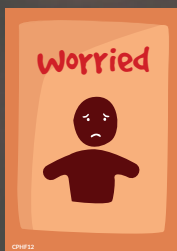


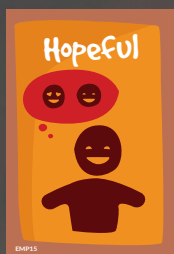
# HELP FOR BEING **SAFE TO OTHERS** IN THE HOME DURING **LOCKDOWN OR QUARANTINE**

**YOU** are responsible for your words and actions towards others



Are you worried about being safe towards others in your home during lockdown? Does someone else have **worries that your behaviour or violence** is causing harm to others?

Because of COVID-19, you may need to **stay in your home or your community for a while**. This can cause a lot of difficulties, especially when there are a lot of people at home.



Everyone deserves a good life and to feel safe in their home. Remember, you are responsible for your words and actions towards others.

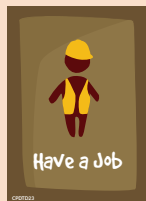
**Family violence is not part of Aboriginal culture.**

This pamphlet includes some suggestions of things you can do to stop using family violence in your home, and keep your place safe for you and your family.

# What **CAN YOU** do differently to help with the safety and wellbeing of your family?

**YOU CAN** keep busy and active.

**YOU CAN** keep busy with the daily routine of looking after your children, family and home.



**YOU CAN** keep busy and relaxed by doing things you enjoy, like:

- Play some basketball or footy
- Go for a walk, fishing, hunting or exercise
- Play some music or listen to some music
- Express your culture through art or dance
- Read a book or listen to a podcast



**YOU CAN** keep connected with your family, community and friends, but you need to follow the rules of lockdown and any court orders.

Make sure you show respect to others during stressful times. **YOU CAN**:

- Listen to Elders
- Listen when others are talking
- Talk politely and calmly and don't yell
- Keep your promises
- Take responsibility for your mistakes or things you did wrong



Do some things that show your love and improve your relationship with your partner, children and other family members.

- Give them a compliment
- Spend some time with them
- Ask them how they are feeling
- Help them with something
- Show your partner trust and not jealousy



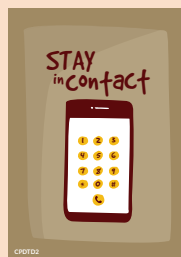
**YOU CAN** look after others. Take extra care of **children, pregnant women and older people**. They might need more help or support from others to stay safe.

**YOU CAN** find some ways to connect with your family. Make sure your partner is connected with their family members who help them feel safe and supported.



**YOU CAN** connect with community, support agencies and people who can help you keep your home safe.

**YOU CAN** phone a friend - they might need some company too. **Talk to a safe mate who can relate.**



**YOU CAN** spend some time doing something really important to you.



This could be anything, but it might be:

- Looking after country and healing on country
- Learning and telling dreamtime stories, songs and dances
- Getting involved in a local organisation or club

**YOU CAN** do some things to make your home a comfortable, safe and enjoyable place for you and your family



**YOU CAN** keep cool and dry in hot weather.

**YOU CAN** keep your home comfortable and a nice place to be.



**YOU CAN** keep your place tidy, clean and repaired.

Don't invite people over who bring drugs, alcohol, fight, humbug, damage things, or if there isn't enough room for everyone.



**YOU CAN** spend some time on country.



It helps keep you calm, and it keeps country happy.

## YOU CAN look after your body and health

**YOU CAN** eat healthy food and drink lots of water.

Try to get better sleep by:

- Regular bed and awake times
- Make your bed and bedroom a relaxing place



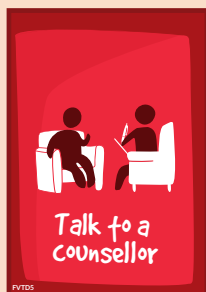
**YOU CAN** do exercise to keep your body healthy. Do what your doctor says to keep healthy, like take medicines or diet or no drinking.

If you feel like you are controlling someone, or you feel you might harm someone or yourself, or you are feeling too angry, What should you do?

**YOU SHOULD** act quickly and early at the first signs you are feeling annoyed or irritated.

- Do some breathing or counting exercises
- Distract yourself with your favourite activities

**YOU SHOULD** let your partner or family member know if you need a **time out** or a **break**. Let them know where you will be and what time you will be back.



**YOU SHOULD** think about whether a **counsellor can help you**, maybe by phone or face to face when possible. There are numbers on the back of this brochure of some people you can call.

## Who **CAN** step in ?

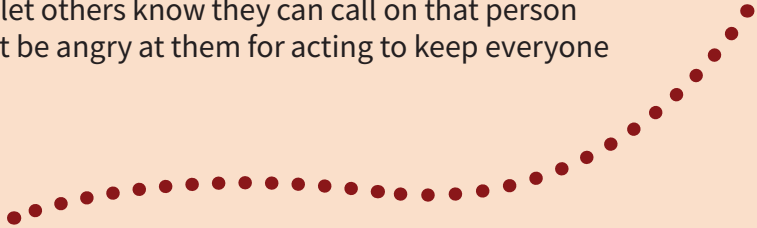
**YOU SHOULD** agree with your partner and other family members on some respected people **who can step in** before things get out of control.

These can be elders, family members or the police. Make sure these people will follow through and will create safety.

**You can call them yourself.**



Also, you can let others know they can call on that person and you won't be angry at them for acting to keep everyone safe.



## **YOU SHOULD AVOID ALCOHOL AND DRUGS**

It's best not to drink or take drugs at all during lockdown. This is because drugs and alcohol can increase the severity of family violence and they are not good for your mental or physical health either.



If you choose to use drugs or alcohol, remember:

- Make sure you are safe to yourself and others
- Respect the laws of your community
- Don't use alcohol or drugs to cope with worries because they make them worse

## Need Some More **HELP?**

**YOU SHOULD** think about getting some help for the future, like:

- Do a healing program
- Do a Mens Behaviour Change Program
- Go to rehab
- See a counsellor



Notes:



If you are in need of help or support, please call one of the support services below.

**Men's DV Line : 9223 1199 or 1800 000 599**  
**Men's Referral Service Counsellor : 1300 766 491**  
**1800 Respect : 1800 737 732**  
**Crisis Care 24/7 : 9223 1111**  
**DVassist : 1800 080 083**  
**Lifeline : 13 11 14**



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**WITH THANKS**



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