

What people say about domestic and family violence

Sometimes people say “*alcohol causes the violence*”. **This is not true.** Lots of violence happens when men are sober. The alcohol does not cause violence.

Some people in the community say “*the women ask for it*”. **This is not true.** No one ever asks to be bashed. It is not a woman’s fault.

Some people say that a woman looking for safety “*is splitting up the family and the community*”. **This is not true.** It is the violence that is splitting the family and the community. The woman just wants the violence to stop.



Some people say “*women shouldn’t do in their man to the police*”.

This is not true.

It is the woman’s safety and her children’s safety that must come first.

Adapted from NSW Women’s Refuge Resource Centre.

Who can help?



If you want someone to talk to, there’s lots of people who can help. Here are some numbers you can call.



Local shelter/ safe house

Community Health Centre

Local Police

DV Connect

(24 hour access to safe accommodation and counselling)
1800 811 811

Cairns Regional Domestic Violence Service

(07) 4033 6100

Warringu Women’s Shelter, Cairns

(07) 4033 1900

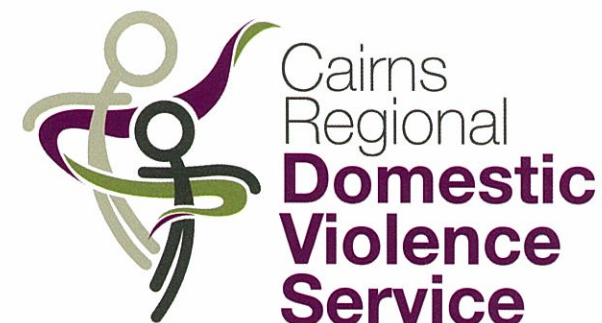
NQ Women’s Legal Service

(Cairns) (07) 4041 0066 or 1800 244 504

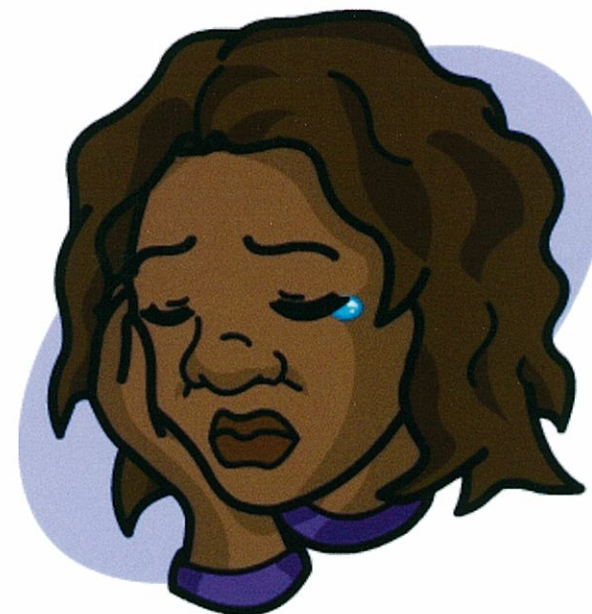
Queensland Indigenous Family Violence Legal Service

(07) 4030 0400

 Cairns Regional
Domestic Violence Service



It’s not love - It’s violence!



Getting help to stop domestic and family violence

What is domestic and family violence?

Are you scared of your partner?
Does he hurt or bash you or the kids?



Does he threaten you or shout horrible things at you?

Is he making you do things sexually you don't want to?

Does he smash up the house?

Does he keep you away from your mob?

Does his family threaten to bash you or your family?

Any of these things are domestic and family violence.

Domestic and family violence happens to women and children everywhere - in cities, in the bush, black or white, rich or poor.

It's not your fault. You don't have to put up with it.

If you need to go walk-about or if you need to yarn, there are people to help.

What can I do if he's bashing me?

Get out quickly! Take the kids and go to a women's shelter or safe house, or the police station, or a friend's place that is safe.



Or call the police, or get someone to call them for you.

The police can apply for a Domestic Violence Protection Order (DVPO) for you.

What's a DVPO?

A DVPO can protect you. It says your partner can't do things to you. He has to be of 'good behaviour'. That means things like not bashing you or calling you names, or threatening you.



Sometimes you can ask for him not to be able to come to your home, or not come round when he is drunk. These are called 'conditions'.

You can ask to include the kids on your DVPO too if he has hurt or threatened them. This will help keep them safe too. But it won't stop him from seeing the kids. Only a Family Court Order can do that.

What does having a DVPO mean?

To protect you, your partner or the family member abusing you, is told the things he or she is not supposed to do.

Then it's like a warning. If he or she does them, it's an offence. This is called a breach.

If they breach the DVPO, you can call the police. They can arrest them. Keep your copy of the DVPO handy to show police when they come.

How do I get a DVPO?

You can go to the police or to the court house. If you go to the court house you will need to fill out a form.

Some communities have special Domestic and Family Violence workers that can help you fill in the application.



Or you can talk to the shelter worker or the Domestic Violence Helpline if you need help.

The phone numbers you need are on the back of this brochure.