

Family Violence Resource Package

for Culturally and Linguistically Diverse communities





ACKNOWLEDGEMENTS

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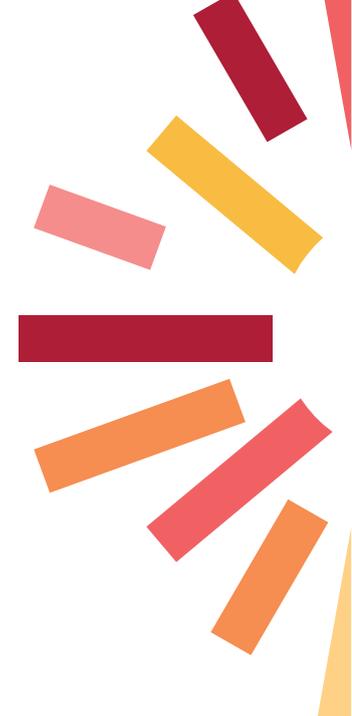
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Visit www.dss.gov.au for more information.



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INTRODUCTION

This Family Violence Resource Package for Culturally and Linguistically Diverse (CALD) communities is specific to local context and aims to increase people's understanding of family violence and knowledge of relevant support.

AUSTRALIAN CULTURE & LAW

Australian Culture – Core Concepts

Greetings

- Greetings are usually informal in social settings.
- First names are almost always used during initial introductions.
- A handshake is the common greeting between strangers but during the COVID-19 pandemic, they are generally not recommended because of social distancing requirements.
- If you are a newcomer, take the initiative to introduce yourself.
- Different physical greetings depend on one's sense of another person's comfort level.
- Some Australians may be comfortable with more physical affection when greeting people they know well, for instance, giving or receiving a kiss on the cheek.
- The average Australian greets with a simple 'Hey/Hello/Hi'.
- Avoid saying "G'day" or "G'day mate" when first meeting someone as this can sound strange or patronising coming from a foreigner.



Religion

- Australia is a secular country, with a high degree of religious freedom and religious diversity.
- The 2016 Census recorded over 100 different religious affiliations in Australia.
- Approximately 52.1% identified as Christian, the largest religious category.
- A total of 8.2% of the population identified with a religion other than Christianity.
- Islam (2.6%) and Buddhism (2.4%) were the largest, followed by Hinduism (1.9%), Sikhism (0.5%) and Judaism (0.4%).

Family

- The average Australian household has been classically understood as a nuclear family with their extended family living separately.
- The increase in divorce and remarriage has created households that incorporate step-parents, step-children and step-siblings. Many children are raised in single parent households.
- There is also further diversity as 49% Australians have at least one parent born overseas (2016 Census).
- Research shows that the extended family still plays a large role in most Australians' lives but the general preference for most Australian families is to have a small families with one to three children.
- Gender does not necessarily dictate a person's role or duty in the family.
- Australia's population is getting older, due to longer life expectancy and low fertility rates. The impact of our ageing population is an increase in the number of Australians needing help in aged care; a 31% increase over the last decade.
- Women are considered equal to men in Australian society and enjoy the opportunity to choose their form of contribution to the household dynamic.



Australian Law*

Equity

Women have the same rights as men.

Everyone has the right to experience positive and safe relationships with their families, friends and loved ones. Violence is never okay. No-one should be treated badly or harmed.

All forms of family violence (also called domestic violence) are illegal and unacceptable in Australia.

These are human rights, upheld and incorporated into Australian law

**IF YOU ARE EXPERIENCING FAMILY
VIOLENCE YOU CAN GET HELP TO
PROTECT YOURSELF AND YOUR FAMILY**

For a list of helplines, supports and services, please see pages 24-27 of this resource.

* Disclaimer: This section is designed to provide general information on the subject matters covered. It is not intended to provide any legal advice. For any legal assistance and advice please see a professional legal adviser.

Key Legal Messages

Australian law treats family violence the same as violence to a stranger, but the penalty can be harsher because violence to a family member or in front of a child is classed as an ‘aggravated offence’.

Violence between family members is subject to legal intervention in the same way as violence between strangers.

Family violence is not just about hitting or physically hurting another person. Family violence includes emotional and psychological harm, social isolation, financial control, stalking or online harassment.

Legislation now emphasises family violence as a social problem affecting all members of society and attracting the full sanctions of criminal justice intervention.

