

SUTHERLAND SHIRE
DOMESTIC
VIOLENCE

INFORMATION AND SUPPORT GUIDE

COMPILED BY



Sutherland Shire Domestic Violence Committee

The Sutherland Shire Domestic Violence Committee is a collective of local professionals from support services, not for profit organisations, and Local and State Governments who are committed to raising awareness about the impacts of domestic and family violence, as well as providing information on local services for victims of domestic and family violence.

The Committee is hosted and led by The Family Co., who has been supporting local families impacted by domestic violence for over 30 years. Committee members meet monthly to discuss local statistics, emerging trends, and best practice support. The committee also hosts annual community outreach activities that promote domestic violence support services in the wider community.

We thank members of the committee who contributed to the content and production of this booklet, especially The Family Co., Orana NSW Inc., Family Connect and Support, Sutherland Shire Council, Interrelate, NSW Police and NSW Health.

Sutherland Shire Domestic Violence Committee

www.ssdvc.org.au

Facebook: @SutherlandShireDVCommittee

The Sutherland Shire Domestic Violence Committee acknowledges the local traditional owners the Gweagal people of the Dharawal language group. We pay our respect to elders past and present and extend that respect to all Aboriginal and Torres Strait Islander peoples. We recognise our First Australians' continued connection to the surrounding land and water.

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What is Domestic Violence?

Domestic Violence can take many forms and is different in every family situation. Domestic violence generally occurs as a pattern of behaviours that are linked by power and control. This means that one person in the relationship intentionally and deliberately rules by fear, suppresses the others free will, intimidates, coerces and threatens to, or actually does harm to the other, as a way and means to control or have power over them.

**No-one asks to be in
a domestic violence
relationship.**

Domestic and Family Violence can happen to anyone from any country, religion, disability, age, social class or cultural background, sexuality or gender. This includes lesbian, gay, bisexual, heterosexual, monogamous, open, polyamorous, dating, long-term, living together or not living together, even long distance. It can happen to people who identify as transgender, gender-diverse, intersex, queer, sistergirl, brotherboy or cisgender.

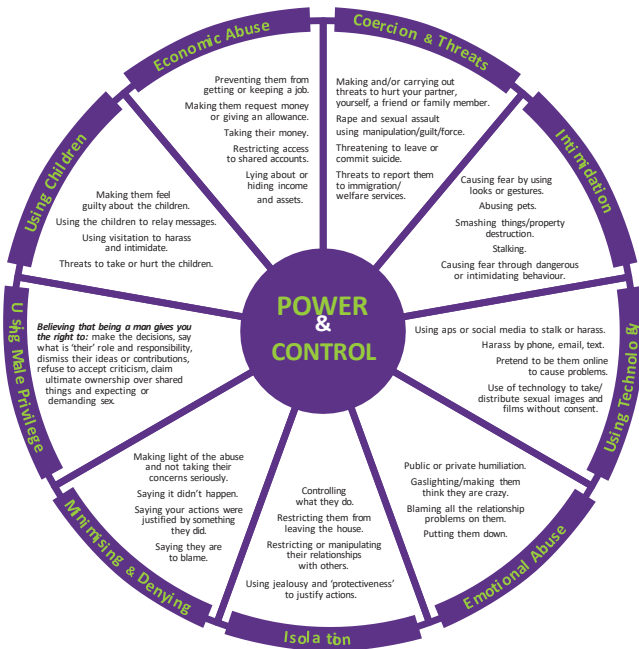
(NSW Government, 2018; <https://www.facs.nsw.gov.au/domestic-violence/my-situation/im-lgbtqi>).

**No-one deserves to
be in a domestic
violence relationship**

For the purposes of this resource, perpetrators will be referred to as male and victims will be referred to as female to highlight the overwhelming statistics that show males as perpetrators within society, with one in six women experiencing intimate partner violence. ABS (2017). However, it is acknowledged that members of the LGBTIQI experience domestic violence and in no way is there an intention to minimise their experience.

The Power and Control Wheel

Power and Control are at the centre of the wheel. Each segment represents particular tactics which may be used to exert and maintain control.



