and anxiety
- High incidence of depression or other psychiatric illness
- Increased likelihood of suicide attempts
- Increased likelihood of substance and non-substance abuse

### **CONSIDERATIONS FOR WOMEN in RURAL or REMOTE COMMUNITIES:**

Women in rural and remote communities have the added difficulty of isolation; limited resources and services and lack of privacy. The nature of small communities can make it more difficult to seek help because of the **FEAR** of others knowing. The man's position within the community may also deter a woman from speaking out, doubting whether she would be believed.

### **HELP IS AVAILABLE**

**Domestic Violence Telephone Service –  
24hrs, 7 days  
1800 811 811**

**The Women's Centre (NQCWS)  
24 hrs, 7 Days  
07) 4775 7555 or 1800 657 501**

**Townsville Women's Shelter  
24 hrs, 7 days  
07) 4775 7555 or 1800 657 501**

**North Qld Women's Legal Service,  
Townsville  
07) 4772 5400  
Freecall 1800 244 504**

**Hinchinbrook Community Centre,  
Ingham  
07) 4776 1822**

**Burdekin Association, Ayr  
07) 4783 3744**

**Charters Towers Neighbourhood  
Centre  
07) 4787 4797**

**North Queensland Domestic Violence  
Resource Service**

**Townsville: 07) 47 212 888  
Mount Isa: 07) 47 430 946**