Domestic Violence

Everyone has the occasional fight with a loved one. I mean, it’s inevitable – right? But when it comes to stalking, physical violence and rape, that’s when you know something’s up.

Below are some of the forms that domestic violence may take.

Physical - If someone is hurting you, or threatening to hurt you, a loved one or a pet, then you are being physically abused.

Emotional - This form of violence is often unrecognised and can be very hurtful. Put – downs, insults and rude remarks are all forms of emotional abuse.

Economic - Having money and being able to make decisions about it, is one means of being independent. If someone is controlling your money, keeping you financially dependent, or making you ask for money unreasonably, then this is a form of violence.

Social – Social violence happens in relationships that often include other forms of violence. If someone is insulting you or teasing you in front of other people, keeping you isolated from family and friends, controlling what you do and where you go, then they are being socially violent.

Spiritual - This type of violence involves a situation where you are not allowed to have your own opinions about religion, cultural beliefs, and values, or your spirituality is manipulated to keep you feeling powerless.

Sexual – This form of violence is anything having to do with sex. If someone is forcing you into an unwanted sexual act, then that can be classified as rape. For sex to be consensual, both people have to be sober, awake, not intoxicated with drugs and you both have to agree to it.

Think About The Children

Children witnessing or being exposed to domestic violence has been increasingly recognised as child abuse, both nation and worldwide. Research has demonstrated that most domestic violence is witnessed by children, ranging from the child ‘only’ overhearing the violence, to the child being forced to participate in the violence or being used as part of a violent incident.

Current knowledge about the extent of children’s exposure to domestic violence shows the impacts on psychological behaviour, health and socioeconomic impacts are included too.

Some causes include:

- Hearing the violence happening
- Being used as a physical weapon
- Being forced to participate or watch the violence
- Being forced to spy on the victim
• Being informed that they are to blame for the violence because of their behaviour
  • Being used as a hostage
  • Defending a parent against the violence
  • Intervening to stop the violence

Domestic violence affects many people and their behaviours.

Statistics

The Australian Bureau of Statistics 4906.0 - Personal Safety, Australia, 2012 (2013)1 is the largest and most recent survey of violence in Australia. It found that:

▪ One in three victims of current partner violence during the last 12 months (33.3%) and since the age of 15 (33.5%) were male.

▪ More than one in three victims of emotional abuse by a partner during the last 12 months (37.1%) and since the age of 15 (36.3%) were male. Around half of these men experienced anxiety or fear due to the abuse.

▪ At least one in three victims of stalking during the last 12 months (34.2%) were male.

▪ Around one in three victims of physical violence by a boyfriend/girlfriend or date since the age of 15 (32.1%) were male.

▪ Almost one in three victims of sexual assault during the last 12 months (29.6%) were male.

▪ More than one in three victims of physical and/or sexual abuse before the age of 15 (39.0%) were male.

▪ The rate of men reporting current partner violence since the age of 15 almost doubled (a rise of 175%) since 2005 (an estimated 119,600 men reported such violence in 2012).

▪ The rate of men reporting dating violence since the age of 15 also rose by 140% since the 2005 survey.

▪ The rate of men reporting current partner violence in the 12 months prior to interview quadrupled (a rise of 394%).

▪ The vast majority of perpetrators of dating and partner violence against men were female - only 6 or 7% of incidents involved same-sex violence.

▪ Men were less than half as likely as women to have told anybody about partner violence, to have sought advice or support, or to have contacted the police.

SOURCE: The Australian Bureau Of Statistics

Long Term Effects Of Domestic Violence
● Physical Trauma
● Mental and emotional trauma
● Financial problems (e.g. controlled economical flow)
● Stability problems (e.g. homelessness, bankruptcy, etc.)
● Isolation (Publicly shy, afraid to alert someone)

**Short Term Effects Of Domestic Violence**

● Fear and shock
● First – time injuries
● First – time violence (for some victims)
● Isolation (Too shocked to tell anyone of an incident)

**UPPER HUNTER RESOURCES**

✶ DOMESTIC VIOLENCE HOTLINE – 1800 656 463
✶ MUSWELLBROOK WOMEN AND CHILDREN’S REFUGE – 6543 4277
✶ UPPER HUNTER COMMUNITY SERVICES – 6542 3555
✶ HUNTER VALLEY POLICE – 6542 6999
✶ POLICE/AMBULANCE/FIRE – 000
✶ LIFELINE – 131 114
✶ WIRRINGA BAIYA ABORIGINAL WOMEN’S LEGAL CENTRE – LEGAL ADVICE – 1800 810 501
DOMESTIC VIOLENCE – 1800 810784

**Nickelback – Never Again**

_He's drunk again, it's time to fight_

_She must have done something wrong tonight_

_The living room becomes a boxing ring_

_It's time to run when you see him_

_Clenching his hands_

_She's just a woman_

_Never Again_

_I hear her scream, from down the hall_

_Amazing she can even talk at all_

_She cries to me, Go back to bed_
I'm terrified that she'll wind up
Dead in his hands, She's just a woman
Never Again

Been there before, but not like this
Seen it before, but not like this
Never before have I ever
Seen it this bad
She's just a woman
Never Again

Just tell the nurse, you slipped and fell
It starts to sting as it starts to swell
She looks at you, she wants the truth
It's right out there in the waiting room
With those hands
Lookin’ just as sweet as he can
Never Again

Seen it before, but not like this
Been there before, but not like this
Never before have I ever
Seen it this bad
She's just a woman
Never Again

Father's a name you haven't earned yet
You're just a child with a temper
Haven't you heard "Don't hit a lady"?
Kickin' your @$$ would be a pleasure

He's drunk again, it's time to fight
Same old s**t, just on a different night
She grabs the gun, she's had enough
Tonight she'll find out how f*****g Tough is this man
Pulls the trigger as fast as she can
Never Again

Seen it before, but not like this
Been there before, but not like this
Never before have I ever
Seen it this bad
She's just a woman
Never again

This song is about domestic violence from a child’s view. Chad Kroeger (contributing artist) captures the fear and anger felt by the child - as if he witnessed his own father beating his mother. This song may or may not be based on a true story but either way it’s a great domestic violence awareness song for the media and public.