



## Domestic and Family Violence Prevention Month 2006

**- An invitation to remember**

# Newsletter

Issue No. 3 April 2006

May 1<sup>st</sup> sees the start of this year's Domestic and Family Violence Prevention Month and a host of activities are planned. This year the Queensland government has decided to target perpetrators of violence and the community in general. There are two slogans:

*Every Man must take a Stand - against domestic and family violence*

and

*Domestic and Family Violence - See the Signs, Be the Solution*

Queensland Domestic Violence Services Network (QDVSN), of which this service is a member, decided that it would in addition to the government's resources, produce its own posters this year and invite all of Queensland to join in local ceremonies to remember those who have died and the loved ones left behind because of Domestic and Family Violence.



(partial view of the posters)

The 13 regional DV services across the state are holding candle lighting ceremonies on Wednesday 3<sup>rd</sup> May starting at 5pm. Candles will be lit simultaneously across the state from the Gold Coast in the south to Cairns in the north at 5.15pm. We invite you to join us at Mondo Café Bar and Grill at the Hilton Hotel Cairns or, for those of you unable to travel, or in the Cape and Torres Strait areas, to hold your own candle lighting ceremony. Posters are available from the service for you to advertise your event. Please contact Jan on 4040 6100 or by email at [office@dvcairns.org](mailto:office@dvcairns.org).

I wish you all a safe Domestic and Family Violence prevention month.

*Amanda*

Coordinator of CRDVS

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**This free newsletter  
is a community service  
provided by CRDVS.**

**It is produced to  
inform and create  
awareness about  
issues of domestic  
and family violence**

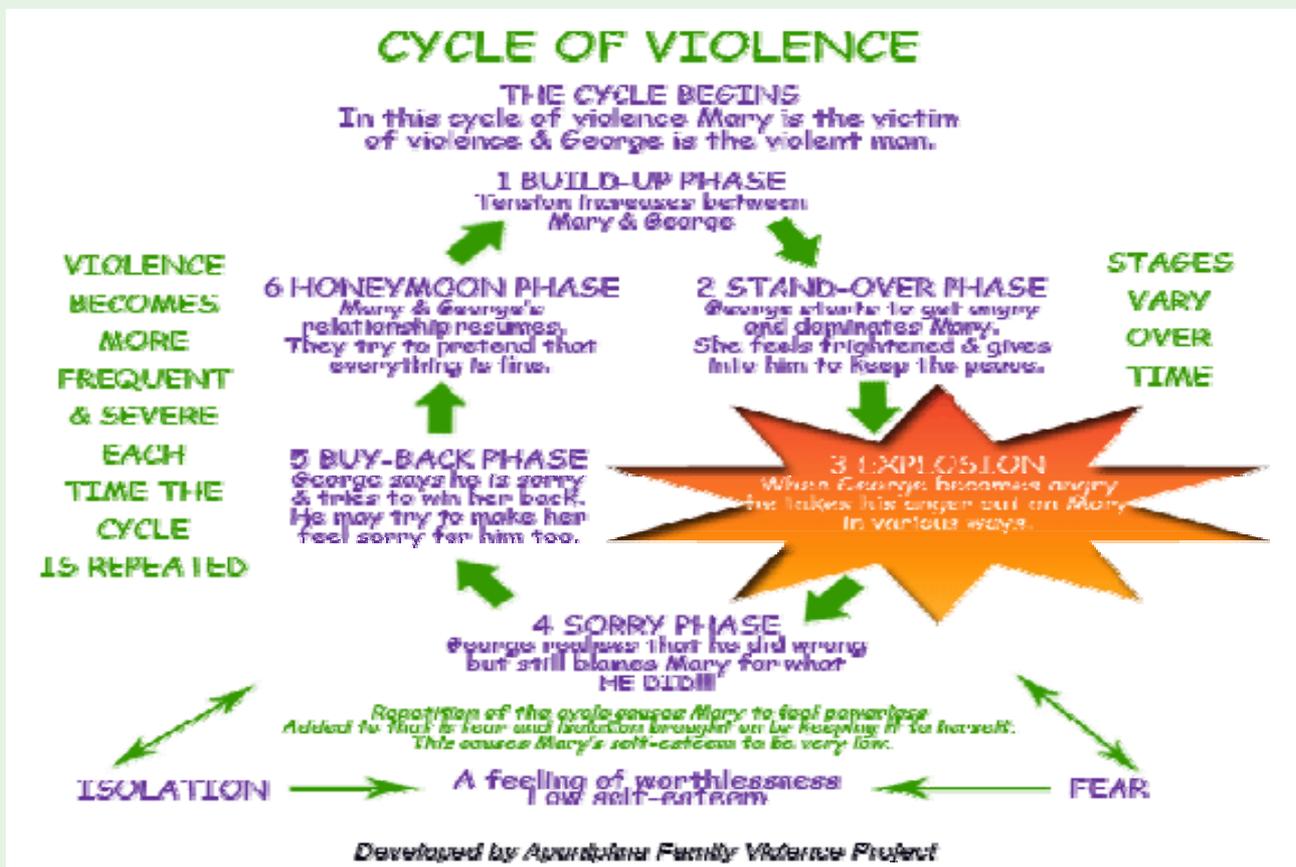
**Find more information about Domestic & Family Violence Prevention Month Events on page 4**

# The Cycle of Violence

Within a Domestic Violence relationship there is a cycle that both the victim and the perpetrator find themselves in. This cycle is called the Cycle of Violence. The cycle contains six phases:

1. **Build Up Phase:** During this phase, tension begins to increase, often described by victims as feeling as though they are walking on egg shells.
2. **Stand Over Phase:** The perpetrator begins to get angry and dominates the victim.
3. **Explosion Phase:** The perpetrator abuses the victim. This may be physical violence, verbal abuse or any other form of abuse.
4. **Sorry Phase:** During this phase the perpetrator realises that he did wrong, but will blame the victim for his actions saying things like "I'm sorry that I hit you, but you shouldn't have done...."
5. **Buy Back Phase:** The perpetrator tries to win back his partner. During this phase he may try to make the victim feel sorry for him.
6. **Honeymoon Phase:** The relationship continues and they try to pretend everything is good again. There is usually underlying tension during this phase as the victim is afraid that it will happen again.

