

No-One Need Live in Fear

The Purple Booklet - Edition 9 - 2026
Domestic Violence Information & Resources

Southern Domestic Violence Action Group Inc.
www.southerndvag.com



Are any of these things happening in your relationship?

Does your partner, husband or boyfriend ...

- Call you useless or stupid, ugly or brain-dead?
- Always blame you and tell you you're wrong?
- Shout at you? Hit you? Sometimes? Often?
- Push you around? Force you to have sex?
- Embarrass you and your friends so that they don't visit anymore?
- Make it hard for you to get out of the house?
- Refuse to give you enough money for your family's needs?
- Refuse to give you any money for yourself?
- Threaten you with things like:
 - What he will do if you ever left him
 - What he will do if you went with somebody else
 - What he will do if you disobey him
- Hurt or threaten to hurt your pet(s)

Support and help are available ... Please read on!

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Domestic Violence Information & Statistics

Domestic violence is:

A pattern of controlling and abusive behaviour within a relationship or a family. Abuse – physical and verbal – establishes and maintains power and control. This abuse impacts on children who see and hear it.

According to the statistics:

- Women are more likely than men to experience violence by a partner (ABS, Personal Safety, Australia, 2012)
- 1 in 4 Australian women experience emotional abuse by a partner (ABS, Australian Social Trends, Australia, 2014)
- One third of women who experience emotional abuse by their current partner had also experienced physical or sexual violence by them (ABS, Australian Social Trends, Australia, 2014)
- Two thirds of women who had experienced emotional abuse by their current partner had felt fear and anxiety as a result (ABS, Australian Social Trends, Australia, 2014).

As most victims are women, in this booklet the victim is referred to as, “she,” and the perpetrator as, “he.”

There are other forms of domestic violence, often referred to as Family Violence.

Forms of family violence include:

- Child neglect and sexual abuse
- Elder abuse
- Children and young people’s violence towards their parents

These forms of violence are not specifically addressed in this booklet, but services that can assist, provide further information, or referrals can be found later in this booklet.

Specific information is included in this booklet relating to:

- Aboriginal women
- Women in same sex relationships
- Migrant women of non-English speaking backgrounds

You Are Not Alone

Domestic violence has many forms, some invisible, others openly violent. Sometimes it is obvious, sometimes it isn't. Whatever form it takes, fear, control and power are always components.

It is difficult to believe that someone who says they live with you could be so deliberately hurtful and undermining of you.

Lies, stories and verbal abuse can destroy your confidence and sense of reality.

Many women who suffer in their own homes are looking after children and making every effort to keep the family together. They are concerned about the best interests of their children, themselves and their partner. Most women want the relationship but not the violence.

Protection and practical support seem out of reach when surviving each day is a desperate struggle. Women can feel they are trapped with no money and nowhere to go. This causes significant isolation

Violence and abuse perpetrated by your partner affects you, your children and your family. You have the right to feel safe in your own home and free of fear.

You have the right to seek protection. Help and support are available.

What is Domestic Violence?

Domestic violence is more than physical abuse. Domestic violence establishes and maintains power and control over another person. It causes fear, anger, confusion, depression, guilt, a sense of failure, and erodes self-esteem and confidence. Domestic violence can include:

Physical Violence

Physical abuse	Holding, restraining, pushing, shoving, shaking, slapping, drugging a partner, twisting limbs, using weapons and ill-treating or killing family pets. Using any physical force whether it leaves a mark or not. Driving dangerously with her, and/or the children in the car, stalking her and threatening her with violence or death.
Sexual abuse	Forcing his partner into sexual acts against her will, physically attacking the sexual parts of her body, demanding sex, raping her, using bondage and/or objects without consent, treating her as a sexual object and not a person.
Property damage	Throwing crockery, breaking furniture or household goods, damaging doors or windows and destroying treasured possessions.

Verbal / Emotional / Psychological Abuse

Threats and intimidation	Making threats of harm, suicide or murder, threatening punishment, threatening to hurt the children or their pets, family or friends. Stalking, actions or speech in ways which are frightening or threatening. Denigrating her spiritual beliefs.
Put downs	Using put downs about her body shape, her grooming, her intelligence, her mothering ability or the way the house looks. Telling her she's crazy, stupid, useless, worthless, or good for nothing.

Verbal / Emotional / Psychological Abuse cont.

Isolation	Constantly criticizing and being suspicious of her family and friends, being moody when her friends come around so they feel uncomfortable about being there. Not allowing her to have her own friends, not letting her leave the house, keeping her isolated from social contact other than him. Moving the family to an isolated area away from family and friends.
Smothering	Controlling what she does, who she talks to, where she goes, constantly keeping in contact with her to, "see how she's going," going through her mobile phone, emails, internet usage, screening her mail, using technology to track her, insisting on doing everything together until she has no life of her own and is always with him.
Criticizing	Making hurtful remarks about her in company or blatant verbal attacks on her in public.

Coercive Control

This is an insidious form of domestic violence. It involves tactics of emotional and mental abuse that undermines the victim's autonomy and sense of identity and worth.

Legal Abuse

Threatening legal action	Threatening her with court action or reporting her to the police, telling her she has committed crimes and she will go to jail, threatening to give evidence against her.
Forcing legal involvement	Using the Family Law Courts against her, lying about her mothering ability, calling her back to court over and over again, breaking legal agreements and blaming her, urging her to abuse the system e.g., making false claims to Dept of Human Services (Centrelink and Medicare). Reporting her to the police and/or the Department of Child Protection SA. Telling her she is crazy or insane and the authorities will lock her up.

Male Power / Abuse

Privilege	He thinks he/she is entitled to more, he makes all the decisions, controls all the money, has all the rights, thinks he is more deserving, etc. He acts like, "the master of the house," and treats other family members like servants. He makes all the "big" decisions and demands that she complies.
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Stalking Abuse

Stalking and monitoring is a form of domestic and family violence. This can occur in person, through other parties or online. Repeatedly leaving or sending unwanted items or presents. Making direct or indirect threats of harm to the woman, children, relatives, friends or pets. Damaging or threatening to damage property.

Economic Abuse

Financial dependence	Controlling the money, requiring her to ask him for money all the time, keeping her ignorant of available funds, excluding her from financial decisions, inadequate funds allowed for household expenses, opposing her getting or keeping a job, and making her account for every cent spent, calling her names like freeloader, sponger, money-waster.
Gambling	Gambling the family income, selling or pawning things to pay debts, using the credit card to gamble, emptying the bank account and putting the family at financial risk.

Beware of Joint Debts

Don't sign any contract unless:

You can comfortably afford to pay for that debt from your own income.

