



A GUIDE FOR PARISHES

Responding to Experiences of Domestic Abuse



Foreword



***Foreword by Kay Goldworthy AO, Archbishop of Perth & Mark Glasson, CEO
Anglicare WA***

Our Christian scriptures proclaim the value of every human being and demand our behaviour towards others is characterised by the behaviour of God towards us – with justice, love and mercy, compassion, patience and a mission to heal the sick and mend the brokenhearted.

With this calling we know that violence in our communities is unacceptable. Whether that violence occurs in the street, in our home, in our workplaces or in our churches; whether it is perpetrated by men or women.

Family and domestic violence (FDV) is disproportionately perpetrated by men against women, with 1 in 3 women in our country identifying as victim survivors and it seems to be getting worse. In Australia in 2024 we are currently witnessing one woman every four days being murdered as a result of FDV. We can neither accept or ignore this.

The Anglican Church of Australia and Anglicare WA strive to prevent, respond and help address the terrible injustice of domestic and family violence, responding with care and compassion towards those affected.

Anglicare WA is pleased to join with the Anglican Diocese of Perth to provide vital FDV training to clergy, lay ministers and parishes to raise awareness and develop skills in recognising and responding to family and domestic violence. This brochure has been produced to support all parishes and the community to have confidence in recognising FDV, to know how to partner with a survivor and hold perpetrators accountable, whilst debunking some of the myths that perpetuate around this issue.

We encourage you to familiarise yourself with the information contained herein.

We thank Kenneth De La Cruz (student), Clare Brady (FDV Practice Consultant) and Chris Thomason (Chaplain) for their work in bringing this brochure together.



We acknowledge Aboriginal Peoples as the Traditional Custodians of the lands that our services are based on and pay our respects to Elders of these lands both past and present.

Anglicare WA delivers services across many Countries in WA, from Balanggarra Country in the North to Minang Noongar Country in the South. In particular, we wish to acknowledge the Custodians of the lands where our offices operate. We would like to thank the Noongar, Miriuwung Gajerrong, Tjurabalan, Yawuru, Nyikina, Ngarluma, Kariyarra, Nyiyaparli, Martu, and Wangkatja peoples for their wisdom and generosity.

Artwork by Hayley Thompson, a proud Noongar and Yuggera yorga.

Everyone should be able to live free from violence and abuse

The reality is domestic abuse persists, affecting many in Australia. The impact of this abuse extends beyond the home and is felt by the whole community.

'Path to Safety, Western Australia's strategy to reduce family and domestic violence 2020-2030', recognises the drivers of domestic abuse as being social and cultural and the need for a whole-of-community approach. Meaning we must stand together to prevent it.

This guide aims to equip the Anglican Church in Western Australia in their mission to support parishioners, lay and clergy in how to respond to disclosures of domestic abuse.

This is a resource for everyone, helping develop the knowledge and capability to understand what to look for to identify domestic abuse; respond appropriately and compassionately to victims; and hold perpetrators to account and support them to change.

We want victim-survivors to know that they deserve to be safe and connect them to specialist services to recover and flourish. We want perpetrators to recognise the impact of their behaviour on their partners, families and communities, access effective and evidence-based interventions to learn new strategies on how to communicate healthily and safely and stop their abusive behaviours.

We want to address and change societal attitudes, beliefs, and values that cultivate and perpetuate violence to create lasting safety.

All of this starts with awareness.

On Terminology

WHY WE USE THE TERM 'DOMESTIC ABUSE'

To avoid the misconception that domestic abuse is only physical, 'Domestic abuse' rather than 'domestic violence' is used. Exceptions are made when referring to official titles or terminology commonly used in professional settings such as family and domestic violence (FDV) or quoting research, statistics.

A 'GENDERED LENS'

While anyone can experience domestic abuse, statistics and research indicates a gendered pattern, with women being disproportionately impacted. This is why we usually refer to women as victim-survivors and men as perpetrators.

What Australian's think

41% believe that violence against women is a problem where they live



91% agreed that violence against women is a problem in Australia

OTHER TERMINOLOGY

Victim-survivor

A person who has experienced harm from a perpetrator of violence. The term can be used individually or together.

Abuser/Perpetrator

A person who chooses to be abusive or violent is often referred to as a 'perpetrator', 'abuser', 'offender' or a 'person using violence'.

