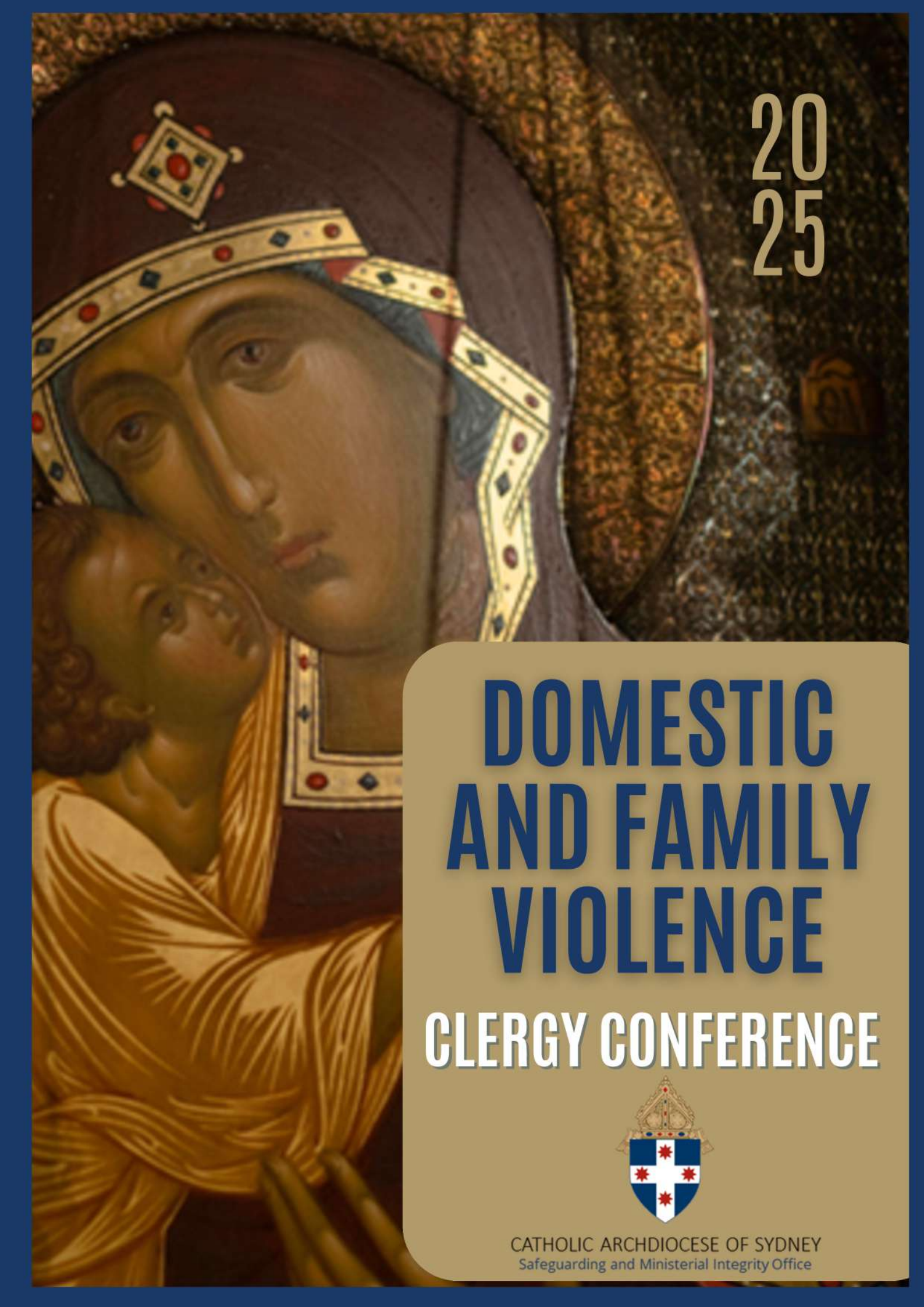




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DOMESTIC AND FAMILY VIOLENCE

CLERGY CONFERENCE



CATHOLIC ARCHDIOCESE OF SYDNEY
Safeguarding and Ministerial Integrity Office

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CATHOLIC ARCHDIOCESE OF SYDNEY
Safeguarding and Ministerial Integrity Office

Foreword



As pastors of souls we encounter people in all manner of difficulties bearing all manner of crosses. Often, people caught up in Family and Domestic Violence feel trapped, isolated and hopeless. Pastors are not social workers or psychologists and we can't solve everything or live other people's lives for them. Clergy especially, however, have a unique capacity in their role as pastors of souls to bring hope to the hopeless and inspire people to find a way out of abusive and coercive relationships. To be able to do that we need not only the spiritual and sacramental resources to bring people strength and hope, but we also need to be equipped with a good understanding of the dynamics of this phenomenon. We need to be able to spot people caught up in these difficult situations and quickly identify what it is that we are dealing with and we need to know where we can direct people to obtain the practical help they need to get out of these situations.

Today's conference is about helping us to see into the lives of people afflicted with family violence and what services exist to help them out of these awful situations, bring them renewed hope and give them their lives back. It's also about equipping us with the knowledge of who to go to for help in these complex and difficult situations. And lastly, it's an opportunity for us to reflect as pastors on what our particular role is in the process of healing, so desperately needed by people caught in the trap of family violence.

A handwritten signature in cursive script that reads "Samuel Lynch".

Very Reverend Fr Samuel Lynch
Vicar General

Foreword



“Let love be genuine. Abhor what is evil; hold fast to what is good. Love one another with mutual affection.”

Romans 12:9-10

It is with both solemnity and hope that we welcome you to this Clergy Safeguarding Conference on Family and Domestic Violence. This gathering reflects a sacred and timely call to action, one the Church must meet with clarity, compassion, and courage.

