

Domestic Violence is more than physical

Abusive behaviour can take many forms and shapes.

Physical

“He would push and poke me and at times throw things to scare me.”

Emotional

“I’d get called stupid and useless and I began to think I was crazy because he would deny he said and did things to hurt me.”

Financial

“I had to account for every cent I spent while he could do what he liked with any money we had.”

Sexual

“I was made to do things that I did not like but was told I had to because it was my duty.”

Verbal

“The yelling and name calling made me feel like I was a total failure and no-one would want to know me.”

Social

“Nothing I said or did was private and he would make fun of me publicly and then say it was just a ‘joke’.”

Spiritual

“He would selectively quote verses of the Bible to make me feel guilty and do what he expected.”

Domestic Violence -
It’s more frequent than you realise



Resources

- **Police or Ambulance 000**
- 24-hour Domestic Violence Line **1800 65 64 63**
TTY **1800 67 14 42** (interpreters available)
- Domestic Violence Advocacy Service **8745 6999**
- BCS LifeCare Counselling & Family Services
9708 2088 or **1300 130 225**
- LawAccess NSW **1300 888 529**
- Relationships Australia **1300 364 277**
- Mensline Australia **1300 789 978**
- Lifeline **131 114**
- Kids Helpline **1800 551 800**
- Parentline **132 289**
- Salvo Care Line **9331 6000**
- Sydney South West Legal Centre **9601 7777**
- Women’s Legal Resource Centre **9749 5533**
- Indigenous Women’s Legal Service **1800 639 784**
- National Assoc. for Prevention of Child Abuse and Neglect (NAPCAN) **(03) 9654 9552**
- Speak to your doctor

BCS LifeCare Counselling & Family Services.