Family violence

Preferred term in Aboriginal context as it covers the extended kinship and community relationships in which violence can occur. Including abuse against elders, parents, siblings, cousins, aunts or uncles.



Domestic Abuse

DOMESTIC ABUSE ISN'T JUST PHYSICAL

It can be useful to think of Domestic Abuse as a collection of behaviours that can make family members feel;

- less safe
- limited in their choices
- less satisfaction with their life
- less connected with others
- fearful and traumatised

Domestic Abuse is based on exerting power and control over another and can be associated with intimidation and fear. Some behaviours can lead to arrest but many of them do not.

Behaviours can include (but not be limited to) emotional, verbal, social, psychological, economic, spiritual, physical, sexual and technology-facilitated abuse.

Domestic Abuse may show as control over money, monitoring calls and texts, name calling and controlling movements. Such behaviour patterns are often referred to as coercive control.

On average, a woman has been violently killed by a partner or family member in Australia once a week over the past few years. **This has increased in 2024 to a woman killed every four days.**

15% of people 65yrs and older living in community reported an experience of elder abuse in 2020.



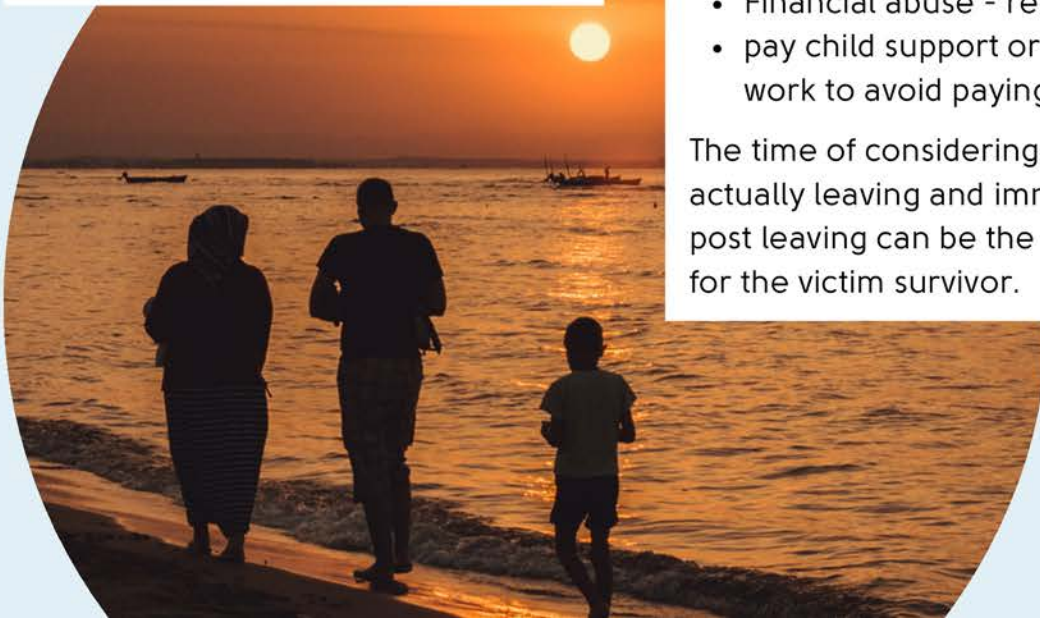
39% of people in specialist homelessness services had experienced FDV in 2022-23.

POST SEPARATION ABUSE

People may be separated or divorced from their abuser, but abuse can still occur. Behaviours can often escalate during this period as abusers feel like they are losing control over their partner and the situation, including:

- Threatening legal action
- Violating court orders
- Emotionally manipulating children or using children as a weapon - threats to take them, false reports to child protection
- Stalking
- Financial abuse - refusing to pay child support or stopping work to avoid paying

The time of considering leaving, actually leaving and immediately post leaving can be the riskiest time for the victim survivor.