Scripture reminds us that every person is made in the image and likeness of God (Genesis 1:27). This truth affirms the inherent dignity of all people. When violence or control enters a home, that dignity is deeply harmed. As people of faith, we are called to respond with the heart of Christ—to restore, to protect, and to challenge the systems and attitudes that allow such harm to persist. This conference, and the accompanying resource, aims to support clergy and Church leaders to do just that. It offers practical tools and deeper understanding to help us respond more confidently and pastorally to those affected by family and domestic violence. This issue is not remote, it is present in our parishes, schools, and communities. Silence is not an option.

We are grateful for the wisdom and commitment of our keynote speakers and panellists, including the NSW Women’s Safety Commissioner, Dr Hannah Tonkin, representatives from NSW Police, NSW Health, the NSW Ageing and Disability Commission, and Legal Aid NSW. Their insight reminds us that this work cannot be done alone, it demands genuine collaboration across Church and community.

We also thank Archbishop Anthony Fisher OP for his ongoing support, and warmly acknowledge the clergy, heads of agencies, and lay leaders present today. Your participation reflects our shared commitment to making the Church a place of safety, refuge, and healing.

Ultimately, this work is about love; authentic, courageous love that protects, restores, and upholds human dignity. It calls us to stand with those who are suffering and to respond with both compassion and conviction.

May this resource strengthen your ministry, deepen your understanding, and inspire action rooted in justice, mercy, and love.

A handwritten signature in black ink that reads "Jennifer Orre".

Director, Safeguarding and Ministerial Office

Understanding Domestic and Family Violence and its Effects



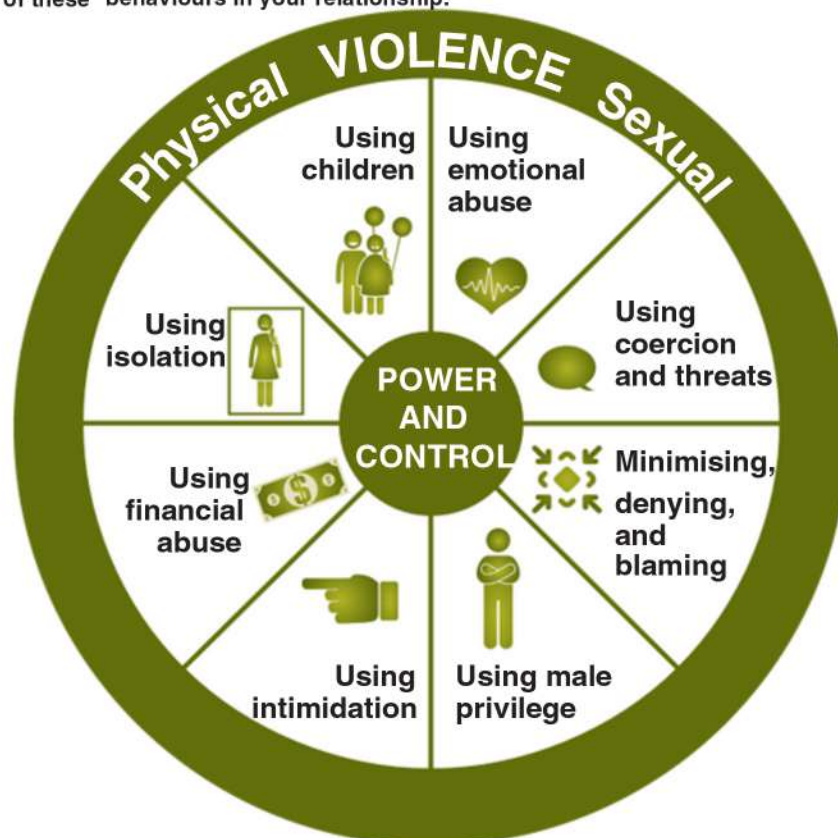
UNDERSTANDING DOMESTIC AND FAMILY VIOLENCE

To determine if your relationship is abusive you need to look at what the other person is doing.

Think about:

- how the behaviour affects your life
- how it makes you feel where the balance of power
- lies in your relationship

Trust your intuition: If something does not feel right to you then it is not ok. Look at this wheel and see if you recognise any of these behaviours in your relationship.



Using intimidation

- Makes you afraid by using looks, actions, gestures
- Smashes things
- Destroys your property
- Abuses pets
- Shows weapons
- Monitors you using technology such as GPS tracking devices or spyware
- Goes through personal information such as emails, text messages, social media accounts or call logs
- Breaks your phone or cut the phone line when you try to call for help



Using financial abuse

- Prevents you from getting or keeping a job
- Makes you ask for money
- Gives you an allowance
- Takes your money
- Doesn't let you know about or have access to family income



Using emotional abuse

- Puts you down
- Makes you feel bad about yourself
- Calls you names
- Makes you think you're crazy
- Humiliates you
- Makes you feel guilty



Minimising, denying, and blaming

- Makes light of the abuse and not taking your concerns seriously
- Says it didn't happen
- Shifts responsibility for abusive behaviour
- Says you caused it
- Blames tiredness, stress, alcohol or drugs



Using male privilege

- Treats you like a servant
- Excludes you from making decisions
- Being the one to define men's and women's roles
- Threatens to share intimate images to prevent you leaving, or to humiliate you



Using isolation

- Controls what you do, who you see and talk to, and where you go
- Limits your outside involvement and social contacts Uses jealousy to justify actions



Using children

- Makes you feel guilty about the children
- Uses the children to relay messages
- Threatens to take the children
- Uses GPS tracking on children's devices to monitor your location

THE EFFECTS OF DOMESTIC VIOLENCE ON CHILDREN

All family members experience the effects of domestic and family violence. Living with violence can have as much of an impact on children as the victims themselves. Children who see abuse or live in a violent household experience fear, intimidation and threat to safety like you do. This wheel shows how domestic violence affects children.



