

INFORMATION FOR SERVICES

*Atunypa Wiru Minyma Uwankaraku
Good Protection For All Women*



**NPY Women's Council
Domestic & Family
Violence Service**

Atunypa Wiru Minyma Uwankaraku Service Good Protection for All women

We aim to ensure that women, children and communities across the NPY region live safe and happy lives.

The service is informed by a holistic and relational understanding of violence which acknowledges the key role of family and community relationships in working effectively with Anangu.

Intake line (1800 180 840)

Through our 1800 number we maintain vital contact with remote communities to empower women to seek safe environments for themselves and their families, respond to calls for assistance and offer supports that are fundamental to ensuring safety is a priority.

Casework within remote communities

Our casework program offers practical and therapeutic support encased in a culturally safe, trauma-informed manner to ensure the liberty and self-determination of women are honoured.

Community Programs, Legal Education and Project Work

The service is embedded within a framework underpinned by community development elements. The Community programs offer education, training, advice and advocacy to remote communities and other service providers. Research is an important aspect to the work and is paramount to ensuring remote communities are provided with all the necessary tools and resources needed to live safely, happily and together.

Professional Development

The service offers relevant, contextual and professional training to service providers across the NPY region and Alice Springs. This professional development is free for Aboriginal Corporations.

Domestic and Family Violence – What is it?

Domestic and Family Violence is a pattern of coercive and controlling behaviours used by one person/or group to maintain power and control over another person/or group.

Violence is experienced by those who commit it, are targeted by it and affected by it. In order to understand how best to describe domestic and family violence that occurs in the community, it is important to understand that the term 'family' may mean a kinship network of discrete intermarried descent groups and, in many cases, 'family' may constitute an entire community.

The impacts of such violence not only affect the individuals, but undermines, harms and destroys the relationships that exist between people in the community.

MYTH

Family violence is rare and doesn't affect many people.

FACT

1 in 4 Australian women has experienced physical or sexual violence by an intimate partner. On average, one woman a week is murdered by her current or former partner.

MYTH

Family violence happens because men get angry or drunk and lose control.

FACT

Family violence is about gaining control, not a loss of control. Using violence is a choice a person makes.

MYTH

If a woman was in real danger, she would just leave. If she hasn't left, it can't be that bad.

FACT

A woman is at highest risk of extreme violence, including murder, when she does leave her partner. Many women stay because they are justifiably fearful for themselves or their children if they do leave. Sometimes there may be family pressure to keep the family together or a desire to maintain the family unit.

MYTH

Men experience family violence as much as women

FACT

Australian women are nearly three times more likely than men to experience violence from an intimate partner.

Impacts of DFV

The impacts of DFV are significant and often permanent. DFV can cause significant lifelong injuries and lead to poor health and mental health outcomes for women and children.

*'With family violence
it's not just your body
that gets hurt. It hurts you
inside too, it hurts your
heart.'*

(Anangu woman)



Types of Domestic and Family Violence

DFV takes many forms and these can be hard to identify, especially if people only think of DFV as physical violence.



Physical

This can include a range of physical assaults such as hitting, punching, throwing and destroying property. It can include inflicting permanent harm, passing on of STI's, harming or threatening pets. Physical violence can include non-fatal strangulation, causing brain injuries, it can cause death and disabilities.



Verbal

This includes making threats, using derogatory language, calling someone crazy and constantly putting them down. It could include humiliating someone in public, calling them a bad woman/mother in front of police, child protection or other services that may impact on them losing their children.



Emotional/Psychological

Includes coercive control which is a range of strategies used to manipulate, dominate and control the actions of another with the aim of achieving and maintaining personal power. Some examples may include isolating the woman, threatening to use physical violence, threatening she will lose the children, verbal put downs, abusive language, 'jealousy' or 'jealousing'

'Gas lighting' is also a form of psychological manipulation in which a person or a group covertly sows seeds of doubt in a targeted individual, making them question their own memory, perception, or judgment, often evoking in them cognitive dissonance and other changes such as low self-esteem.



Technologically facilitated

Defined as a form of DV that provides abusers a pervasive way to control, coerce, stalk and harass their victims. It includes a range of behaviours. These include sending abusive text message or emails, making continuous threatening phone calls, spying on and monitoring victims through the use of tracking systems, abusing victims on social media sites, and sharing intimate photos of the victim without their consent (image based abuse or revenge porn).

Online abusive messages on FB and Instagram and other platforms, passing on gossip.

May include image based abuse which includes obtaining and sharing private pictures or films without consent.

Stopping family and friends from visiting, isolating from homelands with no access to a phone or vehicle, not allowing a person to seek medical attention or social support.

Social



Financial

Withholding and controlling money, keeping ATM cards, making someone dependent for basic items.



Cultural/spiritual

Not allowing someone to practice their culture or faith, putting down cultural and spiritual beliefs, utilising cultural practices and knowledge to threaten and cause harm.





Sexual

Forcing someone to have sex and do things they are not comfortable with, forcing someone to have sex with other people, forcing someone to watch pornography, violent acts during sex.



Lateral Violence

Also known as 'sideways' or community violence, lateral violence is a product of complex historical, cultural and social dynamics that results in a spectrum of behaviours. These may include: gossiping, shaming, jealousy, bullying, social exclusion, family feuding, organisational conflict and physical violence. Lateral violence has been described as stemming from 'internalised colonisation' and 'internalised sexism'.

