

### How you might be acting?

Have your friends been telling you lately that you have changed? Have you noticed that you are acting differently towards your brothers or sisters? Witnessing Domestic Violence can make you act in different ways. You might recognise some of the behaviours listed below:

- Aggressive to other children, brother, sisters, pets
- Treat mum like her partner treats her
- Problems concentrating or being forgetful
- Easily distracted
- Fighting at school
- Problems with schoolwork
- Lying, stealing
- Withdrawn, unusual shyness
- Trouble sleeping, nightmares
- Physical illness (stomach aches, headaches)
- Easily startled
- unable to hang out with your friends.

If you think you are experiencing any of these things then you probably need to speak with someone you can trust. There is a list of people that you might be able to talk to on the back page of this brochure.

### Websites you could surf

Kids Helpline  
[www.kidshelp.com.au](http://www.kidshelp.com.au)

Domestic Violence and Incest Resource Centre  
[www.dvirc.org.au](http://www.dvirc.org.au)

Reachout  
[www.reachout.com](http://www.reachout.com)

### 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 help you in many different ways. You can talk to workers about what you have experienced or what you want to know.

### 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

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](mailto: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](mailto:minqdvrs@bigpond.net.au)  
The Old Court House Building, Isa Street

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

### Against Violence #13

# Living with Domestic Violence—Info for young people



North Queensland Domestic  
Violence Resource Service

Young People need safe  
environments to grow into  
healthy and well-adjusted adults

## WHAT IS DOMESTIC VIOLENCE?

Domestic Violence can take many forms.

Domestic 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.....

## 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"**

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 Domestic Violence.

Living with Domestic Violence can affect young people in many ways. Every young person's experience of domestic violence is unique however sometimes there are some similarities.

Both young women and men's reactions to living with domestic violence often show in behaviours, thoughts and feelings.

### Behaviours like...

Risk taking, impulsiveness, aggression, blaming the parent who is being abused, using violence in their own relationships, sexual violence, abusing alcohol or other drugs, suicide.

### Thoughts like...

Violence is a natural part of a relationship and an acceptable way to get what you want; women ask for the abuse.

### Feelings like...

Depression, stress, worrying, loss of confidence, feeling worthless, frightened, cautious or distrusting of people, showing no emotion about anything.

\*Domestic and Family Violence Young People Fact Sheet—Old Centre for the Prevention of Domestic and Family Violence.

Below are some myths & facts about Domestic Violence:

**MYTH:** Violence is an appropriate way to solve problems.

**FACT:** Violence does not solve problems, in fact it probably makes problems worse. If you have a problem try talking to someone you trust about it and see if you can come up with a solution together.

**MYTH:** The violence is my fault.

**FACT:** The violence is NOT your fault. You can not control how the adults around you behave and nothing you do can make another person hurt someone else.

**MYTH:** The violence is my mother's fault.

**FACT:** Violence is wrong and if your mother is the victim of domestic violence then it is not her fault.

**MYTH:** Domestic Violence is a secret.

**FACT:** Domestic Violence is not a secret. Domestic Violence is very common but people don't like talking it about because they are ashamed or scared. Talking to people like your friends, trusted family members, teachers and kids help line can make you feel better and help to make you safer.

**MYTH:** Men have the right to control women.

**FACT:** Men do not have the right to control women. Women and Men are equal in the eyes of the law. Every person in the world has the right to be safe.