

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 - MIA'S STORY

"I was full of fear and I didn't feel deserving."

When you've been in long term psychological abuse you start to believe it. When you try to get out of it, you don't think you're eligible for a lot of the services and that makes it so hard to get out. I was so full of fear and I didn't feel deserving. I felt I wasn't eligible. I was never physically abused. I was never hit. If he had have hit me, it would have been very clear. It was hard trying to understand what was happening – that it was family domestic violence. Someone had to tell me that for me to actually see what was going on – to understand that I'm not being irrational or whiney or ungrateful.

An incident happened when I was helping him with his car. He'd just become so vigilant about my behaviour and I could tell that he was already agitated so I didn't want to upset him anymore. I didn't know how he wanted me to do it and I kept asking him if I was doing it right. He started calling me stupid and shouting at me. I tried to walk away but he kept following me and it just escalated. He got more agitated and normally I would get agitated too and there'd be a big fight but I'd learnt not to get in the ring with him so I tried to put boundaries in place. He kept following me and yelling and screaming. He'd stand over me and call me names, saying it was all my fault and I'm a psycho and crazy. He would do this pointing thing, saying you did this and you did that. I tried – I told him to go away and he kept following me and I just snapped. I threw a water bottle at the window and he called the police.

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EMOTIONAL/PSYCHOLOGICAL ABUSE - MIA'S STORY

"I was never able to call the police."

I told the police about the fight and how I tried to stop it and to get out of it and the police lady said to me "you do realize you're in a domestic violent relationship, don't you?" She told me I needed to do something about it because we have children and it wasn't OK to have this environment for them. That's when I got in contact with the domestic violence hotline. They talked about having an escape strategy, having a bag in the back of the car so that if it started I could just leave.

I wanted to save my marriage so I stayed on we got some counselling. It worked for a while and then it started up again. When it escalated into the craziness again, I had to leave. I just couldn't stay there because the kids were experiencing it all too. I asked him to leave and he wouldn't so I waited for him to go to work and contacted the refuge. They already had me on their waiting list so they had a room ready.

Mia, 34, Mandurah

The woman in this story continued with counselling through Allambee. After a stay at Pat Thomas House she now has her own home with her children.

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:

Women's Domestic Violence Helpline

08 9223 1188

1800 007 339

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