"IF YOU LOVE ME, YOU'LL SIGN THIS"

Emotional force is often used to make partners sign joint debts.

My husband told me that if I didn't sign, then I didn't love or trust him.

Choices, what choices?

I felt there was no choice but to sign, so I became legally responsible for his debt.

Be careful what you sign because:

When he went bankrupt, the bank came after me for the full amount of the loan. I was forced into bankruptcy also and I lost my house.

So yes, he's bankrupt, but guess who paid?

**THERE ARE MANY FORMS OF DOMESTIC VIOLENCE AND THEY ALL HURT.
THERE ARE WAYS TO STOP THE PAIN.**



How Domestic Violence Begins

Often domestic violence starts with a bit of a shove or a put-down, and you may not give it much thought.

Things get worse and you just don't know how to cope because:

- You think you're to blame for the abuse – you think it's your fault.
- You think it's to do with his work, or some other stress.
- You have dreams and hopes and don't want to split the family.
- He's so nice to everyone else, it must be you.
- People say, "You're crazy to put up with it."
- People don't believe how bad it is.
- He apologizes and says he'll never do it again.
- You love him.
- You fear loneliness.
- You don't believe you can cope on your own.
- You believe he won't manage on his own.
- You don't want the children to be separated from their father.
- Your culture or religion does not support your right to live free of violence.
- You've stayed for a long time, hoping his behaviour will change, but you still live in fear.
- He's threatened harm to you or your family or pets or himself if you leave.

Why Women Do Not Leave

Some women do not leave a relationship after the first episode of violence and may remain for some time. Many women will attempt a number of separations before the relationship finally ends.

Women are not to blame for the violence!

Do not blame the woman! Harsh judgements, critical comments are part of the violence a woman has experienced in a violent relationship. Do not prolong the violence!

Women try very hard to make the relationship work and they make their own decisions about their personal safety.

They need information about the options they face and the services that can help them.

The question should never be: Why doesn't she leave?

It needs to be: Why doesn't he stop?

Women's reasons for staying:

- Because of the children
- The costs of separation
- Trying to make the relationship work
- Being faithful and caring, as they have been taught
- Shame – what will people say?
- Don't know that help is available
- He promised to change
- Damned if she does, damned if she doesn't
- Fear of being alone with no support at all.
- Don't know where to go or how to leave
- Hope he will change
- Risk of becoming homeless
- It can be scary of what he will do and how to survive

Women need to be supported and encouraged in making a new life for themselves when they are ready and in a way that is comfortable for them.

Myths and Facts about Domestic Violence

Myths are commonly held beliefs that are not true. They give a false picture and shift the blame for domestic violence from the abuser to the abused. They are a way of blaming women for the violence that happens to them.

Because of this, many women don't tell anyone about the hardship and fear in their living situation. They do not want to be blamed. Myths hide the extent of domestic violence in our community.

MYTH: A woman can easily leave a violent relationship

Fact: A woman doesn't easily leave a relationship when:

- She loves him
- There are children who love him
- She feels she shouldn't deprive the children of their father
- There's nowhere safe to go
- She thinks she'll be all alone
- She believes she won't be able to cope on her own
- She knows he'll follow her and maybe hurt her and the kids

MYTH: If a woman is hit, she must have done something to deserve it. He wouldn't have done it without a reason. He's a good man.

FACT: Every act of violence is justified by the perpetrator. They all say, "You shouldn't have..." or "If only you..." But the perpetrator uses violence to solve a problem. Violence is never the way to solve a problem – it only creates problems and fear. It is everyone's responsibility to deal with problems without becoming violent. No one ever deserves to be abused.

MYTH: Perpetrators of domestic violence are unsuccessful, low-achieving men, unable to cope with the world.

FACT: Many perpetrators are educated and hold professional jobs and are highly successful. Poverty, alcoholism and drugs all add to the stress, but violence happens throughout society, rich and poor, all ages, all cultures. There are no excuses for domestic violence.

MYTH: Regret or remorse on the man's part means that he has changed.

FACT: Many men make promises are hitting or yelling at their partner. Guilty feelings, apologies and promises to change do not mean that real change will happen. A man has to accept responsibility for his violence in order to stop his violent behaviour.

MYTH: Violence against women is part of our culture.

FACT: Violence against women and children is not lawful. In Australia, violence against women and children is illegal and is never acceptable.

MYTH: The relationship will get better, everyone goes through “rough patches.”

FACT: Ignoring the violence will not stop it from happening. A man using violence needs to acknowledge that he has a problem and make effective changes in his behaviour. He must accept responsibility for his behaviour and make appropriate changes.

MYTH: It's just because he's under a lot of pressure.

FACT: The problem is how the man deals with pressure – not the pressure itself. Pressure is a condition which we all experience. It is not an excuse for abuse.

MYTH: Domestic violence doesn't affect the children.

FACT: Children often know that something is wrong, they suffer and are hurt. Children need to be protected by adults who care about their long-term welfare. Witnessing domestic violence or living in a family where there is domestic violence has significant traumatic effects on children. Research in the last 10 years has shown this again and again.



The Cycle of Violence

The Build Up

Women often become aware of warning signals.

Warning signals may include:

- An increase in his tension and aggression
- An escalation of his verbal insults
- An increase in his criticism of her family and friends, or limiting her access to him
- He complains more frequently about her appearance, competence, intelligence, ability as a wife/partner or mother.

He begins to:

- Act like the boss – the head of the house
- Demand that he should be treated with more respect
- Require his meals to be ready on time
- Say his partner should know what he wants, without being told
- Criticize everything his partner does

He gets high on:

- His own importance and entitlement
- Forcing his beliefs and opinions on his partner
- Laying down 'the law.'

He may claim to be under stress, but the growing tension is not about what is happening outside the home. It has nothing to do with his partner's behaviour and it seems nothing she does can please him, no matter how hard she tries.

The problem is his and his beliefs about his right to control his partner.

The Eruption

This is the most dangerous time.

The build-up of tension reaches his head and he "explodes."

The explosion can be intense.

It may take the form of a violent assault on his partner.

It may involve the use of weapons.

He may begin shouting, slamming doors, kicking objects or family pets

He may withdraw and ignore

New forms of control and manipulation may be introduced.

He may:

- Completely stop her from contacting friends and family without him
- Follow her
- Check up on her during the day
- Demand to know what she is doing, thinking, feeling, who she has talked to
- Get irrationally jealous of all her social encounters
- Watch her behaviour
- Criticize her no matter what she says or does
- Give the impression that he is permanently angry with her
- Demand that she dresses provocatively and punish her if other men look at her or admire her
- Place unusual and unreasonable demands on her, increasing her stress levels and the burdens she has to deal with, minute by minute
- Criticize her for being stressed, unable to cope, and experiencing difficulty with ordinary life

After the explosion

Although abusers behave in different ways after the explosion, three very typical responses have been identified.