Using intimidation

- Putting children in fear by: using looks, loud actions, loud gestures, loud voice, smashing things, destroying property
- Fear of physical safety



Gendered stereotypes

- Copy abuser's dominant & abusive behaviour
- Copying victimised passive and submissive behaviour
- Unable to express feelings or who they are



Using isolation

- Inability to develop social skills
- Can't have friends over because of the need to hide the violence
- Keeping harmful "secrets"
- Not trusting of adults



Using children

- Being put in the middle of fights
- Children may take on roles and responsibilities of parents and give up being children
- Children seen and not heard
- Children being used to solve conflicts, asking them to take sides



Using emotional abuse

- Doubting reality
- Fear of doing wrong
- Inconsistent limits and expectations by caregiver
- Fear of expressing feelings
- Inability to learn at school
- Low self-esteem



Physical and mental effects

- Children may feel guilt and shame and think it's their fault
- May regress to early stages of development
- Demanding and withdrawn
- Crave/need attention



Sexual abuse

- Shame of body
- Feeling threatened and fearful of their sexuality
- Learning inappropriate sexual talk and behaviour
- Children having access to pornographic magazines and movies



Using threats

- Learn to manipulate because of their own safety issues due to effect of violence in family
- Expressing anger in a way that is violent, abusive, or not expressing anger at all because of their own fear

PREPARING TO LEAVE

There are a lot of barriers faced by women leaving violence that may seem overwhelming. But it is important to remember that many women leave violent relationships and find safe and fulfilling lives for themselves and their children.

It is good to be prepared before you leave.

What should I do before I leave?

It is important to have a clear safety plan for you and your children before you leave. These are some things you can do to prepare:

- ✓ Contact the Domestic Violence Hotline and arrange accommodation for you and your children safe
- ✓ Contact RSPCA to arrange safe accommodation for your pets
- ✓ Seek support from a domestic violence worker to discuss your options and consider ways to keep yourself safe such as getting an ADVO
- ✓ Arrange your transportation in advance
- ✓ Practice travelling to your intended safe spot
- ✓ Prepare and safely store a leaving package with money, documents, clothes, spare keys
- ✓ Seek legal advice
- ✓ Program emergency services / contacts and support services into your phone
- ✓ Ask your doctor to document any injuries
- ✓ Only tell trusted people of your intended new location

What should I take when I leave?

This is a useful list to help you prepare to leave. Take the items below only if it is safe to do so. The safety of you and your children is most important.

You may be able to return with Police support at a later time to collect your possessions.

- ✓ Driver's licence, bank details, credit cards,
- ✓ Birth/marriage/divorce certificate/s for you and your children
- ✓ Centrelink, immigration documents

- ✓ Car & house keys
- ✓ Passports for you and your children
- ✓ Car registration papers
- ✓ Medical records, medication & Medicare details
- ✓ Taxation and employment documents
- ✓ Court papers including protection and family law papers
- ✓ Rental, mortgage, legal papers, copy of ADVO
- ✓ Clothing
- ✓ Personal address book
- ✓ Your children's favourite toys and other items of comfort
- ✓ Personal items which have value, or you fear may be destroyed such as jewellery and photographs

How do I protect myself online?

You might think that you should switch off your technology to stay safe. But technology can be an important tool to keep you connected to support and resources. There are some steps you can take to make your technology safer.

- If you are worried your phone is being monitored call 1800 937 638 for a free safe phone.
- Protect or change your passwords/PINs by choosing passwords that no one could guess. Make sure you don't select "save my password" on login pages.
- Use private browsing so no one can see the pages you have been looking at and clear your browser history of any sites that you don't want your abuser to see.
- Use a safe computer that is not accessible by your abuser. You could go to the library or ask a trusted friend.
- Change your social media setting to turn off your location and limit who can see your information.

The eSafety Commissioner has many resources to help with image-based abuse, spyware and creating alternative email accounts. You can find out more on their website www.esafety.gov.au/women

Parenting after domestic violence

This wheel is a helpful guide for you to use when you think about how you want to parent your children after you leave.



Encourage and support

- Be affirming
- Encourage children to follow their interest
- Let children disagree with you
- Recognise improvement
- Teach new skills
- Let them make mistakes



Give time

- Participate in your children's lives: activities, school, sports, special events and days, celebrations, friends
- Include your children in your activities
- Reveal who you are to your children



Provide discipline

- Be consistent
- Ensure rules are appropriate to age and development of child
- Be clear about limits and expectations
- Use discipline to give instruction, not punish



Promote emotional security

- Talk and act so children feel safe and comfortable expressing themselves
- Be gentle
- Be dependable



Give affection

- Express verbal and physical affection
- Be affectionate when your children are physically or emotionally hurt



Care for yourself

- Give yourself personal time
- Keep yourself healthy
- Maintain friendships
- Accept love



Provide physical security

- Provide food, shelter, clothing
- Teach personal hygiene and nutrition
- Monitor safety
- Maintain a family routine
- Attend to wounds



Trust and respect

- Acknowledge children's right to have own feelings, friends, activities and opinions
- Promote independence
- Allow for privacy
- Respect feelings for others
- Believe your children

Adapted from the Domestic Abuse Intervention Centre Duluth, Minnesota.

Did you know?



Some facts about domestic and family violence.

What is the difference between normal conflict and domestic and family violence?