The abusive partner rules by fear, using a wide range of methods to build up power and control

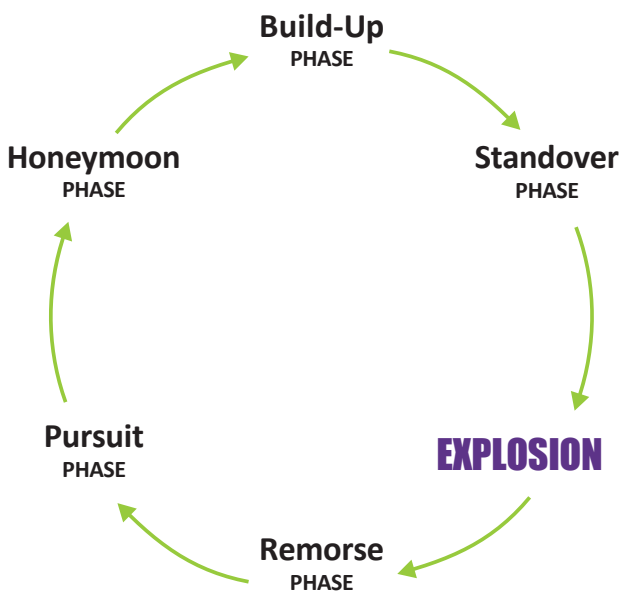
The wheel above is adapted from the Duluth Model: Power and Control Wheel, developed by the Domestic Abuse Intervention Project (Duluth MN) and produced by the National Centre on Domestic and Sexual Assault.

(Source: <https://www.theduluthmodel.org/>)

The Cycle of Violence

In healthy relationships, both people resolve conflict and tensions in a safe way that embodies equality and respect.

In contrast, in relationships where domestic violence occurs, tension leads to abuse and violence towards one person followed by a phase of apology and normality in the relationship.



This cycle of violence and remorse, including how quickly a family progresses through the cycle and severity of behaviour in each stage, is completely controlled by the abuser.

Often the cycle provides victims with a sense of hope that the relationship might improve and this often motivates women to stay in relationships or blame themselves when violence occurs again.

What Healthy Relationships Look Like

In a healthy relationship power is shared equally between both parties, neither partner has to be in control of the other

Both parties feel comfortable and safe, and are treated with respect.



Many women have been able to leave abusive relationships and build new lives that are safe, healthy, happy and fulfilling, for them and their children

Myths Versus Reality of Domestic Violence

MYTH

Domestic violence is a family issue and should be kept private

REALITY

Domestic and family violence can occur in any relationship, including current and former partners, those in domestic living arrangements and across a range of family structures.

Some violence can even occur remotely where the victim may not have met the perpetrator.

MYTH

Domestic violence is because the abuser is mentally unwell, has an addiction or has been abused themselves

REALITY

Violence is a choice. Domestic violence is a pattern of abusive behaviours used to control another person. There is no excuse for behaviour that is designed to maintain power and control over another person, or where physical or sexual violence is used.

MYTH

Domestic violence stops after the relationship ends

REALITY

Often women experience post-separation violence, well after the relationship has ended.

MYTH

Women are more passive and submissive therefore are more likely to become victims of domestic and family violence

REALITY

Regardless of a woman's role within a family, this does not make any violence towards them acceptable. Society's views of male dominance perpetuates the circumstances that cause domestic violence.

MYTH

Women can leave a violent relationship if they really want to

REALITY

Women's safety is most at risk when they leave or attempt to leave a relationship where violence and abuse is occurring. For some, fear for their children's safety or a lack of resources and information mean women are unable to leave a violent relationship. Sometimes shame or isolation make women feel they will not be believed or supported if they do leave. These and other complex reasons stop women from leaving violent relationships.

Signs of an Abusive Relationship

Emotional & Psychological Abuse

- Does your partner call you names or make you feel bad about the way you look?
- Does your partner verbally degrade your self-worth by constantly putting you down?
- Has your partner ever humiliated you in front of friends, family or in public?
- Has your partner ever threatened to have you “committed” or tell others you are crazy?
- Has your partner ever played mind games with you?

