

# Safe families

Aboriginal Parent Easy Guide



Parenting SA

**Feeling loved, safe and secure is very important for our children. It helps them to develop, learn and thrive in life.**

Everyone in the family needs:

- > respect and kindness
- > loving care
- > people to look out for them and help them.

In a safe, loving home everyone is happier and healthier:

- > babies develop better
- > children can learn better at school
  - they don't worry about what's going on at home.

Everyone has the right to feel safe – babies, children, teenagers, adults and Elders.



*A safe, loving home is important for everyone, especially children.*

Violence at home harms everyone in the family.

Violence is not part of our culture.

It is never OK.



Government of  
South Australia

Helping parents be their best

## Violence affects everyone

- > Babies in the womb don't grow as well if mum is stressed.
- > Children's brain development can be affected.
- > Children can feel worried, scared and alone. They may show signs of stress by becoming very quiet, angry or 'misbehaving', having aches and pains or wetting the bed. Some children blame themselves for the violence.
- > Adults' and teenagers' health, jobs, study and relationships can be affected.

## Types of violence and abuse

- > physical harm
- > making threats
- > calling people names or 'putting them down'
- > taking money - making people pay for things
- > stalking, constantly calling or texting
- > harassing or bullying online, e.g. Facebook
- > controlling who people see and what they do
- > not letting people be involved in culture or religion
- > making people do sexual things when they don't want to.

## How violence happens

Violence can be from one partner to another, or between other adults. Teenagers or children can be violent to parents, brothers or sisters.

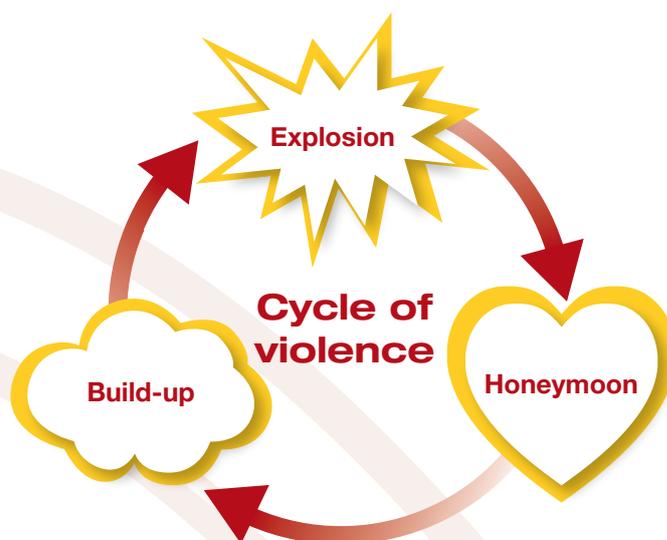
Violence can be big explosions or lots of 'small' acts over time. They can happen often or only sometimes. Violence can happen at home or in the community.

Some violence happens over and over in a cycle. There can be:

- > **build-up:** the person gets angry at small things, no matter how hard everyone tries to keep the peace
- > **explosion:** they yell, make threats or are physically violent
- > **honeymoon:** they say 'sorry', promise to change and things seem good for a while.

After days, hours or minutes the build-up starts again and the cycle repeats.

Family violence can affect children for life.



## What you can do

### ...if there is violence in your home

- > Call the police on 000 if you or someone else is in immediate danger.
- > Make sure children are safe.
- > Seek help from services in this Guide.

### ...if you are worried someone is being hurt

- > Let them know you are there for them.
- > Encourage them to seek help.
- > Don't put yourself in danger. Contact a service for help.

### ...if you are worried about a child

It can be hard to know what to do if you are worried that a child doesn't seem to have things they need such as:

- > food and proper clothing

- > going to medical appointments
- > going to school every day.

You could encourage the parents or carers to seek help from a service. They might just need a little help to do things differently.

If you are worried about a child's safety, call the Child Abuse Report Line on 13 14 78. You can speak to an Aboriginal worker if available.

### ...if you are worried about your own anger

It can be hard to admit we have an anger problem, or that we are violent or abusive towards people we care about. It's never too late to change. Services in this Guide are a good place to start.

