



controlling
access to
money

checking
your text
msgs

taking
away your
choices

Coercive control is:

stopping
you from
going to
work

threatening
to hurt your
children

name
calling

not being
allowed to
go out

threatening
to hurt your
pets

How to get support

If you're noticing red flags in your relationship, consider starting a conversation with a friend or loved one.

For additional support, call:

1800 RESPECT is a national hotline operated by trained counsellors
Call 1800 737 732 or head to 1800respect.org.au

Learn more on how you can help
barnardos.org.au/our-advocacy/domestic-violence/



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Australia



We all deserve to feel safe in our relationships



Red flag

"Why do you need to hang out with them so much? You don't need others if you have me."

Red flag

"Are you serious? Don't be so difficult. Just do it."

Red flag

"You're lucky I'm with you; no one else would put up with this."

Green flag

"Have a great time with your friends! Let me know if you need a lift."

Green flag

"I completely understand if you're not comfortable with that. Let me know what feels right for you."

Green flag

"I'm thankful to be with you. Let me know how can I support you?"

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How should I respond to a child if they tell me they have experienced domestic violence?

DO

- ✓ **Find a quiet place** where you can listen to them
- ✓ **Tell them that you believe them**
- ✓ Make sure they know **it's not their fault**
- ✓ Let them know that if they are at risk, you have to report it someone else
- ✓ Reassure them that **it's ok** they have told you what's happening
- ✓ **Ask them** if they would like your help to refer them to a specialist service

DON'T

- x **Don't be afraid** of saying the "wrong" thing. Listening and believing them is more important than what you say.
- x **Don't make promises** you can't keep, for example that you will be able to 'save' them.
- x **Don't interrogate the child** for all the details of the abuse. Let them tell you the story in their own words.



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Exposure to domestic violence can have damaging effects on children of all ages.*



In utero

An unborn child may be injured in the womb due to physical violence or suffer from exposure to drugs or alcohol that a mother may use to cope with stress.



Babies

Babies exposed to violence may have difficulty developing attachments and in extreme cases suffer from failure to thrive.



Child

School-aged children may struggle with peer relationships, academic performance, and emotional stability.



Toddler

A toddler could have developmental delays and can suffer from eating and sleep disturbances.



Teenager

Teenagers may be at higher risk of substance misuse or of becoming violent or becoming a victim of dating violence.



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