



## How to stay safe from family violence

Women's Legal Centre ACT



Easy English

## Hard words



This book has some hard words.

The first time we write a hard word

- the word is in **blue**
  
- we write what the hard word means.

## You can get help with this book



You can get someone to help you

- read this book
  
- know what this book is about
  
- find more information.



## About this book



This book is written by the  
Women's Legal Centre ACT.



The Women's Legal Centre helps women with  
legal problems in the ACT.

For example, **family violence**.



Family violence is when a person hurts  
someone in their family.



This book is about things you can do to stay  
safe from family violence.

## What is family violence?

Family violence can be



- **physical.**

When a person

- hurts you
- does **not** give you things you need such as medication or support tools.



- **verbal.**

When a person says things that make you feel

- bad about yourself
- afraid. For example, threatens to hurt you or other family members.



- **social.**

When a person stops you from

- going out
- seeing your family and friends.



Family violence can also be

- **financial.**

When a person

- spends your money and does **not** ask you
- does **not** let you use your own money for things.



- **sexual.**

When a person

- makes you have sex with them when you do **not** want to
- touches your private parts when you do **not** want them to.



Family violence can include children.



It is also family violence when children

- hear a family member hurt someone

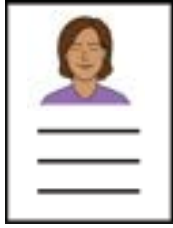


- see a family member be violent



- know about the violence.

## Make a safety plan

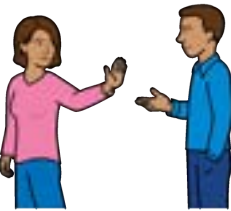


It is a good idea to make a **safety plan**.

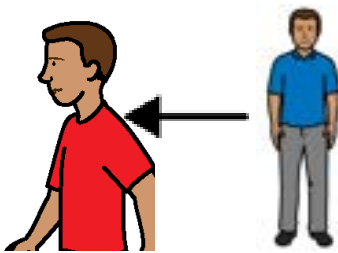


A safety plan helps you know what to do

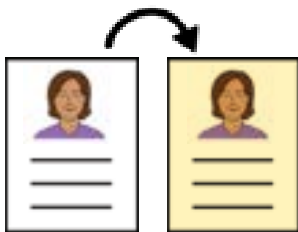
- when family violence happens



- when you want to leave the violent relationship



- when you have left the violent relationship.



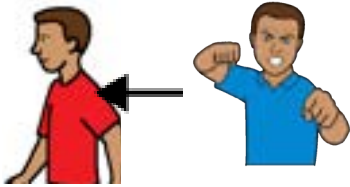
Every safety plan is different.

You can get help to make a safety plan.



Call 000 if you are unsafe and need help quickly.

## Things to do when family violence happens



You might plan

- how you will get away from the violence



- where you will go



- what you will take with you



- who you will call for help.

For example, you might

- call a friend to pick you up



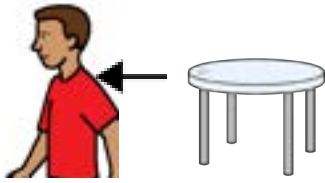
- hide a packed bag somewhere you can grab in a hurry



- ask your neighbours to call the police if they hear loud noises.

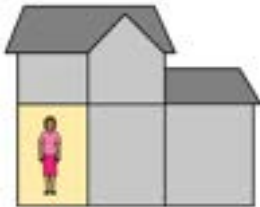


When violence happens, move somewhere safe or where it is easy to escape.



For example, move

- away from any glass furniture



- to the ground floor



- next to an unlocked door.



Make sure you have your phone so you can call for help.



You might call the police or someone you trust.



Even if you can **not** talk, the call is enough to let people know you need help.

## Things to do when you want to leave the violent relationship



You might plan to have your things ready

- in a safe place

or



- with a person you trust.

