

# What is family violence?



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

Violence and abuse are experienced in many different ways. Below are a few examples unhealthy controlling behaviour. These behaviours are typical of the jealousy, possessiveness, put downs, threats and violence that occur in family violence and abusive relationships. A person may be experiencing abuse if anybody in their life:

- unfairly and regularly accuses them of flirting or being unfaithful
- controls how they spend money
- decides what they wear or eat
- humiliates them in front of other people
- monitors what they are doing, including reading their emails and text messages
- discourages or prevents them from seeing friends and family
- threatens to hurt them, the children or pets
- physically assaults them (hitting, biting, slapping, kicking, pushing)
- yells at them
- threatens to use a weapon against them
- constantly compares them with other people
- constantly criticises their intelligence, mental health and appearance
- prevents them from practicing their religion

If you concerned about yourself or someone you know call 1800RESPECT. In an emergency call 000.