

DOMESTIC VIOLENCE HURTS EVERYONE



DOMESTIC VIOLENCE

YOUNG PEOPLE CAN BE VICTIMS AND PERPETRATORS OF DV

DV is when your boyfriend or girlfriend hurts you – hits, punches, kicks, for example. BUT it's also DV when someone makes you do something you don't want to do by making you feel ashamed, or scared, or worried, or when your boyfriend or girlfriend calls you a name that makes you feel bad.

Someone who loves you won't ever tell you to do something you are not comfortable with or do something on purpose that hurts your feelings or your body.

If they do, they are committing an act of domestic violence against you.

COMMON MISCONCEPTIONS:

IT'S NOT DV TO TELL SOMEONE THEY'RE STUPID WHEN THEY ARE

It is though. If you're in a relationship with someone, and they've done something you think is stupid, you should help them learn, not tell them they're stupid or not smart – saying those things makes your partner feel bad about themselves, rather than lifting them up.

IT'S NOT DV TO SAY THAT I'LL BREAK UP WITH YOU IF YOU DON'T GIVE ME WHAT I WANT

It is though. Even if it's the truth that you will break up with them, the pressure that you put them under is the domestic violence. You're only telling them that you'll break up with them to make them do what you want – even if you're telling the truth.

IT'S NOT DV TO TELL PEOPLE YOUR PARTNERS SECRETS

It is though. Especially when you do it to make them embarrassed or ashamed, or when you know they will get in trouble if someone finds out.

DV CAN BE LOTS OF THINGS MAKE SURE YOU'RE NOT DOING DV

DON'T:

Post things to social media about your partner or ex, especially photos.

Try to convince someone to do something by saying you'll stop loving them or you'll break up with them if they don't agree.

Hit, or kick, or touch your partner or ex in any way that they don't consent to.

Call your partner or ex names that are offensive and/or intended to hurt their feelings.

Use someone's culture or religion to embarrass, threaten or make someone do something that they do not want to do. E.g. "you can't do xyz, what will everyone think"

Contact YFS Legal

Phone: 3826 1500

Email: legal@yfs.org.au

Web: yfs.org.au/yfs-legal

Contact R4Respect

Phone: 3826 1500

Email: r4respect@yfs.org.au

Web: r4respect.org

Visit <http://r4respect.org/get-help/> for a list of helpful services.



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