



DOMESTIC & FAMILY VIOLENCE TIP SHEETS

Support Information for Employees



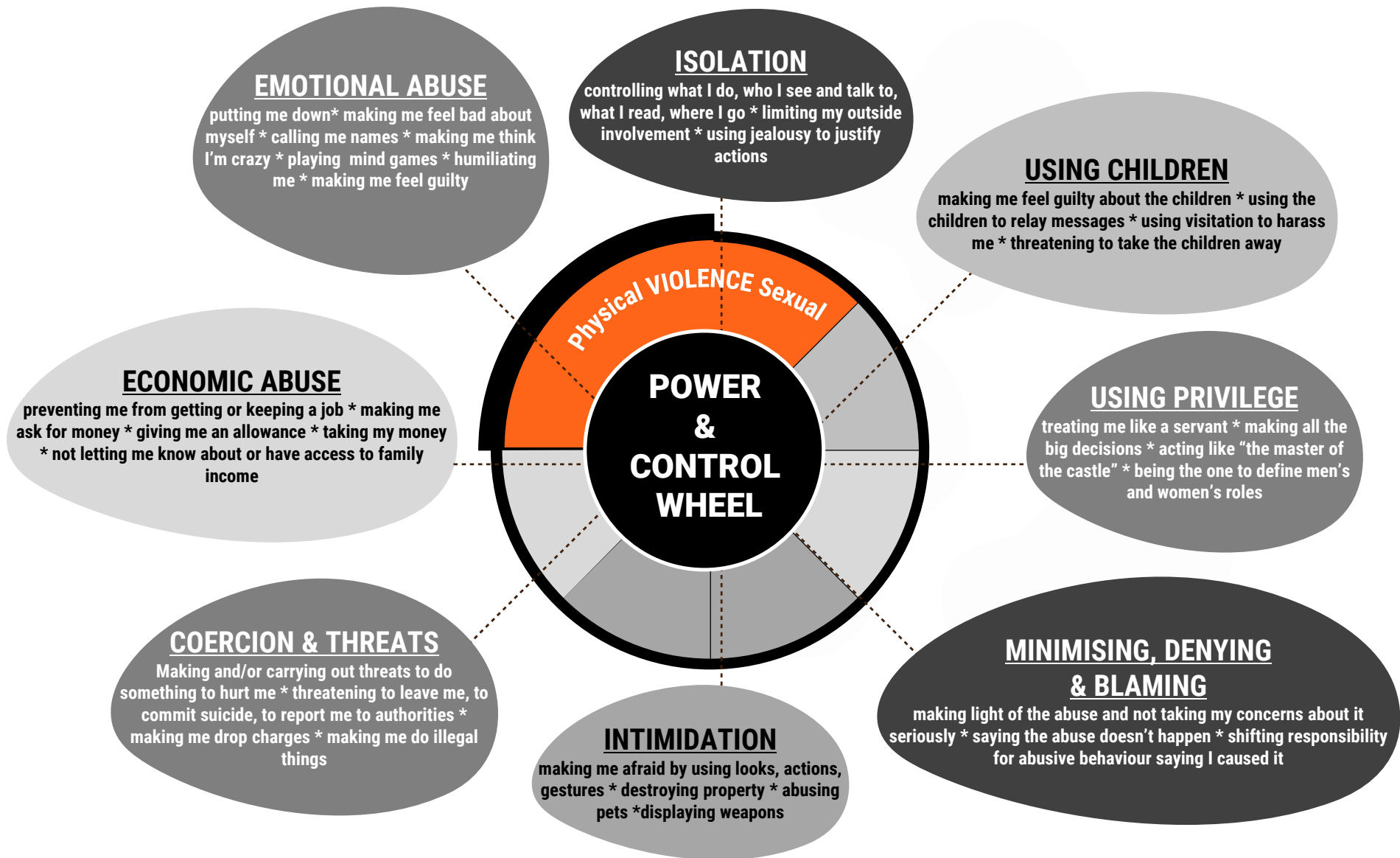
Is This Happening to Me?