These are:

Remorse: He wants the violence to be forgiven and forgotten because now he's sorry.

Blame: He blames his partner, or his boss, or his mother, or the world. He says, "It's not my fault."

Denial: He claims the violence didn't happen or has been exaggerated for her purposes.

All three illustrate how violent men fail to take responsibility for their actions.

Remorse

He expresses:

- Guilt for his behaviour
- Many apologies, usually promising never to repeat the violence
- An intention to change and improve the relationship
- An apparent genuine belief in his promises

Occasionally, he becomes:

- More loving, romantic and less demanding
- Generous with flowers, chocolates, clothing, and other gifts
- More helpful and considerate
- Keen to complete jobs that have been long neglected
- Forthcoming with support with childcare and housework
- Enthusiastic about joint outings

Blame

He often blames his partner. His violence in the household always has bad outcomes. When the children are troublesome, when the finances are bad, he blames his partner. He claims she provoked the violence.

He says the violence would not have happened if:

- She had been a better wife or mother
- She had not nagged him
- The children had been better behaved
- He was not under such financial pressure.

He may:

- Blame pressures at work
- Blame having a hard day
- Use alcohol or drugs as an excuse
- Claim the behaviour was uncontrollable
- Claim he did not know what he was doing
- Blame his partner for his outburst, the violence and any consequences
- Says it's not his fault
- Say this is how it is in his family or this is how he grew up or it's his culture
- Say this is what his father did so "it's in his blood."
- Claim to be depressed or have ADHD or some other mental health issue.

Denial

He denies that he was violent.

He may say:

- She imagined it
- It was not real violence – just a push
- He did not mean to harm her
- He lost control
- He just snapped
- He has a bad temper.

He may:

- Claim innocence when faced with her injuries
- If caught in the act, talk down the violence and say it was just a friendly push
- Claim to hit her "only with an open hand," or "push her lightly," or "it was just a tap."
- Call it an argument
- Say that everyone else is blowing it out of proportion
- Deny having a problem, saying it's her problem.

And the cycle continues

Regardless of his apologies and promises, no change or little change occurs.

The situation goes on as before and his behaviour doesn't change.

Many men:

- Do not seek help to change their behaviour
- Attend counselling only once
- Claim to know more than the counsellor
- Demand that their partner change
- Claim that their partner is the problem
- Search for evidence to prove their partner is mad, disturbed, crazy, in need of help.

Time goes by and nothing is resolved.

Tensions again increase. The cycle of abuse continues. Even if she leaves, he may refuse to take responsibility for his violence. Some men increase their threats and controlling behaviour to show her who's boss.

For some women, the abuse goes on all the time.
There isn't an identifiable cycle.

Practicing Leaving – Pat’s Story

It’s been 5 years now since I left my abusive partner of 12 years.

I remember telling my story to a counsellor, with tears and pent-up emotions, of how many times I had tried to end the relationship.

She told me that every time I left I was actually practicing leaving.

One day I would finally be able to break away completely and get my life back together.

I DID! And I have never looked back.

Pat.

It’s Your Right To Be Safe

You and your children are entitled to live in a safe place, free from fear.

If you are being abused in any way, help is available.

There are services that specialize in crisis situations.

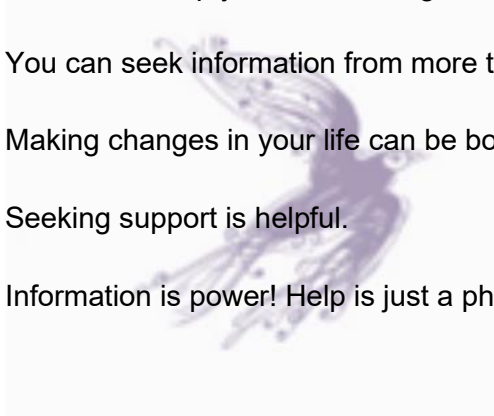
Others can help you make changes for the future.

You can seek information from more than one service to help in making your decisions.

Making changes in your life can be both brave and difficult.

Seeking support is helpful.

Information is power! Help is just a phone call away.



Come Home Love

Come home, Love!

Breaking up is hard to do. And it takes time, and lots of thinking and talking. Everybody is uncertain some of the time: Is it really best for the kids and me?

Men who are very controlling often exploit this uncertainty, in particular a woman's fears that she won't be able to manage on her own, and it may harm rather than help her children.

He may say to her:

"You won't be able to manage without me."

"You're breaking up the family!"

"The kids will grow up without a father!"

"If you really love the kids we'll be together!"

"You'll never find anybody else."

"Nobody else will ever want you."

There is a growing note of desperation as her resolve is evident. Violence has destroyed this family long before she moves out and she knows it.

Flowers, alcohol and chocolates appear and the words may get more desperate:

"I can't make it on my own."

"I'll be so lonely."

"I'll kill myself if you won't take me back."

"I've changed! I've learned my lesson, I miss you and the kids so much."

"Give me a chance so you can see that I've changed."

Financial pressure is applied:

"The car's mine, not yours."

"I'm a bit short this week, you'll have to wait."

"You can go to court for the money, it's all mine, I earned it."

"I'll go bankrupt and you'll have to pay."

Pressure through the children:

"Your mother's broken up the family."

"I've asked your mother to come back but she won't."

"Your mum knows I've changed."

"If your mum loved you we would be together."

The threats of real violence:

"You'll never get rid of me."

"I'll hunt you down and kill you."

"A slut like you deserves to die."

Some women and children have been killed. Please do everything you can to help keep women and children safe from violence.

Leaving Domestic Violence

In an emergency, call the police 000.

Your safety must be threatened, requiring the police to attend. E.g., he has threatened you, the children, or has destroyed property.

You must tell the operator:

"I need the police."

Then the police will ask:

"Where are you?"

"Who are you?"

"What is happening?"

They may ask you questions that seem silly.

Stick with it.

When the police arrive, tell them what happened. Sometimes this can be difficult to do but very important to tell the police everything that has happened.

You can report the offence and request that no action be taken. But the police may take action on their own account if there has been an obvious assault.

What can the police do?

- Intervene and stop any violence
- With the perpetrator:
 - If a crime has been committed they may arrest (arrest involves taking him to the police station) and lay a charge against him.
 - For serious offences he may be held at the police station and need to attend court for a bail hearing.
 - For less serious offences he may get a police bail agreement.
 - Police or the Court may issue an Intervention Order
 - If the police can't ascertain a crime has been committed they may ask him to leave and not return to the property for a set time (to let things calm down), or
 - Police might not do anything as there is no evidence.
- With you:
 - Police should take a statement from you to help them lay charges or seek an Intervention Order.
 - Provide information and referrals
 - Contact services to help you, such as the Domestic and Aboriginal Family Violence Gateway.