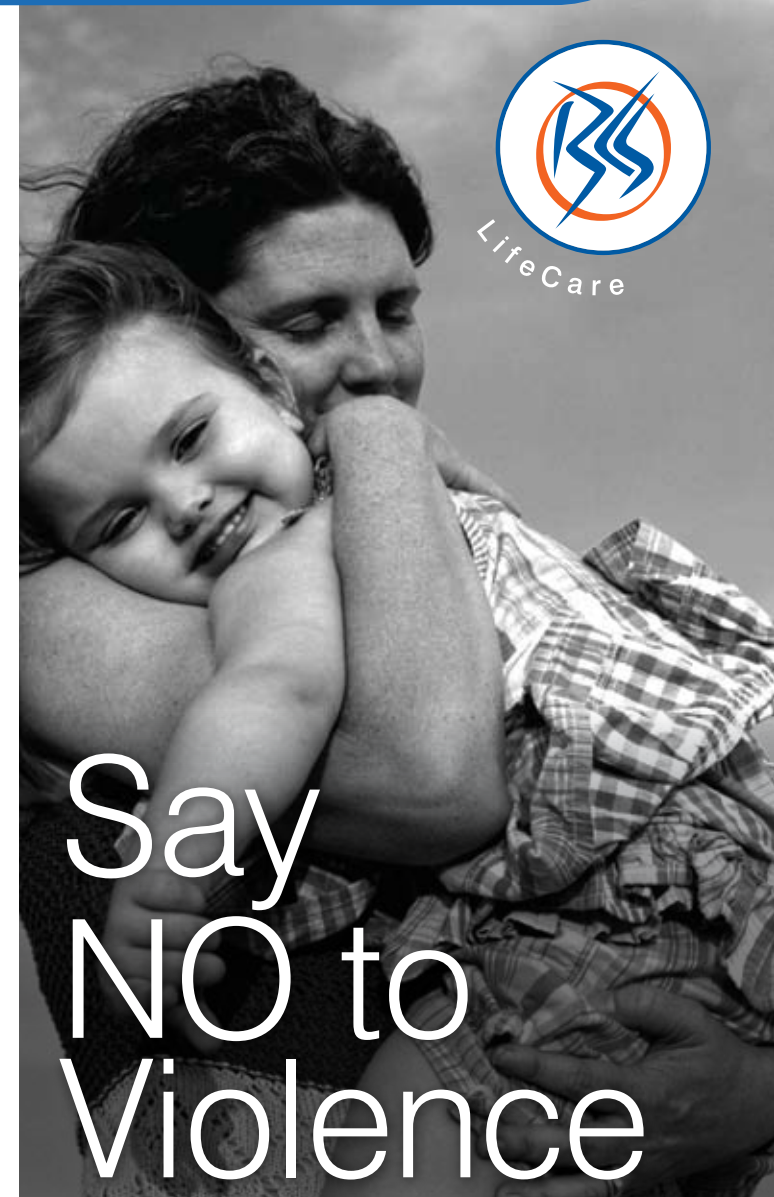
9708 2088 or 1300 130 225

lifecare@bcs.org.au

Bankstown | Campbelltown | Wyong | Penrith

Baptist Community Services - NSW & ACT

ABN 90 000 049 525



Say NO to Violence

Domestic Violence -
It’s more frequent than you realise

BCS LifeCare Counselling & Family Services

What is Domestic Violence?

Domestic Violence (DV) is a pattern of abusive behaviours occurring in an intimate relationship in which one person seeks to gain power and control over the other.

Domestic Violence is repetitive, prolonged, abusive behaviour that tends to get worse over time.

Violence in other inter-personal relationships is usually called family violence or elder abuse.

How often does it occur?

One in four women will experience Domestic Violence from either their current or a previous partner.

Men can be the victims of Domestic Violence. However the majority of victims are female. Some relationships can be reciprocally violent; this is not DV.

Domestic Violence affects all groups in society regardless of their race, religion or educational levels.

Myths

Myth: DV is only relationship conflict.

FACT: DV is not just anger but the misuse of power and abuse to control one's partner.

Myth: If a woman does not like it she can leave.

FACT: DV disempowers women to make choices.

Myth: Women provoke it.

FACT: Abusers need to be held accountable for their own actions and not shift blame onto others.

Myth: DV does not happen in Christian homes.

FACT: DV occurs regardless of Christian denomination or religious affiliation.

What does the Bible say?

As Christians we are called to be peacemakers in relationships and in the community. To do this means to actively work for peace (shalom) holding people accountable for abusive (sinful) attitudes and behaviour. It means not offering cheap grace but instead providing true hope for victims and abusers that change is possible and that freedom from fear is God's will for all of us. Living in safety (emotionally, physically and spiritually) is the outworking of the Good News of Jesus.

I hate divorce says the LORD. (I hate a man covering his wife/himself with violence)

Mal. 2:14-16

Forgiveness requires repentance which means a change in behaviour, attitude and a new heart.

Ezek. 18:30-31

Too often the victim is urged to love and forgive without the abuser being held accountable and called to repent.

Luke. 17: 3-4 Matt. 3:8; 5:22-24

Violence undermines and destroys the relationship between people and God.

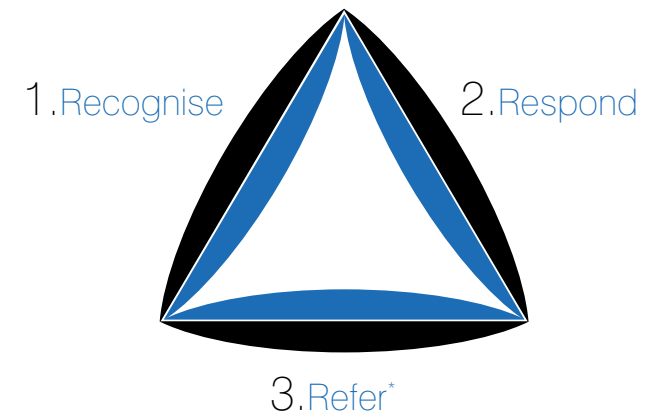
Ps: 55:4-7, 12-14, 20-21

Submission in the Bible is about mutual submission not about demanding compliance to another's point of view or demands.

Eph. 5:21; Mark. 10:42-45

We are called to stand with those who suffer injustice and oppression, to share their load and help them find life in all its fullness.

Matt. 11:28; Lk. 4:18; Jn. 10:10



1. Recognise

Look and notice if someone is worried about their partner's angry reaction to whatever they do or say, or if they are overly scrutinized by their partner.

Ask if they would like to talk with you.

Listen to them and believe what they are saying.

Domestic Violence thrives on secrecy.

2. Respond

Stay in contact with them and take their concerns seriously. Try to find support for yourself and for them.

Speak to them and acknowledge their courage in talking with you.

Act to find a safe place where you both can talk, or if needed, a safe place they can go.

3. Refer

Do offer resources that might be helpful. Do not pressure them into making decisions; they know their situation.

Follow Up with them later and acknowledge that you believe them. Ask if they would like to talk further.