

What constitutes a healthy relationship?

- Seeking mutually satisfying resolutions to conflict.
- Discussing problems and accepting change.
- Being willing to compromise.
- Being emotionally affirming, valuing opinions.
- Respecting each other's rights to feelings, friends, activities, and opinions.
- Shared responsibility - mutual agreement of fair distribution of work.
- Making decisions together.
- Mutual respect.
- Honesty and accountability.
- Trust and support.
- Non threatening behaviour.
- Responsible parenting - being a positive role model for children.
- Economic partnership, making financial decisions together where both benefit.

Helpful Phone Numbers?

24 Hour Helplines

Womens Domestic Violence Helpline
9223 1188 1800 007 330

Men's Domestic Violence Help Line
9223 1199 1800 000 599

Parenting Line
9223 1466 1800 654 432

Family Helpline
9223 1100 1800 643 000

Office Hours

Koolkuna Domestic Violence Advocacy Service
9274 7545

Koolkuna Refuge
9255 2202

Midland Womens Health Care Place
9250 2221

Midlands Family Relationship Centre
9436 0600

Relationships Australia
9250 1242

In an Emergency

Crisis Care

9223 1111 1800 199 008

Police 000 / 131 444

Physical Abuse

Does your partner push or/and shove you?

Do you 'walk on egg shells' so your partner won't explode and get physical?

What is subtle physical abuse?

How does it affect you?

What creates a healthy relationship?

Did you know?

Domestic Violence happens within all communities regardless of family circumstances... You're not alone!

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**You are not to blame.
It is not your fault.**

Recognition of Physical Abuse

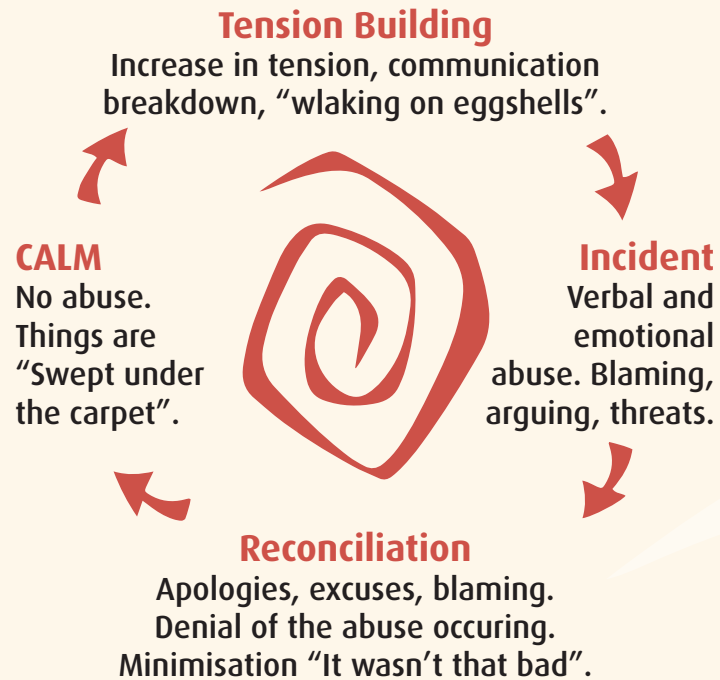
Physical abuse is sometimes more subtle than we realise.

Physical abuse can result in a person feeling powerlessness and that their life has become unpredictable resulting in low self-worth, depression and anxiety.

Physical abuse is:

- Pulling hair, clothing.
- Spitting, gouging, pinching.
- Pushing, shoving, tripping up.
- Kicking, elbowing, arm twisting.
- Slapping, hitting, scratching.
- Burning, scalding.
- Punching, choking, biting.
- Chasing, stalking, kidnapping.
- Dragging a person.
- Restricting a person's movement, blocking their way.
- Forcing a person to sit, stand or lay down.
- Throwing an object at or assaulting a person with an object.

Cycle of Abuse



What Constitutes Physical Abuse

Physical abuse involves physical force that has the intent to intimidate, frighten or harm. It is meant to cause harm to another person's body or to control another person's physical freedom or movement. It can result in bodily injury, pain, impairment or death.

Some Facts on Physical Abuse

Physical abuse does not always result in visible injury though it is the most visible form of abuse.

It is usually always preceded or accompanied by psychological abuse.

Physical abuse is caused by a person's inability to control their anger or frustration. This loss of control has usually nothing to do with the person who is receiving it

Physical abuse includes:

- Reckless, dangerous driving.
- Neglect of a partner or child.
- Being abandoned in an unsafe place.
- Being refused help when sick or injured.
- Destroying property or harming pets.
- Tying a person up, locking a person up.
- The use of a weapon to threaten or injure.
- Sexual harassment, forced sexual activity and rape.