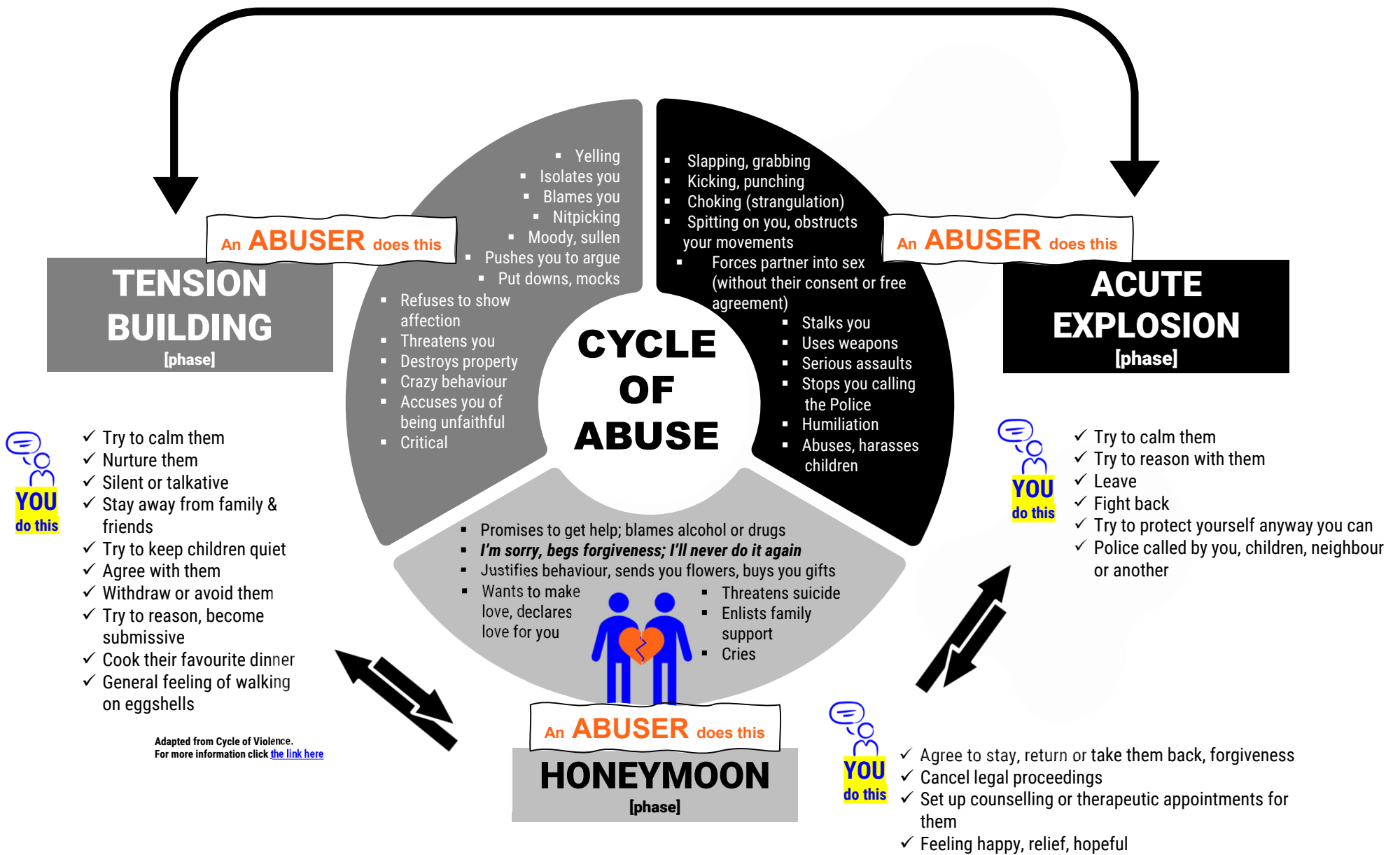
- The Power and Control Wheel
- Cycle of Abuse
- What Should I Pack in a Hurry?



Conversations

- What Should I Do?
- What Could I Say
- What Shouldn't I Do or Say?





how to help a colleague what should I do?

