

IMPORTANT NUMBERS

Police - Emergency	000
Police – Assistance	131 444
Domestic Violence Crisis Service	1300 782 200
Crisis Care	131 611
Centrelink	131 021
Housing SA	131 299
Families SA	(08) 8648 8880
Centacare Ceduna	(08) 8625 3810
Women’s Legal Service	1800 816 349
Kids Helpline	1800 55 1800
Relationships Australia	1300 364 277
Save the Children	(08) 8625 3550
Day Centre	(08) 8625 3530

IMPORTANT NUMBERS

WHAT TO TAKE

- Identification
- Birth certificates for me and my children
- Centrelink cards
- School and medical records
- Money, bank books and cards
- Keys – house/car/office
- Drivers licence and registration
- Medication
- Change of clothes for you and your children

WHAT TO TAKE

WHAT TO TAKE

- Mortgage/rent payment book
- Lease/rental agreement/house deed
- Current unpaid bills
- Insurance papers
- Address book
- Children's favourite toys and/or blankets
- Pictures, jewellery, items of sentimental value

SEE THE WARNING SIGNS

Violent situations show common red flags or warning signs. Women everywhere respond to these universal warnings when they are around a dangerous person. Check whether any of the following apply in your relationship.

- You feel uncomfortable about something he has said or done and the feeling remains
- You often feel mad or scared
- You wish he would go away, you want to cry, and you want to run away from him
- You think you are the only one who can help/love/understand him

SEE THE WARNING SIGNS

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- You think or wish you could help him 'change' or 'fix' his life
- You feel bad about yourself when you are around him
- You only feel good about yourself when you are around him
- You are emotionally tired from him; you feel he 'sucks the life out of you'
- You feel isolated from other relationships with friends and family
- You are uncomfortable because he has touched you inappropriately or too soon

SEE THE WARNING SIGNS

- You notice he changes when he is around other people
- You have heard him admit to a current or previous drug or alcohol problem
- He spends a lot of time watching violent movies, TV or playing violent video games
- You make excuses for why you are with him
- You make excuses for his character and minimize his behaviour
- You make excuses and don't allow others to be around him because of what they think of him

CIRCLE OF VIOLENCE

Domestic abuse falls into a common pattern:



CIRCLE OF VIOLENCE

WHAT ABOUT THE KIDS?

Living in a home where domestic violence happens affects children. Many children think they are the reason for the violence or at least partly to blame

Children who are around when violence happens have more emotional and behavioural problems than other children

If the abused partner is worried for their safety, or the safety of their children, it is important to take the children away as soon as possible

Short Term Effects on Children

Some short term effects on children who are around repeated violence can include:

- Blaming themselves for the violence
- Having problems sleeping, like nightmares

WHAT ABOUT THE KIDS?

- Going backwards in development, such as thumb sucking and bedwetting
- Becoming more nervous or scared
- Displaying aggressive or destructive behaviour
- Starting to withdraw from people and events
- Becoming a victim or a bully
- Starting to show cruelty to animals
- Experiencing stress-related illnesses, such as headaches or a sore stomach
- Displaying speech difficulties, such as stuttering
- Misusing drugs and alcohol (in young adults).

How to help your child

You can help to protect your child recover in many ways, such as:

- Protect them by taking them to a safe place

WHAT ABOUT THE KIDS?

You can help your child emotionally recover from domestic violence in many ways:

- Tell the child that abusive behaviour is wrong and teach them other ways to deal with anger and solving problems
- Reassure the child that none of the violent episodes were their fault in any way
- Tell them how much you love them and cuddle them often.
- Encourage them to talk openly about their feelings.
- Get extra help for your child if necessary
- Ask a friend or family member to give the child someone else to talk and go to if they need
- Get professional help, such as counselling, for all family members

PLAN AND BE SAFE

Many women find that the violence increases after you separate. As you begin to make your own choices, your ex-partner may feel loss of control over you. They may try to get back control of you, this will increase the danger for you and/or your children.

