



Government of Western Australia
North Metropolitan Health Service
Women and Newborn Health Service

Understanding family and domestic violence and coercive control



Easy
read

About this book

This book was written by the Women's Health Strategy and Programs team at King Edward Memorial Hospital.



We wrote this book in an easy to read way. Some hard words are in **bold** and in **blue**. Bold means the letters are thicker and darker. We explain what these words mean.



You can get someone to help you

- Read this book.
- Know what this book is about.

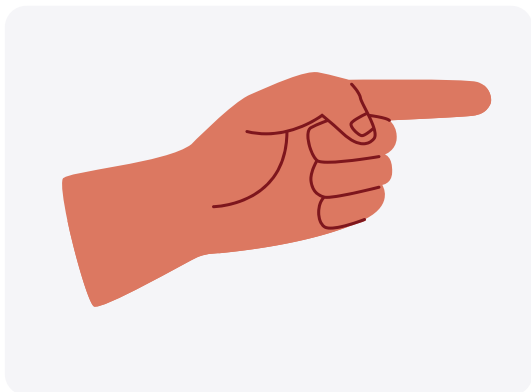


You can ask someone for more information.

What is family and domestic violence?

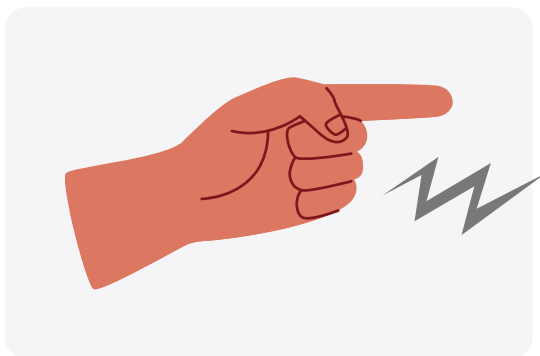


Family and domestic violence is when you are hurt or scared by someone close to you.



Coercive control is when someone

- Tells you what to do.
- Tells you when you can do it.
- Wants to know where you are all the time.



Coercive control is family and domestic violence too.



They might scare or make threats to hurt you.



They might not let you see family and friends.



They might **gaslight** you. Gaslight means someone tries to confuse you on purpose.



They might make you feel bad about yourself.

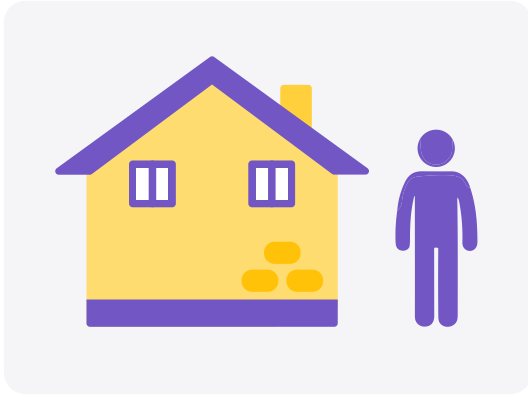


They might shout at you and call you bad names or words.



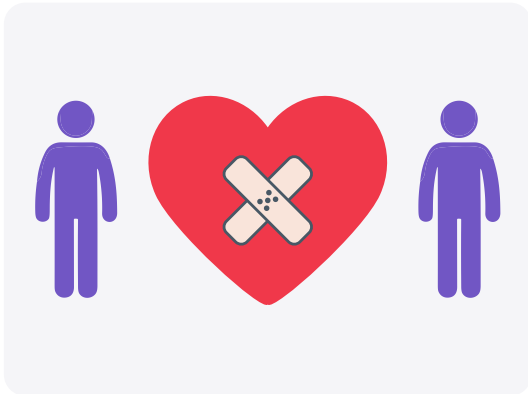
They might say

- They will hurt themselves to make you feel bad.
- They will hurt a person you care about.



People who use violence could be

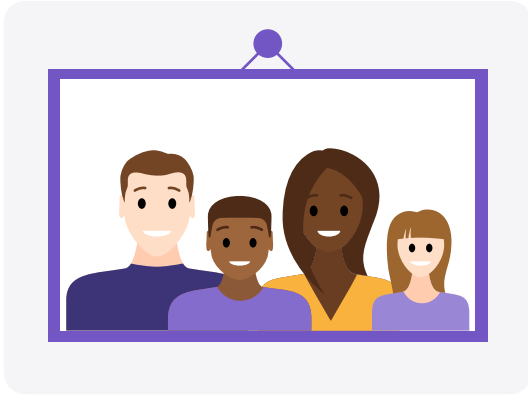
- Someone you live with.