Physical Abuse

- Has your partner ever pushed, shoved, slapped, pinched, punched, or physically hurt you?
- Does your partner have a history of using violence with others?
- Has your partner ever attempted to strangle you or grabbed you around the throat or neck?
- Has your partner ever physically harmed you while you were pregnant?
- Has your partner ever stopped you from gaining access to medication or medical assistance?

Using Male Privilege

- Does your partner always see themselves as superior or always right?
- Does your partner treat you like you're a possession that can be owned?
- Does your partner insist on making all the big decisions?
- Has your partner ever told you what to wear, read, or restricted where you can go and who you can talk to?
- Does your partner monitor and control the financial matters including spending, bills, assets, loans and bank accounts?

Using Coercion and Threats

- Does your partner use force or coercion to make you do things against your will?
- Has your partner threatened to hurt the children, friends, family members or pets?
- Has your partner threatened to report you to Centrelink, the Tax Office, Immigration, Corrections, Police, Child Safety, Employers or others?
- Has your partner ever threatened to leave you, harm themselves or commit suicide?
- Has your partner ever insisted you dress more or less sexually than you want?
- Has your partner ever threatened to kill you and/or your children?

Signs of an Abusive Relationship *continued*

Using Isolation

- Does your partner try to control your contact with your family and friends?
- Does your partner make you feel uncomfortable to be around friends and family?
- Does your partner need to know where you are constantly?
- Does your partner insist that you are always at home, only let you out of the house if they are with you or insist on knowing where you are going?

Technology Facilitated Abuse

- Does your partner monitor or limit your phone calls, conversations and Facebook, internet access, emails?
- Does your partner check your browser history, phone calls or messages?
- Has your partner ever used banking apps to send threatening messages, abuse or harassment?
- Has your partner ever used social media to send threatening messages, abuse or harassment?

Minimising, Denying and Blaming

- Does your partner blame you for their anger and violence, saying it was your fault?
- Does your partner deny using violence afterwards?
- Does your partner say the violence “wasn’t really that bad”?
- Does your partner say that you were “asking for it” after physically hitting or abusing you?

Sexual Abuse

- Does your partner pressure you to have sex which is unpleasant, pressured or forced?
- Has your partner ever made you do something very humiliating or degrading?
- Has your partner ever made you have sex after emotional or physical abuse or when you are sick?
- Has your partner ever forced you to have unprotected sex?
- Has your partner ever forced you to engage in sexual practices without your consent?
- Has your partner ever drugged you, filmed you while having sex, shared images or uploaded sexual images of you to the internet without your consent?
- Has your partner ever forced you to have sex with objects, others or animals?

Using Intimidation

- Does your partner damage or destroy your belongings or break things around the house?
- Has your partner ever punched holes in the walls or doors?
- Is your partner easily angered and prone to sudden mood swings?
- Does your talking to others result in unfounded jealousy and suspicion that is out of proportion?

Signs of an Abusive Relationship *continued*

Economic Abuse

- Has your partner ever taken away your money or controlled how you spend it?
- Has your partner ever refused to pay the household bills or to give any money towards them?
- Has your partner ever threatened to withdraw financial support?
- Has your partner ever prevented you from working or jeopardised your employment?

Using the Children

- Has your partner told you that you would lose custody or never see the children again?
- Does your partner question the children to find out information about you?
- Has your partner ever forced or manipulated the children into hurting you physically or emotionally?
- Has your partner ever sought to destroy or undermine your relationship with your children?

**All women and children
have the right to be
safe in their home**

Leaving Domestic Violence Behind

The journey towards safety and healing

It is a basic human right that all women and children can live safely in their home. For victims of domestic violence, this is not occurring. The journey towards safety and healing from trauma will be different for everyone.

If you are in a domestic violence situation the decision to leave is often a difficult one. After living with domestic violence your self esteem and self-confidence may be low. It may take time to feel positive and hopeful about the future. This is quite normal and to be expected. Some women may also choose not to leave the relationship as they believe staying is their safest option.

Women may leave and return a number of times before they are able to leave permanently. It is important to realise that leaving does not always mean you will become safe immediately. You may be in the greatest danger from your partner's abuse at the time of separation. Any attempt to leave should be planned with the safety of you and your children in mind.

