

Types of Abuse

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
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 and say sorry.

Child Abuse

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.

Silent Abuse

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 and say sorry.



A Maryborough
Rotary Initiative

#sayNO2- family- violence

Wallet Card Info

Sponsored
by:

Rotary

Club of Horsham East



Important Numbers

If you are experiencing an emergency, please phone

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24 Hour Helplines:

1800RESPECT
(1800 737 732)

•
MensLine Australia:

1300 789 978

Women's Services

The Sexual Assault & Family
Violence Centre:

5381 1211

or

1800 806 292

20 Roberts Avenue

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1800RESPECT
(1800 737 732)

Men's Services

Grampians Community
Health: Men's Behaviour
Change Program:

5362 1200

70 Hamilton St, Horsham

•
1800RESPECT
(1800 737 732)

Public Telephones in Horsham

36 McLachlan St
(outside Cheeky Fox)

24 Roberts Ave
(Bus Terminal)

20 O'Callaghan's Pde
(Visitors Information Centre)

42 Dooen Road
(Dooen Rd Shops)

15 Albert St
(Corner Edith & Albert St)

May Park Terrace
(in May Park opp. KFC)

15 Bennett Rd
(Bennett Rd Shop)

49 Wawunna Road
(Wawunna Road Shop)

4501 Henty Highway
Haven
(Haven General Store)