

Family Violence – Information for young people

Family violence is when someone in your home or family behaviours in a way that makes you feel scared, controlled or unsafe.

Family violence can occur between parents, carers or other family members. It can affect you, even if it isn't directed at you.

What family violence can look like

Family violence includes:

- Yelling or acting in a way that feels scary
- Trying to control what someone does, where they go or who they see
- Arguments that feel unpredictable or unsafe
- Breaking things or threatening harm
- Putting someone down or making them feel bad about themselves
- Controlling phones, money or access to help

What is the difference between rules and violence?

All families have rules and boundaries. This is normal. Sometimes rules feel annoying or unfair.

Family violence is different – it makes you feel **scared, unsafe and like you have no control**

What family violence might feel like

- Feeling scared or nervous at home
- Trying to stay quiet or avoid upsetting someone
- Worrying about someone in your family
- Feeling “on edge”, like something bad could happen
- Feeling unsure about what is normal

Important things to know

This is **not your fault**. You are **not responsible** for what someone else chooses to do.

Family violence can happen in any family.

Family violence does not have to be physical to be serious or scary

You could be worrying about getting someone else in trouble. You might feel you have to protect your family. You might be thinking “it’s not that bad” or not sure if what you are experiencing is family violence. **It is okay to talk to someone about it and get some help.**

What you can do

- Talk to a safe adult or someone you trust – a parent, teacher, carer, relative, or school counsellor.
- Reach out to a support service.
- You don't have to figure this out on your own and you won't get in trouble for asking for help.

Getting help

- If you are immediate danger, call 000
- You can call SECASA during business hours on **8769 2200 – opt 1** to speak to a counsellor
- You can call the Kids Helpline on 1800 55 1800 or visit their website to chat online
<https://kidshelpline.com.au/>