



Domestic Violence Safety Guide

Any person who has lived with domestic or family violence needs to take special care of their emotional well-being, as well as their physical safety. Ways to do this include:

- Finding positive supports - friends, family etc - who will affirm your self-worth and ability to cope with the abuse;
- getting involved with support groups for survivors of domestic violence, or see a counsellor individually;
- being aware of your own “triggers” - don’t let your abuser provoke you through fear or anger into a more dangerous situation;
- learning how to care for yourself and reduce your stress in healthy ways.

Planning for Safety

It’s very important to have in mind a plan for how to ensure you and your children’s safety, whether you are planning to stay in the relationship, are thinking about leaving or have left for good. No-one knows your situation as well as you do, so think carefully about how to keep you and your children safe.

If you are staying in the relationship, think about what you can do to keep yourself safe, particularly at times when your partner becomes abusive. Some tips may be:

- creating signals for neighbours/family/friends that let them know to come over or to call for help. For example switch on the outside light; phone a friend, saying “I can’t visit on Wednesday” as a code;
- keeping spare keys and important documents where you can get to them readily;
- keeping in mind their age and their skills, develop safety plans for the children, for example, calling 000 for help or getting to a place where they will be safer;
- do whatever it is you need to do to buy time and/or space, to defuse the situation or to protect yourself and your children;

- consider applying for a Protection Order to legally prevent any abuse.
- buy a mobile phone and save emergency numbers;
- protect children from things they don’t need to hear or see or might feel overwhelmed by;
- save small amounts of your own money; open your own bank account, get your own credit card.

There is a range of services and groups that can support you and your children with your emotional and practical needs such as:

- DV Connect Womens 24 hr Help Line 1800 811 811
- DV Connect Mens Help Line 1800 600 636
- Legal Aid Queensland (ask for DV unit) 1300 651 188
- Kids Helpline 1800 551 800
- Parentline 1300 301 300

Family Law Solicitors Joseph Parker and Bruce Scott are qualified to give you professional advice on your position regarding domestic violence. If you have any further questions contact us on **(07) 3283 3377** for fast, accurate and timely legal advice.

This guide contains information on current legal issues applicable at the time of printing. Please note that there may have been changes subsequently which have not been incorporated in to the material. This guide is intended for information purposes only and its content should not be applied to any particular set of facts or relied upon without first seeking legal or other professional advice. For further information on how we can help you, please contact:

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