Some conflict is normal in relationships, but abuse is never ok. Abuse is behaviour that causes physical, psychological, or verbal harm to people, and it is sometimes used to gain power and control over another person. To learn more about types of abuse: www.dcj.nsw.gov.au/children-and-families/family-domestic-and-sexual-violence/about-domestic-and-family-violence/what-is-domestic-and-family-violence.html

Does the promotion of women's rights threaten social stability?

Women's rights are human rights. Preventing domestic and family violence in a community will strengthen the community. Research has shown that violence against women will continue to occur in places with attitudes that see women as less than equal to men.

Is it okay to use force with family members or people close to you?

No type of violence is ever okay. Forcing anyone into any form of behaviour against their will is not acceptable and against the law.

What if someone makes a false claim about domestic and family violence or sexual assault?

False claims of domestic and family violence or sexual assault are extremely rare. Domestic and family violence and sexual assault are under-reported to the police. People are often reluctant to report it for many reasons, including fear of not being believed.

Is domestic and family violence a result of a traumatic and violent upbringing?

Using violence is a choice. There are many people who have experienced domestic and family violence in childhood and do not use violence when they are adults.

Source: NSW Communities and Justice

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Is it easy for a victim to leave or stop a violent relationship if they wanted to?

There are many reasons why a person may be unable to leave an abusive relationship. Many victim-survivors want to leave, but they can't because:

- They are scared for their own or their children's safety
- They have no money to support themselves
- They have nowhere to go
- They think no one will believe them
- They feel ashamed
- They want to try to keep the family together.

Victim-survivors are most at risk of severe violence and death when they try to leave or just after they leave their abusive situation.

Does domestic and family violence only happen between married couples?

No. It can happen to family members, people that live in the same house, married and unmarried couples and ex-partners. It can happen to anyone, regardless of their cultural background, religion, gender, sexuality, or economic status.

Can a person using violence stop a victim-survivor from seeing their child if they want to leave a relationship?

No. Children have the right to have a relationship with both parents, even if their parents are separated. However, the time a person using violence is permitted to spend with their children can change if children are at risk of harm. Every case is different, and legal advice should be sought from a lawyer experienced in Family Law. To find out more about how domestic and family violence is considered in Family Law matters, and how arrangements for children are decided following separation: www.familyviolencelaw.gov.au/family-law/arrangements-for-children/how-does-the-court-consider-domestic-and-family-violence/

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Responding to Disclosures



Conversation guide



1. Listen with an open mind



Them: Do you have a few minutes to speak about something?



You: Yes of course. Are you alright?



Them: I'm not sure if I am alright actually. I have been having some issues with my partner.



You: I am sorry to hear that, do you feel comfortable telling me a bit more?



Them: It's really hard to talk about. They've been shouting at me every time I come home from work or when I'm back from visiting my mother. My mother had a fall recently and I need to visit her house more often than usual. My partner calls me all the time when I'm there. Recently they have been hiding the car keys from me so I can't leave the house, and yesterday they shoved me when I arrived home.

Do



- Make sure you understand the situation thoroughly
- Take their concerns seriously
- Make sure that your conversation cannot be heard by other people.

Avoid



- Making quick judgements
- Asking for proof of the violence
- Asking them to be patient with their abuser.

Source: NSW Communities and Justice

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2. Validate their concerns



You: I'm glad you have shared this with me. Please know that you're not alone, and the way your partner is behaving is unacceptable.



Them: It's so scary to finally share this with someone. Please promise me you won't tell them about any of this. I am afraid of how they might react.



You: Of course, I will not share this with anyone, unless you or your children are in immediate danger. Then I am required to contact help.

Do



- Keep their information private. If someone asks you to keep a secret, it might be because they're scared that the violence might get worse or that other people will judge them. However, if they are in immediate danger you are required to contact the police on 000, and if children are involved you must also report child abuse to the child protection helpline on 13 2111.

Avoid



- Suggesting that they should leave their abusive situation. It's unsafe for victim-survivors to leave without the appropriate support and assistance. They are most at risk of severe violence and death when they try to leave or just after they leave the relationship.

3. Offer support options



Them: Thank you so much. I'm not sure what to do now.



You: To be honest, from what I've heard I'm concerned. I think that we should seek professional advice, but only if you feel comfortable. There is a service called the New South Wales Domestic Violence Line and they can help us figure out what to do. We can call them anytime.



Them: Oh, I am not sure about that yet, can I think about it?



You: Of course. If you decide you want advice from a professional, we can make the call together. Is there anything else you want to talk about?



Them: I think I am okay for now. It is nice to be listened to.



You: Do you feel safe to go home now?



Them: I do, but I'll let you know if I don't anymore.



You: You can speak to me anytime.

Do



- Let them know they can come back if they decline help
- Ask what's the best and safest way of contacting them
- Assure them that help for domestic and family violence is free, as it is common for some people to worry about costs
- Consider that everyone's needs are different, and some approaches may not work for everybody
- Empower them to make decisions for themselves.

Avoid



- Confronting the person using violence or try to intervene in a violent situation, as that may cause harm to you or to the person experiencing domestic and family violence
- Offering or providing counselling to the victim-survivor and the person using violence together. This is not appropriate for domestic and family violence situations and may increase danger to victim-survivors and yourself.

It is normal to experience distress when you hear about domestic and family violence. If you need support with your own wellbeing and want to talk to a professional, contact Lifeline on 13 11 14.

Responding to People who use Violence



Responding to people who use violence



Someone may tell you that they use violence with their family or someone close to them.

Remember that you do not have to respond to them if you do not feel comfortable. If you do not want to engage with them, you can provide them the number to the Men's referral service on 1300 766 491.