## Why people stay

It can be hard for people to leave. They might:

- > hope the person will stop
- > think that gifts and affection mean the person has changed
- > fear more harm or retaliation from the person or their family
- > think they won't be believed, or people will say it's their fault
- > not want to break up the family
- > not have anywhere to go
- > not have money or help to leave
- > have grown up around violence and not see it as a problem. They don't realise it is not normal and not acceptable.

If someone you know is living with violence, work out how you can safely support them to get help from professionals.

## Services

**If you are in immediate danger call the police on 000**

**For police attendance: Phone 131 444**

### Police – family violence

In the metropolitan area contact your local Family Violence Investigation Section.

**Adelaide:** 8172 5890

**Elizabeth:** 8207 9381

**Holden Hill:** 8207 6150

**Port Adelaide:** 8207 6413

**South Coast:** 8392 9172

**Sturt:** 8207 4801

In country areas contact your local police station.

### Helplines

**Domestic Violence Crisis Line:** Phone 1800 800 098, 24 hours. If you are concerned for your safety or in urgent need of assistance

**Child Abuse Report Line:** Phone 13 14 78, 24 hours  
Speak to someone if you are worried a child is being abused or neglected. You can ask to speak to an Aboriginal worker if available

**1800 Respect (National Sexual Assault Domestic Family Violence Counselling Service):** Phone 1800 737 732, 24 hours. Counselling helpline, information and support [www.1800respect.org.au](http://www.1800respect.org.au)

**Mensline Australia:** Phone 1300 789 978, 24 hours  
Speak to someone about relationships or family concerns [www.mensline.org.au](http://www.mensline.org.au)

**Beyond Blue:** Phone 1300 224 636, 24 hours  
Speak to a mental health professional about how you feel no matter how big or small the problem [www.beyondblue.org.au](http://www.beyondblue.org.au)

**Lifeline:** Phone 13 11 14, 24 hours  
Crisis support and suicide prevention [www.lifeline.org.au](http://www.lifeline.org.au)

**Kids Helpline:** Phone 1800 551 800, 24 hours  
Telephone and web counselling for young people aged 5–25 years [www.kidshelpline.com.au](http://www.kidshelpline.com.au)

### Legal

**Aboriginal Legal Rights Movement (ALRM):**  
Phone 1800 643 222, 24 hours  
Information and support with legal matters for Aboriginal people [www.alrm.org.au](http://www.alrm.org.au)

**Women's Legal Service:** Phone 8221 5553 or 1800 816 349 (Outside Adelaide) 10am–4pm, Mon to Fri  
Free, confidential legal advice [www.wlssa.org.au](http://www.wlssa.org.au)

**Legal Services Commission (Legal Aid):**  
Phone 1300 366 424, 9am–4.30pm, Mon to Fri  
Free legal advice [www.lsc.sa.gov.au](http://www.lsc.sa.gov.au)

**Family Violence Legal Service, Aboriginal Corporation**  
**Port Augusta:** 1800 111 052, 8.30am–5pm, Mon to Fri  
**Port Lincoln:** 1800 309 912, 8.30am–5pm, Mon to Fri  
**Ceduna:** 1800 839 059, 9am–5pm, Mon to Fri  
[www.fvlsac.org.au](http://www.fvlsac.org.au)

### Victim support

**Women's Safety Services SA:**  
Phone 8152 9200, 8.30am–5.00pm, Mon to Fri  
Information, support and programs for women and children living with or escaping domestic or family violence. You can be connected with Aboriginal specific services if you wish [www.womenssafetysservices.com.au](http://www.womenssafetysservices.com.au)

**Yarrow Place Rape and Sexual Assault Service:**  
Phone 8226 8787 or 1800 817 421 (Outside Adelaide), 24 hours. For crisis support, and counselling services [www.yarrowplace.sa.gov.au](http://www.yarrowplace.sa.gov.au)

**South Australia's Victim Support Service:** Phone 8231 5626 or 1800 182 368 (Outside Adelaide) 9am–5pm, Mon to Fri  
Free, confidential support for adult victims of crime [www.victimsa.org](http://www.victimsa.org)

#### Parenting SA

A partnership between the Department for Education and the Women's and Children's Health Network.

Phone (08) 8303 1660 • [www.parenting.sa.gov.au](http://www.parenting.sa.gov.au)

Parent Easy Guides are free in South Australia.

Important: This information is not intended to replace advice from a qualified practitioner.

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