If you require police for non-urgent assistance, call the police 131 444.

If it's not urgent:

If your life or safety are not being threatened right now, you can go to the police station and make a report to record his violence. Always ask for a report number and keep the number for your records.

In all cases:

Police support is there for you to use.

The police will talk to you about your options. They may lay charges and/or seek an intervention order.

If the perpetrator opposes the charges the police may require you to go to court and give evidence.

Police will advise you if you are to be involved in a court case. The Family Investigation Unit or Witness Assistance Services (WAS) at the office of the Director of Public Prosecutions (DPP) (if they are involved) can assist you. You can have the support of a family member, friend or support worker.

If there is no further action you can still use the incident as grounds for an application for an Intervention Order.

Survival Kit

What should I take with me?

If you and your children have to leave in an emergency, it would be useful to have the following SURVIVAL KIT prepared either originals or copies

- Bank books – joint, yours, the children's, cheque books, EFTPOS and credit cards, or any cards giving you access to money or accounts
- Passports
- Immigration papers – citizenship papers
- Driver's license
- Birth certificates
- Marriage certificate
- Tax file number and last assessment of your tax
- Current medications
- Money
- Medicare card
- Mobile phone and charger
- Laptop computer/iPad/etc.

If you have time, you may also want to consider:

- Address book
- Photographs and other mementos

- Children's special toys, security blankets, etc
- Make arrangements for pets
- House title, insurance documents
- Furniture storage
- Arrange a separate bank account in a different bank or financial institution
- Make sure that your phone and car registration are in your name

Where possible, take all your personal and household possessions.

You can:

- Ask friends or family to help you move
- Hire a trailer or removalist van from a local service station
- Hire a removalist, and their truck and their staff
- Ask the police to stand by and protect you while you load the trailer, truck or car.

All these options take time to arrange. The police, for example, may want to make an appointment to assist and this could be days or weeks ahead.

You can expect your former partner to object and probably make a scene or try to stop you, if he knows you are taking possessions.

You may need support – receipts, tax invoices, etc – to prove your possessions are yours. Friends or family who support your claims may be useful.



Intervention Orders

What is an Intervention Order?

An Intervention Order is a civil document that aims to protect people from abuse and to protect children from hearing or seeing abuse. It sets out orders that usually forbid someone (the defendant) from doing something, for example:

- Making contact with another person
- Returning to the family home (owned or rented)
- Damaging property
- Attending a specific location.

They can also tell someone that they must do certain things, for example:

- Surrender weapons
- Undertake a program dealing with substance abuse, problem gambling, anger control or mental health.

How do I get an Intervention Order?

An interim Intervention Order can be issued by police. The police do not have to have the protected person's consent to do this. Anyone needing protection from an act of domestic or personal abuse may apply to the Magistrates Court.

An interim Intervention Order issued by police is effective when police serve the defendant and it serves as an application for an Intervention Order, it notifies the defendant when the court hearing will be and summons the defendant to come to court for the hearing.

When you make an application for an Intervention Order, a preliminary hearing will be set. The magistrate will read your statement and decide if there is enough evidence to issue an interim Intervention Order. The defendant is not present at this hearing and the order is only effective when served on the defendant.

The court process

After issuing an interim Intervention Order, the defendant will be required within 8 days to appear in court. If the defendant does not appear at the determination hearing, the order will be made final. If the defendant does appear, the court can - confirm or substitute and make it final; dismiss; adjourn if necessary e.g., the defendant has not yet been served; or if the defendant contests the application, set another date for hearing evidence.

All Intervention Orders, whether interim or not, have ongoing effect and will continue subject to any variation until revoked. They cannot be made for a specific period.

Changing an intervention order

An intervention order can be changed or stopped by either you, the police, or the defendant. The defendant has to wait at least 12 months after the order was issued. The court will only

allow the defendant to apply for a change to the order if there has been a substantial change in circumstances since the order was made.

What if the defendant doesn't obey the Intervention Order?

The defendant must obey the order and may be charged with a criminal offence if they ignore or breach the order. A protected person who acts contrary to the order is not guilty of an offence, as long as their behaviour does not affect any other person protected by the order.

Criminal charges - If you have been hurt or threatened, the police may charge the other person with a criminal offence such as assault or stalking. The police make a decision about criminal charges after hearing your story and considering the evidence. Only the police can do this - you cannot lay or withdraw charges.

What happens to the family home?

A defendant may be ordered to stay away from premises even if they own the property. A protected person can change locks and, if they live in a rented home, a key must be given to the landlord (unless the landlord is the defendant) and the landlord must not give the defendant a key or help the defendant gain access. If a protected person lives in a rented premises, the court can make an order that transfers the defendant's interest in the tenancy agreement to the protected person or a nominee, as long as this person can meet the obligations (such as rent) under that agreement. Tenancy agreements can also include agreements for residential parks, and agreements for the tenancy of rooming houses. Protected persons who choose to move out of the family home will not be denied access to personal possessions or access to items such as the family car. The court or police can order the defendant to return personal property or to allow the protected person to recover or use certain items.

The protected person can do these things under police protection or in the company or someone else they nominate.

What happens if I move interstate?

If you move to another state and you are concerned the defendant will follow you, ask the police or Court in your new state about how to register the South Australian order. If you have an order from interstate or New Zealand, you can register it here and it will be enforced as if it were a South Australian order. If serving the registered order on the defendant would be unsafe for you, the Court can order that the order take effect in South Australia without needing service on the defendant.

APPLYING FOR AN INTERVENTION ORDER

If you are experiencing abuse and/or coercive control, and if it is safe to do so, it is encouraged to keep notes of what is happening (when and where things happened, and if there were witnesses). This may be helpful information to provide if you report to police later or used in the evidence when submitting a private application. When applying for an intervention order, you will have to provide a formal statement including information such as:

- your relationship with the respondent
- the names and ages of any children you have
- whether your children witnessed the abuse or have been abused themselves

- any drug, alcohol or mental health issues
- whether the respondent has access to a weapon
- details of physical violence, threats, intimidation, stalking, property damage or dangerous driving
- details and evidence of any harassing phone calls, texts, emails or social media posts
- whether any other people close to you have also been threatened or have reason to be scared
- copies of any other court orders.