If you decide to respond, please consider the following:

- It is not always clear when someone is using violence. They may ask you for relationship advice or tell you about their marital conflict, so listen carefully to any warning signs of domestic and family violence
- Make sure there are others in the meeting, or that it is in a space that you can leave easily if you feel unsafe
- Show gratitude if they are taking accountability by seeking your advice, but make it clear that using violence is never acceptable.

Avoid:

- Justifying or trivialising any abusive behaviour
- Referring them to couples counselling or anger management classes. This is inappropriate for people who use violence with their families
- Arguing with them or shaming them, even if you feel angry with them. It may increase their use of violence and discourage them from seeking help
- Mentioning anything a victim-survivor has reported to you. This may threaten their safety.

Source: NSW Communities and Justice

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This conversation guide shows how to approach a conversation with someone who uses violence.

It's recommended that you:

- Ask open-ended questions
- Encourage empathy
- Encourage taking accountability

Conversation guide

They might say:

"They made me so angry, I just snapped!"

To respond with an open-ended question, you can ask:

"What happens when you snap?"

Their response:

"I raise my voice. Sometimes I throw or break things."

To encourage empathy, you can say:

"How do you think your other family members were feeling?"

Their response:

"I'm not sure they might have been scared, but my partner always makes me lose it."

To encourage accountability, you can say:

"Thank you for telling me. I am concerned, and I believe the way you were behaving is wrong. If you're ready, I can help you access support."

Source: NSW Communities and Justice

Department of Communities and Justice

Coercive Control



**Communities
and Justice**

Coercive Control

(Easy Read)



Communities
and Justice

Coercive control is when someone does things to control you. They might

- Scare you
- Hurt you
- Stop you from seeing or talking to other people.

You can ask for support from a

- Family member
- Friend
- Support worker.

About coercive control

- Coercive control is a type of abuse.
- Abuse is when someone hurts you.
- It can be physical or not physical.
- Physical means they hurt your body.
- Not physical means they hurt you in other ways like they say bad things to you.

It can happen with people you are

- Dating
- In a relationship with.
- It can also happen with someone you were in a relationship with before.

It can happen with

- Someone from your family.
- Someone you live with.
- A carer - someone who looks after you.

Coercive control is always wrong

The ways coercive control can happen

Coercive control can happen in lots of different ways. These are just some of the ways it can happen.

They can hurt your mental health.

Mental health means the way you think and feel.

They might

- Be very mean to you.
- Say you are bad at things.

- Coercive control can be sexual abuse
This means they make you do sexual things you do not want.
- They make you feel very bad about yourself.

They might:

- Make jokes about you.
- Share information you do not want them to.
- They could use violence to hurt you and might make you feel scared. Violence means they do very bad things to make you not safe.

They might:

- Hurt you in a physical way.
- Throw or break things on purpose.

They might make **threats** to you. **Threats** are when they say they will do something bad to you.

They might say they will take away your **visa**. A **visa** is something you may need to stay in Australia if you were not born here.

They might do things to stop you seeing your family and friends.

They might take away your phone to stop you talking to other people.

They can stop you doing things on your own.

They might:

- Make rules about what you can wear
- Say you cannot leave the house.

They might control how you use money.

They might not let you

- Work outside of your home
- Look at your bank account.

Source: Coercive control by DCJ and Council for Intellectual Disability made this document Easy Read.

Coercive Control

(Easy Read)



Communities
and Justice

They might follow you when you do not want or know it.

They might look at your emails and texts.

They might stop you from doing things from your culture. Culture means the way you do things because of where you or your family are from.

They might not let you

- Speak your own language
- See people who have the same culture as you.

They might

- Make rules about when you have sex
- Say you can not use contraception. Contraception is something that can stop you or someone else getting pregnant.

They might use services to scare and control you.

This means they might

- Give fake information to child services
- Lie to **immigration services**.

Immigration services are services that help people who have moved to Australia.

Coercive control and the law

There are laws about coercive control. Laws are rules everyone must follow. It will be against the law if someone uses coercive control against someone they

- Are in a relationship with
- Were in a relationship with before.

This law has started in July 2024.

This law can only help if the coercive control happens after July 2024.

SUPPORT

You can get support if coercive control happens to you.

If you need help straightaway you should

- Call **000**
- Ask for the police.

You can call **1800 Respect** if coercive control happens to you or someone you know.

1800 Respect gives free support and information.

The number is **1800 737 732**.

You can call them at any time of the day.

If you are worried about doing coercive control to others you can call **Mens Referral Service**.

Mens Referral Service gives free support and information to men who

- Have done coercive control to others
- Are worried about doing coercive control.

You do not have to tell them your name.

The number is **1300 766 491**.

You can call them at any time of the day.

You can call the **Translating and Interpreting Service** to speak to someone in the same language.

The number is **131 450**.

You can call the **National Relay Service** if you

- Are deaf
- Have trouble hearing.

The number is **13 36 77**.

There is more information about coercive control and supports on our website at

www.nsw.gov.au/coercive-control

For anyone experiencing coercive control

It's not love, it's coercive control

Take this quiz to learn about healthy and harmful behaviours, and signs of coercive control in intimate partner relationships.

Intimate partner relationships include people who are casually dating, in a serious relationship, or any other type of intimate relationship in between.

Everyone deserves to be respected and to feel safe in intimate relationships.

Coercive control is when someone repeatedly hurts, scares, or isolates another person to control them. It's abuse and it can cause serious harm.

Source: nsw.gov.au/coercive-control

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1.What should the vibe be in a relationship?

- A. There is mutual respect, understanding, and support.
- B. There are moments of fun and happiness, but one person has to constantly check things with their partner, so they don't get upset.
- C. It's often tense, one person feels uneasy or scared about what they say and do and how their partner will react.

2.How much say should someone have on their partner's phone use?