Use a SAFE SPACE

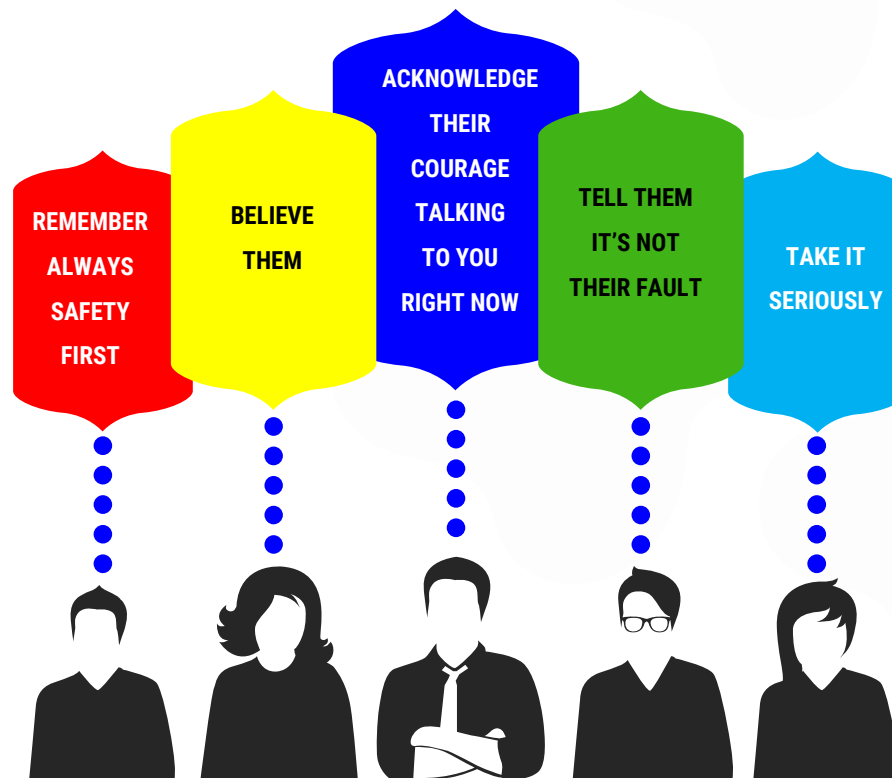
Have confidential conversations
in a private place

EMOTIONS

Be prepared for
emotional responses

LISTEN CAREFULLY

Let them do the talking and be in
control of the conversation



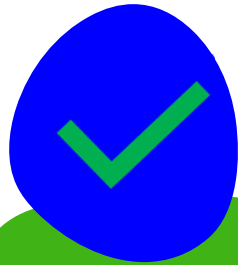
CONFIDENTIALITY

Assure them of
confidentiality

RESPECT RIGHTS

Respect a person's rights to
make their own decisions.
They may not want to take any
action straight away or it may
not be safe for them to do so

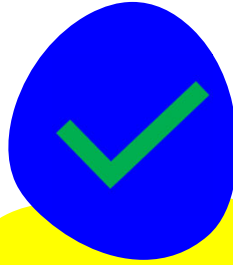
what could I say?



How can I help you?

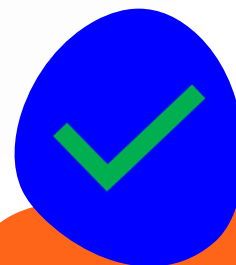
You seem anxious sometimes. Are you ok?

How are things at home?



Are you worried that things might be getting worse?

I'm worried about you. I've noticed you've been unhappy lately. Are you ok?



