

Other Information

- The child must be 18 or over to be named in a Protection Order as a respondent
- Males are more likely to use physical violence against a parent
- Females are more likely to use emotional abuse
- Alcohol and drug abuse may be predictors of parental abuse – while not a cause, it may increase the severity of the violence
- Any protection order made by the court can be changed to suit family arrangements

While there are a variety of reasons why children commit violence against their parents, remember violence is a choice and is the responsibility of the person that uses the violence. Everybody has the right to feel safe all of the time.

NQDVRS

Funded by the Department of Communities

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

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The Women's Centre

(07) 4747 7555

DV Connect

24 hr Telephone Service

1800 811 811

(Free Call)

Family Violence: Violence Towards Parents By Adult Children

**North Queensland Domestic
Violence Resource Service**



**“The behaviour of one family member is considered violent if others in the family feel threatened, intimidated and controlled”
(Paterson et al, 2002)**

Parental abuse is any act of a child that creates fear in and/or is intended to hurt the parent. It includes:

⊖ **Physical** – hitting, slapping, pushing, punching, shoving, breaking things, punching holes in the wall, throwing things ...

⊖ **Psychological** – intimidating the parent, mind games, making them fearful...

⊖ **Verbal** – put-downs, name calling, swearing, threats ...

⊖ **Emotional** – making unrealistic demands on parents, blaming the parent, lying, manipulating through threats of suicide, controlling the running of the household, minimizing their behavior...

⊖ **Social** – isolation from friends and family...

⊖ **Financial** – stealing money or belongings, selling parent's possessions, destroying the home or belongings, racking up debts the parent must cover, demanding parents buy things they don't feel they can afford ...

(Australian Domestic and Family Violence Clearinghouse: Adolescent Violence Towards Parents)

What you may be Feeling?

- That as a parent you need to protect your child
- Shame and guilt - that you have failed as a parent
- That you deserve the abuse as punishment for things that may have happened in the past
- That as a parent, you are responsible for the person your child is today and therefore for the abuse
- That you want the abuse to stop but not the relationship
- Distanced or isolated from other family and friends
- Scared to disclose the abuse or that the abuse should be kept a secret
- Alone – that this doesn't happen to other parents

Do not be discouraged by societal expectations....

You may feel pressured to keep your family together or that by seeking legal action, such as calling the police or taking out a protection order, you are being a bad parent. This is not true. The violence you are experiencing is not your fault and the abuser must be held responsible for their behaviour. We all deserve the right to feel safe all the time.

You are not alone!

While it has been around for a long time, the term 'family violence' is relatively new and has only recently been covered under law as domestic violence. Because of this you may not have heard it talked about or be able to find much information on it. This does not mean that it does not happen or that there is no support for you.

It's not your fault!

Violence is a choice and is the responsibility of the person using the violence. The abuser may blame you for the abuse, saying that he/she is like this because of the way you raised them etc. You may blame yourself. This is not true - people are responsible for their own behavior.

Family Violence is about power and control

Violence is different to anger and fighting. Fighting in family relationships is normal and can usually be resolved when the parties are equal in the relationship. Family violence is about the abuser having control over the victim, creating an imbalance of power through fear and intimidation.

Abuse and violence is wrong – there are no excuses

There are many myths surrounding domestic and family violence, such as the victim deserves it, blaming alcohol and drugs, and that it only happens in low socioeconomic classes. Domestic and family violence can happen to anyone. Drugs and alcohol are an excuse, not a cause – much violence also happens without it.