

# SaferCommunity

## 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.

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### 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
- Denying you access to your finances
- Preventing you to practice religious or spiritual beliefs
- Stalking (repeated unwanted contact)
- Monitoring your location (physically or digitally)
- Exploiting legal action, such as DHHS

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



### SAFER COMMUNITY

Safer Community provides advice, support and referrals if you witness or experience unacceptable or concerning behaviour.

P: 03 9479 8988

E: [safercommunity@latrobe.edu.au](mailto:safercommunity@latrobe.edu.au)

W: [latrobe.edu.au/safercommunity](http://latrobe.edu.au/safercommunity)

Offices: Bundoora PE level 2, Bendigo SSC

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## Preparing to take action

You can take the following actions to help 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

If you are supporting someone else who is experiencing family violence, you should never force them to do anything; encourage them to seek expert advice and support.

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## 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
- Off campus: 000 for emergency services, Police, Fire and Ambulance

Consider seeking crisis accommodation.

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

## 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

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## 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 Safer Community, Security and Counselling (see Support and Referrals)
- Seek assistance from specialist family violence support services outside the University (see Support and Referrals)
- Consider making a report to Police
- Check the safety of your devices at the Office of the eSafety Commissioner
- Consider applying for an intervention order to prevent the person contacting or approaching you

## SUPPORT AND REFERRALS

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### On campus support services

**Safer Community:** advice, support and referrals if you or someone you know is experiencing family violence. Safer Community may be also able to offer you a Safe Connection – free smartphone and credit.

P: 9479 8988 E: [safercommunity@latrobe.edu.au](mailto:safercommunity@latrobe.edu.au) W: [latrobe.edu.au/safercommunity](http://latrobe.edu.au/safercommunity)

**Student Counselling:** personal psychological, social, and emotional support for students at La Trobe.

P: 9479 2956 E: [counselling@latrobe.edu.au](mailto:counselling@latrobe.edu.au) W: [www.latrobe.edu.au/counselling](http://www.latrobe.edu.au/counselling)

**Men's Wellbeing:** counselling support for male-identifying students

W: [www.latrobe.edu.au/students/support/wellbeing/mens-health-and-wellbeing](http://www.latrobe.edu.au/students/support/wellbeing/mens-health-and-wellbeing)

**La Trobe Out of Hours Crisis Line:** mental health and wellbeing support after hours (5pm to 9am weeknights, all day on weekends and public holidays).

P: 1300 146 307 Text: 0488 884 100

**La Trobe Student Association (LTSA)** offer free advocacy, legal advice and financial counselling.

W: [www.ltsa.com.au](http://www.ltsa.com.au)

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

W: [www.latrobe.edu.au/students/admin/fees-and-money/assistance](http://www.latrobe.edu.au/students/admin/fees-and-money/assistance)

**Special Consideration:** adjustments for exams and assessments if your studies have been impacted by family violence, contact Safer Community if you need supporting documentation.

W: [www.latrobe.edu.au/special-consideration](http://www.latrobe.edu.au/special-consideration)

### Off campus support services

**Safe steps:** 24/7 family violence response centre, including phone and web chat for women and children.

W: [www.safesteps.org.au](http://www.safesteps.org.au) P: 1800 015 188

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

W: [www.ntv.org.au](http://www.ntv.org.au) P: 1300 766 491

**InTouch:** family violence service for women and children from migrant and refugee backgrounds.

W: [www.intouch.org.au](http://www.intouch.org.au) P: 1800 755 988

**Rainbow Door:** a free service for all LGBTIQ+ people to connect you with specialist support services.

W: [www.rainbowdoor.org.au](http://www.rainbowdoor.org.au) P: 1800 729 367 Text: 0480 017 246 Email: [support@rainbowdoor.org.au](mailto:support@rainbowdoor.org.au)

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

**Office of the eSafety Commissioner:** for information and advice about the safety of your devices and online.

W: [www.esafety.gov.au](http://www.esafety.gov.au)

**Magistrates court:** to apply for an intervention order.

W: [www.mcv.vic.gov.au](http://www.mcv.vic.gov.au)

**Victoria Legal Aid:** for free legal advice, search answers online, chat or call.

W: [www.legalaid.vic.gov.au](http://www.legalaid.vic.gov.au) P: 1300 792 387

**Child Protection Service:** 24/7 assistance for children and young people whose safety is at risk.

W: [www.services.dhhs.vic.gov.au/child-protection](http://www.services.dhhs.vic.gov.au/child-protection) P: 13 12 78

