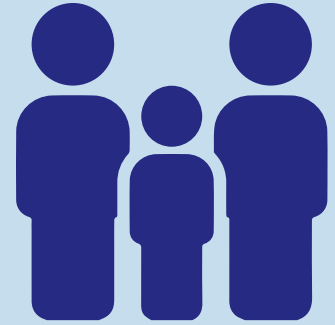


Know your rights and responsibilities: Domestic and family violence



We all have rights and responsibilities and want safe, respectful, and healthy relationships. We all have the right to live free from violence, including domestic and family violence. In Australia, domestic and family violence is not tolerated and there are laws to protect those affected by violence and abuse.

SUMMARY

- We all have the right to feel safe, healthy and respected in personal relationships.
- Domestic and family violence is any behaviour that's violent, threatening or controlling, and these behaviours are criminal offences that could lead to jail time.
- If you have experienced domestic or family violence you can contact the police or speak to a trained counsellor on 1800 737 732. If you are unsafe or it is an emergency call 000.

What is domestic and family violence?

Domestic and family violence is any behaviour that's violent, threatening or controlling. These can be criminal offences that could lead to jail time. Generally, domestic and family violence occurs within a family unit or household, however it can also refer to a family member or partner that does not live in the same house with you. More information on the different forms of domestic and family violence is on page 2.

Who is affected by domestic and family violence?

Domestic and family violence can affect anyone in all types of relationships. It's not just husbands and wives, or boyfriends and girlfriends, it can be violence against partners, children, other family and friends. It could be in past or current intimate relationships, including relationships where you are dating or living together, whether inside or outside the home.

DOMESTIC AND FAMILY VIOLENCE CAN INCLUDE, BUT ISN'T LIMITED TO:



PHYSICAL VIOLENCE OR ABUSE

Any acts that cause harm or damage to body or property, including punching, slapping, kicking, pushing, choking, throwing or using a weapon



SEXUAL ASSAULT

Any unwanted sexual acts including touching, kissing, sex, sexual insults, threats or jokes, refusing to use contraception and sex with a minor



CONTROLLING BEHAVIOUR

Any act such as stalking, restricting access to family or friends, monitoring where you are, reading your personal text messages, restricting phone use or access to money



VERBAL ABUSE

Any verbal attacks with the intent of humiliation, belittling or intimidation including name calling and threats that might be in private or public



CHILD ABUSE

Any exposure to or involvement in physical and sexual abuse, neglect, verbal and emotional abuse of a child (someone under the legal age of consent)



EMOTIONAL ABUSE

Any act that aims to manipulate, intimidate, control or harm, such as making you question your reality, undermining your confidence and independence, emotional blackmail or suicide threats



FINANCIAL ABUSE

Any act that restricts, controls or misuses a person's financial resources without their consent, or prevents a person from working



TECHNOLOGY FACILITATED ABUSE

Acts such as sharing images without permission, abusive messages or obsessive calling, fake social media accounts to shame or harm a person or harmful postings



IMAGE BASED ABUSE

When someone shares, or threatens to share, intimate images without the consent of the person in the photo - this is against the law



SPIRITUAL ABUSE / CULTURAL ABUSE

Using religious teachings or cultural traditions to justify forms of abuse, denigration of a cultural background or denying access to religious ceremonies, land or family, is considered a type of spiritual or cultural abuse

Violence and the law

The Commonwealth, state and territory governments of Australia have taken steps to prevent violence and have legislative measures that hold offenders accountable to the law, as well as lawfully protect those experiencing domestic abuse.

There are no circumstances or reasons that make violence acceptable, even if someone feels they have been wronged. Committing an act of violence against another person is illegal in Australia and a **criminal offence**. Criminal offences may result in penalties such as fines or jail time and could affect your ability to stay in Australia.

Domestic and family violence acts are considered **criminal offences** and are therefore punishable by law. These include

- assault
- sexual assault
- making threats against someone's safety
- stalking
- financial abuse
- stealing or damaging property
- breaching protection orders.

It is important you also understand the law, your rights and responsibilities in relation to consent and sexual harassment.



What can I do if I'm in an abusive relationship?






If you (or someone else) is in danger, or if you have been threatened, physically hurt or sexually assaulted, protect yourself by getting out of the situation (if you can) and call the police or triple zero (000).

If you think you are in an abusive relationship, or know someone who might be, it's important to seek help as early as possible. Talk to someone you trust who can help you decide what to do next, whether it's a friend, family member, your doctor or a counsellor. It is very important that people are supported to make their own choices, when they are ready.

If someone has used domestic or family violence against you, an Australian court can issue an order to stop the abuser going near you. A 'protection order' sets out rules that the other person must follow, and it is illegal for that person to break the rules or to use or threaten to use domestic and family violence against you.

What support services are available?

If you have experienced domestic or family violence, or if you are violent towards your partner it's important to know that support is available. There are many services in Australia that give support to people experiencing or escaping from domestic or family violence, and each state and territory offers different types of services. You might consider support for:

-  **personal safety and security**, you can call or go to your local police station
-  **health and medical assistance**, you can call an ambulance or see your doctor
-  **professional crisis support services** to guide you and provide counselling support
-  **legal assistance** can help you understand the law and your legal rights
-  **mental health helplines** to promote recovery and provide counselling support



- Healthy relationships start with feeling respected and safe.
- You have a right to respect and safety in all your relationships.
- Relationship behaviour that is abusive is never OK and may be domestic and family violence or sexual violence.
- If you are worried about unhealthy, abusive or violent behaviour in any of your relationships, you can contact 1800RESPECT on 1800 737 732 or through online chat.

