

Archdiocesan Child Protection Unit Newsletter
Staying Connected during COVID-19, Keeping Our Children and Young People Safe
Fourth Edition

In this edition: Domestic Violence – key safety information on assisting someone in a domestic violence situation.

What is Domestic Violence?

Domestic Violence refers to violence, abuse and intimidation between people who are currently or have previously been in an intimate relationship. The perpetrator uses violence to control and dominate the other person and cause fear, psychological harm and/or physical harm. This can include physical or sexual assault; verbal, emotional, financial, social or spiritual abuse.

Learn about the different types of abuse, how to identify them and how to find assistance:
<https://www.whiteribbon.org.au/understand-domestic-violence/types-of-abuse/>

Domestic Violence Services have observed an increase of cases since COVID-19

Restrictions from COVID-19 has created an environment for violence to increase, it is anticipated that an influx of cases will be reported when there is the space and opportunity to seek help.

How to help if you are concerned?

- Prioritise the individual's safety
- Connect the person to community resources and services, provide support
- Listen without judging, validate feelings and advocate for assistance

To find more about statistics click here:

<https://www.domesticviolence.com.au/pages/domestic-violence-statistics.php>

From the Child Protection Unit
Sally, Imbi, Lili and Kath

Ph: 8210 8159

Email: childprotection@adelaide.catholic.org.au



Support Services to Contact:



1800 RESPECT (1800 737 732) 24/7 toll-free national sexual assault, family & domestic violence counselling

1800 800 098 24/7 SA Domestic Violence Crisis Line

Centacare COVID-19 phone counselling by appointment **8215 6700**

Men - MensLine Australia **1300 78 99 78** for issues with conflict, anger, relationships, home violence

Rape & Sexual Assault Service - Yarrow Place **8226 8777** toll-free **1800 817 421** after hours 8226 8787

Teenagers - Kids Helpline **1800 55 1800** free confidential counselling service for young people

Seniors - Elder Abuse Prevention **1800 372 310**

Free Legal Support - Legal Services Commission SA **1300 366 424** - Women's Legal Service **8221 5553**

Victim Support Service - **1800 842 846**

MYTH: Violence doesn't impact on children. They don't remember it and are too young to understand what is going on

REALITY: Children can be physically and emotionally harmed by violence, abuse or threatening control at any age. It impacts on children's self-esteem, confidence, education and their future relationships. Children may learn violent behaviours and continue them as an adult. Or they may think violence is normal and continue to experience it as adults. With the right help and support, children can recover.

https://www.whiteribbon.org.au/wp-content/uploads/2017/05/WR_MythsAndReality.pdf

Ring **CARL 13 14 78** if a child is exposed to Domestic Violence