Cycle of Abuse

1. TENSIONS BUILDING

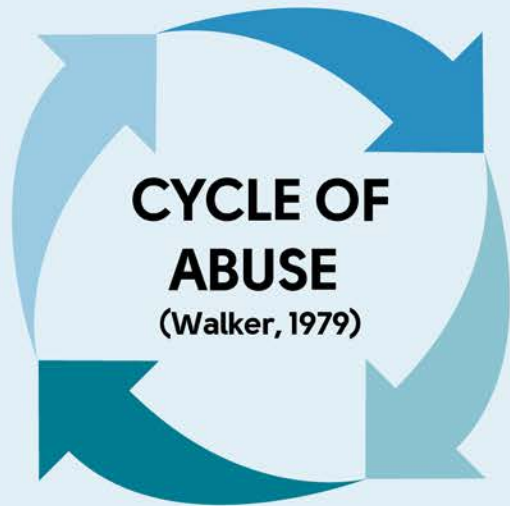
Tension builds, the abuser feels ignored threatened, wronged or annoyed. Often this is the abuser's perception and is not something the victim survivor can control. Each episode may last minutes or occur over months.

2. INCIDENT

The abuser attempts to dominate their victim with outbursts of psychological, verbal and/or physical abuse. The abuser may feel or express that the victim "had it coming" to them and it's their fault – that the victim 'made' the perpetrator do it. This never justifies the abusive behaviour.

3. RECONCILIATION

The perpetrator may feel remorse, guilt or fear their partner will leave or call police. Victims feel fear, confusion, humiliation and may mistakenly feel responsible. Some abusers leave, but most apologise and promise it won't happen again, showering the survivor with love and affection. Abusers are very convincing, and survivors are often confused and worn down by the longstanding abuse, so they stay. Others hope that the relationship improves rather than ends.



4. CALM

The relationship is relatively peaceful and calm (this may be considered part of reconciliation phase). The abuser's apologies and efforts overtime are less sincere and are done to prevent separation or intervention.

Interpersonal difficulties inevitably arise, again often created by the abuser, leading to the tension building phase and the cycle continuing.



Coercive Control

COERCIVE CONTROL

Is a pattern of behaviours used by a perpetrator to establish and maintain power and dominance over another person in an intimate relationship or family. Behaviors can include threats, humiliation, financial abuse, isolation etc.

Physical and/or sexual violence do not need to be present for coercive control to occur or cause harm or trauma. It is integrated into everyday life and has a cumulative and pervasive effect of depriving victim-survivors of their liberty, autonomy, and agency.

Domestic abuse can happen to anyone regardless of age, class, ethnicity, gender or sexual orientation.



Women with disability are twice as likely to experience sexual violence over their lifetime than women without disabilities.

The biggest cause of Homelessness for older women and young people is family and domestic violence.

COERCIVE CONTROL CAN INVOLVE

Harassment

Aggressive pressure or intimidation, constantly calling or messaging you.

Degrading

Being put down, publicly humiliated, disrespected and having secrets used against you.

Stalking

Feeling like you are being followed and/or your partner always knows what you're doing and where you are.

Financial Abuse

Limiting access and controlling how money is spent.

Interrogation

Being questioned constantly and told that you're lying.

Gaslighting

Manipulating your emotions, making you feel confused or like you're going crazy, encouraging self-doubt.

Isolating

Being stopped from seeing family or friends and made dependent on your partner.

Technological Abuse

Checking phones and controlling access. Viewing text messages, emails, and social media without consent.

Blaming

Being made to feel responsible, at fault, and wrong.

Threatening

Threatening to kill, hurt, or ruin your life, themselves, friends, family, or pets.

Myths & Facts

Myth: 'Women can always leave their abusive partners. If she hasn't left, the abuse can't be that bad.'

Fact: Women are in the most danger when leaving their abuser. Leaving is often difficult because they might be constantly watched, isolated from family and friends, with nowhere safe to go (housing). Women in this position often don't have access to money, a phone, or transportation, or are being pressured to keep the family together. Often, they stay to protect their children because their partner has threatened to harm them if they leave.

Myth: 'It is wrong for Christian women to leave their husband'.

Fact: Women can be shamed for, or told, that separating from their husband because of domestic abuse is against the Church teachings. The Church doesn't condone abuse. Perpetrators have committed sin and broken their marriage vows when they choose to be abusive.

Myth: 'Domestic abuse doesn't impact on children. I make sure they don't see it.'

Fact: Domestic abuse has significant consequences on young people and children, regardless of whether they experience or see abuse. They may see injuries, damage to property or sense the unstable or volatile environment or the emotions of their mother. Abuse can impair children's physical, emotional and brain development, their academic performance, sense of security in relationships, mental health and ability to cope in different situations and contexts. Children can be incredibly resilient, however the impacts of abuse can have long-term consequences for relationships, friendships and participation in community.