(Legal Services Commission, 2024)

Police issued orders

If you have been assaulted, threatened, or had property damaged, **call the police** or go to a police station to make a report. The police may then issue an interim (temporary) intervention order if the respondent (perpetrator) is present or in custody.

Private applications

You are able to apply to the court for an intervention order yourself or with the support of a lawyer. Free legal assistance for women is available through the Women's DV Court Assistance Service (WDVCAS); they can assist with intervention order applications, change/stop an intervention order, or report a breach of the intervention order. For more information, visit www.wdvcas.lsc.sa.gov.au or call 1800 246 642.

Changing, Varying, or Stopping (Revoking) an Intervention Order

For police issued intervention orders- contact the SAPOL Family Violence Investigation Section (FVIS)

For private intervention orders- an application may be made to the court at least 12 months after the order is made. In order for this to occur, the respondent must prove that the circumstances have changed, and that the order/particular condition on the order is no longer required for your safety. The court will seek your feedback before any changes are made. (Legal Services Commission, 2024)

You can obtain free advice about intervention orders from the Legal Services Commission helpline on **1300 366 424**, Monday-Friday 9am-4.30pm; or Southern Community Justice Centre southern@communityjustice.org.au or 08 8384 5222.

For more details about Intervention Orders, refer to the following publications:

1) 'Intervention Orders'

South Australia Police

<https://www.police.sa.gov.au/your-safety/intervention-orders>

2) 'Applying for an Intervention Order'

Legal Services Commission

<https://lsc.sa.gov.au/resources/Applyingforaninterventionorder.pdf>

Domestic Violence and Children

Living in a violent home has damaging effects on children.

Whether or not children are physically abused themselves, they suffer psychological and emotional abuse when witnessing domestic violence.

Nevertheless, the decision to leave an abusive relationship is not an easy one, particularly when children are involved.

The possible effects on children who live with family violence may include:

- Feelings of fear, anger, depression, grief, shame, despair and distrust
- A feeling of no power or control in their lives
- Physical reactions such as stomach cramps, headaches, sleeping and eating difficulties, frequent illness and stress related conditions
- Lack of concentration, poor school performance, low self-esteem, difficulty making friends
- Behavioural problems such as aggressive behaviour and language, acting out, risk taking behaviours like running away from home
- Consuming alcohol and drugs
- Learning that violence is a useful means of controlling and winning arguments and differences
- Children may blame themselves for causing the anger
- Children may become fearful and withdrawn
- They may learn not to feel emotions - they switch off (numbing, dissociate)

Children learn from their family life about how men and women behave and will copy the way violence is used to solve problems. They may grow up believing that violence is a normal part of an intimate relationship.

Family Violence

A hidden problem is the violence directed against mothers by their young or adolescent children, particularly sons. Many women feel helpless and frustrated by the situation, and because there is little support available. It is not your fault, violence is never okay and you and your other children have a right to live free from fear.

The ways that you can help a child who has experienced family violence include:

- Telling them the violence was not their fault
- Giving them permission to talk about the violence
- Listening to their feelings about their family life
- Helping them make a safety plan that they can follow
- Letting them know that others have had similar experiences
- Supporting and assisting the mother to act to protect both herself and her children

- If possible involving children in the decisions made about the family where appropriate
- Keeping children informed of changes that may affect their lives
- Report a suspected case of child abuse or neglect by calling the 24-hour Child Abuse Report Line (CARL) on 131 478. All serious concerns must be reported via the child abuse report line and not via the online reporting system. Serious concerns include when you suspect a child or infant is in imminent or immediate danger of:
 - Serious harm
 - Serious injury
 - Chronic neglect
 - Or when the child is in the care of the Department for Child Protection (DCP) and you suspect they are being abused or neglected.

Department for Child Protection SA

The Department for Child Protection. Their primary area of concern is the protection of children - "keeping them safe" and within this context they work in the following areas:

- Protecting children from experiencing and witnessing abuse and harm
- Supporting families to reduce risk to children
- Providing alternative care for children and young people when they assess their home is no longer an option.

Maternal Alienation

(Anne Morris, 1999)

In some cases, a deliberate attempt is made by the perpetrator to cause a breakdown in the relationship between mother and child. A man may say cruel, abusive, angry things about the mother when the mother is not there, or sometimes when she is. He may tell the child(ren) that the mother is incompetent, stupid, a bad parent. Children may then take out the distress or anger on their mother. Usually, they know it is safe to do this as their mother cares for them. This situation can make parenting very difficult.

Children's Contact Service

There are a number of government funded Children's Contact Services in metropolitan, regional, and country South Australia. You may find your most local service using the Family Law Pathways Network directory here:

<https://pathwaysnetworksa.com.au/resources/childrens-contact-services/>

For the southern metropolitan area of Adelaide, **Anglicare Christies Beach** offers two services:

1. **The Changeover Service:** enables children to move from one parent to another without the parents having to meet.
2. **The Supervised Contact Service:** allows children to enjoy time with the visiting parent at the venue while experienced professional staff establish the best possible conditions for contact.

Before the service starts, both parents complete application forms and attend separate entrance interviews with the program coordinator. There is a cost per parent per weekend for changeovers and for supervised visits for a limited time (e.g., 2 hours). There is also a registration fee.

There is a 10-12 week waitlist for these services (as at 02/04/2025).

Contact Details

Anglicare Christies Beach
111 Beach Road, Christies Beach
Ph: (08) 8392 3180
Email: ccs@anglicaresa.com.au

Child Care

Various types of childcare are available. A woman may like some time to herself, particularly if she has pre-schoolers or during school holidays. Children benefit from having some time away from mum and having new experiences. You can find appropriate services using the below resources:

- Onkaparinga Community Directory (<https://www.onkaparingacity.com/Community-facilities-support/Community-directory>) or phone 08 8384 0666
- For family day care services, search via the Department for Education and Child Development (DECD) Care for Kids <https://www.careforkids.com.au/>, or you can register your interest via the enrolment form here: <https://www.education.sa.gov.au/family-day-care/find-care-form> or phone 08 8343 6533.

Low or no cost activities, groups and programs for children and young people are also usually run at local libraries and community centres. Enquire with your local library or community centre for more to find out more, or use the following directories:

- Onkaparinga Community Directory <https://www.onkaparingacity.com/Community-facilities-support/Community-directory>
- Ask Izzy
<https://askizzy.org.au/>

Domestic Violence and Pets

Do you have a pet that you love or take care of?
Does that pet get mistreated or hurt by your partner?
Are you fearful for the safety of pets at your house?

