

Examples of family violence

Family violence can be expressed in a variety of ways

Types of family violence	Examples
Controlling behaviours	<ul style="list-style-type: none">• dictating what the person can do, where they go, how they dress• not allowing the person to express their own feelings or thoughts• not allowing the person any privacy• forcing the person to go without food or water• limiting cultural or community connection or access to culturally appropriate services• preventing work or study• determining when they can see friends and family or use the car <p>Note: people who use violence may also use third parties to monitor and control a victim or use systems and services as a form of control of a victim, such as intervention orders and family court proceedings</p>
Emotional	<ul style="list-style-type: none">• putting the person down, calling the person names• pressuring, bullying, belittling• making them think that they are crazy (e.g. gaslighting)• acts that humiliate, degrade and demean the person• denying, minimising and blaming• saying that the abuse didn't happen• using the children to relay messages• shifting responsibility for abusive behaviour• telling the person they caused it• behaviour that deliberately undermines the person's confidence (e.g. that leads them to believe they are 'stupid', a 'bad parent', 'useless')• threatening to harm friends or family members, take their children or attempt suicide*• silence and withdrawal*• threatening to report the person to authorities such as Centrelink or immigration* <p><i>* these are also examples of controlling behaviours</i></p>
Financial	<ul style="list-style-type: none">• preventing the person from getting or keeping a job• controlling or denying access to money, making the person ask for money, taking or demanding money• demanding that the family live on inadequate resources• incurring debt in the name of the person• making financial decisions without consulting the person or selling possessions belonging to the person• moving into the home of the person without their consent and failing to contribute to household costs• forcing, coercing or misleading the person into signing paperwork concerning loans, property, wills or powers of attorney• using powers of attorney to manage the person's finances inappropriately• assets for care (e.g. when an older person gives money to their children, moves into their home in return for 'caring' for them)
Intimidation	<ul style="list-style-type: none">• using looks, actions or gestures to make a person feel afraid• smashing or destroying possessions, and punching walls• handling guns or other weapons in the presence of the person• using aggressive body language, such as angry looks, raised voice, making threats• making persistent phone calls, sending text messages or emails, following them, or loitering near their home or workplace



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Neglect	<ul style="list-style-type: none"> not giving the person the care they need such as adequate food, medical care, warmth or dental care receiving the Carers' Allowance and not providing the care required unintentional neglect through carer stress <p>Note: neglect can be intentional (e.g. deliberate) and/or unintentional (e.g. in context of carer stress where a carer becomes verbally abusive to a family member suffering from dementia)</p>
Physical	<ul style="list-style-type: none"> pushing, shoving, rough handling, hitting, slapping, choking, strangling, hair-pulling, pinching, punching or using weapons restraining with rope, belts, ties or locking them in a room, building or yard lack of consideration for the physical comfort or safety of the person experiencing violence (e.g. dangerous driving) <p>Note: acts can be physically abusive even if they do not result in physical injury</p>
Sexual	<ul style="list-style-type: none"> being forced to view pornographic material sexual harassment being forced to perform unwanted sexual acts, or to have sex with others being pressured or coerced to have sex drug facilitated sexual assault child sexual abuse multiple perpetrator sexual assault unwanted touching of sexual or private parts causing injury to the person's sexual or private parts rough or inappropriate cleaning or treatment of a person's genital area
Social (isolation)	<ul style="list-style-type: none"> isolating the person from their social networks and supports preventing phone calls, withholding mail continually putting friends and family down so the person is slowly disconnected from their support network preventing involvement in religious or cultural practices
Spiritual	<ul style="list-style-type: none"> ridiculing or putting down the beliefs or culture of the person preventing the person from belonging to or taking part in a group that is important to their spiritual beliefs, or practising their religion
Spousal homicide	<ul style="list-style-type: none"> the death of the person experiencing violence, directly attributed to family violence
Stalking	<ul style="list-style-type: none"> harassing the person by making persistent telephone calls, online, sending mail including unwanted love letters, cards and gifts approaching, following, loitering, watching, spreading gossip damaging property, making threats, using abusive or offensive words or acts technology-facilitated abuse is an example of stalking
Technology-facilitated	<ul style="list-style-type: none"> using mobile phones, social media (e.g. Facebook) and GPS tracking to control, intimidate and stalk others* use of technology to harass, gather information, impersonate, interfere with a person's computer, tracking online usage* <p>* these are also examples of stalking</p>
Verbal	<ul style="list-style-type: none"> screaming, shouting, put-downs, name-calling, using sarcasm* ridiculing the person in public or private* <p>* these are also examples of emotional abuse</p>