Myth: 'Domestic abuse happens because women provoke men.'

Fact: Most women experiencing abuse try to do everything they can to please their partner and avoid further abuse, regardless they remain vulnerable. Women can internalise this and believe that it's their fault. This is victim blaming. Abuse happens because a person chooses to be abusive. Many abusers are not violent outside the relationship.

Myth: 'A lot of domestic abuse is caused by Alcohol and Drugs.'

Fact: Not all people who drink are abusive and many people who are abusive do not drink. Alcohol and other drugs can increase the frequency and intensity of abuse, but they don't alone cause abuse.

Power & control

POWER AND CONTROL WHEEL

This wheel helps define and identify the patterns of behaviour that abusers use to exercise power and control over another person

EXAMPLES OF POWER AND CONTROL

Using isolation

- Controlling access to information, people e.g. family and movement
- Limiting outside involvement
- Using jealousy to justify actions

Using economic abuse

- Stopping her from getting/keeping a job
- Making her ask for or taking her money or giving her an allowance
- Not letting her know about or have access to the family income
- Taking out loans in her name

Using male privilege

- Treating her like a servant
- Making all the big decisions
- Demanding sex

Using emotional abuse

- Making her feel guilty or bad
- Name calling and humiliation
- Mind games (gaslighting)

Minimising, denying and blaming

- Making light of or saying abuse didn't occur
- Not taking concerns seriously
- Shifting responsibility



Using intimidation

- Making them afraid using looks and gestures
- Destroying property and abusing pets
- Displaying weapons
- Stalking and technology-facilitated abuse

Using coercion and threats

- Making and/or carrying out threats to harm
- Threatening to leave her with nothing
- Threatening suicide
- Making her do illegal things or drop charges

Using children

- Guilting them about the children
- Using children to relay messages
- Using visitation to harass her
- Threatening to take the children
- Undermining parental authority
- Threatening to report her to Child Protection and others bodies

Power and Control in the Context of the Church

EXAMPLES OF POWER AND CONTROL WITHIN THE CHURCH

Using isolation

- Forbidding church attendance
- Invoking prohibitions against divorce
- Insisting she restricts her life to the home
- Defining her role as his helpmate to the exclusion of others, "A woman's place is with her husband"

Using economic abuse

- Restricting employment because, "the man is the provider, and the mother should be home with the children"
- Withholding information or access to finances because "the man is the head of the house" and "a woman should submit to her husband"

Using male privilege

- Proclaiming wives must submit to husbands
- Seeing himself as the conduit for God's words, "I prayed about this, and God told me..."
- Making decisions about her body, "The wife hath no power over her body..."

Using emotional abuse

- Questioning her commitment to God
- Telling her the problem is that she must get right with God
- Attacking her as a mother
- Accusing her of being unfaithful

Minimising, denying and blaming

- Casting both as sinners
- Invoking Scripture to justify abuse
- Insisting he has repented/must be forgiven
- Blaming Satan
- Shifting responsibility "If you acknowledged me as the priest of this family, this wouldn't happen"

30% of Anglican women had been in a violent relationship versus 21% of women in general

25% of church-attending Anglicans reported having experienced spiritual abuse at some point in their adult life, compared with 6% of other Anglicans



51% of Anglicans who sought help from the Church, felt that it helped to positively change the situation

Using intimidation

- Attributing problems to her, "You bring curses to this family"
- Accusing her of being possessed by evil, of acting against God, "You're listening to Satan, not God"

Using coercion and threats

- Threatening to damage her reputation, "I'm going to tell the pastor about you"
- Threatening to divorce her
- Forbidding her to talk to church leadership

Using children

- Blaming her about the children's problems, e.g. doing poorly in school, being sick, or attempting to avoid him
- Telling the children that their mother is a whore, sinner, unfaithful, unloving, not a good Christian or won't go to Heaven
- Threatening to take the children

Signs of Abuse

Identifying FDV is not simple, it can be easy at times and other times difficult. It may be that you witness it, or someone discloses it to you, in other instances it may be harder.

It can be useful to look for signs of abuse. Whilst FDV is not the only cause for some of the behaviours it can be useful to keep them in mind.

