

Defining Family Violence

Family violence is when someone intentionally uses violence, threats, force or intimidation to control or manipulate a family member, partner or former partner. It is characterised by an imbalance of power whereby the perpetrator uses abusive behaviours and tactics to obtain power and control over the victim causing fear. The violence is intentional and systematic and often increases in frequency and severity the longer the relationship goes on. ¹

Who is most affected?



1 in 3 women

have experienced **physical violence** by a current or former partner since the age of 15.



1 woman is killed nearly **every week** in Australia at the hands of a partner or an ex-partner.

1 in 7 men

have experienced **emotional abuse** by a current or former partner since the age of 15.



Children are present in **1 out of every 3 family violence** cases reported to police.

Types of Abuse*

Emotional Abuse/ Verbal Abuse

Non-physical behaviours such as threats, insults, constant monitoring or “checking in,” excessive texting, humiliation, intimidation or isolation.

Sexual Abuse

Any action that impacts a person’s ability to control their sexual activity or the circumstances in which sexual activity occurs, including restricting access to birth control or condoms.

Cyber Abuse

The use of technology such as texting and social networking to bully, harass, stalk or intimidate a partner. Often this behaviour is a form of verbal or emotional abuse perpetrated through technology.

Physical Abuse

Any intentional use of physical force with the intent to cause fear or injury, like hitting, shoving, biting, strangling, kicking or using a weapon.

Financial Abuse

Using money or access to accounts to exert power and control over a partner.

Stalking

Being repeatedly watched, followed or harassed.

*Types of Abuse definitions sourced from loveisrespect.org



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1800 899 855
nomore.org.au

Effects of Family Violence

- **\$13.6 billion** the estimated cost of family violence to Australia's economy. ²
- Family violence is the **leading cause** of injury to women aged between 15-44. ³
- **Witnessing violence** between one's parents or caretakers is the strongest risk factor of transmitting violent behaviour from one generation to the next. ⁴

Family violence is a community problem that requires a community wide response. Leaders in local governments, community organisations, workplaces and sporting clubs can promote equal and respectful relationships between women and men. ⁵

About the NO MORE Campaign

The NO MORE Campaign challenges the attitudes and behaviours of people who use violence by engaging with the wider community to develop plans of action to make communities safe. The linking of arms is a symbolic statement that shows a strong and united commitment to ending family violence. Sporting clubs can develop their own family violence action plan to contribute to making their community safe.

Where to get help

CatholicCare NT

1800 899 855

www.catholicarent.org.au

Men's Referral Service

1300 766 491

www.mrs.org.au

Kids Helpline

1800 551 800

www.kidshelp.com.au

Men's Line

1300 789 978

www.mensline.org.au

1800 Respect

1800 737 732

www.1800respect.org.au

Dawn House

08 8945 1388

www.dawnhouse.org.au

References

¹ Carrington & Phillips, 2003, Tually, Faulkner, Cutler & Slater 2008. 'Who is most affected?' information sourced from ABS.

² The Cost of Violence Against Women, KPMG, 2013 ³ Amnesty.org.au/svaw/comments/2239 ⁴ Frieze, I.H., Browne, A. (1989) Violence in Marriage. In L.E. Ohlin & M. H. Tonry, Family Violence. Chicago, IL: University of Chicago Press. Break the Cycle. (2006). Startling Statistics

⁵ Excerpt from The National Plan to Reduce Violence Against Women and Their Children



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