

Domestic Violence affects children

In homes where domestic violence occurs, children suffer emotional and psychological abuse whether or not they are being physically abused themselves. Witnessing domestic violence may impact on children in a range of ways, including:

- Taking away a child's fundamental right to feel safe
- The child becoming withdrawn and fearful
- The child having difficulty relating to others, or being unable to concentrate at school
- The child blaming themselves for causing the perpetrator's anger
- The child taking on the responsibility of protecting others
- The child may suffer post-traumatic stress, feeling helpless and overwhelmed with anxiety

Who do we support?

Kara House provides information, advice and support to all women about family violence including:

- LGBTI - lesbian, Gay, Bi Sexual, Transgender and intersex
- Single women
- Women with children
- Women with disabilities
- Young women
- Older women
- Women from culturally and linguistically diverse background

How can we assist?

- Specialist Domestic Violence support
- Someone to talk to and obtain confidential support
- Information about your legal rights
- Referral to other services
- Advocacy

Our services

All Kara House clients are allocated an individual support worker to assist women to identify their needs and to move towards a more positive future. This includes:

- Court support
- School Liaison
- Risk assessment
- Safety Planning
- Advice and information
- Case management and support
- Advocacy
- Referral
- Community education

Other useful numbers:

If you are in immediate danger contact police on **000**

Safe Steps Family Violence Resource Centre:

24/7 Family Violence Response: **1800 015 188**

Police Gay & Lesbian Liaison Officer: 9247 6944

For further information:

Call **1800 900 520**

Email admin@karahouse.org.au



Kara House

Incorporation no: A0016757C

Domestic Violence Service

Providing support services to LGBTI Community experiencing domestic violence

Freecall: **1800 900 520**
Monday to Friday: 9am – 5pm

About

Kara House is a specialist domestic violence service that:

- Primarily and historically has provided services to women and women with children from diverse cultural and linguistic backgrounds
- Founded in and operates from a feminist perspective
- Managed and run by women for women and their children
- Acknowledges that domestic violence predominately affects women and children and is understood to occur because of the power imbalance between individuals which is condoned and supported by dominant social attitudes and structures.

There are many common beliefs about perpetrators of domestic violence:

- They had sad or traumatic childhoods
- They had negative role models for how to deal with anger
- They drink or use drugs
- They have difficulty expressing their feelings
- They are oppressed and discriminated against by society for being LGBTI
- They have been harassed and bashed for being LGBTI
- They can't control their anger; they have a short fuse
- Something about you must drive them to violence

What is Domestic Violence?

Domestic violence may be experienced within families, marriages, defacto relationships and lesbian relationships. It may be inflicted on adults and children or it may be between siblings or extended family members. Domestic violence consists of a range of behaviors and may include:

- Verbal abuse such as insults, name-calling, put-downs and constant criticism
- Emotional abuse such as making threats, humiliating you privately/publicly isolating you from family, friends and social contacts
- Smashing or destroying your personal belongings or property, or harming pets
- Threatening to out you or your employer or family
- All forms of physical violence including pushing, slapping, hitting, punching, etc.
- Taking away access to money
- Driving unsafely when you are in the car
- Intimidating/controlling behavior
- Sexual harassment, rape
- Community isolation

“ Kara House believed me;
I was heard;
I didn't feel judged ”

Client

What are the effects of Domestic Violence?

Domestic violence impacts on women in different ways, including:

- Feeling powerless, afraid, depressed, humiliated, withdrawing from others
- Taking away your fundamental human right to feel safe
- Feelings of anger, frustration, anxiety, grief, sadness and loss
- Minimising/denying the violence is occurring
- Feeling like you've tried everything and nothing works
- Feeling worthless, not valued, low self-esteem, lacking confidence
- A sense of shame and embarrassment
- Afraid to tell others, shutting down to keep the violence hidden
- Being made to feel responsible for the violence, feeling that you deserve it
- Worried about your financial security
- Confused because sometimes your partner is loving and kind
- A sense of failure about the relationship
- Afraid of continued violence and harassment if you leave
- Feeling guilty about leaving, or scared of coping alone
- Feeling a need to fix and help
- Feeling responsible for the perpetrators emotional responses and actions