The Cycle of Violence continues and over time the victim will find themselves feeling isolated, fearful and having feelings of low self-worth. As the cycle continues, the abuse in the explosion phase will escalate and the cycle will go faster. Eventually parts of the cycle may disappear altogether, these are usually the honeymoon phase and the buy back phase. When the cycle becomes more frequent with abuse escalating and phases missing, the victim is at a high risk of serious harm.



## Leaving Domestic & Family Violence



YIPPEE! I'VE GOT MY LIFE BACK, MY KIDS AND I ARE LIVING WITHOUT VIOLENCE!

Source: **SEND VIOLENCE PACKING** — A Cartoon Storybook by Marta Ponti & Robyn Edwards,  
Australian Domestic and Family Violence Clearinghouse, 2004

## First Impressions...

**CRDVS is a non-government community organisation. Periodically we offer social work students work experience placements at our office.**

**This article has been contributed by students who are currently on placement at CRDVS.**

As students we had limited prior knowledge of Cairns Regional Domestic Violence Service (CRDVS). One thing that surprised us initially was the secure environment offered for staff and clients. The office set-up allows clients to discuss issues with confidentiality and anonymity.

Our first week of placement is learning through observation. It is a great opportunity for us to learn about different aspects of domestic violence. The CRDVS workers not only help their clients but also provide us with their full support by sharing their knowledge and experiences about their work. So far our learning experiences have involved attending a training session together with new police officers

on how to recognise domestic violence.

We have attended community education sessions for legal study students in a local high school, as well as a planning meeting for an innovative project with Aboriginal and Torres Strait Islander students promoting healthy relationships. We were also asked to join CRDVS workers in the court to observe how they support those involved in DV cases.

Cairns Regional Domestic Violence Service offers a wide range of services and supports anyone who is experiencing domestic violence. We are encouraging women and men who have problems arising from domestic violence not to hesitate to seek help from CRDVS support and advice.

Cheers

Del and Maree

JCU 3<sup>rd</sup> Year Community & Social Work Students

# What's on?

## Come along to these events during Domestic & Family Violence Prevention Month

May 2006

**Event**

**Location**

3rd May	Remembrance Day Ceremony 5pm - 6pm	Mondo Café Bar and Grill, Hilton Hotel, Cairns
5th May	D & FV Month Breakfast & Seminar (by invitation only)	Cairns
17th May	D & FV Information Stall 10am - 4pm	Raintrees Shopping Centre, Cairns
19th May	Warringu Open Day	Warringu ATSI Corp, Mulgrave Road, Cairns
24th May	D & FV Information Stall 10am - 4pm	Stocklands Cairns Shopping Centre
31st May	D & FV Information Stall 10am - 4pm	Mt Sheridan Plaza Shopping Centre, Cairns

Contact Jan or Gill at CRDVS about these events  
email [office@dvcairns.org](mailto:office@dvcairns.org) or telephone 4040 6100

## CRDVS Calendar of Training 2006

Dates 2006	Times	Training	Open to	Venue
10th May	9am-1pm	Practice Standards for Working with Women Affected by Domestic & Family Violence ◆ Safety ◆ Empowerment ◆ Confidentiality	RAATSICC Members	Rydges Plaza Cairns
11th May	9am-12pm	Domestic & Family Violence Legislation	RAATSICC Members	Rydges Plaza Cairns
17th June	9am-5pm	Responding to Domestic & Family Violence	Service Providers & Community Members	Wu Chopperen Health Service Cairns
18th June	9am-5pm	Breaking the Intergenerational Cycle of Violence	Service Providers & Community Members	Wu Chopperen Health Service Cairns
6th October	10.30am-3pm	Responding to Domestic & Family Violence	Service Providers & Community Members	Parish Council Innisfail

Contact Gill at CRDVS about these training events  
email [commed@dvcairns.org](mailto:commed@dvcairns.org) or telephone 4040 6100

## Talking with children about domestic and family violence



When there is domestic and family violence in the home it is often difficult to remember the effects the violence has on the children living in that environment.

If you know of a young person living in an environment where there is domestic and family violence, it is important that they have someone they can talk to.

If you are living in an environment with children where there is domestic and family violence, and you can talk to the children and adolescents about what is happening, it is important the young people hear the following:

### From The Adult Victim & The Perpetrator

- Violence is not okay.
- It's not your fault.
- It must be scary for you.
- I will listen to you.
- You can tell me how you feel; it is important.
- I'm sorry you had to see/hear/experience it.
- You do not deserve to experience this.
- I will keep you safe.
- There is nothing you could have done to prevent/change it.
- It is not your responsibility to change it.
- This is an adult responsibility.
- We can talk about what to do to keep you safe if it happens again.
- I care about you. You are important.