- A. Each person has control of their own phone, privacy is respected in a relationship.
- B. It's okay for a person to ask to look through their partner's phone to check who they're messaging or what apps they're using.
- C. It's acceptable for a partner to monitor or control the other person's phone, like deciding what apps they can use, deleting contacts or turning on location tracking in apps.

3.What should happen when there's an argument in a relationship?

- A. Each person listens to the other, and they find solutions together.
- B. Arguments occur and they are resolved when one person gets their way.
- C. Arguments don't really get resolved and end in shame, threats, or insults to the other person.

4.How should choices be made about things that happen in a relationship?

- A. Decisions are made together, considering each other's opinions and what feels comfortable for both people.
- B. The person with the strongest opinions has a bigger say about what happens in the relationship.
- C. One person makes rules for the other, telling the other person what they can and can't do is acceptable in a relationship.

5.How should someone react to their partner wanting to spend time with friends and family?

- A. There shouldn't be any reaction — both people can spend time with friends and family together and separately whenever they want.
- B. It's okay for a person to put pressure on their partner to spend time with them over friends and family because they are jealous.
- C. One person can stop the other from spending time with friends and family.

If you answered A for all questions:

You know what a loving relationship should look like. These behaviours help keep a relationship strong.

Remember that relationships can change. Harmful behaviours can start at any time during a relationship. They can also start or continue after a relationship has ended.

It's important to recognise harmful behaviours early and reach out to someone you trust or call 1800 Respect (1800 737 732) for advice or support.

If you answered B or C for any questions:

You might have trouble identifying unhealthy behaviours in a relationship.

Some of these behaviours might even be warning signs of coercive control. Harmful behaviours can start or continue after a relationship has ended. If you notice any of these behaviours, it's important to reach out to someone you trust or call 1800 Respect (1800 737 732) for support.

Learn more



If anything you've read in this quiz makes you worried about yourself or someone else, there's help available.

Talk to someone you trust or call 1800 Respect (1800 737 732) for free and confidential support.

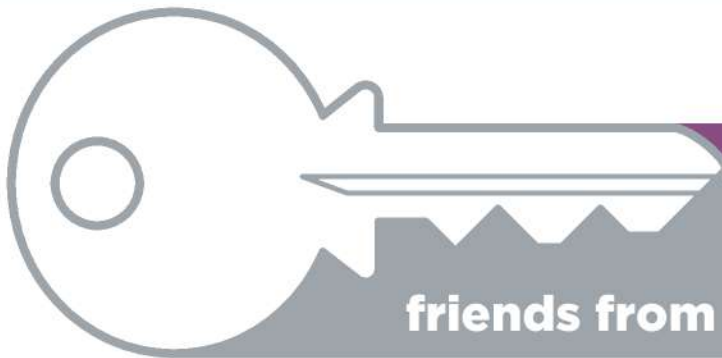
If you are in immediate danger, call the Police on Triple Zero (000).

For more information and resources go to nsw.gov.au/coercive-control

NSW Police



NSW Police Force



Protect your family and friends from Domestic & Family Violence

Domestic & Family Violence

Domestic and family violence does not discriminate and occurs across every suburb throughout New South Wales. It impacts people of different genders, all ages and cultures and causes immeasurable damage to our relationships and communities.

Domestic and Family Violence is factor in approximately 40% of all homicides. The New South Wales Police are committed to reducing domestic and family violence in our communities, but we need your help.

Here are some simple tips we **all** can take to help protect our family and friends from the effects of this type of crime.:

Protect yourself from Domestic and Family Violence

- **ALWAYS** call Triple Zero 000 if you are in fear for your safety or you have been assaulted
- **EDUCATE** yourself about the dynamics of Domestic and Family Violence. Find out how Police can help you. www.police.nsw.gov.au/ (*DFV code of practice*)
- **ALWAYS** be vigilant when you are or have been a victim of Domestic or Family Violence. Enhance your understanding of behaviours that are considered as stalking. www.police.nsw.gov.au/ (*what is stalking*)

Protect your family and friends from Domestic and Family Violence

- **DON'T** be just a bystander- if you observe any form of domestic violence occurring, call Triple Zero (000) immediately
- **ENCOURAGE** anyone you know who experiences domestic violence to contact their Domestic Violence Liaison Officer at their local police station.

Protect your loved ones from Domestic and Family Violence

- **TAKE RESPONSIBILITY** for your violent or abusive behaviour. Contact the Men's Referral Service on 1300 766 491 for information and referrals
- **DON'T** continue to contact, harass and follow someone you once had a relationship with, this is stalking and it's a crime
- **SEEK** further assistance if you are a victim of domestic by contacting the Domestic Violence Line on 1800 65 64 63.

For more information about Domestic and Family Violence, please see
[www.police.nsw.gov.au/Domestic and Family Violence](http://www.police.nsw.gov.au/Domestic%20and%20Family%20Violence)

For more Crime Prevention information, please visit us on
www.police.nsw.gov.au and select the crime prevention link.



