

TAKE UP THE NOT NOW, NOT EVER CHALLENGE

All over Queensland, in our workplaces, schools, sporting clubs, neighbourhoods and communities, people are taking up the challenge to put an end to domestic and family violence.

Every Queenslander can play a role in changing the culture and attitudes that underpin violence in our community. While most people oppose domestic and family violence, many people still excuse or minimise abuse or think the victim is to blame.

Here are some ways for you to take action:

- **Learn** about the various forms of domestic and family violence and be aware of the signs of abuse and where to get help.
- **Support** someone experiencing abuse. If someone feels supported by the people around them, they are more likely to take action to remove themselves and their children from a violent situation.
- If someone you know is being violent or controlling, contact your local domestic violence service for advice on the best course of action to **minimise the risk** of violence to the victim and yourself.
- **Raise awareness** about domestic violence among your family, friends and your community networks.
- **Promote gender equality** in your community, religious or sporting clubs — there is a strong link between gender inequality and violence against women.
- Organise a **community event** to raise awareness about the issue and inform people about where to get help.
- Host a **fundraising** event for a local domestic violence support service.
- Donate your **time, goods or money** to help a local domestic violence service.
- Support local events and activities during **Domestic and Family Violence Prevention Month** in May.
- Model appropriate behaviour and **challenge** your family, friends or colleagues when they make sexist remarks, trivialise violence or blame the victim.
- Hold the people you know accountable for violent and unacceptable behaviour — **don't turn a blind eye**.

- If you are an employer, provide your staff with information about the issue and where to access help. Introduce **workplace policies** with ways for managers and staff to support employees affected by domestic violence.
- Promote **gender equality in the workplace** and create a culture where employees feel confident to do something if they see or hear sexism, harassment, discrimination or violence at work.
- If you are a journalist or work in the media, refer to the **guidelines for reporting** on domestic violence published by Our Watch (www.ourwatch.org.au/News-media/Reporting-Guidelines) for advice on how to report on the issue with accuracy and sensitivity.

Visit qld.gov.au/notnownotever to find out what people are doing to help end domestic and family violence. On this website, you can also share what you are doing, which could inspire others to take up the challenge.

NOT NOW, NOT EVER

Take up the challenge to put an end to domestic and family violence

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Images by: Ian Wilfrimall, Palatine Productions

WHAT IS DOMESTIC AND FAMILY VIOLENCE?

Domestic and family violence is when one person in a relationship uses violence or abuse to maintain power and control over another person. It causes the person being abused to live in fear.

Abuse is not always physical — it can be emotional, verbal, sexual, financial or involve threats and controlling behaviours. All forms of violence and abuse should be taken seriously.

Domestic and family violence happens to people of all ages, education levels, cultural and racial groups, sexuality and socioeconomic status. It can occur between people in spousal, intimate personal, family or informal care relationships.

While men and women can be victims of violence, in a domestic violence context, women are more likely to be the victims of violence by men known to them.

In Australia, one in six women has experienced physical or sexual violence at the hands of a current or former partner and one in 19 men has experienced physical or sexual violence at the hands of a current or former partner (Personal Safety Survey, 2012). Given its prevalence, it is likely most people know someone who has experienced abuse.

One in six



Australian women has experienced physical abuse at the hands of a current or former partner

One in 19



Australian men has experienced physical abuse at the hands of a current or former partner

WHAT ARE THE SIGNS OF ABUSE?

Someone experiencing domestic or family violence may:

- seem afraid of their partner or someone else close to them
- seem anxious, depressed, unusually quiet or less confident
- have a partner who is controlling, obsessive or jealous
- have a partner who has threatened to harm them, their children or pets
- have a partner who is depressed or suicidal
- stop contacting friends and family for no reason
- know or suspect they are being stalked, or receive constant text messages or phone calls from their partner
- appear neglected or unable to access their money or belongings.

They may be in greater danger if:

- there is a history of domestic and family violence in the relationship
- violence has escalated within the relationship
- their partner is stalking or monitoring their movements
- they separate or plan to separate from their partner without a safety plan in place
- they start a new relationship or their ex-partner believes they have
- there is conflict within the broader family
- there are issues over child custody or access to children
- they are pregnant
- there is financial hardship or their partner becomes unemployed
- their partner has a history of physical violence, mental illness or access to weapons.

Domestic and family violence can have serious and sometimes fatal consequences. It is important to seek expert advice if you think someone you know is being abused.

ADVICE AND SUPPORT

Domestic and family violence services providing support, counselling, referral and information:

Brisbane South.....	(07) 3217 2544
Brisbane North.....	(07) 3217 2544
South West Brisbane.....	(07) 3217 2544
Redlands.....	(07) 3808 5566
Cairns.....	(07) 4033 6100
Caboolture.....	(07) 5498 9533
Emerald.....	1300 523 985
Gold Coast.....	(07) 5591 4222
Mackay.....	(07) 4957 3888
Ipswich.....	(07) 3816 3000
Ipswich Rural free call.....	1800 026 262
Roma.....	1300 477 433
Logan City.....	(07) 3808 5566
Toowoomba.....	1300 364 277
Sunshine Coast.....	(07) 5430 9300
Townsville.....	(07) 4721 2888

DVConnect Womensline.....	1800 811 811
DVConnect Mensline.....	1800 600 636

Women's Legal Service	
Brisbane.....	(07) 3392 0644
Regional.....	1800 677 278

Kids Helpline.....	1800 55 1800
(for young people up to 25 years old)	

Child Safety After Hours.....	1800 177 135
(24 hours, for concerns about children)	

Statewide Sexual Assault Helpline....	1800 010 120
(7.30 am to 11.30 pm seven days a week)	

Elder Abuse Prevention Unit Helpline	1300 651 192
(Monday to Friday 9 am to 5 pm)	

Lifeline.....	13 11 14
(24 hour crisis counselling line)	

Legal Aid Queensland.....	1300 651 188
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If you think domestic or family violence is occurring or is imminent, ring the police on 000.

[QLD.GOV.AU/NOTNOWNOTEVER](https://www.qld.gov.au/notnownotever)