While the challenges may seem overwhelming, many women have been able to leave abusive relationships and build safe, healthy, happy and fulfilling lives for themselves and their children.

If you are in immediate physical danger and need assistance, please call 000.

Leaving Domestic Violence Behind *continued*

AT HOME



Incidents of domestic violence occurring.

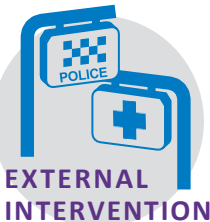
A victim might be:

- Physically hurt
- Seem sad or afraid to go home
- Be isolated from family, friends and community
- Not have access to any money

A victim may reach out by:

- Speaking to a family member or person they trust
- Attempting to leave a relationship
- Look for somewhere to stay

REACHING OUT



EXTERNAL INTERVENTION

There may be a need for external intervention. This could be:

- Police
- Domestic and family violence support services and caseworkers
- Medical support
- Safe accommodation
- Financial assistance

Legal intervention could include:

- Reporting the case to police
- Obtaining an ADVO
- A court case
- Legal advice about other issues, such as immigration, housing and family law





LEGAL INTERVENTION

THE FUTURE



Future interventions could include:

- Counselling
- Medical assistance
- Accommodation
- Assistance with children's wellbeing
- Financial help
- Ongoing legal advice



There are many ways you can reach out to get help. You don't have to already have left before you reach out for support.

You can ask police to intervene, you can call a government funded hotline, you can get a health professional to refer you to a local support service, or you can self-refer to a local service specialising in domestic violence support.

Taking that first step is the hardest, but once you do, you will have options made available to you. Local support agencies are able to co-ordinate services to support you from safety planning, housing, to emergency financial assistance and long term counselling and support. Most importantly, you will be supported without judgement, and by people who are experienced in helping people in similar situations.

The Role of Police

Police play an important role in ensuring community safety and supporting the protection of women and children from domestic violence.

In the case of domestic violence, police may:

- Be the first on the scene to protect you from any violence or provide/seek emergency support when it is required.
- Investigate an incident of domestic violence to determine any safety needs of victims and family members and/or to gather evidence for any relevant charges.
- Charge perpetrators and bring them to court for any relevant breach of the law.
- Initiate an ADVO application on behalf of a victim or family members who need protection.
- Support victims to navigate any court process (particularly ADVOs).

Leaving Domestic Violence Behind *continued*

- Assist victims to locate and access support services.
- Monitor repeat victims or perpetrators to coordinate responses from a variety of agencies, to reduce occurrences of violence.

Domestic violence is a crime and should be reported to police. It is especially important to do so where a perpetrator has access to weapons. Reporting incidents of violence allows police to best support the safety of women and other family members, and can help victims access other supports to ensure their wellbeing.

AVO's and ADVO's

An ADVO or Apprehended Domestic Violence Order is applied by the court to ensure the protection of a person in a domestic or intimate relationship from future violence by a perpetrator. These orders are not criminal charges but can limit the behaviour of a perpetrator, including restricting where they can go, who they can contact, their ability to hold weapons and other aspects of family safety.

Police can apply for an ADVO where violence, threats or harassment have occurred and there is a reasonable fear it will occur again. Police can also apply provisional ADVO orders on a perpetrator until the court hears the ADVO application. Breaching these orders is a criminal charge. Always notify police if a perpetrator breaches an ADVO. Individuals can also apply to the court for an AVO.

Safety Planning

You can make an appointment with a support agency to discuss safety planning, even if you're not ready to leave the relationship. Getting some advice early can help you maintain your physical safety throughout the process of separation.

Different safety plans are needed for different situations; for example:

- When living with the perpetrator
- When planning to leave the relationship
- When separated and living separately
- What to do in workplace situations
- What to do if in a public place
- How to deal with family gatherings/changeovers

Safety planning can be complex depending on the individual's circumstance, but it aims to decrease the immediate and long-term risks to the safety of women and children.

www.asklois.org.au © Women's Legal Services NSW, 2013)

The Future

There is a future after experiencing domestic violence. With support, women can move from living in unpredictable danger to reliable safety, can acknowledge memories but not live in them, and can become socially connected and not isolated.

(Trauma and Recovery, Judith Herman 1992.)