For information on domestic and family violence and the law in Australia, visit the Family Violence Law Help website at <https://lawhandbook.sa.gov.au/ch21s07.php> and also <https://familyviolencelaw.gov.au/>



FAMILY RELATIONSHIPS

Why are they important?

The relationships we experience with the people around us have a great influence on our wellbeing.

Strong, positive relationships help us build trust and feel supported.

Positive family relationships help families resolve conflict, work as a team and enjoy each other's company.

Positive family relationships help children feel secure and loved, which gives them confidence.

Positive family relationships also give children the skills they need to build healthy relationships of their own.

A HEALTHY RELATIONSHIP DOESN'T
DRAG YOU DOWN. IT INSPIRES YOU
TO BE BETTER.

- MANDY HALE (AUTHOR)

Tips for building healthy family relationships

- Try to spend regular quality time together as a whole family and with each child, even if it is for a few minutes each day.
- Show affection (for example, hugs, kisses, kind words or a pat on the back).
- Offer help and support to one another.
- Share values and engage in family rituals (for example, family dinners, weekend walks or movie nights) to build a sense of belonging.
- Talk to each other.
- Tell each other what you like about your family (for example, “Dad, I like your hugs,” or “Cara, you asked for that very politely.”)
- Have family discussions to organise family events and to work through difficulties.
- Try to listen, understand and respect each other’s feelings.
- Try to include children in decisions affecting them; give younger children choices to help them make a decision.
- Teach and model problem-solving skills to children so they become more confident at resolving their own conflicts.
- Set examples and send clear messages to children so they learn how to treat family members (for example, speaking in a calm voice even when you disagree with a family member).
- Recognise and appreciate that everyone in the family will have different likes, needs and wants and this may sometimes create challenges within the family.
- Get support from family, friends or professionals when you need help juggling demands.



FAMILY AND DOMESTIC VIOLENCE (FDV)

DEFINITION

Domestic and family violence includes behaviour or threats that aim to control a partner by causing fear or threatening their safety.

In Australia, domestic and family violence are not tolerated under any circumstances.

DATA IN 2019 - AUSTRALIA

Crime data in Australia shows that domestic and family violence is a significant problem in Australia and mostly impacts women and children. There are many different types of domestic violence. It's not just physical assault.

IF YOU ARE EXPERIENCING
DOMESTIC VIOLENCE IN YOUR
RELATIONSHIP OR FEEL UNSAFE,
IT'S NOT YOUR FAULT.

TYPES OF FAMILY & DOMESTIC VIOLENCE (FDV)

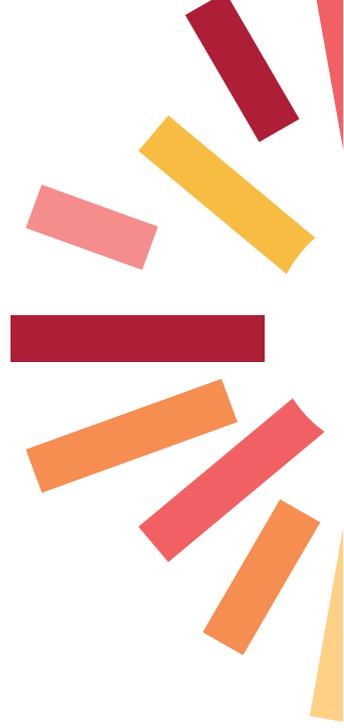
PHYSICAL ABUSE

- Hitting, punching, kicking or bashing a person.
- Shoving, pushing, biting or spitting on a person or pulling their hair.
- Throwing things at a person.
- Choking or suffocating a person.
- Using weapons, for example, knives, guns or other objects to harm a person..
- Withholding food or medicine or not allowing a person to sleep.
- Forcing a person to take drugs.



EMOTIONAL & PSYCHOLOGICAL ABUSE

- Threatening to harm a person, their children or their property.
- Trying to intimidate a person, for example, by standing over them.
- Using manipulation or mind games to make a person think they are crazy.
- Threatening to disclose personal information about a person. For example, threatening to 'out' them if they are in a same-sex relationship.
- Blaming a person for all the problems in a relationship.
- Constantly comparing a person with others to damage their self-esteem and self-worth.
- Telling a person that they will be deported from Australia, that police will not help them, or that no one will believe them.
- Someone threatening to kill or hurt themselves to try to control a person.
- Negative name-calling.
- Threatening to withhold medication or things a person needs for their health or quality of life.
- Hurting or threatening to hurt animals.



SEXUAL ABUSE

- Touching a person or kissing them without their consent.
- Forcing or pressuring a person to have sex or do anything sexual they don't want to.

