

Is this happening to you?

Does your partner, housemate, carer or family member

Make you feel afraid, uncomfortable or threatened?

Accuse you of things you aren't doing?

Make you feel frightened or anxious to go home or when waiting for them to come home?

Make threats to you, your children or pets?

Pressure you to have sex and do things you don't want to do?

Tell you you're worthless?

Check up on you all the time?

Check your phone and your emails?

Stop you from seeing your family and friends?

Tell you how to spend your money?

Make you justify everything you say or do?

Make you feel humiliated or ashamed?

Physically hurt you?



These are some of the signs that you are not being treated right or that you are being abused.

If you have answered 'yes' to any of these, if you don't feel safe, respected and cared for, then something isn't right.

Domestic and family violence can involve lots of types of abuse. It is about one person exerting power and control over another.

If you want to talk to someone about these things call the 24hr Domestic Violence Line on 1800 65 64 63



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