Does your pet experience being:

- Hit, kicked, punched or thrown
- Forced to go without food or water
- Hit with sticks, hoses or other objects
- Swung, picked up or thrown by the tail
- Choked, strangled or suffocated
- Hung or held in the air by the lead
- Shot stabbed or jabbed
- Sexually abused
- Denied medical attention

OR

- **Has a pet been killed... by your partner?**

Does your pet show odd behaviours?
Does your pet show fear and distress?
Is your pet denied medical attention?

ANIMAL CRUELTY IS A CRIME

Is there help for my pets?

Many women want family pets to stay with the children.

But in an emergency you can:

- Ask family or friends to care for them
- Ask the RSPCA to help.
- Safe Pets Safe Families

Research tells us ...

- Pets are a common feature in Australian households
- The presence of pets makes them potential targets of abuse
- Pets are often abused to intimidate or control a woman and/or children in a domestic violence relationship
- Women delay leaving a domestic violence relationship because they are fearful of what might happen to the pet
- Children who are exposed to pet abuse may experience fear, anxiety, depression and anger

**IF ANIMAL CRUELTY CONCERNS
YOU PLEASE CALL THE RSPCA
All reports are CONFIDENTIAL**

And will be passed onto an RSPCA
inspector to investigate

**TO REPORT CRUELTY:
PHONE: 1300 477 722**

**RSPCA SA
Animal Shelter**
General enquiries
Phone 1300 477 722

Domestic Violence and Technology

As technology has become a major part of our everyday lives, it has also become more common for perpetrators to misuse telephones, surveillance and computer technologies to harass, terrify, intimidate, coerce and monitor former or current partners by engaging in activities such as sending multiple emails or text messages, monitoring computer activity through Spyware, tracking the location of a vehicle using GPS, watching through hidden cameras, intercepting phone calls and messages, and impersonating a victim to cause harm.

Phones and Computers

It is an offence to “stalk” or keep another person under surveillance. The physical act in stalking can include the giving, sending, transmitting or publishing of offensive material via phone and web technology, or any other acts that could reasonably be expected to cause the other person an apprehension of fear.

Be aware that mobile phones and computers may have apps installed that provide information of your calls, emails, location, internet use etc. You may wish to consider:

- Getting a silent number
- Changing mobile phone number
- Changing or upgrading your passwords
- Have email or Facebook accounts that don't use your full name
- Disable location services
- Consider the security and privacy settings or stop using social media accounts
- Consider reverting back to factory settings to remove apps
- Run anti-virus and anti-spyware software

Images

It is not uncommon for perpetrators of domestic violence to threaten to distribute or upload intimate photos or videos to social media networks or internet sites, including what are known as “revenge porn” sites.

It may be possible to obtain orders under the Intervention Orders (Prevention of Abuse) Act 2009 (SA) that deal specifically with uploading and distributing intimate or graphic material, such as:

1. The defendant is restrained from publishing on the internet, by e-mail, SMS or other electronic means any offensive material about the protected person/s.
2. Within 24 hours of service of this order, the defendant is to permanently delete and destroy any indecent or invasive images or video of the protected person that area in the possession of the defendant or to which the defendant has access.

Under the Summary Offences Act 1953 (SA) it is an offence to distribute or publish an ‘invasive image’ of someone without their consent, even if the image was initially taken with the consent of the person depicted. Depending on the circumstances, it may be that other offences such as ‘humiliating or degrading filming’, ‘indecent filming’, ‘blackmail’, or child pornography offences are relevant.

Initially the person providing the image or the publisher of the material can be requested to remove it. If this is unsuccessful the Australian Communications and Media Authority (ACMA) provides a hotline where Australian residents can make a complaint about online content that may be prohibited, offensive or illegal. The ACMA has the power in some circumstances to shut down websites or issue fines if the offending content is not removed.

Report to police: texts, voicemails, screenshots of web pages and other forms of electronic evidence should be carefully saved and backed up. Printouts should also be made wherever possible

E Safety Commission - Tech-based domestic violence
1300 795 897

Services & Support for Women, including First Nations Women

Southern Domestic Violence Service (SDVS)

SDVS covers the southern region from Glenelg to Victor and has two sites at Marion and Morphett Vale. SDVS is committed to working in partnership with both Aboriginal and mainstream services across and beyond the southern region. SDVS provides high quality, culturally sensitive, appropriate services for women and children needing services within a holistic framework of support and healing.

- **Morphett Vale SDVS -**
Provides a mainstream service to women and children experiencing domestic and family violence.
- **Marion SDVS -**
Provides a service called Ninko Kurtangga Patpangga: “by your side in the south” for:
 - Aboriginal women
 - Aboriginal women with children
 - Non-Aboriginal women with Aboriginal children

Each SDVS site offers:

- Accommodation through Domestic Violence and Aboriginal Family Violence Gateway
- Assistance for Aboriginal and non-English speaking women and children
- Assistance for women and children with a disability
- Outreach - meeting you somewhere safe
- Support with:
 - Counselling and information
 - Groups with other women
 - Drug and alcohol issues
 - Medical and health issues
 - Accessing pensions and benefits through Dept of Human Services (Centrelink)
 - Legal matters
 - Housing
- Specialised support:
 - With children and youth who have lived through Domestic Violence
 - Information and counselling for parents of affected children
 - Referrals and advocacy

The Yellow Gate

Provides free and confidential services and referrals for women experiencing or have experienced domestic, family and sexual violence. Services include (but not limited to) personal counselling, allied health services, legal, nursing and health services, group programs.

Counselling & Support

Using counselling and support services before or after you are safe from a violent partner can help you cope with the changes and new challenges in the relationship and your life.

You deserve all the understanding you can get especially if you are caring for children.

One to one counselling or joining a group can strengthen and help you. You find out you are not alone! Counsellors are available in your area.

YOU HAVE A RIGHT TO REACH OUT

You are not to blame for is violence. It is up to the Korni to get help and change. You and your polis have a right to be safe in your own home.

Want to know more? ...

Have a yarn? ...

Call and ask to talk to a worker ...

VIOLENCE IS NOT A PART OF ABORIGINAL CULTURE!



Information for Women in Same Sex Relationships

The dynamics of violence and abuse in same sex relationships are very similar to those in heterosexual relationships: the bottom line is power and control.

What is different is the social context surrounding the relationship. In the mainstream, men are encouraged to be the leader and enjoy more privileges than their partner. Sometimes women in heterosexual relationships experience inequality.

In same sex relationships, both partners are often openly criticised for their lifestyles and are rejected by the mainstream. While they appear to be equal, it can be a chance for one partner to explore masculine privilege which they can't do anywhere else.