NSW Police Force





EMPOWER YOU

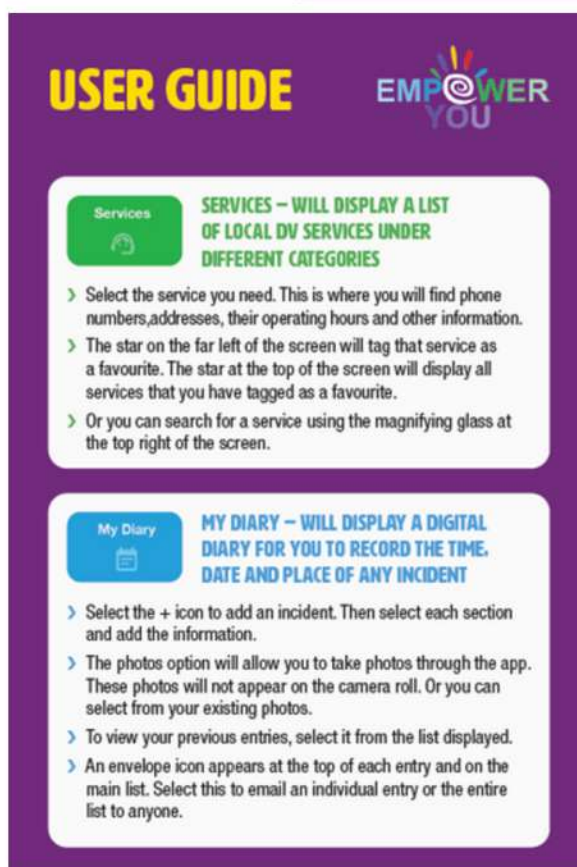
An app for domestic violence victims

- ✓ Comprehensive list of local domestic and family violence support services
- ✓ Keeps a diary of the abuse for use in court
- ✓ Now available in 11 languages

Download your app today

Available on the App Store and Google Play.

NSW Police Force and NSW GOVERNMENT logos.



USER GUIDE

EMPOWER YOU

Services

SERVICES – WILL DISPLAY A LIST OF LOCAL DV SERVICES UNDER DIFFERENT CATEGORIES

- › Select the service you need. This is where you will find phone numbers, addresses, their operating hours and other information.
- › The star on the far left of the screen will tag that service as a favourite. The star at the top of the screen will display all services that you have tagged as a favourite.
- › Or you can search for a service using the magnifying glass at the top right of the screen.

My Diary

MY DIARY – WILL DISPLAY A DIGITAL DIARY FOR YOU TO RECORD THE TIME, DATE AND PLACE OF ANY INCIDENT

- › Select the + icon to add an incident. Then select each section and add the information.
- › The photos option will allow you to take photos through the app. These photos will not appear on the camera roll. Or you can select from your existing photos.
- › To view your previous entries, select it from the list displayed.
- › An envelope icon appears at the top of each entry and on the main list. Select this to email an individual entry or the entire list to anyone.



Settings

SETTINGS – SETUP TO SEND AN SMS MESSAGE TO ANYONE. USE IT IF YOU FIND YOURSELF IN A SITUATION WHERE YOU ARE NOT COMFORTABLE

- › Select Add Friend to find an existing contact on your phone or enter a mobile number.
- › Once you have selected someone, type your message in the blank message section.
- › Turn the 'Send my location' function on or off. This will send your location with the SMS message.
- › Then be able to use the red 'Send an SMS' option.
- › Select desired language in which to use the app from 11 available languages.

Send Text Message (SMS)

SEND AN SMS – WILL SEND THE SMS MESSAGE THAT YOU HAVE JUST SET UP

- › If you are using an Android phone, the message will be sent immediately.
- › If you are using an iPhone, a pop up will ask you to confirm whether to send the message or cancel it.

CALL 000 IMMEDIATELY FOR POLICE ASSISTANCE IF YOU ARE IN DANGER.

Do not use the app if you are frightened and need urgent help.

NSW Police Force and NSW GOVERNMENT logos.

Source: NSW Police - https://www.police.nsw.gov.au/crime/domestic_and_family_violence

Ageing and Disability Commission



Ageing
& Disability
Commission

Fact sheet Ageing and Disability Commission

We are an independent agency of the NSW Government and promote the rights of older people and adults with disability to live free from abuse, neglect and exploitation in their family, home and community. Anyone can call the **NSW Ageing and Disability Abuse Helpline** on 1800 628 221 for information, support or to make a report.

What do we do?

The Ageing and Disability Commission:

- Raises awareness of abuse, neglect and exploitation of older people and adults with disability in their family, home and community.
- Responds to reports of alleged abuse, neglect and exploitation of an older person or adult with disability caused by someone such as a family member, partner or neighbour. Sometimes, this may involve an investigation.
- Provides support, advice and information to ensure an older person or adult with disability is protected from abuse, neglect and exploitation.
- Provides advice to the Government to improve systems and services that can protect and promote the rights of older people and adults with disability.
- Has oversight of the Official Community Visitor Scheme, which visit supported accommodation services and assisted boarding houses in NSW.

How can we help you?



Provide free information to help you understand your right to make decisions for yourself as an older person or adult with disability.



Offer support and advice over the phone if you are concerned about your wellbeing, or the wellbeing of an older person or adult with disability in their family, home and community.



Support you to make a report if there is a risk of, or concern about abuse, neglect and exploitation of an older person or adult with disability caused by a family member, partner, neighbour or someone else they know in their community.

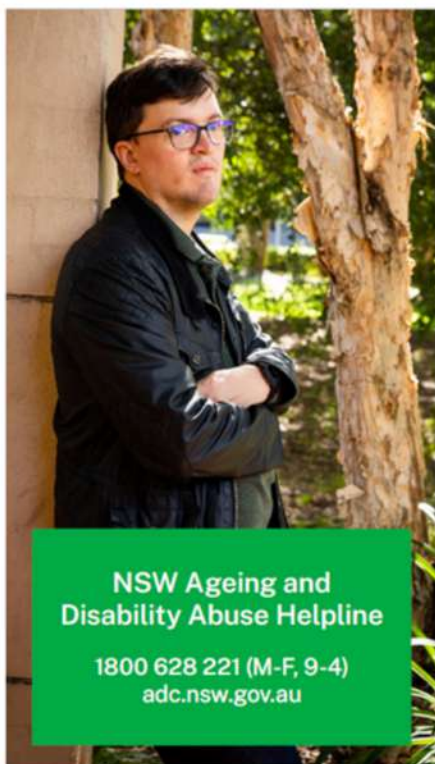
Everyone has
the right to live
free from abuse

nswadc@adc.nsw.gov.au | TIS 131 450 | National Relay Service 1800 555 660 | Lifeline 13 11 14



NSW Ageing and Disability Abuse Helpline
1800628221

In an emergency call 000



NSW Ageing and Disability Abuse Helpline

1800 628 221 (M-F, 9-4)
adc.nsw.gov.au

In an emergency, call 000 or
Lifeline 13 11 14 for crisis support
National Relay Service 1800 555 660
Interpreter Services 131 450

You can raise concerns about your own wellbeing, or of an older person or an adult with disability you suspect is being abused or mistreated by someone they know in their family, home or community.

