

getting help

There are services that take violence in same-sex relationships seriously. Your confidentiality will be protected and you will be treated with respect.

In an emergency call Police 000

Women's Domestic Violence Crisis Service

For information and referral to safe accommodation

t: 03 9322 3555 freecall: 1800 015 188 (24 hours)

Gay and Lesbian Switchboard (Victoria)

Counselling, information and referrals Mon–Thu 6–10pm
Wed 2–10pm Fri–Sun & public holidays 6–9pm

t: 03 9663 2939 freecall: (Vic & Tas) 1800 184 527
e: admin@switchboard.org.au w: switchboard.org.au

Victorian Aids Council and Gay Men's Health Centre

Counselling service for GLBTI community
Contact duty worker Mon–Fri 2–4pm

t: 03 9865 6700 freecall: 1800 134 840
e: enquiries@vic aids.asn.au

Don't pretend it's not happening, or keep hoping they will change. Remind yourself, they're the one doing the wrong thing – not you. Don't be ashamed to ask for help.

You can read more stories on the DVRCV website - www.dvrcv.org.au

Centres Against Sexual Assault

Counselling and support if you have been sexually assaulted

t: 03 9635 3610 after hours: 03 9349 2466
freecall: 1800 806 292 w: casa.org.au

InTouch Multicultural Centre Against Family Violence

Support for women in their own language Mon–Fri 9.30–5.30pm

t: 03 9413 6500 freecall: 1800 755 988 e: admin@intouch.asn.au

Kara House Lesbian Domestic Violence Outreach Centre

Support and assistance for women Mon–Fri 9–5pm

t: 1800 900 520 e: karahouse@infoxchange.net.au

"My ex stalks and follows me, but if I report it to the police will they take it seriously?"

Consider talking to a specially trained Victoria Police Gay and Lesbian Liaison Officer

Victorian Police Gay and Lesbian Liaison Officers (GLLOs)

GLLOs are specially trained and are sensitive to GLBTI issues.

For contact details of your nearest GLLO visit the police website at www.police.vic.gov.au

t: 03 9247 5346 e: melbourne.gllo@police.vic.gov.au

Domestic Violence Resource Centre Victoria (DVRCV)

Information on same-sex relationships and abuse, contacts for local support services, and library books and DVDs Mon–Fri 9–5pm

t: 03 9486 9866 e: dvrcv@dvrcv.org.au w: dvrcv.org.au

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misocrazy, dunker,
Karen Eliot &
polka bike
January 2013



love or control?

abuse in same-sex relationships



Fun, romance, good sex, being cared for, feeling valued and safe – that's what relationships are supposed to be about

But what if you're being hurt by someone you love?

"It felt so right at first. But over time she got more and more possessive and demanding. She said it was because she loved me"



warning signs – is this love or control?



do you feel...?



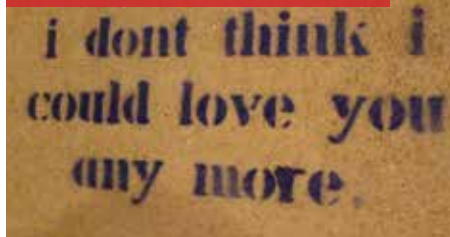
- ✗ ... scared to disagree or to say no?
- ✗ constantly criticised and blamed?
- ✗ your partner always checks up on you, follows you, or harasses you with calls, texts or emails?
- ✗ your partner tries to control what you do and who you see?
- ✗ made to do sexual things you don't want to do?
- ✗ afraid of being attacked and injured by your partner?
- ✗ kept away from your friends, family or children?
- ✗ trapped because your partner has threatened to self-harm or commit suicide if you leave?
- ✗ your partner is taking advantage of what they see as your weakness or disability?
- ✗ your partner tries to control your money or doesn't share money?
- ✗ worried because your partner has threatened to 'out' you?

If you answered **YES** to any of these questions, these are signs that you're not being treated right. Being abused in a relationship can make you feel anxious and confused and can affect your health and confidence. Some forms of abuse are also against the law

"I was too ashamed to tell anyone, and I blamed myself"

Let someone know, because it's hard to have any strength when you feel alone. So get help from someone else!

abuse - what is it?



Abuse is when one partner tries to control or dominate the other. It can include:

Possessiveness and jealousy:

"I stopped talking to everyone I cared about, because she was so jealous"

Aggression or violence:

"I constantly felt afraid, manipulated, and controlled by his threats, outbursts and mood swings"

Put-downs and manipulation:

"She would tell me that if only I was more fun, or thinner, or more affectionate in public — then she could commit to me"

Sexual demands: "If I didn't have sex when he wanted it, he'd threaten to leave me to find someone 'better'"

what can I do?



If you're worried, you could:

- ✗ tell friends you trust. Friends can help by listening and supporting you to stay safe
- ✗ contact a support service. They can listen, provide support and help you work out how to stay safe
- ✗ plan where you can go and who you will call if you feel afraid of your partner. Keep important items together in a safe place in case you have to leave — such as money, keys, bank cards and important documents
- ✗ call the police if you are in danger, or have been physically or sexually assaulted, stalked or harassed. The police can charge the person with a criminal offence
- ✗ apply for a Family Violence Intervention Order. This is a court order aimed at protecting you from abuse or violence. The order places conditions on the abusive person — for example, that they can't come near you, or can't abuse you again. It's a criminal offence to disobey the order

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But she doesn't hit me. Is it still domestic violence?

Yes. Domestic violence is any abusive behaviour by a partner, an ex, or a family member, that makes you feel controlled or afraid. It doesn't have to be physical. It can be emotional, psychological, or financial abuse, or other threatening or coercive behaviour. This includes being threatened with being 'outed' against your wishes

Doesn't domestic violence only happen in straight relationships, where a man is the abuser?

No. Domestic violence can happen in any relationship, whether you're straight or gay, lesbian, bi or trans. Nearly one in three LGBT Victorians have experienced abuse from their partner

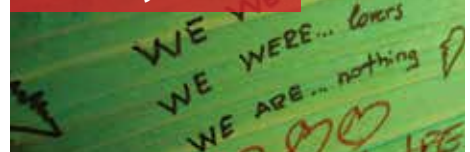
Can I contact a mainstream domestic violence service for help?

Yes, all outreach services provide confidential and non-judgmental advice and support. You don't have to be 'out', or to 'come out' to get help

Can a lesbian stay in a refuge if she needs a safe place to stay?

Yes. Refuges are open to all women. Adult males can't go into a women's refuge

is it my fault?



Even though your partner might try to blame you for how they act, it's not your fault. No matter what you do, a partner shouldn't hurt you or make you feel bad about yourself. We all get stressed, upset or jealous — but we don't have to take our feelings out on other people. Trust your feelings and remember that you don't deserve to be abused. The effects of abuse are serious, so it's important to get help