Masculine privilege in same sex relationships is often about:

- Isolating their partner from friends and family - made easier by general disapproval of women in same sex relationships
- Domination about time spent together, with friends and family, and ways of spending time
- Threats can be about outing the partner at work or sport
- Diminishing their partner's privacy, reading their letters, accusing them of infidelity, lying, cheating, etc.
- The right to drink heavily or take drugs - be absent from the relationship - without complaint from their partner
- Unequal housework distribution
- Unequal financial provision or demands.

Responding

This can be difficult because:

- You may feel that you must have been responsible for her violence, it's your fault
- You may be waiting for the good times to re-assert themselves, and the bad behaviour to stop
- You may have tried to talk about the violence and abuse with your partner, who refuses to acknowledge it, or with friends, who don't want to know or believe you
- For one of a number of reasons, you may feel that mainstream services are not for you
- You may not believe what is happening.

Use your feelings as a guide. Are you:

- Nervous when she approaches the house or you?
- Finding yourself checking what you say, how you act, in case she explodes?
- Hurt by her comments about you, the things she says about you?
- Let down by her constantly changing the arrangements or forgetting them?
- interrupted, cut off, put down, undermined when you speak?

What can you do about it?

- Find some books that help you see what's happening: The Verbally abusive Relationship by Patricia Evans is useful.
- Seek support from friends and daily: insist on your right to define your non-abused state
- Change the locks
- Take out an Intervention Order (previously called a Restraining Order)
- Let calls go to voicemail
- Tell your friends what's been happening
- Tell her you are not hiding the abuse from your social context

As a friend, show your support!

- Do not offer excuses for the violence
- Listen, don't question, accept and understand
- Find out what resources exist for women in same sex relationships
- Ask how you can help
- Put her safety first
- Respect her confidentiality

Information for Migrant Women

Migrant Women's Stories:

"My parents told me to be good. They said it's my obligation to keep the family together. That's what I also want but am I the only one responsible to keep the family together? I am getting exhausted. I am not even given the right to raise our children. He says I must do it the way his mother brought him up. I was also told to be like his mother. His mother never complained and did everything that his father asked of her. Now I can see that my children are losing respect for me. He is also hitting me in front of the children."

"My husband was well liked and respected by everybody. People used to say how lucky I was to have such a lovely husband. They didn't see the bruises or my tears. When I did try to tell our friends, they didn't believe me. They stopped coming to our house. I knew I was alone and I had to turn elsewhere for help."

"He gave me \$100 and insisted that I do all the shopping with this, pay all the bills, and buy clothes for the children. It's impossible to make ends meet, he swears at me, calls me useless. Whatever I do I can't please him, he always finds something wrong. What's the problem? Is he afraid that I will be able to cope on my own, that I will leave him? But I love my family, I just want us to live in harmony."

Do you need someone to talk to?

It is not your fault.
Living in a new country,
With no family, it is very hard.
Isolation from family,
No friends, no one to talk to
- this is really hard.

There are organisations where someone will talk to you in your own language and get you the information you need.

You have the right to:

- Live in a safe environment
- Be free of fear and violence
- Ask for help
- Get help
- Talk to someone about your life

If you are in Australia on a temporary visa ...

... and dealing with domestic violence, the Department of Immigration and Citizenship and/or Centrelink should help.

If you have lodged an application to remain permanently in Australia on marriage or de facto relationship grounds and the relationship has ended as a result of domestic violence, you should contact the Department. They will advise on your choices and what needs to be done.

Information for Men

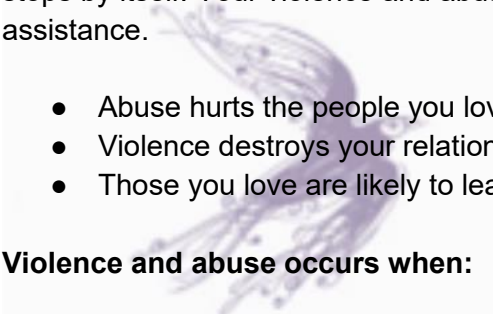
Is there violence in your relationship?

- Are you aggressive when you're feeling angry?
- Are you aggressive when you can't get your own way?
- Do you blame others for the hurt you have caused?
- Are your children fearful of you?
- Does your partner feel hurt, fearful, humiliated or insulted by the way you have treated her?
- Has your violence led to police involvement?

If you answered 'yes' to any of these questions then violence is ruining your life and the lives of those closest to you.

Do you want to take violence out of your relationships?

Don't delay! Without help your situation is likely to deteriorate. Domestic violence rarely stops by itself. Your violence and abusive behaviour is unlikely to change without some assistance.

- 
- Abuse hurts the people you love
 - Violence destroys your relationships
 - Those you love are likely to leave you to be safe

Violence and abuse occurs when:

- Men blame others for their inequities rather than face their own feelings
- Men seek to have power and control over others
- Men fail to take responsibility for their behaviour
- Men discount others' feelings
- Men fail to act respectfully to their families

You may be quite sincere when you promise it will never happen again. However, stopping violence and abuse is hard work. You can end the violence, but only you can change your own behaviour. Men who have stopped the violence say that realising there is a problem is the first step to solving it.

Men who use violence and abuse against women and children risk losing everything.

What can I do?

"It was only when I had the courage to face up to the fact that I had a problem that I could gain my self-respect. After that I could begin to build a trusting and more sensitive relationship with my partner and family."

- Michael

Some men have reclaimed their lives from violence. They say that stopping violence and abuse involves:

- Recognising that safety of women and children is paramount
- Taking responsibility for the hurt, suffering and fear it has caused
- Recognising that to promise yet again is not enough. Taking steps to challenge the influence of violence and abuse is the start
- Choosing to seek help for your abusive behaviour

Services and people to help:

The first step is to seek help from a recognised domestic violence worker or service.

“When I was able to say: “I’ve got a problem with violence and I want to talk,” it was like the best day of my life. I only regret I didn’t do it sooner.”

- Gary

I didn’t want to hurt my family anymore so I left home. This was very hard, but it gave me the strength to face up to the problem of violence.”

- Robert

There are a number of services available to help men change their violent and abusive behaviour including:

- Individual counselling
- Groups for men

Getting help gives men the opportunity:

- To understand the impact of violence and abuse on their partners and children
- To stop the violence and abuse towards their partner
- To learn new ways of relating without the use of power and control
- To improve self-awareness
- To learn to communicate more effectively with others

Your partner may feel that she or the children need help too. Your partner and children can seek support, if needed, without feeling pressured or threatened by you.

Legal Information

Whether or not you are contemplating separation or divorce, it is useful to know how family law operates in the ending of a marriage or de facto relationship.

