

KEEPING **SAFE FROM OTHERS** IN YOUR HOME IN **LOCKDOWN OR QUARANTINE**

Because of COVID-19, you might need to stay in your home or your community for a while. This can be difficult especially when there are a lot of people at home, and you have responsibilities.



Are you worried about experiencing family violence from someone in your home during lockdown or quarantine?

What can you do to keep **you and your family** safe and well?



Remember, it is the responsibility of the person causing harm to stop the violence. Also remember that you are strong. Everyone deserves a good life and to feel safe in their home. Trust yourself, your instincts and judgements when you make decisions about safety for you and your children. If you need immediate help, or you are in danger, call 000.

This pamphlet includes some suggestions of things you can do to stay more safe at home during a lockdown or quarantine.

What is family violence?

There are many ways that people can use family violence

Some types of family violence include:



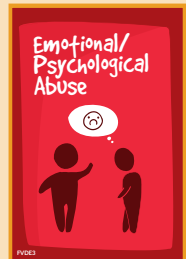
Physical violence is things like hitting, kicking, biting, choking or strangling and throwing something at another person. This includes threats and intimidation, when someone says and does things to make you feel scared or worried, or they say they will hurt you.

Sexual violence is any unwanted sexual behaviour that makes a person feel shame, upset or scared. This can include photos, videos and other things that you don't like. Unwanted sexual behaviour can be from your partner. This is not OK.



Power and control is when someone tries to be the boss of another person and that makes them feel no good.

When someone says and does things that make you feel shame, no good, upset or scared, like unfair jealousing and calling you bad names.



It is important to remember that any kind of family violence is not a part of traditional Aboriginal culture.



When someone hurts your pets or animals to make you feel scared or upset.

When someone makes you feel worried by following you, watching you or phoning you again and again.



When someone breaks or destroy things that belong to you.

When someone takes your money, stops you from using your money or spends your family's money before you can pay for things you need.



When someone keeps you distant from others by disrespecting you in front of other people, stopping you seeing family and friends, or doing things without them. Also, if someone stops you from going to cultural events or meeting cultural obligations.

Everyone creates safety differently

What can you do if you are worried about family violence?



If it's an emergency, call the police, or ask someone else to call the police. Tell neighbours, friends and family that you want the police to be called if they hear or see something.

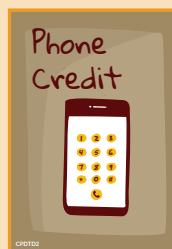
You can get a Family Violence Restraining Order (FVRO).

There are a lot of different ways that a FVRO can work. One way is to make someone stay away from you and the house. Another way is for the person to stay in the house, but they are not allowed to use family violence. **Always follow the rules of your FVRO.**



Make a safety plan for you and for your kids.

Know who you can call for help, and where you can go with the children if you are not feeling safe. Have some things packed and ready to go in an emergency.



Try to have a phone and make sure you know how to use it. Make sure you have credit and it is kept charged. Have some numbers on the phone to call quickly if you are unsafe.

You are working hard to stay safe for yourself and your children - keeping a strong spirit is important

Keep active

You can keep active with the daily routine for your work or study, or looking after your children, family and home. **Find enjoyable activities that relax you.**

- Go for a walk, dance or exercise
- Cook some nice food
- Play music, sing a song or listen to some music
- Express your culture through art or dance
- Read a book or listen to a podcast



Keep connected with your children, family, community and friends.

Expect respect from others in your home. Everyone should try to be polite, listen when others are talking, keep their promises and listen to their elders.



Do some things that show your love and improve your relationship with your children, and family members, like:

- Spend some time with them
- Ask them how they are feeling
- Help them with something



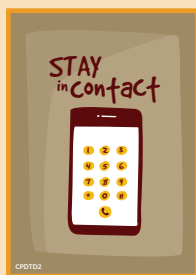
Stay connected

Look after each other. Keep connected to others who might need help to stay safe and well, like children, pregnant women and older people.



Find ways to connect with family members who support you and make you feel safe.

Connect with community, support agencies and people who can help you and your children be safe at home.



Connect with your friends and share your worries or have a laugh. Phone someone up – they might need some company too.

Spend some time doing something really important to you.

This could be anything, but it might be:

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



Do some things to keep your home a comfortable, safe and enjoyable place for you and your family during this time



Keep your home comfortable and a nice place to be.

Keep cool and dry in hot weather.



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.



Think about your next steps.



Build your independence

Think about getting a drivers licence, getting your paperwork organised, having a stronger support network, studying, finding interesting work and learning about finances.

Think about getting some help from a counsellor or other support service.





If you are in need of help or support, please call the most suitable support service below.

Women's DV Line : 9223 1188 or 1800 007 339

1800 Respect : 1800 737 732

Crisis Care 24/7 : 9223 1111

DVassist: 1800 080 083

Lifeline : 13 11 14



www.sfv.org.au

WITH THANKS



Blurred Borders graphics copyright of Legal Aid WA