VICTIM SURVIVORS

Victim-survivors may not recognise that what is happening is abuse and they may:

- blame themselves.
- appear wary, afraid, unsafe, or as though they're "walking on eggshells" around their partner.
- blame themselves or make up excuses for their partner's behaviour, "he's tired" or "he's stressed".
- be pressured into having sex and made to feel guilty if they don't
- have unexplained marks or injuries.
- stop spending time with friends and family or cancelling, last minute.
- feel that their opinions aren't valued, or they can't make simple decisions, especially if it involves money.
- be depressed or anxious or feeling like a failure as a partner, wife, or parent.
- be worried about making their partner angry; constantly trying to please their partner to avoid conflict.

PERPETRATORS

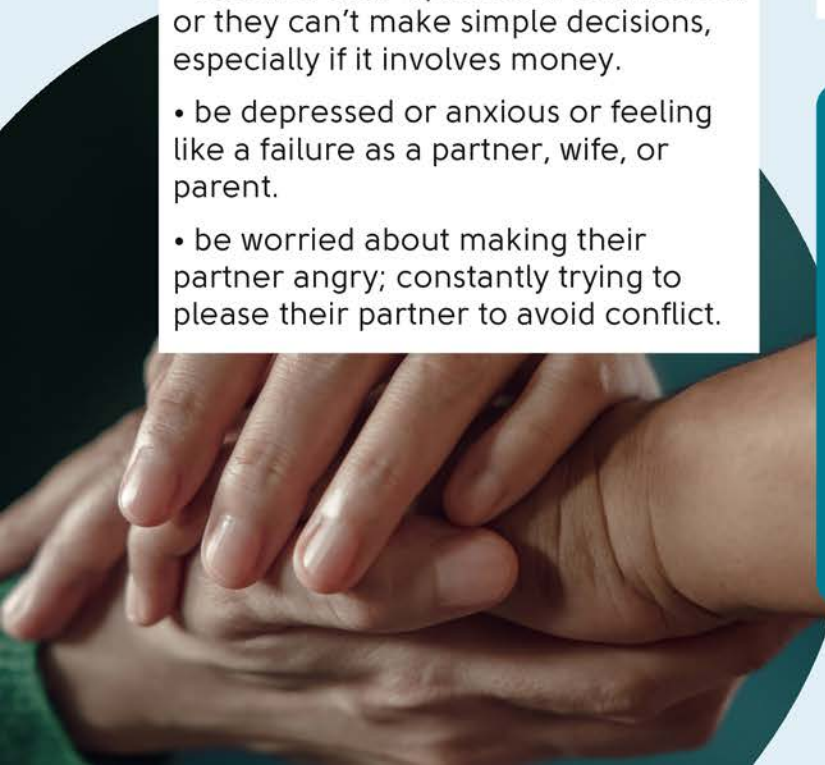
Perpetrators may demonstrate or engage in the following behaviours.

- controlling finances and partner's access to car or phone or won't allow their partner to work.
- pushing to advance the relationship quickly, by love bombing or over-the-top gift giving.
- using Scripture to justify their abuse or control of their partner.
- forcing their partner to ask for permission to do things, demanding to know where their partner is, who they're with, and what they're doing.
- not taking responsibility for their actions, blaming their partner for their behaviour, stress or alcohol use.
- limiting their partner's contact with friends and family or getting angry or jealous when their partner spends time with other people.
- name-calling, using put-downs or the silent treatment or by constantly belittling, or humiliating their partner.
- threatening to harm/kill their partner, children, family, or pets.

HIDDEN DISCLOSURES

People may test the water or signal indirectly. Or they may try to explain or justify the abusers' behaviour. This can look like.

- They don't like it when
- They get angry/loses it when
- They like thing in a particular way
- We aren't allowed to
- They have a bad/short temper
- They are controlling



Conversation Starters



HOW TO ASK

DON'T ASK OVER TEXT OR CALL AS IT MAY NOT BE SAFE.

Talk in person where it is safe and private. Ask how things are at home or in her relationship.

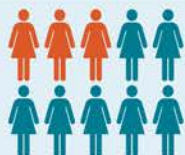
She may say she's fine. Let her know if anything changes, she can talk to you. If you're still worried you can ask again later.

Stay in touch, so she feels supported. She may not be ready to talk about it or may prefer to talk to someone else. Let her know you're there when she wants to talk or needs support.

She may share she's not safe or she's scared. Thank her for trusting you and let her know you believe her. Follow our conversation tips.

3 in 5 Aboriginal and Torres Strait Islander women have experienced physical or sexual violence perpetrated by an intimate partner.