The Family Law Courts deal with:

- Parenting orders in terms of who the child 'lives with' and 'spends time with' the other parent, decisions about how children are raised e.g., health, education, religion, child's name etc.
- Property disputes
- Spousal maintenance
- Paternity

And consists of 2 courts:

Family Court

Which deals with more complex matters, such as, parenting cases involving allegations of abuse (Magellan cases), family violence and/or mental health issues, multiple parties, complex questions of law, special jurisdictional issues, international child abduction (Hague Convention), special medical procedures and international relocation as well as complex financial cases.

Federal Circuit Court

(previously called Federal Magistrates Court) which deals with less complex matters that are likely to be decided quickly.

A Family Law Duty Lawyer Service provided by the Legal Services Commission is available for self-represented people at the Family Law Courts to answer questions and give some advice.

Family Dispute Resolution

Before going to court about children, parties are required to attend Family Dispute Resolution (sometimes called mediation) to try to sort out any problems. The FDR service will issue a certificate if a parenting plan has not been agreed upon. The court will need to see the certificate.

Family Dispute Resolution is not always suitable where there has been domestic violence or in urgent situations. If you think this applies to you, please seek legal advice.

Legal Services Commission

The Legal Services Commission provides free general advice on family, criminal and civil matters by appointment to attend an office or telephone appointment. They can also assist you apply for Legal Aid, if you need a lawyer to represent you and meet the criteria. Free 5-minute telephone advice is available on 1300 366 424.

Community Legal Centres

Community Legal Centres are independent, not-for-profit organisations which provide legal advice, casework, referrals and in some cases, legal representation to members of the community. Based in the south is the Southern Community Justice Centre.
(www.saccls.org.au)

Women's Legal Services

The Women's Legal Service (SA) Inc is a community based legal centre providing legal services to men in South Australia.

Welfare Rights Centre

A community legal centre specialising in Social Security law that provides free and independent information, advice, assistance and advocacy, which changes and enhances the power of people reliant on the social security system. Can negotiate with Human Services (Centrelink) on behalf of clients, represent clients at Social Security Appeals Tribunal and Administrative Appeals Tribunal.

Financial Assistance

Department of Human Services/Services SA (Centrelink)

You may be eligible for various income support options, such as:

- Parenting payment
- Family Tax Benefit
- Newstart Allowance
- Disability Support Pension
- Age Pension

As well as additional assistance, such as a:

- Concession card
- Pharmaceutical allowance
- Telephone allowance
- Rent assistance

If you have experienced domestic and family violence and have separated from the perpetrator, and receive a current payment from DHS, you may also be eligible for a Crisis Payment. This is a special one-off payment equal to one week's payment of the income support payment you are entitled to.

If you are frightened, or unsure, and need some advice, DHS has:

- Social workers who can help you
- Up-to-date information about what services can help you

Migrant women of non-English speaking background

You can ring the Department of Human Services Multilingual services 131 202 where interpreters are available.

Department of Human Services - Child Support Agency

Can assist with getting a child support assessment and working out child support payments so both parents contribute to the cost of raising their children. They can work out the amount to be paid or provide details about child support agreements which can be registered. Payments can be collected privately or they can collect and forward the child support payments.

Child Support Advice is available from:

- Legal Services Commission - Child Support Unit
- Southern Community Justice Centre

Welfare Rights Centre

See previous page.

Housing

“Where can we go? Where can my children and I live?”

These are big questions for a woman realising that domestic violence is not going to stop. Housing is a vital issue for any woman leaving a violent relationship. Knowing that help with accommodation is available can influence her decisions.

Emergency housing

Also known as a shelter or Crisis Accommodation, can provide safe, short-term accommodation and can only be arranged through the Domestic Violence and Aboriginal Family Violence Gateway (1800 800 098).

Short-term housing

Bramwell House

Provides supported crisis accommodation for single women and women with children escaping domestic violence.

Catherine House

Supported accommodation for single adult women unaccompanied by children, who are affected by homelessness.

Centacare - Coolock House

Provides 24 hour supported accommodation and services to young women up to 25 years of age who are pregnant or parenting, and their children, who are homeless or at risk of homelessness.

Outer Southern Homelessness Service

(Calvary Lutheran Community Care)

Short-medium term accommodation for families who are in crisis and homeless or at risk of becoming homeless.

Long-term housing

Housing SA (Department for Communities and Social Inclusion)

Housing SA with and for South Australians to create and deliver a range of housing options. Tenants and homebuyers can access free computer terminals at Housing SA offices to help them find accommodation and housing services.

Public housing properties are only offered to people who are eligible and have applied.

Applicants with the highest housing needs are considered to be a priority.

You may be eligible for bond support and/or rent advance/arrears

Call SA Housing Trust for further advice. Ph: 131 299

‘How to apply for a private rental’

Information sessions at Noarlunga office on Wednesdays 10.30am-12.00 midday, bookings essential.

Junction and Women’s Housing (JWH)

JWH provides housing services through Community Housing and the National Affordable Rental Scheme (NRAS) for eligible tenants which includes women who are experiencing (or at risk of) domestic or family violence. To become a tenant, you must lodge a Registration of Interest form and meet the eligibility criteria.

Private Rental Market

If you need help to negotiate the private rental market, ask for information and advice, seek a referral, contact:

- Housing SA
- Women’s Information Service

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The Southern Domestic Violence Action Group provides an open forum and public voice for the southern community to address issues and enable actions that prevent domestic violence for the benefit of women and children. The group provides free information, resources and community education; lobbies for appropriate services for those who are affected by domestic violence; and encourages all people to take a stance against violence. Meetings are held monthly to exchange information and plan projects.

Contact:

The Southern Domestic Violence Action Group Inc.
c/- The Yellow Gate
Community Justice Services SA
PO Box 480
Noarlunga Centre SA 6168

Website: www.southerndvag.com
Email: sdvactiongroup@gmail.com

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Although every effort has been made to ensure all the information contained herein is accurate at the time of publication, the SDVAG accepts no liability for actions taken based on this information.

**“... Been a long time since I felt this good
Since I came out of that long dark wood
... Life is better now coz now I’m free
And the kids are smiling just like me.”**

Words taken from the song “Watch Me Get A Life”
Copyright Great Southern Women & Pat Rix, 1996



Notes

The original purple booklet - 'No-one Need Live in Fear' - was written by members of the Southern Domestic Violence Action group in 1992; women who have been there, done that, got out and got together to write about it.

The booklet was then updated and re-designed in 2006-7 by members of the Southern Domestic Violence Action group based in Noarlunga, South Australia in 1989.

This booklet was further updated in 2013, 2014, 2016 and 2026 by members of the Southern Domestic Violence Action Group Inc.

***Abuse is not ok
You have a right to be safe
In your own home.
Violence is unacceptable.
There is support out there.***