

24 Hour Help Lines:
1800RESPECT or **1800 737 732**
MensLine Australia: **1300 789 978**
In an emergency call: **000**

Maryborough
Counselling & Support:

Maryborough District Community
Services: **5461 0400**

Maryborough Psychologist & Health
Clinic: **0417 441 700**

Maryborough Police: **5460 3330**

Good values,
safe families...
stronger communities

#SayNO2familyviolence

Maryborough
Rotary
Club 

SAFE

goldfields
Supporting and enhancing

Abuse to children is when ...

- you physically harm or threaten to harm them
- they hear or see violence directed towards their parent or sibling
- you excessively criticise, reject or withhold affection, praise or attention
- you use physical or social isolation as punishment
- you use them to get back at your partner and involve them in adult issues

A healthy relationship is when you are ...

- paying thoughtful attention to your child
- being respectful and empathetic
- communicating with your child and listening to them
- prioritising individual time with your child
- encouraging your child
- trying to understand things from your child's perspective

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Maryborough Rotary Working for a **SAFE** Community

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Silent abuse is when someone ...

- purposely breaks your possessions or property
- harasses you through other people
- deliberately ignores you
- unfairly controls your money
- isolates you
- keeps checking up on you
- uses children to control you

A healthy relationship is when you are ...

- treated with respect
- safe and never scared
- free to say no
- free to make your own choices
- free to see your friends and family when you want
- able to be yourself
- able to compromise, say sorry and talk arguments out

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Speak up...

Family violence is hidden by silence

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go goldfields
learning and recovery

Family violence can be ... Physical, Emotional or Sexual

- You don't have to be hit to be hurt
- It can involve partners, parents, children, siblings, extended family, carers and past intimate relationships.
- It occurs when someone harms you, controls you or makes you feel afraid
- Just being exposed to family violence is damaging

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