

# 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.



## EMOTIONAL/PSYCHOLOGICAL ABUSE - SARAH'S STORY

*"... you walk on eggshells and you try and keep him happy and not set him off."*

At the time, I didn't know that I was in an abusive relationship. I just thought it was normal but the police officer picked up on it. It is hard to get my head around. Physical abuse you can see it so people say, "yes, she was definitely abused". But what about something you cannot see? My Dad was like that, which is why I thought it was normal and why I ended up in a relationship with someone like that.

It happened very quickly. When we met, I was very independent. I was living by myself working two jobs, playing sport. I was pretty much never home. I was quite the tomboy, one of the lads. So that stopped because he didn't like me hanging out with guys. Then the sport stopped because he never saw me. Then eventually I had to quit my job because he just got into my head and quite quickly he had isolated me.

I didn't realise what was happening. I did to a point know that he was a nasty person. When you compare it to other people's relationships, they actually have loving relationships where they care about each other. Then you have your relationship where you walk on eggshells and you try and keep him happy and not set him off. You do what he says because he controls everything that goes on. Other people might think that is not normal, but it is normal to me because that is what happened in our relationship. .

*continued over page ...*

*"You do what he says because he controls everything that goes on."*

# There is another story

PEEL SAYS  
**NO** TO  
VIOLENCE

STORIES OF HOPE FROM THE PEEL SAYS NO TO VIOLENCE PROJECT

## EMOTIONAL/PSYCHOLOGICAL ABUSE - SARAH'S STORY

*"I don't show emotion, I cannot cry."*

You are too busy trying not to set them off, so you never think about what you want, ever. You are too busy making sure that they are happy and they are not going to go off on a huge bender then anything can happen. You would do anything to keep them happy so that they don't feel the need to go get really drunk. You make excuses. You say, it is just because he is tired, or because he had a few too many today but he won't next time, or he said he is going to stop drinking. With emotional abuse the scars are on the inside. I don't show emotion, I cannot cry. I will come to counselling and I will talk about some of the worse things that have happened to me and I will not cry. I still cannot cry if something upsets me. I hide it because that's what I always had to do - I couldn't be anything but happy. Sarah, 38, Mandurah

*The woman in this story left her husband. She drew strength from her children as she did not want them to grow up into the same cycle of abuse. She received counselling through Allambee.*

## DISCUSSION TRIGGERS

*Your neighbour seems depressed and withdrawn and you are worried about her- everything seems fine on the surface, they are a charming couple but you have heard him yelling and putting her down at her when no one else is around- should you do anything?*

*But he doesn't hit her. It's just their relationship- That's not domestic violence.*

*Your child is in a sports team coached by one of the local dads. He's a good coach but often puts his partner and kids down in public, making them the butt of his jokes. It makes you uncomfortable and feel for his kids and partner. Is it any of your business?*

## TYPES OF EMOTIONAL/PSYCHOLOGICAL ABUSE

**Emotional abuse is a type of abuse that can happen in an abusive relationship. Although it doesn't leave physical scars, it can have a huge impact on confidence and self-esteem. Emotional abuse comes in many forms, which might not be obvious at first.**

### Rejection

Pretending not to notice their presence, or ignoring their conversation.

### Verbal violence

Yelling, insulting or swearing at someone.

### Put-downs

Calling them names or telling them that they're stupid, publicly embarrassing them, blaming them for everything.

### Causing fear

Making them feel afraid, intimidated or threatened.

### Isolation

Limiting their freedom of movement, stopping them from contacting other people (such as friends or family).

### Financial dependence

Controlling or withholding their money, preventing them from working, stealing from them.

### Bullying

Purposely and repeatedly saying or doing things that are hurtful.

**The scars of emotional abuse are real and long lasting. As well as having a negative impact on a person's self-esteem and confidence, emotional abuse can leave the person feeling depressed, anxious and even suicidal.**

## Who can help?

### Emergency

For emergency & life threatening situations, contact emergency services;

**000**

### Crisis support

For urgent and 24-hour support contact:

**Lifeline**  
lifeline.org.au

**13 11 14**

**Pat Thomas House**  
Mandurah

**(08) 9535 4775**

### Counselling

**Allambee Counselling**  
Mandurah

**(08) 9535 8263**

**Relationships Australia**  
relationships.org.au  
**1300 737 732**

## Free toolbox resources

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

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