



# LOVE?

Relationships  
are great but sometimes  
things turn nasty.  
What are the  
warning signs?

## Kylie's Story ...

Kylie(17years) speaks about her experience:

*I started seeing Stuart in high school, it was my first taste of love- the real thing. We spent most of our time with each other, going out, listening to music. I spent so much time with him that I even stopped seeing my friends. Stuart was fairly jealous of other guys talking to me, and even looking at me, and at first I was flattered that he thought other guys would be interested in me.*

*He started saying things like, "You're asking for it dressed like that," and, to keep the peace, I'd go and change.*

*Then, we began to fight and argue a lot, and, one night in a rage, he pushed me off my chair, then sat at my feet, sobbing. I wanted to help him handle his emotions and besides, if we loved each other, then our love would last through any amount of jealousy, insults or pushing.*

*Three months later, when I woke up in a hospital with a fractured jawbone and a broken heart, I realised that this wasn't REAL love. Not this pain. Love was supposed to feel good, wasn't it? I stopped seeing him. It was so hard - he phoned me night and day, but I had to be strong and keep him away. Eventually, he stopped phoning and now I'm feeling strong knowing I did what was right. I believe in myself. Love is not war and I know now that healthy relationships - without the punches, insults and jealousy are the REAL thing.*

*I know what to look for and what to avoid next time ..."*

## In an Abusive Relationship? These Services Can Help You

### THE DOMESTIC VIOLENCE LINE

24 hour, 7 day counselling & refuge referral  
1800 65 64 63 1800 67 1 442  
(rural free call) (TTY)

### NSW RAPE CRISIS CENTRE

24 hour, 7 day counselling (02) 9819 6565  
1800 424 017 (02) 9181 4349  
(rural free call) (TTY)

### KIDS HELPLINE 24 HOUR TELEPHONE COUNSELLING

1800 55 1800 (free call)

NSW POLICE 000 106 (TTY)  
Or the Domestic Violence Liaison Officer (DVLO)  
at your local Police station

### Need Somewhere to Stay?

Ring the 'Domestic Violence Line' listed above, or:

### HOMELESS PERSONS INFORMATION CENTRE

(02) 9265 9087 (02) 9265 9081  
1800 234 566 (02) 9265 9639  
(rural free call) (Fax)

### YOUTH EMERGENCY ACCOMMODATION LINE NSW

(02) 9318 1531 1800 424 830  
(rural free call)

### Legal Services for Women

#### WOMEN'S LEGAL SERVICES NSW

##### DOMESTIC VIOLENCE ADVOCACY SERVICE

Legal Advice & Referral (02) 8745 6999  
1800 810 784 1800 626 267  
(rural free call) (TTY)

#### WOMEN'S LEGAL RESOURCES CENTRE (NSW)

Legal advice & referral for women on all aspects  
of the law (02) 9749 5533  
1800 801 501 1800 674 333  
(rural free call) (TTY)

#### INDIGENOUS WOMEN'S LEGAL

CONTACT LINE 1800 639 784 (free call)

#### WIRRINGA BAIYA ABORIGINAL WOMEN'S LEGAL CENTRE

(02) 9569 3847  
1800 686 587 (free call)

### Some Great Websites:

[www.dvirc.org.au/whenlove](http://www.dvirc.org.au/whenlove) [www.somazone.com.au](http://www.somazone.com.au)  
[www.yaa.com.au](http://www.yaa.com.au) [www.wirringabaiya.org.au](http://www.wirringabaiya.org.au)  
[www.womenslegalnsw.asn.au](http://www.womenslegalnsw.asn.au) [www.dvas.org.au](http://www.dvas.org.au)

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# IS THIS



# WHAT IS VIOLENCE ?

**EMOTIONAL** Name calling, put-downs, threatening, ignoring, humiliating, controlling, frightening, destroying property, isolating you from friends and family, extreme jealousy.

**SEXUAL** Any unwanted or pressured sexual act, including kissing, touching, handling (inside or outside clothing). Being forced or manipulated to pose for sexual pictures or to view pornographic magazines or videos.

**PHYSICAL** Any hurtful or degrading physical act, including pushing, slapping, punching, hair pulling and choking, using a weapon or object. Placing you in danger.

There are no excuses for abuse or violence.

No one deserves to be abused or violated.

Physical and sexual assault are crimes.

Each person is responsible for his/her own behaviour.

No one partner in a relationship has the right to dominate or abuse the other. Both partners should be equal.

1 in 4 females will experience some form of abuse in a relationship.  
1 in 3 will experience violence in their marriages.

**SAY NO TO ABUSE SAY YES TO HEALTHY RELATIONSHIPS**

## Jealousy... Possessiveness... Is this love?

Lots of people think of behaviour like that as a sign of love. But is it? As times goes on and the relationship becomes more serious, possessive and controlling behaviour may become more obvious. It may even get out of hand and become abuse ...

**When...** He controls your contact with family and friends, and you have no independence or support.

**When...** He always has to know where you are, and is suspicious or disbelieving when you tell him.

**When...** You talk to other guys and his jealousy and suspicion is over the top.

**When...** He puts you down so much that you end up feeling you can't stand up for yourself.

**When...** He believes that men are superior and puts women down, even if he tells you that you are different.

**When...** He forces or pressures you to do things against your will to the point where you are unable to make decisions.

**When...** He views women as sexual objects and believes they like to be treated roughly. He likes sex that is pressured or forced.

**Then...** You are experiencing violence. This is not love ... this is **control**.

You may also be experiencing violence from other people e.g. another woman, a family member, a friend or a class mate. If any of these behaviours are familiar to you, contact the agencies listed over the page.

## THIS IS NOT ON !

Like many young women, you are probably searching for your perfect partner. Violence is the last thing on your mind, and when a guy lashes out for the first time, shock, denial and excuses often follow. It seems like a one-off event. But is it?

## VIOLENCE MAY BE PART OF A CYCLE

It can work like this...

**TENSION BUILD UP**  
Increasing tension and emotional abuse.

**EXPLOSION**  
Physical, emotional or sexual violence.

**REGRET**  
The guy is filled with remorse and guilt. He promises never to do it again.

**HONEYMOON** The relationship continues, and the guy once more seems to be a loving partner.

**TENSION BUILD UP**  
Again...

You can often grow more fearful and less confident with each incident. The violence may grow more frequent. The guy may start using force and intimidation as well as promises to get you back.

*Suddenly you are trapped in the cycle of a violent relationship.*