How to Help

What can family and community members do to help?

Family and community members may be able to see the early warning signs of domestic violence or may be the first people that victims reach out to for help. In these instances, the community can play an important role in supporting victims to access the right supports. If you are aware of domestic violence occurring, you can:

- Listen to those who have been impacted, believe them and provide reassurance
- Provide the information about available services and supports listed at the end of this brochure
- Respect their knowledge of their own experience of domestic violence and any decisions they make about steps going forward
- Challenge the condoning of violence against women
- Promote women's independence and decision-making
- Strengthen positive and respectful relationships
- Support the family to access information about available services and supports listed at the end of this brochure.

Services That Can Help

Police Support and Police Stations

EMERGENCIES

000 or 112 from mobiles

St George Local Area Command

Kogarah Police Station
9588 0499

Sutherland Local Area Command

Sutherland Police Station
9542 0899

Helplines

1800 RESPECT

1800 737 732

1800respect.org.au

Child Protection Helpline

132 111

Kids Help Line

1800 551 800

kidshelpline.com.au

Lifeline

131 114

lifeline.org.au

NSW Domestic Violence Crisis Line

1800 656 463

facs.nsw.gov.au/domestic-violence/helpline

NSW Sexual Violence Helpline

1800 424 017

Fullstop.org.au

Parent Line NSW

1300 130 052

parentline.org.au

Southern Sydney

Sexual Assault Service

9113 2494

Local Community Support Services / Counselling

Family Connect and Support

1800 066 757

familyconnectsupport.dcj.nsw.gov.au

Orana Women's Health Centre

Safety & Healing Program

Casework and Counselling

9525 2058

oranansw.org.au

St George/Sutherland

Domestic Violence Service

Counselling Service

9087 8300

The Family Co.

Child & Family Services / Therapeutic services

9528 2933

thefamilyco.org.au

Staying Home Leaving Violence

(SLHV) Team

9528 2933

Southern Sydney Women's Domestic Violence Court Advocacy Service

8508 4300

sswdvcas@thefamilyco.org.au

Services That Can Help

Hopefield

Casework and Counselling
9545 0299
hopefield.org.au

Interrelate

Casework and counselling
Support Groups Mediation
Supervised Contact 8522
4400
interrelate.org.au

Crossroads Community Care Centre – Miranda

9525 3790
Crossroadscommunitycare.org.
au

Child Protection

Department of Communities and Justice (DCJ)

Child Protection Helpline
132 111
facs.nsw.gov.au

Crisis Housing Support

Homelessness NSW

8354 7600
homelessnessnsw.org.au

Housing NSW- Hurstville

02 9585 7211
www.nsw.gov.au/home
s-nsw

Link2Home

1800 152 152

Southern Sydney Tenants' Advice and Advocacy Service

9787 4679
tenants.org.au/taas/sstaas

Legal Advice and Support

Domestic Violence Legal Advice Line

1800 810 784 / 8745 6999
wlsnsw.org.au

Family Violence Law Help

familyviolencelaw.gov.au

Intellectual Disability Rights Service (IDRS)

1300 665 908
idrs.org.au

Law Access NSW

1300 888 529
legalaid.nsw.gov.au

NSW Courts

1300 679 272
localcourt.justice.nsw.gov.au

The Aged-Care Rights Service (TARS)