VERBAL ABUSE

- Calling a person names or putting a person down, for example, attacking their intelligence, sexuality, race or ethnicity, body image or capacity as a parent or partner.
- Swearing at or humiliating a person.
- Yelling or screaming at a person.



FINANCIAL ABUSE

- Stopping a person from accessing money such as bank accounts, cash, pensions or benefits.
- Closely monitoring a person's spending or only giving them a small allowance.
- Stopping a person from working or studying.
- Demanding money from someone or taking their belongings.
- Forcing a person to sign documents, take on debts or claim welfare payments.
- Taking complete control of all money.
- Dowry abuse. For example, a man or his family demanding money from his wife or her family with threats

SOCIAL ABUSE

- Isolating a person from other people. For example, stopping someone from seeing or contacting their friends or family, or by being rude to their friends or family to alienate them.
- Forbidding or preventing a person from going out or meeting people.
- Humiliating or shaming a person in public.
- Someone forcing a person to move to a location where they have no friends, support or employment opportunities.
- Restricting a person's use of the car or phone.

FORCED MARRIAGE

Making a person marry when they don't fully and freely consent. This can include where they are a child or by using force, family pressure, threats, deception or harm. This is against the law in Australia.

TECHNOLOGY-FACILITATED ABUSE (TFA)

Technology-facilitated abuse is a form of domestic violence in which abusers control, stalk and harass their victims using technology. It includes a range of behaviours:

- sending abusive text messages or emails
- making continuous threatening phone calls
- spying on and monitoring victims through the use of tracking systems
- abusing victims through social media sites
- sharing intimate images of someone without their consent (also known as image-based abuse or 'revenge porn')
- using technology to control or manipulate home appliances, locks and other connected devices.

Technology-facilitated abuse has significant and very real impacts. It can occur both during abusive relationships and after leaving an abusive partner or family member. It may also involve just one person or multiple people participating in the abuse.



IF YOU FEEL UNSAFE, IT'S A SIGN THAT SOMETHING MIGHT NOT BE RIGHT.

REPRODUCTIVE ABUSE

Forcing a person to fall pregnant, to terminate a pregnancy or to use or not use birth control.

SPIRITUAL ABUSE

- Preventing a person from practising their religion, faith or culture.
- Forcing a person to do things against their beliefs or to join a religion.
- Criticising a person's cultural background or religion.
- Speaking badly about a person in their religious community.
- Using religious teachings or cultural tradition to justify violence.

Exposing a child to domestic and family violence

When children are exposed to domestic and family violence, they are direct victims of that violence. A child will be exposed to domestic and family violence if they:

- See or hear domestic and family violence against a family member.
- Are there when police or an ambulance comes to a call out.
- See a family member's injuries.
- Comfort a family member experiencing domestic and family violence.
- Help to clean up after an incident.
- Miss school because of domestic and family violence.
- Are forced to watch the violence, participate in the violence or spy on a family member.
- Are threatened, verbally abused or harmed as a way of trying to intimidate a family member.
- See damage to furniture, toys or family belongings.
- Try to stop the violence or defend a family member.
- Need to help care for a hurt or distressed family member or go to the doctor or hospital with them.
- See pets being harmed or find out a pet was given away, harmed or killed.
- Are asked not to tell anyone about the domestic and family violence.
- Are turned against the parent who is the victim of domestic and family violence.
- Grow up in an environment of stress or are cared for by a distressed or withdrawn parent.
- Are forced to live in poverty or become homeless because of domestic and family violence.



IMPACTS ON CHILDREN

Domestic and family violence can seriously harm a child's emotional, psychological and physical wellbeing. The followings are some of its negative impacts on children:

- Violent behaviour, aggression or temper tantrums
- Anti-social behaviour and mood problems
- Anxiety, depression and stress
- Having difficulties self-soothing
- Not being able to sleep which can include nightmares or bedwetting
- Difficulty concentrating
- Difficulties at school including poor reading and language skills
- Not wanting to be separated from a parent and being scared about their or their parent's safety
- Poor self-image and low self-esteem
- Poor relationships with their parents, including becoming violent towards them
- Difficulties making and keeping friends
- Physical health problems.

Children exposed to violence are more likely to grow up and have issues with alcohol and drugs, unemployment, homelessness and using or experiencing violence in their adult relationships.

IMPACTS ON PARENTING

Domestic and family violence can affect a person's ability to parent.