3 in 10 assault hospitalisations were due to family and domestic violence



Less Direct Responses

“

That sounds like it makes it harder for you
What is he losing it over?

Does he understand how he's treating
you is bad for you and the kids?

It sounds like he wants to do things his
way even when he isn't with you.

What do you think he'll do if you leave?

More Direct Responses

“

When you say he gets angry what does
that mean?

What does it look like when he...?

What does he say or do when that happens?

Has he done or joked about harming you
or the children?

What does he do that makes you afraid?

Affirmations that it is not their fault

“

Abusing you is a harmful parenting
choice.

You are not crazy for wanting to be
safe and treated with respect.

You didn't provoke this, his behaviours
are his choice.

Of course, you are
confused/scared/hurt /angry that is
understandable given his behaviour.

It isn't ok for him to treat you that way.

You did to nothing to deserve this.

That (name behaviour) is abusive and
not nurturing; it is destructive.

That is not the action of someone who
is loving.

Responding to Disclosures

LISTEN

Listen without judgement and believe them. Every instance of abuse is different and it's not always physical

Say "It takes courage to talk about this, thank you for telling me. I believe you."

ASK & AFFIRM

Ask about the partner's patterns of behaviour and its impact on her (and children and family's functioning).

Affirm from the outset that child safety needs to be considered because of the father's choice to perpetrate abuse.

ASSESS SAFETY & VALIDATE

Assess her strengths in keeping herself (and children) safe.

Find out what she's doing to keep safe and ask how you can help. When she's ready, offer to help find and connect with services.

Validate her strengths in parenting and commitment to her children in the context of the father's use of abuse as his parenting choice.

She's likely blaming herself for what is happening. Reassure her that she's not responsible for her partner's choice to be abusive.

Respect and support her decision. She may not be ready to take action.

PLAN

Plan collaboratively to respond to the partner's patterns of behaviours.

Don't pressure or make decisions for her. Be guided by what she wants, not by what you think she needs or what you think is right.

You can encourage her to speak to the Priest or ask her if she wants you to speak on her behalf. Or if she would like you to accompany her.

Remind her that everyone has a right to be safe and abuse is never justified.

DOCUMENT

Document the patterns of behaviour and the plan developed.

Lesbian, bisexual, and queer women experience higher rates of sexual violence than heterosexual women. Transgender and gender diverse people also experience very high rates of family, domestic and sexual violence.

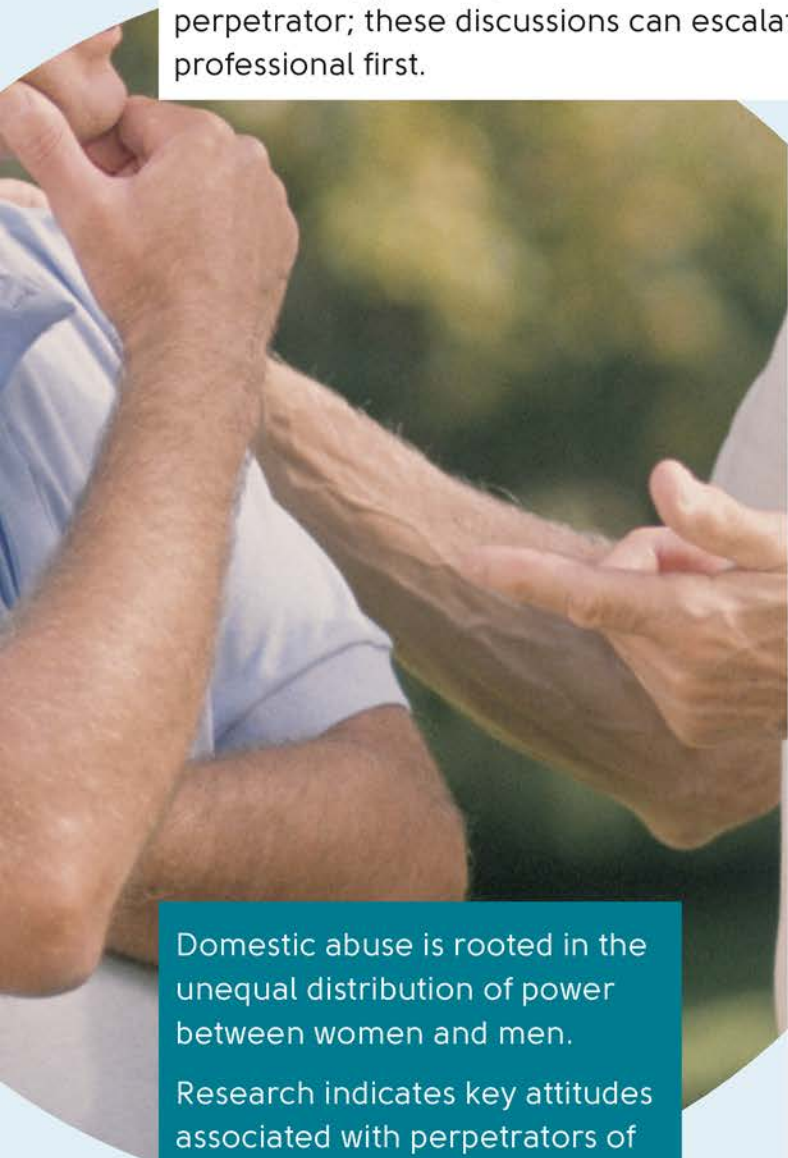
15 women a day were hospitalised due to family and domestic violence on average.



