

# 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.



UNDERSTANDING FAMILY & DOMESTIC VIOLENCE - LEE'S STORY

*"But I didn't even know it was domestic violence  
I was going through. I had no idea."*

He bashed me badly once. I had bruises, he smashed the TV and threw me against a mirror. I guess though my biggest fear was that no-one would take me seriously because most of the abuse was emotional and it's hard to prove.

At the time, I didn't know it was domestic violence that I was going through. I didn't know that there was such a thing as emotional abuse. Yeah, okay, he bashed me up and I was walking on eggshells, but I didn't even know that it was domestic violence. I had no idea. It was the first time I'd been put in that situation and it wasn't till I was out that I learnt this.

When I first got counselling they gave me three initial sessions for people who have gone through domestic violence which really, really helped. I feel it was necessary. It was something that I needed because they explained to me that it's not my fault that this person does this to me, makes me feel horrible all the time and takes everything out on me. I was constantly walking on eggshells, and they told me it's not my fault and I needed to hear that. Even though subconsciously I knew that he had problems I needed them to go into more detail about why this person would do this or do that. It's like breaking it down I guess and it really helped me move on. Those first three sessions were awesome. It felt like a massive weight was lifted off my shoulders.

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## UNDERSTANDING FAMILY & DOMESTIC VIOLENCE - LEE'S STORY

*"Now I've got a duress alarm on my phone, the one time I used it,  
they came straight away."*

After the VRO, I went back to him after a week because he was the Prince Charming, you know, "I'm so sorry I'm going to change". Then I went to my first counselling session and that's when the penny dropped and I knew that we couldn't be in the relationship.

He just went off his head and that's when it hit home again about how he had promised time and again to change but never did. He threatened me and said I'd be lucky to be left standing. I just knew I had to leave for good.

*Leanne, 46, Mandurah*

*The woman in this story was supported by Pat Thomas outreach service and received counselling through Allambee. She now feels safe in her new home.*

## DISCUSSION TRIGGERS

*But he doesn't hit her, it's just their relationship - that's not domestic violence.  
What is the difference between a bad relationship and an abusive one?*

*A sporting club is keen to raise awareness of family and domestic violence and wants to undertake an activity. What types of events could be useful to promote gender equality and break down harmful stereotypes?*

*It disturbs you to hear that a woman who went to the doctor reported that her doctor said, "That's just what men do".  
How would you respond to this comment by the doctor?*

## MYTHS ABOUT FAMILY & DOMESTIC VIOLENCE

Family & domestic violence is about gender inequality and control of one partner over the other. Where men believe they are superior to women and that it is their innate right to dominate, violence against women can more easily occur.

**MYTH #1**  
Men should make the decisions and take control in relationships.

**FACT:**  
Violence is more common in families & relationships in which men control decision making, and less where women have more independence.

**MYTH #5**  
If a woman is drunk or on drugs, she's partly to blame for being raped.

**FACT:**  
You can't legally give consent when you're intoxicated. The perpetrator is always the only person responsible for sexual violence.

**MYTH #2**  
Women could leave a violent relationship if they wanted to.

**FACT:**  
The most extreme violence, including murder, often occurs when a woman tries to leave a relationship.

**MYTH #6**  
Women are most likely to be raped by a stranger in a public place.

**FACT:**  
Both men & women are more likely to be sexually assaulted by someone they know than by a stranger.

**MYTH #3**  
Domestic violence is ok if the perpetrator gets so angry they lose control.

**FACT:**  
Violence against women is about something more than just losing your temper. There are no excuses for violent behaviour. Ever.

**MYTH #7**  
Men rape women because they can't control their need for sex.

**FACT:**  
Sexual violence is an abuse of power. Men rape women because they believe women are possessions, not equals, & that they have a right to women's bodies.

**MYTH #4**  
There's nothing wrong with a sexist joke.

**FACT:**  
The most consistent predictor for support of violence by men is their agreement with sexist attitudes.  
If no one speaks up about a sexist comment or joke, it implies this is ok.

**MYTH #8**  
Many women make false claims about domestic violence or sexual assault.

**FACT:**  
False claims of domestic violence or sexual assault are extremely rare. 80% of women who experience partner violence & sexual assault don't contact the police.

## Who can help?

### Emergency

For emergency & life threatening situations, contact emergency services;

### 000

For good information about family & domestic violence, the types and signs, the facts and figures, and how you can support someone in an abusive relationship ...

### Reachout Australia

[www.au.reachout.com](http://www.au.reachout.com)

### Our Watch - Myths about violence

[www.ourwatch.org.au/preventing-violence](http://www.ourwatch.org.au/preventing-violence)

### Domestic Violence Resource Centre Victoria

[www.dvrev.org.au](http://www.dvrev.org.au)

### 1800 RESPECT

[www.1800respect.org.au](http://www.1800respect.org.au)

### White Ribbon

[www.whiteribbon.org.au](http://www.whiteribbon.org.au)

## Free toolbox resources

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

[www.peelsasynotoviolence.org.au/resources/](http://www.peelsasynotoviolence.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.peelsasynotoviolence.org.au](http://www.peelsasynotoviolence.org.au)