1800 424 079
seniorsrightsservice.org.au

Women's Legal Advice Line

8745 6988

Sutherland Legal Aid

9521 3733
legalaid.nsw.gov.au

Services for Aboriginal People

Aboriginal Community

Liaison Officers

NSW Police
131 444

Aboriginal Contact Line –

Victims' Services

1800 019 123

Aboriginal Health

Liaison Officer

Sutherland Hospital
9540 7996

First Nations Women's

Legal Contact Line

8745 6977

wlsnsw.org.au

Kurranulla Aboriginal

Corporation – Jannali

9528 0287

kurranulla.org.au

Narrangy-Booris

Aboriginal Early Childhood

Health Service Menai
9543 1111

Sutherland/St George

Aboriginal Family

Worker Project

The Family Co.
9528 2933

thefamilyco.org.au

Warringa Baiya Aboriginal

Women's Legal Centre

1800 686 587

warringabaiya.org.au

13Yarn

13 92 76

13yarn.org.au

Financial Assistance / Emergency Financial Relief

Australian Red Cross

Assistance for asylum seekers,
refugees and other migrants
1800 733 276

Orana Hub Central

9521 8280

oranainc.org

Salvation Army

1300 371 288

salvationarmy.org.au/
need-help/

St Vincent De Paul

Sutherland – 9542 4924

vinnies.org.au

Financial Management

Centrelink

Employment Services Line

132 850

servicesaustralia.gov.a
u

Child Support

Agency Enquiry Line

131 272

servicesaustralia.gov.au

Services That Can Help

Financial Management

Financial Rights Legal Centre

National Debt Helpline

1800 007 007

financialrights.org.au

Welfare Rights Centre

9211 5300

welfarecentre.org.au

Wesley Mission Financial Counselling and Support Services

1300 827 638

wesleymission.org.au

Health Services

Child and Adolescent Mental Health Service (CAMHS)

8198 7300

Health Direct Helpline

1800 022 222

healthdirect.gov.au

Mental Health Line

1800 011 511

Short Street Centre Sexual Health Clinic

St George Hospital/
Sutherland Hospital

9113 2742

Sutherland Hospital

9540 7111

Services for Older Women

Older Women's Network NSW

9519 8044

SouthCare

Aged and Extended

Community Care

Sutherland Hospital

9540 7175

Ageing & Disability Abuse Helpline

1800 62822

Seniors Rights Service

1800 424 079

Mediation

Family Court of Australia

1300 352 000

fccoa.gov.au

Family Relationships Advice Line

1800 050 321

familyrelationships.gov.au

Interrelate

1300 473 528

interrelate.org.au

Services for Women from Non-English Speaking Backgrounds

Advance Diversity Services

9597 5455

advancediversity.org.au/

Al Zahra Muslim Women's Association

9599 1839

azmwa.org.au

Gymea Community Aid & Information Service

9524 9559

gymeacommunityaid.org.au/

Immigration Advice and Rights Centre (IARC)

8234 0700

iarc.org.au

Immigrant Women's Speakout Association NSW

9635 8022

speakout.org.au

Transcultural Mental Health Centre

9912 3850

[dhi.health.nsw.gov.au/
transcultural-mental-health-centre](http://dhi.health.nsw.gov.au/transcultural-mental-health-centre)

Translating and Interpreting Service (TIS)

131 450

tisnational.gov.au

Services for Women with a Disability

Ability Rights Centre

1300 665 908

9265 6300/6350

idrs.org.au

People With Disability Australia

1800 422 015

pwd.org.au

LGBTQIA Services

ACON Anti-Violence Project (AVP)

1800 063 060

acon.org.au

Gay and Lesbian Counselling Service NSW

8594 9555

twenty10.org.au

Services for Men

BaptistCare – Facing Up

1300 130 225

baptistcare.org.au

Services That Can Help

Services for Men

Enough is Enough

9542 4029

enoughisenough.org.au

Mensline

1300 789 978

mensline.org.au

Men's Referral Service

1300 766 491

ntv.org.au

Support for Young People

The Family Co. Youth Services

9528 2933

thefamilyco.org.au

Headspace Miranda

9575 1500

headspace.miranda@stride.com.au

Project Youth

9525 7919

projectyouth.org.au

Victims' Compensation

Marrickville Community Legal Centre

9559 2899

mlc.org.au

Victims' Services

1800 633 063

victimsservices.justice.nsw.gov.au

Complaints

Department of Health – Health Care Complaints Commission

1800 043 159

hccc.nsw.gov.au

NSW Ombudsman 1800 451 524

ombo.nsw.gov.au

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DCJ LGBTIQ+ and experiencing domestic violence available at: <https://dcj.nsw.gov.au/children-and-families/family-domestic-and-sexual-violence/my-situation-is---/i-m-lgbtqi-and-experiencing-domestic-violence.html>



This community resource is provided by the
Sutherland Shire Domestic Violence Committee.

Phone. 9528 2933

www.ssdvc.org.au

Facebook. @SutherlandShireDVCommittee

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