Working with Perpetrators

WHEN TO ENGAGE

Safety is the first priority here. Conversations with a perpetrator should only occur with the consent of the victim-survivor. Ask her if, and what, you can talk to him about. Safety planning with her is a critical first step before any discussion with a perpetrator; these discussions can escalate violence and abuse. Consult with a FDV professional first.



Domestic abuse is rooted in the unequal distribution of power between women and men.

Research indicates key attitudes associated with perpetrators of domestic abuse include rigid and stereotypical gender beliefs, disrespect for women, and male entitlement and privilege.

If you're worried about your behaviour and choose to stop, you can access the 'Choose to Change: Your Behavior, Your Choice' Toolkit

You're there to support him to change

Make sure you do not collude with him when you're providing support. Abusers are master manipulators. He wants to be seen as the 'good guy', get you on his side and feel sorry for him.

Minimisation

You need to hold him accountable and challenge his narrative. It's likely he will minimise his abusive behaviour, blame the victim-survivor or have excuses like, 'I only do it for her good', 'It is a result of my own abusive childhood', or 'I only do it when I drink'. This does not excuse abuse.

Remorse

The perpetrator is the only person who can stop the abuse. His behaviour is his responsibility. Be careful not to confuse remorse or an apology for genuine repentance and changed behaviour.

Don't ask why doesn't she leave?

Instead of asking 'why doesn't she leave', ask 'why does he continue to abuse her' or 'what kind of father do you want to be'. The narrative needs to be flipped so the focus is on him and his behaviour. Research shows that his abuse of the mother is harming the children.

Role of the Church

Christian scriptures proclaim the equality of every human and demand that our behaviour towards others is characterised by the behaviour of God towards us – of justice, love, mercy, compassion and patience, and a mission to mend the brokenhearted.

The Anglican Church of Australia recognises the seriousness of domestic abuse and commits to prevent and help address it, responding with care and compassion towards those affected within its faith community. Abuse and violence are not tolerated, acceptable, nor excusable in any circumstance.

The Bible condemns all forms of abuse and violence. Sadly, the cycle of abuse can be perpetuated through the misuse of Scriptures and religious teachings. Research shows that perpetrators use Bible verses to justify their abuse and manipulate victim-survivors and make them think that they must tolerate the abuse. This is wrong.

Here are some Bible verses, and their misuse and Christian interpretation.

Misuse

A “helper” is a servant. God made the woman to be the servant of the man. The woman is below or less important than the man.

“

The Lord God said, “It is not good for the man to be alone. I will make a helper who is just right for him.”

Genesis 2:18

Christian Interpretation

“Helper” does not mean below or less. It is mostly used in the Bible to describe God. God is Israel’s “helper” when he comes to rescue them (e.g. Deuteronomy 33:26; Psalm 22:19; Psalm 121:1-2). “Just right for him” means that the woman and the man are a perfect match and equal.

“

The husband is the head of the wife, just as Christ is the head of the church. The church is Christ’s body. He is its Saviour.

Ephesians 5:23

Misuse

The husband has all the power, because he is the head. He can do what he wants and makes all the decisions. He can tell his wife what to do, but she can never tell him what to do.