If you are scared for you and your children you might want to make a safety plan in case you need to leave in a hurry.

- Work out who you will call if you feel like you are in danger
- Decide where you will go if you need a safe place
- Decide what arrangements you will make to make sure your children are safe
- Talk with someone you trust about your decision to stay or leave
- Keep an extra key to your car and house

PLAN AND BE SAFE

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If you decide to leave, think about the following:

- Get legal advice on separation and protection orders before you separate
- Save some money for fares or emergency transport
- Pack all medications you need
- Know where all your important papers are kept
- Think about keeping spare clothes, medication, keys, papers and cash at a friend's house
- Close bank accounts in your name
- Put your new address on your statements and accounts
- Take your name off existing accounts, bills and property leases

STEPS YOU CAN TAKE

Believe the violence is NOT your fault

There is no excuse for violent behaviour. The aggressor is responsible for their own violent behaviour. NOT YOU.

Talk to someone you trust

It might be a family member, a friend, neighbour, workmate, or community health worker. It may be difficult to tell someone, but remember, they will be able to help you through.

See a Doctor or Health Professional

If you have been hurt as a result of violence it is important to see a doctor. Any injuries can be recorded and used later in court if necessary.

STEPS YOU CAN TAKE

Call the Police

In you are in immediate danger it is important to call your local police station. This is to ensure the safety of you and your children.



WHAT IS DOMESTIC VIOLENCE?

Domestic violence can happen in lots of different ways and affects people of different ages. If someone is hurting you it can be very scary and it may be hard to know how you can stop it.

It is important to remember that no one has the right to hurt you and there are people out there who can help.

Some examples of domestic violence include:

- When someone physically touches you.

Things like: pushing, shaking, slapping, and forcing you to do sexual things against your will, throwing things at you, damaging your property, hurting or killing pets.

WHAT IS DOMESTIC VIOLENCE?

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- Emotional violence, this is often ignored and can be very hurtful.

Things like: making threats, speaking in a way that is frightening, putting you down, and emotional blackmail.

- Economic violence

Having money and being able to make decisions about it, is a way of being independent. If someone is controlling your money or making you ask for money unreasonably, then this is a form of violence.

- Social violence

Things like: If someone is teasing you in front of other people, or keeping you away from family

WHAT IS DOMESTIC VIOLENCE?

and friends, telling you what you can and can't do and where you can go, then they are being violent and you may need to take some action.

- Spiritual violence

Things like: You are not allowed to have your own opinions about religion, cultural beliefs, and values.

These are all types of domestic violence and it is not ok. You can get help and it is not your fault.

WIYARINGANYI
PIKANGU
PUNGANYI



IMPORTANT NUMBERS

WALKATJARA	000
POLITJAMANU	131 444
PICKUTJA WALTJA	1300 782 200
ALPA-TJUTA	131 611
BUNDA-WANKA	131 021
NGURA-WULTJAS	(08) 8648 8880
NGURA WANGANYI	131 299
TJUKURPA WANGKA	1300 366 424
KGUNGKA WUNGKA	1800 816 349
TJI-TJI ALPUM TJI TJI	1800 55 1800
WULTJA TJANTU	1300 364 277
WANKARUNANYI	(08) 8625 3550
KANYINI MUKURINGANYI	(08) 8625 3530

IMPORTANT NUMBERS

WHAT TO TAKE

- KULILA GOOBA,GOONYA, WALLABULLA,
WALPALA PALARU MUKARINGANYI NYUNTU
INI NYURA ATJ, WULLI TJI-TJI INI TJI-TJI ATJ
WULI NYINANYI
- NGIYALU GOTTAM BENSION CARD AND KEY
CARD, NO PIPA WUNGA
- MEDICATION-UWA
- HAVE YOU GOT YOUR KEYS TO YOUR HOUSE
OR CAR?
- LITJENCE WIYA MUTAKA PIPA WIYA, MUTAKA
WIYA
- TJI-TJI TUWI NGALYPA DEDI PILANKETY

