



Referral List

- Emergency..... 000
- DV Connect Womensline 1800 811 811
- DV Connect Mensline 1800 600 636
- Brisbane Domestic Violence Service..... 07 3217 2544
- Diverse Voices 1800 184 527
- Micah Projects Inc. 07 3029 7000
- QLD Council for LGBTI Health 07 3017 1777
- Relationships Australia Queensland 1300 364 277
- Statewide Sexual Assault Help Line..... 1800 010 120
- LGBTI Legal Service lgbti.legalservice@gmail.com
- Legal Aid Queensland..... 1300 651 188
- Parentline 1300 301 300
- Kids Helpline 1800 551 800



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Relationship Checklist



Domestic and family violence can take many forms. To assess your relationship, answer the following questions.

Has, or does, your partner or loved one:

- Humiliate you, call you names or make fun of you in a way that is designed to hurt you?
- Threaten to 'out' you to your family or colleagues?
- Prevent you from attending LGBTIQ+ events or venues?
- Have sudden outbursts of anger?
- Act over-protectively and become jealous for no reason?
- Make it difficult, or prevent you from seeing friends or family?
- Control your money against your will?
- Threaten you with violence or hit, kick or throw things at you?
- Physically or emotionally hurt your children?
- Threaten to or actually hurt your pets?
- Force you to engage in sexual acts that you don't want to do?
- Check or monitor your use of technology eg. text, emails, apps and social media?
- Monitor or control your movements?

Or do you...

- Change your behaviour or your appearance so your partner doesn't get angry?
- Avoid talking about money or other topics?
- Feel scared, anxious or like you are walking on eggshells'?
- Cut yourself off from your friends or family to keep your partner happy?
- Give your partner access to your accounts, devices or location to avoid a fight?

If you answered yes to any of these questions you may be experiencing domestic and family violence.

If you are experiencing domestic and family violence it is important to remember that the abuse is not your fault and you don't have to put up with it.

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Domestic and Family Violence

in Lesbian, Gay, Bisexual, Transgender, Intersex & Queer
LGBTIQ+ Sistergirl & Brotherboy
Relationships

Keeping Safe?

Many people experiencing domestic and family violence say they don't want to leave their home or their relationship; they just want the violence to stop.

For others a lack of finances, wanting to maintain access to children, or limited outside support may mean they feel they can't leave.

If you are staying in the relationship, try to make yourself as safe as you can.

Think about and identify some of the ways you have coped until now and work out how you might use those strategies in the future.

You understand your situation better than anyone else so use that knowledge to help minimise the risks to yourself.

If you are living with your abusive partner there are a number of things you can try to reduce the risk of injury to yourself (and your children):

- Plan and practice (with your children and pets) how you might escape from the house.
- Know how DVO's work, and how to apply for them.
- Seek professional legal advice in relation to custody of children/pets.
- Where possible, keep weapons, guns and knives locked up or inaccessible
- Let trusted friends, family or neighbours know about the abuse and let them know about your Safety Plan.
- Develop a code word or signal for friends, children or neighbours to call the police or use a third party alert app.
- Teach your children that their responsibility during an incident is to stay safe - not to rescue you.

- Program Policelink 131444 or a friend's number into the speed dial on your phone.
- Keep essential items like money, keys, identification and essential medications for you and your children somewhere that you can access them quickly.
- Plan out where you will go and how you will get there in case you need to leave in a hurry.
- If possible keep a record of any physical abuse, e.g. photos, diary, maybe at your doctor's or a friend's house.



Relationships are built on love and respect

Some are built on abuse and control

Abuse and control in a relationship is domestic and family violence



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If you're experiencing domestic violence know that support is available

Please see referral list on the following page for support organisations near you