

There is another story

PEEL SAYS
NO 
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.



HOW DOES VIOLENCE AFFECT CHILDREN? - KYLIE'S STORY

"My oldest was 7 when I left him and she was the one that copped the most."

My kids fight constantly and not just normal siblings fighting. They have seen violence, they've been through violence, they've seen the nasty stuff their father used to do to me and then my retaliations back to him because I wasn't going to lay down and take it either. They shouldn't have seen stuff like that. My kids now they think it's okay to threaten each other with a knife or something like that. If I'm not around, if I'm in my room or I've ducked out to the shop, I'll come back and World War III's hit my house. I don't know, they just don't get it.

I've tried so hard to repair the damage that's been done to them as well as trying to heal myself. My oldest was 7 when I left him and she was the one that copped the most. He'd thrown her across the room, pulled her hair, yelled at her, screamed at her, done stuff to her that no child should have had to go through. That's when it was in front of me and I'd jump in to protect her. I have any idea what may or may not have happened to my kids when I wasn't there. I didn't think a father would be capable of it, but obviously he was.

She learnt I think from a very young age to just not have emotion because if you agreed with him everything was fine, but if you said no or just had a different opinion to him he could just snap without warning. I remember one in particular where my

continued over page ...

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HOW DOES VIOLENCE AFFECT CHILDREN? - KYLIE'S STORY

"So my eldest just switched off from life."

oldest was having so much fun she didn't want to get in the car when it's time to go home and he snapped instantly. All of a sudden, he's picked her up, thrown her in the car, screaming at her at the top of his voice calling her a stupid little bitch, and just totally gone like a monster. It was instant. There was nothing wrong, nothing has been happening that would warrant such an explosion. We were having such a great day. I was kind of shocked, I couldn't understand what the hell just happened, that it could be that instant.

So, my oldest just switched off from life. After we split up it took 2 years of counselling before she was finally able to even just say "I love you Mum". She couldn't open up about anything before she had that counselling and it helped her. We still have issues years later. She's still not very affectionate, she's not very cuddly, she's not at all like that.

Kylie, 38, Mandurah

The woman in this story arranged counselling for her children through AnglicareWA's Young Hearts program.

DISCUSSION TRIGGERS

As teaching staff in a school what processes are in place to identify kids who you believe are at risk and those that have been identified as having experienced and been affected as a result of family domestic violence?

As a teacher you become worried about one of your students at school who is increasingly angry, threatening other children and being difficult for you and your colleagues to work with. You hear things are not good at home. What is the best way to help?

A family has moved to a new school that has experienced recent family violence that they have been referred to crisis support and counselling services, but you are concerned about their capacity to attend. What could you do to help?

EFFECTS OF DOMESTIC VIOLENCE ON CHILDREN & HELPFUL MESSAGES

There are some practical ways that a friend or family member can support a child exposed to domestic or family violence, in addition to the support received from the mother or primary carer and professional services.

FAMILY DOMESTIC VIOLENCE CAN AFFECT CHILDREN'S;

- Behaviour
- Development
- Relationships
- Emotions
- Learning
- Thinking
- Physical health

MESSAGES THAT ARE HELPFUL FOR CHILDREN TO HEAR:

It's ok to have mixed feelings about either or both of your parents

I will do everything I can to help you feel safe

It is not your job to fix any problems in the family

Violence is not ok

How you feel is important to me. I can cope with anything you tell me, no matter how bad it is.

It's ok to ask for help

It isn't your fault

It's ok to feel angry or sad. It's ok to cry

Who can help?

Emergency

For emergency & life threatening situations, contact emergency services;

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Urgent

For urgent and 24-hour support contact:

Crisis Care
1800 199 008

Women's Domestic Violence Helpline:
1800 007 339
08 9223 1188

Kids helpline (24 hours)
1800 551 800

Peel Youth Services
pys.org.au

Anglicare Young Hearts
www.anglicare.org.au
9583 1400

Department for Child Protection
(for reporting child abuse)
1800 708 704

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.

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PHYSICAL ABUSE - DEB'S STORY

"Anything triggered him off, anything."

See anything would flip him up, anything especially if he's drinking. I'd have to sit there with him and all his mates, I'd just have to sit there and not talk. If I did - I would never say can we go. I'd have to sit there until he said can we go. It could be 4 o'clock in the morning and I wasn't allowed to go to sleep anywhere, I'd have to just sit there. Anything triggered him off, anything. One of his mates annoyed him I'd cop it, one of my kids annoyed him I'd cop it. If I cooked something wrong I'd cop it. In the end, I wasn't allowed to cook, I had to give up.

When I finally did go the police, I was terrified, absolutely - I was hyperventilating I was that terrified. At the police station, they actually got me Ventolin because I couldn't breathe.

Deb, 48, Mandurah

*The police intervened to get the woman in this story to safety and a refuge in another town.
She no longer sees her ex-partner and lives in safety with her children.*

DISCUSSION TRIGGERS

*You hear a scream from next door - you think, they're having a domestic AGAIN! You have tried to see if you can help, but the woman says she is fine.
What could you do?*

*Your colleague comes into work with a painful arm that she says was an accident - you suspect domestic violence as there have been other 'accidents' in the past.
What ways might be best to approach this situation?*

*You know someone you believe is being abused, but you don't know how to help and don't want to appear to interfere.
How could you go about helping?*

SIGNS OF PHYSICAL ABUSE

Physical abuse happens when a person uses physical force against another person. It can start slowly and inconspicuously, for example, throwing an object or a slap, and get more intense or worse over time. Physical violence is always illegal.

Signs of physical abuse

- shaking, slapping, pushing, punching or scratching
- kicking
- spitting or biting
- trying to strangle or choke
- using weapons
- physical restraint e.g. pinning against the wall or bed
- driving dangerously
- destroying property or throwing things
- abuse of children and pets
- locking a person in or out of the house
- sleep and food deprivation
- forced feeding

Physical and emotional abuse go hand in hand in many relationships. It's rare to find physical abuse without the presence of emotional abuse. Often, when the physical abuser cannot physically abuse the victim, such as in public, they will emotionally abuse him or her.

Some of the longest-lasting and greatest effects of physical abuse are psychological effects. Depression is the primary psychological response to physical abuse, but drug and alcohol abuse is also common.

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

13 11 14

Crisis Care

1800 199 008

08 9233 1111

Pat Thomas House

Mandurah:

www.patthomashouse.org.au

9535 4775

Sexual Assault Resource Centre:

1800 199 888

08 9233 1111

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