



Messages about Family Violence

- Family violence is not just physical abuse. It is the abuse of power in a personal or intimate relationship. It takes many different forms including physical, psychological, sexual, financial or spiritual.
- It's not always easy to tell who is living with abuse. Family violence perpetrators and victims come from all socioeconomic groups, all ages, and all cultures. Family violence can affect a person at home and at work.
- Psychological or emotional abuse of a family member can include threats to hurt them, undermining or bullying them, using their children against them, insults, constant criticisms and putdowns, and damaging their belongings.

Messages to Individuals

- If you support your colleagues you can make difference
- It's ok to ask for help if you don't know how to help a colleague who may be a victim of family violence.
- Our work place supports the "are you ok campaign"
- All forms of abuse are wrong

