

There is another story

PEEL SAYS
NO TO
VIOLENCE

STORIES OF HOPE FROM THE PEEL SAYS NO TO VIOLENCE PROJECT

We can all
make a
difference ...



Recognise

behaviour that's causing harm to you or an older person you know.



Listen

to their story, let them know you understand what they are saying and how they are feeling.



Level of urgency

Is it an emergency? What are the threats? Is there a possibility of them hurting themselves or others?



Plan

If at risk, tell them you are concerned and call the Police. If it is not immediately serious, talk to them about a safety plan and where they could go for help.



Refer

Let them know you are there for them and help them find services.



Document

Keep a note of what you have done.



LEAVING IS NOT EASY - LEANNE'S STORY

"He kept turning up, doing burnouts on the lawn and saying he was going to hang himself ..."

We've had lots of trouble with housing. We were renting somewhere else but having trouble because he kept turning up at the house, sending threatening messages, but never enough so the Police could do anything. We liked it there but had to move because we just didn't feel safe.

He kept turning up and doing burnouts on the front lawn and saying that he's going to hang himself from the front tree and we just didn't like it, we didn't feel safe. I feel safer where I am now, but there's always a bit of you that is wary. I do look out the window quite often if there's a car that's pulled up, particularly at night time if someone's pulled up over the road, I do have a look and worry. I look to see if they've gone a short time after. I think it's the circumstance with my ex out on bail. He's able to work, he's not on house arrest anymore, so he does what he pleases really until the court date.

I don't think he knows where we live now, but then again, he probably does. He's probably had his spies out and what have you - I suppose it's not hard to find someone. But we had to change the house, the email, the phone numbers, the car we've changed three times. The kids were enrolled in one school and I had to change it because he knew about that school. He's still got his electronic tag so I suppose that's one good thing. If he didn't have that then there's nothing stopping him from trying to find us.

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LEAVING IS NOT EASY - LEANNE'S STORY

"Your walls go up and you have lots of trust issues ..."

In the past, he's let a firearm off in public and was caught with a sawn-off rifle and things. I do suffer from depression, I've probably had it for years. So that's a daily battle in itself, you know, good days and bad days. I get flashbacks of some of the things that have happened. It's a struggle to not be so paranoid because I know he's not that far away from where I am, he's probably only 15 minutes away.

People keep saying you've got to forgive to be able to move on. And I sort of understand but there's absolutely no way I could ever forgive. I can move on but I've still got that anger there towards him and I don't know how you can forgive and just move on. I can move on but still be angry. But your walls do go up and you have lots of trust issues and it's very hard.

Leanne, 43, Mandurah

The woman in this story was supported by Pat Thomas House. Her children are now settled in a new school and received counselling through AnglicareWA

DISCUSSION TRIGGERS

One of your friends is talking about her cousin who is in an abusive relationship - she says, "I say to her, why don't you just leave?" How would you have a conversation that might help her understand why leaving is hard?

Fear for safety, fear of isolation, and societal and financial pressures might prevent a person from seeking help. How could friends or family help this person?

If someone is thinking about leaving their relationship, how can they prepare themselves to do so and what barriers might there be to them doing that?

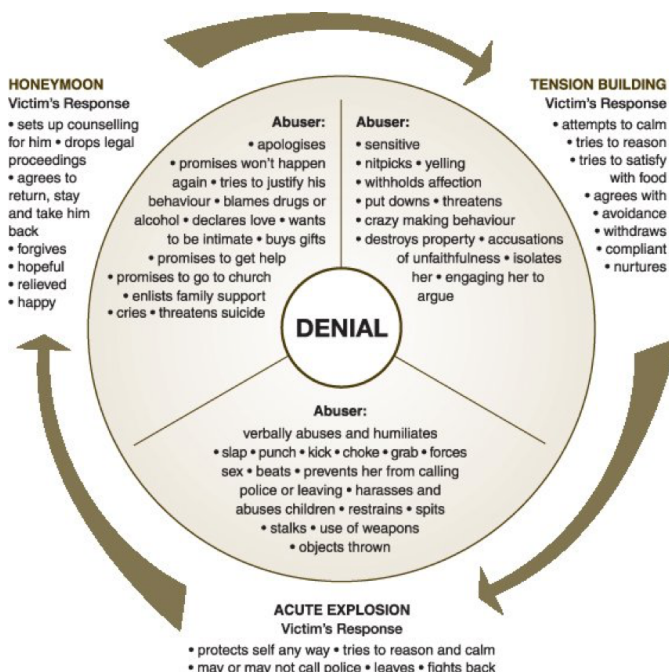
WHY WOMEN FIND IT SO HARD TO LEAVE

The cycle of violence

The cycle of violence and its stages can help in understanding why people may stay in an abusive relationship.

The cycle of violence theory, developed in 1979 by Dr Lenore Walker describes the phases that an abusive relationship moves through in the lead up to a violent event and its follow-up.

Walker, L E. Battered Woman. 1979 Harper and Row



Who can help?

Emergency

For emergency & life threatening situations, contact emergency services;

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Crisis support

For urgent and 24-hour support contact:

Lifeline

lifeline.org.au

13 11 14

The Samaritans

thesamaritans.org.au

13 52 47

Support & refuge

Pat Thomas House:

www.patthomashouse.org.au

9535 4775

Allambee Counselling

Mandurah:

www.allambee.org.au

9535 8263

Free toolbox resources

For free resources to share with your community, club or employees, go to;

www.peelsaysnotoviolence.org.au/resources/

All of the stories we share are local stories from local people, shared with the permission of each research participant. Names & images have been changed to protect the individual's identity.

To read the research report go to;
www.peelsaysnotoviolence.org.au