For example



- some extra money



- an extra set of keys



- a mobile phone



- your medication



- important documents such as your birth certificate or passport.



You might set up a new bank account the violent family member does **not** know about.



Talk to someone you trust about

- what you plan to do



- where you plan to go

- a safe word you can say when you need help.



You might think about a plan for your

- children



- pets.

## Things to do when you have left the violent relationship



Make sure your home is secure.

For example, you might get

- an alarm system



- lights that turn on when someone is close to your home



- extra locks on gates and windows.

Tell people around you what the violent person looks like so they know when to call for help.

For example, tell



- your neighbours

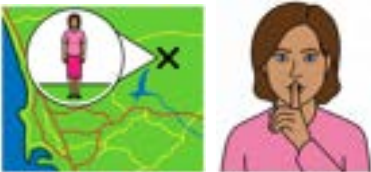


- your children

- people who give your children care.



You might set up an answering machine that records voice messages from the violent family member.

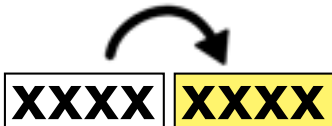


It might be a good idea to keep your location and phone number secret from the violent family member.



You might

- get a different phone or email the family member does **not** know about



- change your passwords and locks



- turn off location settings on your phone



- make sure your social media is private
  - for example, your profile does **not** show your photo or where you live.

## If you need more help



Talk to people you trust about your safety plan and what they can do to help.



We can help you find experts who

- know a lot about family violence



- give information and advice



- give you legal support



- help you make your safety plan.



You can get a **family violence order**.

A family violence order is a piece of paper from the court that



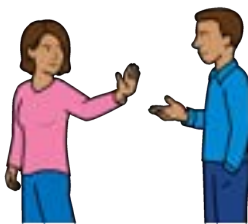
- might protect you from a violent family member



- has rules the violent family member **must** follow.

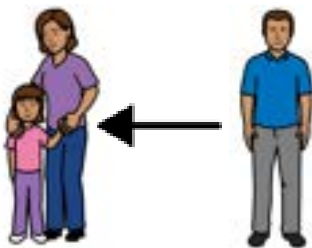


If the family member does **not** follow the rules, they can get arrested.



A family violence order can make the violent family member angry if they think you want to

- leave the relationship



- take away their children.

There might be better ways for you to stay safe.



## Where to get help

Call 000 if you are unsafe and need help quickly.



Domestic Violence Crisis Service  
02 62 800 900

## Domestic Violence Crisis Service

You can get help from the Domestic Violence Crisis Service 24 hours a day.



Call 02 6280 0900



## Legal Aid ACT

Contact the Domestic Violence and Personal Protection Unit.



Call 02 6207 1874



## Sunny app

You can get the Sunny app on your phone to learn more about family violence.



You can get help from an **advocate**.

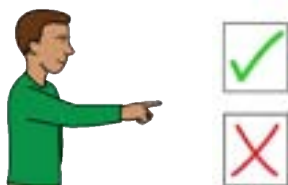


An advocate can help you

- understand information



- say what you want



- make decisions.

## **ACT Disability, Aged and Carer Advocacy Service**



Call 02 6242 5060

Go to [www.adacas.org.au](http://www.adacas.org.au)



## **Advocacy for Inclusion**



Call 02 6257 4005

Go to [www.advocacyforinclusion.org](http://www.advocacyforinclusion.org)



## More information

We can help you find support services you need.

Contact Women's Legal Centre ACT



Call 02 6257 4377



Website [www.wlc.org.au](http://www.wlc.org.au)



Email [admin@wlc.org.au](mailto:admin@wlc.org.au)

**National  
Relay  
Service**

## If you need help to speak or listen

Contact Women's Legal Centre through the National Relay Service or NRS.



Call the NRS help desk  
1800 555 660

Go to the NRS website

[communications.gov.au/accesshub/nrs](http://communications.gov.au/accesshub/nrs)



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