




What is Domestic & Family Violence?


It can occur between current or former partners, family members, carers or household members. It often involves **coercive control**—a pattern of behaviour that creates fear and limits freedom.


Domestic and family violence (DFV) refers to a pattern of abusive behaviours used to control, dominate, or harm another person—most often within intimate, family, or household relationships. It's not limited to physical harm; in many cases, the abuse is ongoing, subtle, and designed to take away a person's independence and sense of safety.


 **Physical Violence...** This is what people most often think of, but it's only one part. Physical violence includes hitting, punching, slapping, choking or strangulation, pushing or restraining, using weapons or objects to harm.


 **Emotional & Psychological Abuse...** This type can be constant and deeply damaging over time. It includes insults, humiliation, or name-calling, threats to harm the person, children, or pets, gaslighting (making someone doubt their reality), controlling what someone thinks, says, or feels.


 **Verbal Abuse...** Often overlaps with emotional abuse and includes yelling, screaming, constant criticism, threatening language.

 **Financial (Economic) Abuse...** Controlling a person's access to money or financial independence. It includes taking or controlling income, preventing someone from working, forcing debt or financial dependence, monitoring every purchase.

 **Social Abuse (Isolation)...** Cutting someone off from support systems. Preventing contact with friends or family, monitoring phone or social media, controlling where someone goes.

 **Sexual Abuse...** Any sexual activity without clear and willing consent. Sexual assault or coercion, forcing unwanted sexual acts, using sex as control or punishment.

 **Technology-Facilitated Abuse...** Increasingly common with digital access. Tracking location or messages, harassment via texts or social media, sharing private images without consent

 **Spiritual or Cultural Abuse...** Using beliefs or cultural practices to control someone. Preventing religious practice, misusing cultural expectations or traditions, threatening exclusion from community

Coercive control (in NSW) means **someone repeatedly acts in ways that control you or make you feel scared**, especially in a current or ex intimate relationship. It's usually a **pattern over time**, not just one incident. It can look like someone:

- **isolating** you from friends/family
- **checking up on you all the time** (phones, messages, tracking, demanding passwords)
- **controlling money** (not letting you work, taking your pay, limiting what you can spend)
- **putting you down** or humiliating you so you lose confidence
- **making threats** (to hurt you, themselves, your kids, or pets)
- **telling you what you can wear, where you can go, who you can see**
- **breaking things** or using intimidation to scare you
- using rules/punishments so you feel like you're "walking on eggshells"

*It's **about control**, and it can **seriously affect your everyday life**.*

Inverell Community Violence Prevention Team

We can all do our part to end family domestic violence and abuse.

The **Inverell Community Violence Prevention Team** works together to raise awareness about family and domestic violence and create smooth pathways to help for people living in domestic violence or recovering from domestic abuse.

We aim to reduce domestic violence by educating the community on the behaviours and warning signs, setting respectful boundaries and access to support. If you or someone you care about need support, please reach out. We have support services that can assist to address issues within your family/relationship including anger and stress management, provide support and education to all members of the family, create healthier communication and behavioural habits in your relationship, make safety plans to promote safety during the end of a relationship, advocate interactions with courts or police and provide general support.

The Community Violence Prevention Team is a collaboration of local service providers and caring community members. The services represented are:

Rural Outreach & Support Service: Domestic Violence support, Anger Management Courses, Healthy relationship workshops, communication workshops, crisis support, safety plans, advocacy.

Benevolent Society: Support for the whole family, Family Preservation Service

Pathfinders: Inverell Family and Domestic Violence Service

Sora Community Services: Staying Home Leaving Violence, Women's Court Advocacy Service

Samaritans: Youth Homelessness

Student Support Officers from our High Schools

Armajun Aboriginal Health Service: Support for Aboriginal families

Inverell Domestic Violence Liaison Officer

Council Representatives

Domestic Violence Awareness Month

Domestic and Family Violence Prevention Month is held each May to raise community awareness of the social and personal impacts of domestic and family violence and the support available to those affected. The key aims of the month are to:

- raise community awareness of domestic and family violence and its impacts;
- promote a clear message that we don't tolerate domestic and family violence in our community;
- ensure those who are experiencing domestic and family violence know how to access help and support;
- encourage people who use abuse and/or violence to take responsibility for their abusive behaviour and seek support to change.