

# The many faces of DOMESTIC VIOLENCE



**Domestic Violence can occur in many different ways. If you feel controlled, hurt, or scared at home, it is important to seek help.**

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## FINANCIAL ABUSE

If someone is using money to control or hurt you. 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.

## PSYCHOLOGICAL ABUSE

If someone says or does things to make you feel scared or bad about yourself. It may look like - making threats to harm you or your children, calling you names, creating fear by driving dangerously or destroying property.

## SOCIAL ABUSE

If someone tries to cut you off from your friends and family. It may look like - forbidding you from seeing your friends or family, limiting contact with them, or restricting your use of the car or phone to visit/talk to them.

## SPIRITUAL ABUSE

If someone is using spiritual or religious beliefs to hurt, scare or control you. 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.

## REPRODUCTIVE ABUSE

If someone is stopping you from making your own decisions about whether or not to have children. 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  
GET SUPPORT  
GET ADVICE**

**POLICE - 131 444  
1800RESPECT - 1800 737 732  
MULTICULTURAL LEGAL SERVICE - 0401 963 582**

**WSCLC**  
WESTERN SYDNEY  
COMMUNITY  
LEGAL CENTRE

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## **IMAGE BASED ABUSE**

If someone shares or threatens to share personal or intimate photos of you. 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 a photo of you onto inappropriate photos or videos.

## **STALKING AND INTIMIDATION**

If someone repeatedly harasses you with unwanted contact or attention. It may look like - repeatedly calling or messaging you, following you to or from home or work, or tracking your location without your permission.

## **PHYSICAL ABUSE**

If someone deliberately causes you physical harm. It may look like - hitting, slapping or kicking you, using objects to hurt you, or spitting on you.

## **SEXUAL ABUSE**

If someone forces you to have sex without your consent, even if you are married. 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 permission.

## **ELDER ABUSE**

If someone is neglecting your basic needs or is causing you harm or distress. 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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