

Domestic Violence Prevention Video Transcript

This is a video for women and girls with a disability.

It's about family and domestic violence.

I will tell you about free services that support and protect women and girls, and how you can protect yourself.

Here are some tips to help you stay safe while watching this video.

If there is an emergency, or you are in danger, phone the police by dialling 000.

If you need police help, but it is not an emergency, phone the police by dialling 131 444.

On some websites where this video appears, you will see a 'quick exit' button.

If you need to quickly leave this video or hide what you are looking at, click the 'quick exit' button.

If you need to check the location of the 'quick exit' button, pause this video and check the location now.

The button may have another name like 'leave' or 'hide'.

If you are worried about another person finding out that you have watched this video, try to watch it using a mobile phone, a tablet or a computer that the other person does not have access to.

You can also delete your internet history after closing this video and leaving this webpage.

What is domestic and family violence?

Women and girls with a disability can sometimes live with very serious domestic and family violence.

Domestic and family violence is when a person you know or trust is really mean to you and they hurt or mistreat you.

It can be done by people such as family members, partners, boyfriends, girlfriends, housemates or a carer.

I'm going to tell you about some types of domestic and family violence.

Another name for it is abuse.

Abuse can be physical, verbal, financial, sexual or psychological; that is, to do with your thoughts and feelings.

Examples of abuse

Abuse is punching, pinching, slapping, or having your body forced into equipment that hurts you.

Abuse is someone saying nasty things to you or calling you names.

Abuse is when someone makes you sign documents you don't understand or don't want to sign, like an Enduring Power of Attorney document.

Abuse is when someone tries to stop you having your own money, or when they steal your things, or break them.

Abuse is when someone makes you do sexual things you don't want to do, or makes you watch sexual things you don't want to watch.

Abuse can be threats such as: "If you try to leave, I'll tell child protection that you are a bad mum and they will take your kids".

Or it can be threats to harm your pet.

Abuse is when someone tries to stop you seeing your friends and family or going to religious services.

Abuse might happen where you live.

Some people don't know that these things are abuse.

If you are not sure, or you have questions, you can ask.

There are free legal services and domestic violence services you can talk to.

How the law can stop abuse happening to you

Domestic and family violence can be a crime.

The police might lay criminal charges against the person who hurt you.

The person who has done the abuse should not threaten you or force you to remove the charges.

Free legal services can talk to you about your legal rights and things you can do.

For example, these services can explain important legal documents like an Intervention Order.

An Intervention Order is a legal document that tells the person to stop the abuse.

It might be made by police and the courts.

Lawyers can also talk to you about other things like housing and property, getting a divorce, making arrangements for children, and the payment of bills and debts.

Legal Aid lawyers can talk to you for free.

They will keep your details private.

They can talk to you on the phone or meet you in an office.

You can have an interpreter.

For legal help in South Australia phone the Legal Help Line on 1300 366 424 or go to the Legal Aid website at lsc.sa.gov.au

How domestic and family violence support services can help you

Domestic and family violence support services can help you leave an abusive relationship.

They can help you get emergency accommodation, provide emotional support and answer questions about money.

They can help you organise the supports you need to live your life free from domestic and family violence.

These services can support you to talk to the police.

They can help you to use the law to stop the abuse happening.

They can keep supporting you as you rebuild your life.

You can phone the Domestic Violence Crisis Line on 1800 800 098.

You can also phone 1800RESPECT. This is the national 24/7 helpline.

Remember:

- you have options
- you have choices, and
- you have rights.

You have the right to be safe, the right to be protected and the right to ask for help to stop domestic and family violence.

Activity Sheet:

Circle the right answers

1. If there is an emergency, or you are in danger, you:
 - a. Keep silent
 - b. Do nothing
 - c. Phone the police by dialling 000
2. Circle 2 things you should do if you are worried about another person finding out that you have watched this video:
 - a. Watch using a device that the other person does not have access to
 - b. Delete your internet history after closing the video and webpage
 - c. Tell a friend

True or False

3. Women and girls with a disability can sometimes live with very serious domestic and family violence. _____
4. A person you love and trust can never hurt you. _____
5. Only actions that cause physical harm are examples of domestic violence or abuse. _____
6. You cannot ask for interpreting service when accessing legal help. _____

Answer the questions

7. In addition to physical abuse, what other categories of domestic violence or abuse are there?

8. List 3 examples of domestic violence or abuse that involve verbal, financial, sexual or psychological actions

9. What is an Intervention Order?

10. Write 3 support services offered by domestic and family violence service