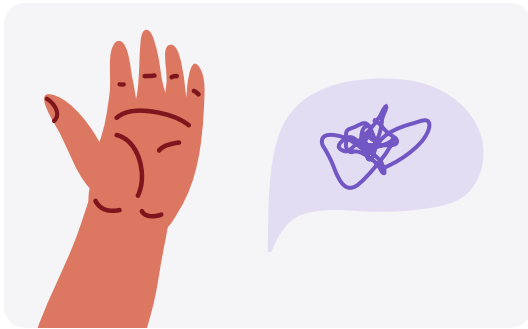
- Someone you are or were in a relationship with.



- A carer.



- Someone in your family.



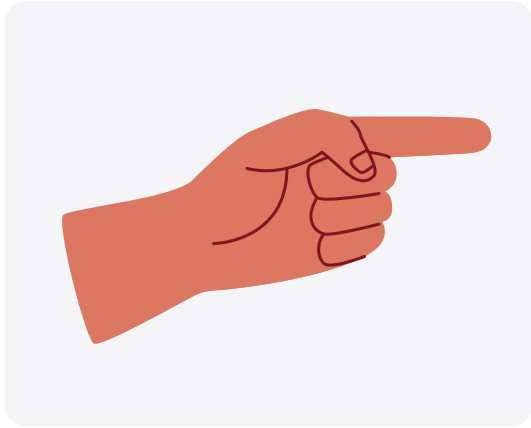
Family and domestic violence and coercive control can be **physical** and **non-physical**.



Physical is when someone hurts your body.



Non-physical is when someone makes you feel bad or takes away your choices.

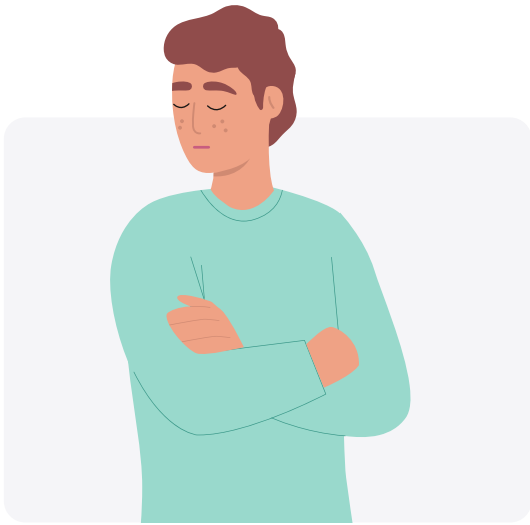


Coercive control is very serious.



When you are worried get help right away.
You can tell someone you trust.

What does family and domestic violence look like?

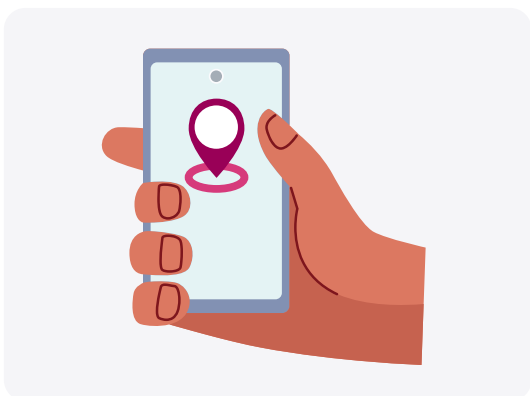


Here are some ways a person might use coercive control to hurt you

- Ignoring you to make you feel bad.



- Not letting you have money.



- Checking where you are all the time.



- Checking what is on your phone.



- Not letting you make your own choices.



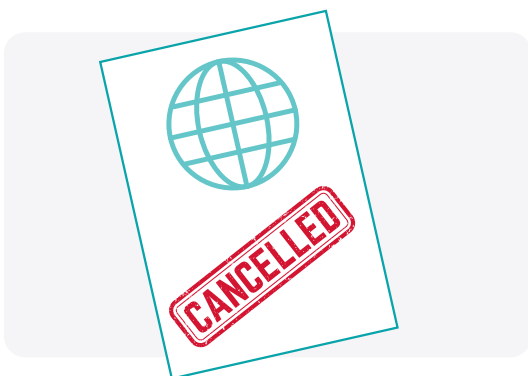
- Making you feel guilty if you do not want to have sex.



