

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.



EMOTIONAL/PSYCHOLOGICAL ABUSE - MARTINA'S STORY

"He'd always make you feel like you were an idiot ..."

Things got worse over time. In the beginning he was fine, he was the charming man, lovely guy, thoughtful, always kind. And when I look back now I realise that he started to erode my self-esteem and my confidence really subtly. It was with sarcastic jokes to start with and it was done in such a way that if you laughed along it seems fine, but the joke is still playing on your mind when it's done so many times. But if I asked him to stop because the joke was hurtful, he would turn on you, saying you can't take a joke. Either way you'd always be in the wrong. He'd always make you feel like you were the idiot and I didn't realise that's what was going on to start with.

It was constantly happening and it got to the point where, I guess, it starts to affect your confidence. I was a very strong person to start with. I didn't think I'd be affected by someone like him until it was too late. I wasn't like a weak person to begin with but I think that's what was the challenge for him and he enjoyed the challenge. One of his favourite things was to say, "you're never going to be submissive to me are you" and I'd say "no, never". Then he turns around and goes "oh, you will be one day, you will be". It used to be one of his things he'd say - that I could never live without him, especially after we had kids and were married. I'm from a conservative cultural background. When his parents divorced, his father told him to pick someone from my country because they'll never leave you. I guess that was another tick in my favour because prior to me I think he was a womaniser and I think he must have thought ..

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*"I wasn't like a weak person to begin with but I think
that was the challenge for him ..."*

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EMOTIONAL/PSYCHOLOGICAL ABUSE - MARTINA'S STORY

"I was never able to call the police."

that I would put up with whatever he dished out, that I would never leave because culturally we don't tend to break up the marriage easily. It's one reason why I stayed for so long, tried to make it work.

I was never able to call the police. I tried twice when we were in the middle of a fight to contact the police but he'd always rip the phone out of my hand. In the last 6 months of my relationship Pat Thomas House helped me with a safety plan. I got all my important documents photocopied and left with a friend so that if I had to run with just the clothes on my back I would have them at someone's house. I had a safe word with that same friend where if I needed the police I could say a random word like "monkey" and they would have all my address details and they could get the police around to the house.

Martina, 44 Mandurah

After the woman in this story left her relationship, Pat Thomas House continued to help her with counselling and group work.

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;

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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.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