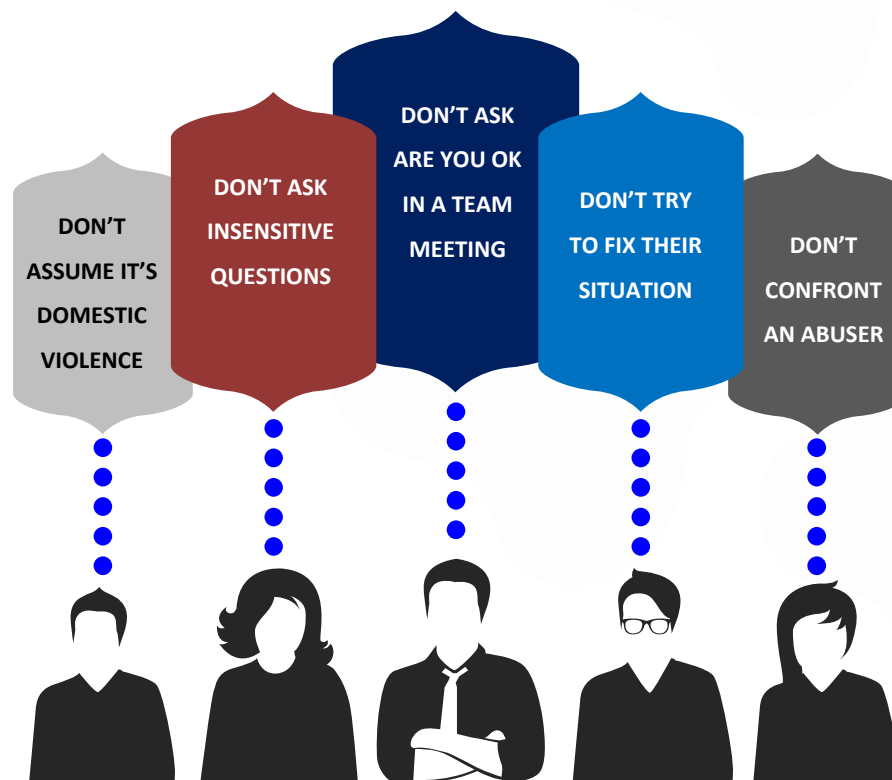
I've noticed you've been late a few times which isn't like you. Are you ok?

I'm really concerned about your safety

things to avoid what shouldn't I do?

Avoid Sharing Your OPINIONS

Don't criticize or make negative comments about the abusive person. The employee cares for them and often wants it to go back to the way it was when everything was good.



Avoid Taking Action without their AGREEMENT

Don't act without their consent, you could unintentionally put them in more danger.

Avoid MAKING EXCUSES FOR BEHAVIOURS

Don't blame alcohol, drugs or mental health for inappropriate or abusive behaviour.

emergency bag

what to take



FINANCIAL

- Cash
- Money Cards
- Credit cards
- Wallet
- Handbag
- Tenancy documents
- Rental agreement
- House documents
- Mortgage records
- Lease agreements
- Bank account details (including account numbers, internet login and password)
- Tax file number
- Store cards



TRANSPORT & PHOTOS

- Car
- Uber, Old or Taxi app loaded on your phone or telephone numbers for relevant
- Keys to house, car and garage, garage remote
- Fuel in your car
- Photograph or details of car used by the person harming you
- Photograph of person harming you



FOOD & CHILDREN

- Arrange food at your new location in advance so you do not have to initially leave
- Food for adults
- Food for children
- Special dietary requirements
- Favourite toys, blankets, comforters for kids
- Entertainment for kids



MEDICINES & PETS

- Pharmacy medicines for you or others including vitamins, Panadol, or others
- Birth control
- Prescription medicines
- Pet food
- Leash
- Arrangements for pets to be cared for and fed

**Pets can be high risk- talk to us and we can make a plan with you to help*



ITEMS & DOCUMENTS

- Cell phone and charger
- Identification documents – to meet 100 points
- Birth certificates (photo ID)
- Visa / Passport
- Medicare Card
- Utility Bill with your name on it
- Marriage certificate
- Computer, tablet and charger
- Important numbers and addresses
- Trusted contacts, e.g. lawyer, support person, employer
- Adoption papers
- Citizenship
- Court documents & Domestic Violence Orders
- Immunisation records
- Medical records
- Passwords



CLOTHING

- Basic clothing (tops, dresses, shorts, jeans, jersey etc.)
- Shoes
- Underwear
- Socks
- Nightwear
- Toiletries (hairbrush, toothpaste, toothbrush, shampoo/conditioner, soap etc)
- Sanitary items
- Shaving items

