

# Signs of violence

**It is not always easy to identify if you or someone you know is experiencing violence or is in an abusive relationship.**

**Below is a list of signs of abuse. These behaviours are typical of the jealousy, controlling behaviour, put downs, threats and violence that occurs in abusive, disrespectful relationships.**

- Unfairly and regularly accuses her of flirting or being unfaithful
- Controls how she spends money
- Decides what she wears or eats
- Humiliates her in front of other people
- Makes sexist jokes against women
- Monitors what she is doing, including reading her emails and text messages
- Discourages or prevents her from seeing friends and family
- Threatens to hurt her, the children or pets
- Physically assaults her (hitting, biting, slapping, kicking, pushing)
- Decides what she uses for birth control
- Constantly criticises her intelligence, mental health and appearance
- Isolation in the workplace

**These are some examples of unacceptable behaviour. If you or someone you know displays or experiences these signs it might help to seek professional support.**



**One woman is killed...**

**...every week  
by domestic violence**

## National support services

### **1800 RESPECT – 24/7 service**

1800respect.org.au  
1800 737 732

### **Kids Help Line – 24/7 service**

kidshelpline.com.au  
1800 551 800

### **Lifeline – 24/7 service**

lifeline.org.au  
13 11 14

### **Mens Referral Service**

1300 766 491

### **MensLine – 24/7 service**

mensline.org.au  
1300 789 978

### **National Disability Abuse and Neglect Hotline**

1800 880 052

### **Police and Ambulance**

000

### **Relationships Australia**

1300 364 277

### **Sexual Assault Crisis Line**

1800 806 292

### **Translating and Interpreting Service**

tisnational.gov.au  
131 450

For details of individual State  
and Territory services, please visit  
[whiteribbon.org.au/support](http://whiteribbon.org.au/support)

# How you can help

# STOP

## violence against women

**See  
Talk  
Offer support  
Prevent**

 **White Ribbon  
Australia**

# See

**Your actions are important in helping to stop violence against women.**

Abusive and disrespectful behaviour can be witnessed in your community, amongst your friends or within your family. It could be someone yelling at a woman on the street or physically pushing someone around.

**Below are actions to help you safely intervene and stop abusive behaviour:**

► **Learn the signs**

Would you know if someone close to you is experiencing violence?

Visit [www.whiteribbon.org.au](http://www.whiteribbon.org.au) to find more information on being an active bystander against violence.

► **Be a witness**

If you see someone being assaulted make sure you stop and be a witness.

**Just being there can help.**

► **Don't ignore**

When you see someone being taken advantage of don't just turn a blind eye, stop and offer support – if needed call the police on **000** if there is risk of danger.



# Talk

**Words are part of disrespectful and abusive behaviour but words can also help stop abuse and prevent violence against women.**

**Here are some lines that might help you navigate a difficult conversation:**

► **"You're better than that"**

**Challenge** their comments in a non-confronting way.

► **"Mate, what if that was your mum or sister?"**

Highlighting someone close can make it more relevant to the person.

► **"It's not cool to say that. She has the right to wear that / say that / do that"**

Remind them everyone has the freedom to make their own choices.

**Asking a question can help people think about what they said and its impact on the person.**

Talk to your mates about it... When sexist comments or behaviours occur point it out to your mates and start a conversation.

# Offer support

**Intervening doesn't mean putting yourself in danger.**

**Here are some helpful pointers on how you can safely stand up to violence against women when a situation has crossed the line:**

► **Be prepared to listen**

Tell the person you're there to listen, that you believe them, and that it's not their fault.

► **Refer someone to support**

If you know that someone is experiencing violence let them know that there is support available, and it is ok to get the support.

► **Get help**

There's safety in numbers. If you see violence, ask someone nearby to support you in safely intervening.

► **Call emergency services**

If you see men's violence against women happening, call 000.

► **Standby those who speak out**

If someone you know is calling out a sexist joke, back them up.

# Prevent

**The first step to ending violence against women is prevention.**

**Below are some actions you can take to prevent men's violence against women:**

► **Have a think**

What can you do every day to promote respect towards women?

► **Understand**

Educate yourself by doing White Ribbon Australia's free online e-learning course. Visit [www.whiteribbon.org.au](http://www.whiteribbon.org.au)

► **Talk about domestic violence**

Don't be afraid to talk to your friends about domestic violence. Talking about an issue can help you understand it.

► **Change your behaviour**

If you identify disrespectful behaviour in your actions, make a change. Remember to be kind and considerate.

**Hand out our STOP card to someone in need and help to stop violence against women**