

Are You Experiencing Violence or Abuse?

Our relationships and families should provide us with the things we all need, like love, care, support and safety. But sometimes this is not our experience...

This checklist can help you identify if you are experiencing **violence**.

Read the question and put a tick ✓ in the right column if your answer is yes.

Does your partner, your boyfriend or girlfriend, your friend, your carer, or a family member:	Tick for yes ✓
Make you feel scared or unsafe?	
Often put you down or make you feel worthless?	
Constantly check up on what you are doing or where you are going?	
Try to stop you from seeing your friends or family?	
Make you feel afraid to disagree or say 'no' to them?	



Checklist

Does your partner, your boyfriend or girlfriend, your friend, your carer, or a family member:	Tick for yes ✓
Tell you how to spend your money, or stop you having any money for yourself?	
Stop you from getting medical assistance, or take away your medications?	
Insist on coming to all of your appointments with your doctor or therapist?	
Scare or hurt you by doing violent things (like hitting or smashing things)?	
Force you to have sex when you do not want to?	
Physically restrain you? Like lock you in the house or the car?	
Threaten to hurt you if you say you want to leave or end the relationship?	

If you have ticked yes to any of these, this is a sign that you are experiencing Violence. This is not OK!

If you are **in danger now**, call 000.

For counselling and support, call 1800RESPECT on 1800 737 732 or [chat to someone at 1800respect.org.au](http://chat.to.someone.at.1800respect.org.au)