WHAT TO TAKE

WHAT TO TAKE

- PIPANKU WUNKA WIYA
- INSURANCE PAPERS
- UNPAID BILLS
- LEASE –RENT PIPA
- ADDRESS BOOK
- PICTURES
- PHOTOS



SEE THE WARNING SIGNS

- NGIYALU NGULU WATI NYARUNI MINYA
MINYANI
- NGIYALU PUKL(PA) WIYA MALPA NINTI
MALPA PULYA PIRUKU
- NGIYALU KA MALPA TJUNGU PALARU O.K.
PALARU KUTJUPARARINYI MUMMU NGIYALU
NINTI-WIYA NGYALU KULINI PALARU URKUNI
NGIYALU KURAN NGIKU PALA-PALA. TJINA
TJUKU, TJI TJI WUNGA WIYA KIN KIN PA
- INA MALPA NYANGANYI WIYA WALUTJA
NYANGANYI WIYA

SEE THE WARNING SIGNS

SEE THE WARNING SIGNS

- PALARU NGUNTJI WANGKANYI PULKA.
NGUNTJI WUNKA WAYIRIRINYI, NGIYALU
KULINI NGUNTJI. TJI-TJI NTHUNGA MAMMA
KULI- KULI. NGIYALU KULILKATINYI NGIKU
NGIYALU KURI MIITA TJAA NGUNTJI
WANGANYI KUPPI TJIKKINI MALPA INA
WULTJA WULLI WUNGANYI KULI-KULI KULINI
WANGKA PALARU WANKANYI BIN PUYU
TRUGS TJUTA NGIKU NINTI WIYA PULARU
NTHUNGANY TV MUMMOO
- YAALARA PUNGANYI PIKATI TJI-TJI ULANYI
WIRTJAPAKANI ALPAMILANI WULTJAS WULGA
BLITJMANA TJI-TJI NYINAKATINYI WULTJAS

CIRCLE OF VIOLENCE



CIRCLE OF VIOLENCE

CIRCLE OF VIOLENCE

The violence goes round in a circle, it happens over and over again in this cycle:

1. EXPLOSION
Men and women sitting apart
2. SORRY
Walking together
3. HONEYMOON/BUY BACK
He gives gifts of food
4. BACK TO NORMAL
Women back at camp cooking
5. TENSION BUILDS
Women walking on eggshells
6. GET HELP
Women sitting together in the middle, getting stronger together

WHAT ABOUT THE KIDS

TJI-TJI UNTYJU PIKA

- UNGU WIYA
- KUMPU PITA
- NYNNANYI KUTJU
- TJI-TJI PUNGANYI
- MUMMOO TREAM
- WANGKANYI WIYA

WHAT ABOUT THE KIDS?

WHAT ABOUT THE KIDS

TJI-TJI ALAPUM

- WANKARU WULLI
- WUNGKA TJI-TJI PUNGANYI WIYA
- WUNGKA TJI-TJI TARAPULA WIYA
NGIYULLI MUKKA NYUNTU
- NYUNGANYI ALAPAM TAKATA



PLAN AND BE SAFE

- NGIYALU NGULU PULKA WATIKURI
WANKANYI TANTJA PALARU WANKANYI
PIKANGKU PUNGANYI
- PUNGANYI TITUTJARA, NGANANA
WUNGA YAALTJIKUTU



PLAN AND BE SAFE

STEPS YOU CAN TAKE

- KULANI PIKANGKU PUNGANY WIYA
- WUNGKA KUTJUPA RAPA
- NYANGANYI TAKATA
- ALTINYI PULITJUMUNU



STEPS YOU CAN TAKE

WHAT IS DOMESTIC VIOLENCE

MUNURU TARAPULA

- PAMPUNI PIKA
Physical Violence
- KULINI
Emotional Violence
- BUNDA PULKA
Economic Violence
- INKANYI INA
Social Violence
- KUUTI
Spiritual Violence

***TJIDUNA UPATJU ALPAM ANNANGU
WULTJAPITI PUNGANYI WIYA***

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www.centacarecdpp.org.au