Source: 1800RESPECT National Sexual Assault, Domestic Family Violence Counselling Service

Where to get help or talk to someone



Where to get help or talk to someone

If you've been sexually assaulted and you want to make a complaint, you should report it to the police as soon as possible. If you are unsafe or it is an emergency call 000. You can also get support from a sexual assault support service, such as 1800RESPECT on 1800 737 732.

Can someone from the PALM scheme help me?

Adjusting to life in another country can be difficult but support and resources are available to help you. If you have questions about adjusting to life in Australia, you can ask your employer. If they don't know the answer, they can tell you who to talk to, including other PALM scheme supports such as:



Country liaison officer (CLO) or labour attachés

You can find all current CLO contact details on the PALM website (<https://www.palmscheme.gov.au/contact>).



PALM scheme support service line on (1800 51 51 31), or email (palm@dewr.gov.au)










Please note the support service line and email inbox are monitored 8:30 am – 6:30 pm AEST - calls after hours should be for critical incidents only.






How can I get more information or confidential professional help?



If you or someone you know wants to find out more information about domestic and family violence while in Australia, you can contact the following information and support services in the table below. These organisations can help you or point you in the right direction to find a service that is relevant to your needs and accessible to you.

KEY REFERRAL AND SUPPORT SERVICES IN AUSTRALIA		
SERVICE	WHAT DOES IT DO?	CONTACT INFORMATION
Emergency services	Triple zero (000) is Australia's main emergency service number. You should call 000 if you need urgent help from police, fire or ambulance services.	Phone: 000 Nationwide, 24/7
Local police or ambulance service	If a situation is not urgent, you should look up the number of your local police, fire or ambulance service .	To find your local police station, search 'Find my local police station in [your area]'.

KEY REFERRAL AND SUPPORT SERVICES IN AUSTRALIA		
SERVICE	WHAT DOES IT DO?	CONTACT INFORMATION
Health Direct	If you want to find a doctor or other medical professional near you, visit Health Direct. You can use their service finder to look for help nearest to you.	 Call: 1800 022 222 Nationwide, 24/7  Web: https://www.healthdirect.gov.au/domestic-violence-and-abusive-relationships
1800RESPECT	If you need to talk to a professional counsellor about domestic and family violence or sexual assault, this organisation provides a free confidential support line service. You can go to their web page to find services to assist you and information about healthy relationships.	 Phone: 1800 737 732 Nationwide, 24/7  Web: https://www.1800respect.org.au/
Daisy phone app	Daisy is an app that provides information about support services in your local area. It was developed by 1800RESPECT and is free to use and download and includes safety features to help protect the privacy of people using it.	 Download it from your app store; or Visit Daisy app: https://www.1800respect.org.au/daisy
MensLine Australia	MensLine Australia is a telephone and online counselling service for men with family and relationship concerns.	 Phone: 1300 78 99 78  Web: https://mensline.org.au
Men's Referral Service	The Men's Referral Service is a men's family violence telephone counselling, information and referral service operating across Australia run by No to Violence and is the central point of contact for men taking responsibility for their violent behaviour. They also provide support and referrals for women and men seeking information on behalf of their male partners, friends or family members, and workers in a range of agencies seeking assistance for their clients who are men.	 Phone: 1300 766 491 Weekdays 8am-9pm, Weekends 9am-5pm)  Web: https://www.ntv.org.au

KEY REFERRAL AND SUPPORT SERVICES IN AUSTRALIA		
SERVICE	WHAT DOES IT DO?	CONTACT INFORMATION
Family Violence Law Help	Family Violence Law Help is a national website for people wanting to understand domestic and family violence, the law and where to get help.	 Visit the website, https://familyviolencelaw.gov.au , for more information on topics such as: <ul style="list-style-type: none"> Domestic and family violence Domestic Violence Orders How to get help
Family Advocacy and Support Service (FASS)	<p>The Family Advocacy and Support Service (FASS) is an integrated duty lawyer and social worker service for those affected by family violence. Commonwealth funded.</p> <p>Each Australian State and Territory have a Family Advocacy and Support Service ('FASS'). FASS combines free legal advice and support at court for people affected by domestic and family violence.</p>	 ACT: 1300 654 314 NSW: 1800 551 589 NT: 1800 019 343. QLD: 1300 267 762 SA: (08) 8111 5300. TAS: 1800 431 157 VIC: (03) 8373 7917 WA: 1300 650 579  Go to the Family Violence Law website for full contact, location and services details for the Family Advocacy and Support Service in each state. https://familyviolencelaw.gov.au/fass/
eSafety Commissioner	eSafety helps Australians prevent and deal with harm caused by serious online abuse or illegal and restricted online content. Go to their website to find out how to report image based abuse, remove content, report to the police etc.	 Visit the website, https://www.esafety.gov.au/key-issues/image-based-abuse  Fact sheet: Online safety for parents and carers

While all care has been taken in the preparation of this material, no responsibility is accepted by the PALM scheme, its staff, volunteers or partners, for any errors, omissions, inaccuracies relating to the information in this factsheet or for any loss or damage that arises from any person who relies on any information in this factsheet. The information provided in this factsheet has been prepared to provide general information only. It is not intended to be relied upon or be a substitute for legal or other professional advice. No responsibility can be accepted by the PALM scheme or its partners for any known or unknown consequences that may result from reliance on any information provided in this factsheet.

