

SpeakUp

FAMILY VIOLENCE

Family violence is a pattern of abusive behaviour used within family or family-like relationships, including ex-partners, to control or dominate.

The term “family violence” encompasses other commonly used terms such as domestic violence, intimate partner violence and spousal abuse.

What is family violence?

Family violence is not limited to physical violence, it also includes emotional, financial, sexual or social abuse.

- Physical or sexual harm, or threats
- Damage or threats of harm to property, people or an animal
- Constant put downs, name calling, humiliation or insults
- Isolation or controlling contact with other people
- Refusing access to your finances
- Not allowing you to practice religious or spiritual beliefs
- Stalking (repeated unwanted contact)
- Monitoring your location (physically or digitally)
- Exploiting legal action

If you or someone you know is experiencing family violence, take action to be safe, then seek advice and support from professional services



SPEAK UP

Speak Up provides advice, support and referrals if you witness or experience unacceptable or concerning behaviour

P: 03 9479 8988

E: speakup@latrobe.edu.au

W: latrobe.edu.au/speakup

KEY FACTS

- 1 in 4 women (almost 2.2 million) in Australia have experienced at least one incident of violence by a male partner
- 1 in 12 men in Australia have experienced violence by a female intimate partner
- 1 in 10 women in Australia have experienced sexual violence by a male partner
- 95% of violence is at the hands of a male perpetrator
- 488 women were killed by a current or former partner between 2002 and 2012 – nearly one woman a week

Preparing to take action

You can take the following actions to make yourself safe. Be aware, that you are most at risk of violence when leaving an abusive relationship or situation. Only take the steps you feel safe to.

- Put emergency numbers in your phone
- Make a safety plan, including safe locations you can go
- Keep a bag with essential items (including cash) in a safe place
- Use incognito browsing if you don't want your search history to be viewed
- Turn off GPS, Bluetooth and location services on your devices
- Keep records of all evidence and document all incidents of abuse

Immediate assistance

If you receive a threat of harm, are concerned for your immediate safety, or require immediate assistance (for example if you have been sexually assaulted or are injured), call for help as soon as you can.

- On campus: 24/7 assistance from Security on 9479 2222 at all campuses, except Bendigo call 5444 7999
- Off campus: 000 for emergency services, Police, Fire and Ambulance

Consider seeking crisis accommodation.

- State-wide after-hours service: 1800 825 955 from 5pm to 9am weeknights, and 24 hours on weekends
- Safe steps: 1800 015 188 24 hours, family violence response centre for women and children

Seek advice and support

- You can consider speaking with a trusted friend, family member or neighbour for support. Ask the person not to communicate with the perpetrator about you, such as giving information about your location.
- Seek advice, support and referrals from services at the University, including Speak Up, Security, Counselling, Special Consideration and Advocacy
- Seek assistance from specialist family violence support services outside the University
- Consider applying for an intervention order to prevent the person contacting or approaching you

SUPPORT AND REFERRALS

On campus support services

Speak Up: advice, support and referral if you or someone you know is experiencing family violence. Speak Up may be able to offer you a Safe Connection – free smartphone and credit.

P: 9479 8988
E: speakup@latrobe.edu.au
W: latrobe.edu.au/speakup

Student Counselling: psychological, social, and emotional support

Bundoora	P: 9479 2956	E: counselling@latrobe.edu.au
Bendigo	P: 5444 7223	E: studentservicesbendigo@latrobe.edu.au
Albury-Wodonga	P: 6024 9627	E: counsellor.aw@latrobe.edu.au
Shepparton	P: 5820 8631	E: A.Reid2@latrobe.edu.au
Mildura	P: 5051 4083	E: courtney.henderson@latrobe.edu.au
Sydney	P: 9397 7600	E: sydney@latrobe.edu.au

W: www.latrobe.edu.au/counselling

La Trobe Out of Hours Crisis Line: mental health and wellbeing support

P: 1300 146 307
Text: 0488 884 100

Advocacy: free, independent assistance for academic, administrative or welfare issues

Bundoora	P: 9479 2314	E: itsu_advocacy@latrobe.edu.au
Mildura	P: 5051 4053	E: r.byrne@latrobe.edu.au
Shepparton	P: 5820 8607	E: k.daloia@latrobe.edu.au
Bendigo	P: 5444 7354	E: bsa@bsabendigo.com.au
Albury-Wodonga	P: 6024 9709	E: jmathey@wsawodonga.com.au

Financial services: for information, assistance and support with aid, loans and grants

P: 1300 528 7623

Special Consideration: adjustments for exams and assessments

W: www.latrobe.edu.au/special-consideration

Off campus support services

Safe steps: family violence response centre, including 24/7 phone support for women and children

P: 1800 015 188

Daisy app: search for family violence support services in your area. Available in App stores for iOS and Android.

Men's referral service: counselling, information and referrals for men, to work toward ending family abuse

P: 1300 766 491

Magistrates court:

W: www.mcv.vic.gov.au