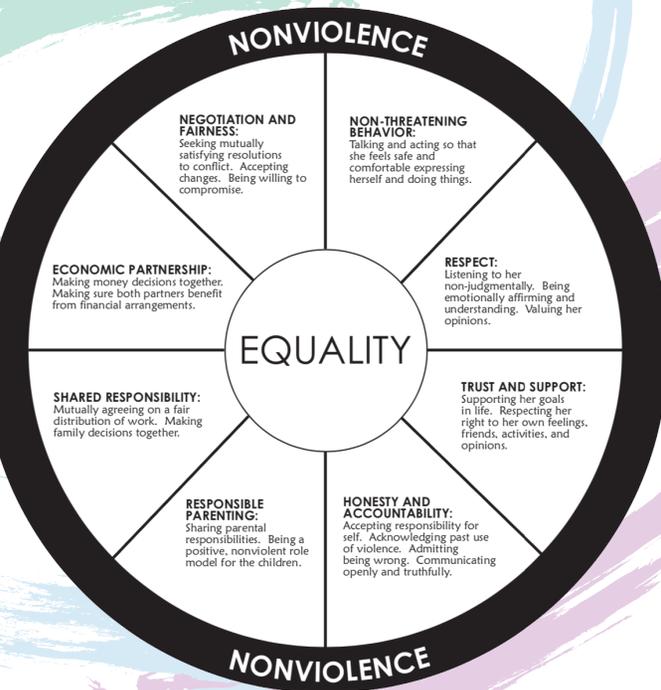


Healthy Relationships

The foundation of a healthy relationship is Equality, which is projected through mutual respect and non-judgement of a partner. In order to assess if your relationship is healthy, go through the wheel and tick what is present in your relationship.

If you don't tick anything, turn to the Power and Control Wheel and complete the same exercise.



Power & Control Wheel

<https://www.theduluthmodel.org/wheel-gallery/>

The Salvation Army's Mission Statement

The Salvation Army, an international movement, is an evangelical part of the universal Christian Church. Its message is based on the Bible. Its ministry is motivated by love of God. Its mission is to preach the gospel of Jesus Christ and meet human needs in His name without discrimination.

Wherever there is hardship or injustice Salvos will live, love and fight alongside others to transform Australia one life at a time, with the love of Jesus.

To do this we ask that Salvos,

Learn Commit to learning about family violence and how it impacts people in Australia.

Listen Listen and believe the stories of people who experience family violence.

Love Show compassion and support to victim survivors of family violence and assist them to get help.

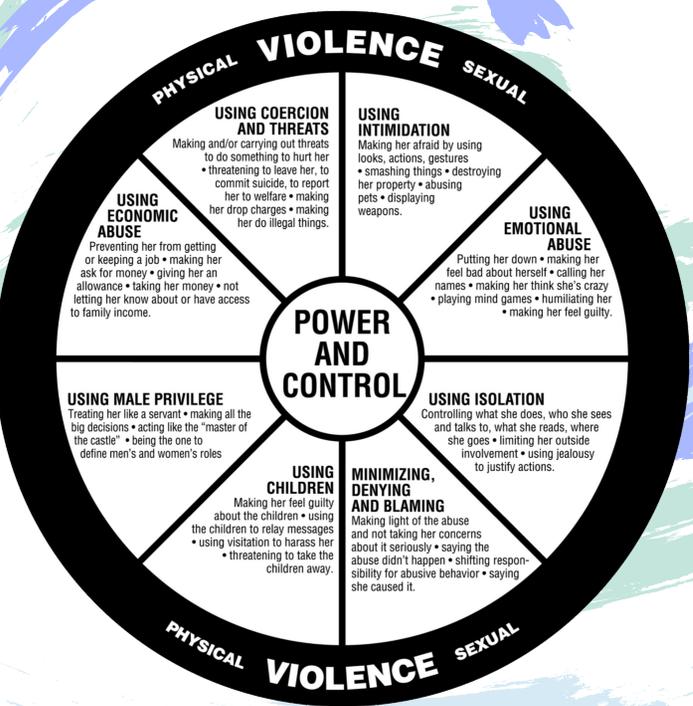
Live Hold perpetrators accountable and make it clear that violence is not God's will.

Everyone deserves to feel safe and free from harm
Family Violence has no place in Australia



Abusive Relationships

The foundation of an abusive relationship is power and control. An abuser is seeking to obtain this over their partner



Power & Control Wheel

<https://www.theduluthmodel.org/wheel-gallery/>

Physical Abuse Physical injury to another; destruction of property; intimidation by means of looks; actions and gestures that instil fear; displaying weapons or material that can be used as a weapon and abusing family pets.

Sexual Abuse Forcing sexual intercourse; forcing sex games; forcing to view pornography; not obtaining consent (even in married relationships); forcing sex toys; affairs; sexual put-downs; causing distress/discomfit by masturbating

Financial Abuse Providing partner an allowance; no access to family finances; requiring partner to ask and explain need for funds; requesting partner provide all receipts and change and explanation of purchases; not allowing partner to have own bank account; not allowing partner to have financial independence; not allowing partner to work; not allowing partner to have access to their pay; not informing partner of the family finances/liabilities/assets; not placing any assets in joint names.

Spiritual Abuse Using scripture to justify abuse; forcing partner to practice your religion; not allowing partner to practice their religion; creating an atmosphere that is tense.

Verbal Abuse Name calling; put downs; talking to them like they are a servant; continually speaking to them with obscene language; using obscenities to describe them

Social Abuse Isolating partner from support networks, family and friends; picking them up/dropping them off to all events that exclude your attendance as a means of controlling time away from you; not allowing or limiting their time with family and friends; not allowing or limiting calls to family and friends; controlling what they do

Emotional/Psychological Abuse Putting them down; gaslighting - creating an atmosphere to make them believe they are going crazy; humiliating them; using guilt; insulting their abilities as a parent/partner/worker; using mind games; using the children as a way to get to them both emotionally and mentally

Violence towards pets Physically injuring pets; threatening to kill/harm the pet; comparing your partner to the pet and then demonstrating violence; killing the pet.

Help is Available to You

The Salvation Army can provide you with some information about what services are available to you, to provide you with support and understanding of your experiences.

If you would like more information, you can also visit our website on: www.salvationarmy.org.au

Know that you are not alone and that help and assistance is available to you.