Christian Interpretation

Christ is the head of the Church loved us and sacrificed himself for us. A husband must be the head of his wife in the same way. He must love and protect her.



TEN COMMITMENTS

In 2021, the Family Violence Working Group of the Anglican Church of Australia developed and endorsed Ten Commitments. These help resource and empower Anglican provinces, dioceses, and parish churches to prevent and respond to family and domestic violence and bring about change.

1 Lamenting the violence

Our Church acknowledges and laments the violence which has been suffered by some of our members and repents for the part we have played in allowing an environment where violence went unaddressed.

2 Leadership and cultural change

Our Church leaders commit to ensure conditions that support the prevention of violence, a culture that promotes equality, and support for those who experience violence.

3 Teaching to prevent violence

Our Church consistently teaches about equality, freedom from violence, respectful relationships and the honour /value of every person.

4 Empowering human relationships

Our Church affirms that relationships are to be based on respect and mutuality.

5 Recognising complexity

Our Church acknowledges the different experiences of all people and that these have played a part in whether they have been treated with respect and equality.

6 Responding effectively

Our Church actions are directed by the gospel of love, peace and justice, and are informed and engaged with local, state and national government initiatives as appropriate.

7 Supporting change

Our Church supports cultural change in our communities by communicating effectively to our members.

8 Training

Our Church trains our leaders, pastoral staff and parish councils to understand and be equipped to respond in ways that prevent and address domestic and family violence.

9 Holding ourselves to account

Our leaders and pastoral staff hold themselves to account and are guided by the Anglican Church's Code of Conduct: Faithfulness in Service.

10 Continuous improvement

These commitments are regularly reviewed and improved.

Intersectionality

Intersectionality is a framework to understand that a person's position in different social areas (age, gender, class, disability, sexual orientation, ethnicity cultural background and religion) can result in overlapping forms of discrimination and oppression. This means recognising that for some people these intersections can lead to increased risk, severity, and experience of domestic violence and abuse.

ABORIGINAL & TORRES STRAIT ISLANDER WOMEN

Aboriginal & Torres Strait Islander women are less likely to seek help or report violence because of mistrust of police and services. This can arise from previous experiences of reporting violence, lack of available services, misidentification of victims as perpetrators and experiences of child removal and incarceration.

Family violence is a significant factor in the over-representation of Aboriginal & Torres Strait Islander children in out-of-home care. Fear of child removal is exacerbated by previous child protection policies, ongoing institutional racism and the history of the Stolen Generations.

It's important to note violence against Aboriginal & Torres Strait Islander women is not always perpetrated by Aboriginal & Torres Strait Islander men.

CULTURALLY & LINGUISTICALLY DIVERSE (CALD) WOMEN

Experiences of women from CALD, migrant and refugee backgrounds can be exacerbated by;

- language barriers e.g. being stopped from learning English or information in first languages being inaccessible.
- cut off from friends, family or others who speak their language
- destruction of important documents e.g. passports or citizenship certificates
- using cultural beliefs against them and/or not being allowed to participate in cultural activities and traditions
- forced relationships or marriage
- lack of knowledge of rights and resources
- threats to withdraw visa's



How we can support you

Reaching out takes courage, but we're here to help. If you or someone you know needs assistance, please consider these resources.

For immediate mental health support

Lifeline Australia: 13 11 14

Suicide Call Back Service: 1300 659 467

Beyond Blue: 1300 22 4636

Mental Health Emergency

Response Line (MHERL)

Metro region: 1300 555 788

Peel region: 1800 676 822

Standby Support: 1300 727 247

For more information about support available

Anglicare WA

anglicarewa.org.au/get-help

1300 11 44 46

To access food vouchers or meet other urgent needs

Emergency Relief and Food Access Service

1800 979 777

To access other family and domestic violence services

Domestic Violence Hotline: 1800 656 463

1800 Respect: 1800 737 732

Men's Referral Service: 1300 766 491

Men's Line: 1800 600 636

Note: If you are in crisis or immediate danger, please attend your nearest emergency department or call emergency services on 000.



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Support and services for Western Australians

- Aboriginal Communities • Counselling & Separation
- Disability Services • Family & Domestic Violence
- Financial Wellbeing • Housing & Homelessness
- Mental Health • Parenting Support • Suicide Postvention
- Sexual Abuse Support Services • Youth Services