

Financial Abuse

If someone is using money to control or hurt you, this could be domestic violence.

It may look like - restricting your access to money, forbidding you to work or taking your pay, or making you get a loan, mortgage or phone plan.



Get help

Police - 131 444

Get support

1800RESPECT - 1800 737 732

Get advice

Multicultural Legal Service - 0401 936 582



Psychological Abuse

If someone says or does things to make you feel scared or bad about yourself, this could be domestic violence.

It may look like - making threats to harm you or your children, calling you names, creating fear by driving dangerously, or destroying property.



Get help

Police - 131 444

Get support

1800RESPECT - 1800 737 732

Get advice

Multicultural Legal Service - 0401 936 582



Physical Abuse

If someone causes you physical harm or touches you without consent, this could be domestic violence.

It may look like - hitting, slapping or kicking you, using objects to hurt you, or spitting on you.



Get help

Police - 131 444

Get support

1800RESPECT - 1800 737 732

Get advice

Multicultural Legal Service - 0401 936 582



Stalking and Intimidation

If someone repeatedly harasses you with unwanted contact or attention, this could be domestic violence.

It may look like - repeatedly calling or messaging you, following you to or from home or work, or tracking your location without your permission.



Get help

Police - 131 444

Get support

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Get advice

Multicultural Legal Service - 0401 936 582



Social Abuse

If someone tries to cut you off from your family or friends, this could be domestic violence.

It may look like - forbidding you from seeing your friends, damaging your relationship with your family by limiting contact, or restricting your use of the car or phone.



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Image-Based Abuse

If someone shares or threatens to share personal or intimate photos of you, this could be domestic violence.

It may look like - sharing or threatening to share intimate images on social media, threatening to send intimate pictures to friends and family, or photoshopping your photo onto inappropriate photos or videos.



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Spiritual Abuse

If someone is using spiritual or religious beliefs to hurt, scare or control you, this could be domestic violence.

It may look like - stopping you from practising your beliefs, forcing you to participate in religious practices, or using religious teachings to make you stay in a relationship or accept violence and abuse



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Get advice

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Elder Abuse

If someone is neglecting your basic needs or is causing you harm or distress, this could be domestic violence.

It may look like - leaving you in soiled clothes, hurting you physically, causing feelings of shame and humiliation, forcing you to change your will or sign documents, or spending your money without your consent.



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Reproductive Abuse

If someone is stopping you from making your own decisions about whether or not to have children, this could be domestic violence.

It may look like - forcing/pressuring you to become pregnant or have an abortion, controlling whether you do or do not take birth control medication, or limiting your access to sexual health services.



Get help

Police - 131 444

Get support

1800RESPECT - 1800 737 732

Get advice

Multicultural Legal Service - 0401 936 582



Sexual Abuse

If someone forces you have sex without your consent, even if you are married, this could be domestic violence.

It may look like - touching you sexually, making you touch someone else sexually, or sexual intercourse by inserting a toy, finger, or penis into your mouth, anus or vagina without your consent.



Get help

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Get support

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Get advice

Multicultural Legal Service - 0401 936 582