Parents who use domestic and family violence are more likely to:

- Use coercive and manipulative tactics in parenting
- Use harsh discipline
- Use a child to undermine the victim's parenting and self-worth
- Interfere with a child's relationship with their parent
- Be angrier towards the children
- Be less involved in parenting.

Parents who experience domestic and family violence are more likely to:

- Change how they parent to avoid more anger and abuse from the other parent
- Be less able to meet a child's needs due to the stress of the abuse
- Experience depression and other mental health problems that can affect parenting
- Use harsh discipline due to stress. This often stops when the family is safe.



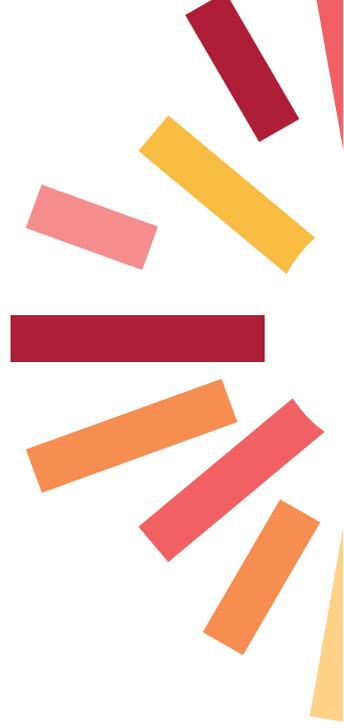
PROTECTING CHILDREN FROM DOMESTIC AND FAMILY VIOLENCE

It is important to protect children from domestic and family violence and to create an environment where children feel safe.

They need stable and loving relationships where they can find comfort when they are stressed or scared.

Children can be helped by:

- Getting help to stop or safely leave violence
- Giving them structure and routine in parenting
- Caring for them and comforting them
- Letting them know that it is okay to have feelings
- Talking to them about their feelings, worries, hopes and dreams
- Giving them positive reinforcement, telling them you love them and that you are proud of them
- Respecting them and helping them to show respect for others
- Being interested in them and supporting their achievements in school and sport
- Supporting them to make healthy relationships with other family members, friends, and teachers.



IF PEOPLE ARE VICTIMS OF VIOLENCE
OR ABUSE THEY WILL NOT BE
PUNISHED FOR THAT.

THEY WILL NOT BE DELIBERATELY
PUNISHED BY THE SYSTEM BY
HAVING THEIR CHILDREN TAKEN
AWAY.



SUPPORTS AND SERVICES

Life threatening: Call 000

Non-urgent police attendance 131 444

Lutheran Care Specialised Family Violence Services (SFV) 8269 9300

Domestic Violence Crisis Line 1800 800 098

Crisis counselling, support and referral to safe accommodation.

1800RESPECT 1800 737 732

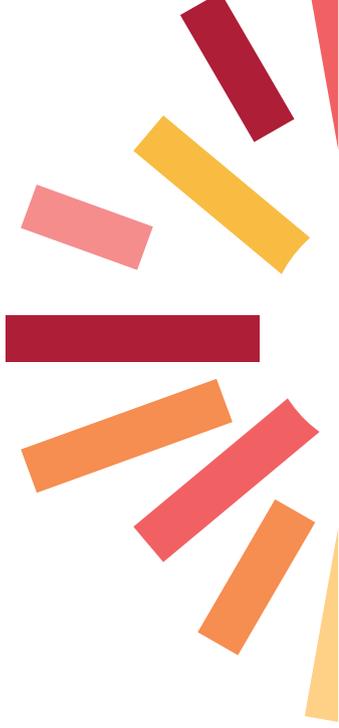
Sexual assault, domestic and family violence counselling.

Women's Information Services 8303 0590

Referrals to Domestic Violence services and safety information.

Women's Safety Services SA 1800 800 098

Domestic and family violence counselling, information and referrals including assistance with emergency accommodation (24 hours, 7 days).



Migrant Women's Support Program 8152 9260

contact@womenssafety.com.au

For migrant women and children in unsafe relationships.

Yarrow Place Rape and Sexual Assault Service

1800 817 421 (Toll-free in SA)

info@yarrowplace.sa.gov.au

Yarrow Place provides a free and confidential service for people aged 16 years and over at the time of the sexual assault including:

- 24 Hour Crisis Response Service for recent sexual assault
- Professional counselling and advocacy
- Group programs, seminars, education, training and community capacity-building
- Country response program
- An Intensive Therapeutic Care Program for Guardianship young people
- Intensive health and therapeutic outreach support for young people.