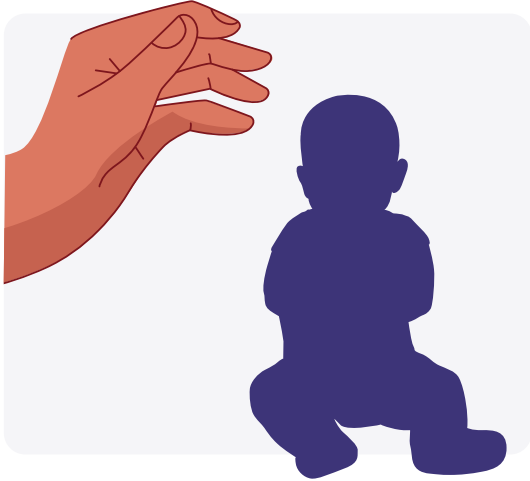
- Making you feel bad about your religion.



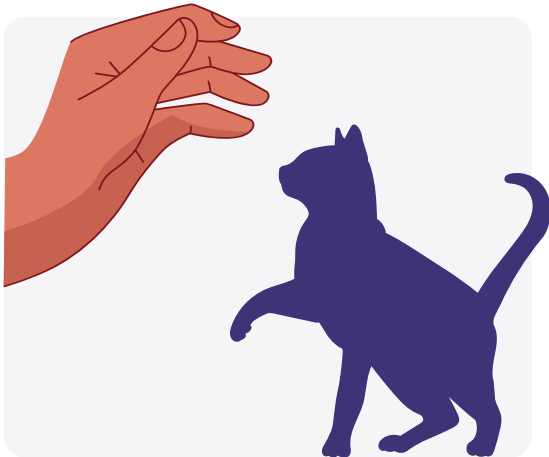
- Making you feel bad about your **culture**.
Culture is the way you do things because of where you or your family is from.



- Saying they will cancel your **visa**.
A **visa** is something you may need to stay in Australia if you were not born here.



- Saying they will hurt your child.



- Saying they will hurt your pets.



They might

- Pressure you to get pregnant by forcing you to have sex.



- Pressure you to continue a pregnancy.



- Say you cannot use **contraception**.
Contraception is something that can stop you getting pregnant.



- Stop you from getting pregnant when you want to.



- Pressure you to end a pregnancy by hurting you.



- Force you to have an **abortion**.
An **abortion** is when you stop a pregnancy before the birth.



- Stop you from seeing a doctor.



- Make threats or **blackmail** you.

Blackmail is when someone tries to make you do something by saying they will share a secret or hurt you or someone you care about.

Getting support



We are here to help you. You can talk to a

- social worker
- nurse
- midwife
- doctor
- ALO or Aboriginal liaison officer



We will listen and believe you.



We will talk to you about support to help keep you safe.

If you have children we will help keep them safe too.

Other people can help you



If family and domestic violence or coercive control happens to you or someone you know

- Call 1800RESPECT on 1800 737 732.
- You can call them at any time of the day or night.



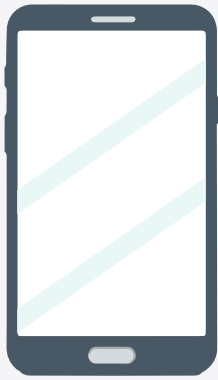
If you have a disability, you can call the National Disability Abuse and Neglect Helpline.

- You can call them on 1800 880 052.



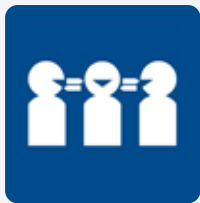
If you are an Aboriginal person, you can call 13YARN

- Call 13 92 76.
- You can call them at any time of the day or night.



The Kids Helpline is a free support service for children aged between 5 and 25 years old.

- You can call them on 1800 551 800.
- You can call them at any time of the day or night.



You can call the Translating and Interpreting Service if you need support in your language.

- Call 13 14 50 to talk to them
- A staff member can help you make the call if you need help.

Emergency



This is when you or your children are in danger and need help straight away.



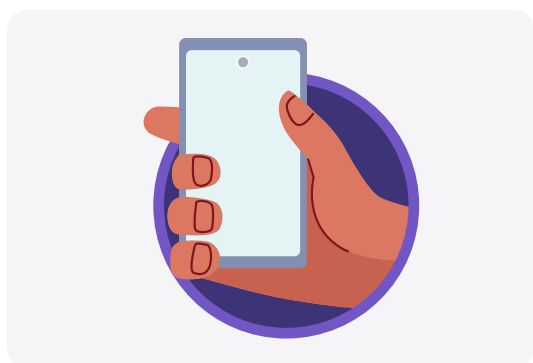
If you are in the hospital

- Tell a staff member – they can help you.



If you are not in the hospital and need help straight away

- Call 000.
- Ask for the police.



If you want to talk to us for more information, you can

Call us on 6458 2222.



Visit King Edward Memorial Hospital
374 Bagot Road
Subiaco Western Australia 6008