Australian Red Cross Family and Domestic Violence (FDV) Financial Assistance 08 8100 5431

The program is available to all people on temporary visas, or with uncertain visa status, experiencing family and domestic violence, in need of financial support. To apply, visit <https://www.redcross.org.au/familyviolencerelief>



Ask Maria App

Developed by Women's Legal Service (SA)

Available on  Apple Store &  Google Play

Ask Maria can empower women living in rural, regional and remote SA, through information and links to the correct services. It is free to download on the App Store and Google Play. Ask Maria provides information on interpreters, immigration, visas and citizenship, healthy and respectful relationships, housing support and financial support.

Mental Health Emergency 13 14 65

Mental health support and referral service staffed by professionals (24 hours, 7 days).

Lifeline 13 11 14

Crisis and suicide prevention counselling (24 hours, 7 days).

Men's Referral Service 1300 766 491

Support and referrals for men including referrals to men's behaviour change programs. Information for women wanting help with a male partner or family member.

Don't become that man **1300 243 413**

The name Don't Become That Man was created to encourage and facilitate early intervention and prevention programs for men who have concerns about their current controlling behaviour, and even more concerns about how that behaviour might escalate to violence.

- Phone counselling
- In-person counselling
- Support networks
- Referral services
- Rehabilitation programs.



Legal Support

Legal Service Commission of SA 1300 366 424

Legal information, advice and referrals

Women's Legal Service 8221 5553

Legal information, advice and referrals

Northern Community Legal Service inc. 8281 6911

Legal information and advice - Northern Zone

Uniting Communities Law Centre 8342 1800

Legal information and advice - Central and Hill Zone

WestSide Lawyers 8340 9009

Legal information and advice - Western, Mid North and Outback Zone

REFERENCES

Federal Circuit Court – Exposure to Family Violence and its effect on children 1800 RESPECT – Offering support to children

Queensland Centre for Domestic and Family Violence Research – Fact sheets about babies, toddlers, children and young people

Rae Kaspiw, et al. – Domestic and family violence and parenting: Mixed method insights into impact and support needs: Final report. ANROWS April 2017

<https://kidshelpline.com.au/parents/issues/building-healthy-family-relationships>
<https://www.raq.org.au/faq/why-are-healthy-family-relationships-important> <https://www.raq.org.au/article/how-build-healthy-family-relationships>

<https://raisingchildren.net.au/grown-ups/family-life/routines-rituals-relationships/good-family-relationships#:~:text=Children%20feel%20secure%20and%20loved,and%20appreciation%20of%20each%20other>

<https://raisingchildren.net.au/grown-ups/family-life/routines-rituals-relationships/good-family-relationships#:~:text=Children%20feel%20secure%20and%20loved,and%20appreciation%20of%20each%20other>

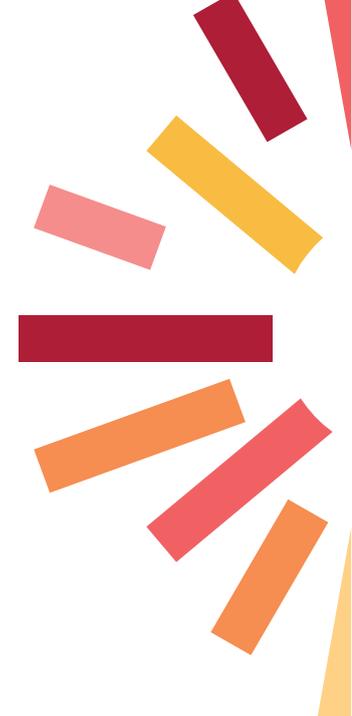
<https://www.sa.gov.au/topics/family-and-community/safety-and-health/domestic-violence-and-sexual-assault/support-services>

<https://www.abs.gov.au/statistics/people/crime-and-justice/recorded-crime-victims-australia/latest-release#:~:text=In%202019%20almost%20a%20third,from%2038%20to%2012%20victims>

<https://culturalatlas.sbs.com.au/australian-culture/australian-culture-family> <https://www.clcsa.org.au/generlaist-law>

<https://familyviolencelaw.gov.au/get-help/>

<https://www.esafety.gov.au/key-issues/domestic-family-violence>





SPECIALISED FAMILY VIOLENCE SERVICES

309 Prospect Road,
Blair Athol SA 5084

08 8269 9300
www.lutherancare.org.au

Funded by the Australian Government Department of Social Services.
Visit www.dss.gov.au for more information