- Speak with a trained professional about your concerns and be heard without judgment.
- Get information on what services are available to help or be supported to make an anonymous report.

Ageing and Disability Commission



Some choices you should be free to make



Keep and spend your own money



Attend appointments alone



See family and friends when you want to



Easily access clean clothes, food and medication

My Wellbeing Checklist

- ☐ I know how much money I have in my bank account
- ☐ I have the freedom to spend my money
- ☐ I have the freedom to see family and friends when I want
- ☐ I attend social activities
- ☐ I receive medical attention when I need it, and have a say about my healthcare plan and treatment
- ☐ My personal care needs (showering, personal hygiene etc) are taken care of
- ☐ I am treated respectfully by my family and friends
- ☐ I feel safe at home

Think about your responses.

If you have any concerns about your situation, you may wish to talk to someone you trust such as a family member, friend, doctor, religious leader, or you can call the NSW Ageing and Disability Abuse Helpline.

1800 628 221
Mon-Fri 9am-4pm

Ageing and Disability Commission

Acknowledgment: adapted from the checklist produced by the Far North Coast Older Persons Wellbeing Collaborative.

Source: Ageing and Disability Commission. adc.nsw.gov.au

Domestic and Family Violence Resources and Contacts



CATHOLIC ARCHDIOCESE OF SYDNEY
Safeguarding and Ministerial Integrity Office

Domestic and Family Violence Resources and Contacts

Services	Phone	Web Links / Information
24/7 Support Services		In an emergency call 000
Child Protection Helpline	13 211	dcj.nsw.gov.au/contact-us/helplines.html#child-protection
1800 Respect	1800 152 152	1800respect.org.au
Domestic Violence Line	1800 656 463	bitly.cx/OMpK
Kids Helpline	1800 551 800	kidshelpline.com.au
Link2Home Homelessness	1800 152 152	bitly.cx/Xx66x
Police Assistance Line	131 444	police.nsw.gov.au/news/police_assistance_line
Lifeline	131 114	lifeline.org.au
Mental Health Line	1800 011 511	www.health.nsw.gov.au/mentalhealth/Pages/mental-health-line.aspx
Dedicated Services		
CatholicCare	13 18 19	catholiccare.org
NSW Ageing & Disability Abuse Helpline	1800 628 221	adc.nsw.gov.au
National Relay Service Speak and Listen	13 36 77 1300 555 727	24/7 - accesshub.gov.au
NDIS Quality and Safeguards Commission	1800 035 544	ndiscommission.gov.au Mon-Fri 9am - 5pm
Translating and Interpreting Service (TIS)	131 450	tisnational.gov.au
Anti-Discrimination NSW	1800 670 812	antidiscrimination.nsw.gov.au

Domestic and Family Violence Resources and Contacts

Services	Phone	Web Links / Information
Men's Support		
Men's Referral Service 24/7	1300 766 491	ntv.org.au
Mens Line	1300 789 978	mensline.org.au
Legal Support		
Immigration Advice and Rights Centre	02 8234 0777	iarc.org.au
Legal Aid Domestic Violence Unit	1300 888 529	legalaid.nsw.gov.au 9am - 5pm
NSW Victims Access Line NSW Aboriginal Contact Line	1800 633 063 1800 019 123	victimsservices.justice.nsw.gov.au
Women's Legal Services NSW	02 8745 6999	wlsnsw.org.au/contact-us

Information	Web Links	QR Codes
DCJ Information for religious leaders responding to domestic and family violence	rb.gy/aj8ljr	
Coercive control translated resources in 15 languages for culturally and linguistically diverse (CALD) communities.	nsw.gov.au/coercive-control/languages	

CatholicCare Services

Domestic & Family Violence Adult Services

www.catholiccare.org/family-youth-children/family-conflict-separation/domestic-family-violence/

www.catholiccare.org/family-youth-children/family-conflict-separation/family-dispute-resolution/

www.catholiccare.org/family-youth-children/family-conflict-separation/keepingkidsinmind/

Children's Services During and Post Family Separation

www.catholiccare.org/family-youth-children/family-conflict-separation/owl-kids/

Counselling Services

www.catholiccare.org/family-youth-children/family-conflict-separation/men-and-family-relationships/

www.catholiccare.org/family-youth-children/marriage-relationships/relationship-and-family-counselling/

www.catholiccare.org/family-youth-children/parenting/parentlinensw

Services for Seniors

www.catholiccare.org/senior-services/our-home-care-services/health-and-wellbeing/

www.catholiccare.org/senior-services/

Services to Support Children and Families within School Settings

www.catholiccare.org/family-youth-children/schools/catholic-school-counselling

<https://www.catholiccare.org/family-youth-children/schools/family-support-in-schools>

Changing for Good: Violence Prevention Program

The Violence Prevention Program is part of the Changing for Good service and is for men who are worried about their thoughts and behaviour escalating to physical violence.

What is the Violence Prevention Program?

The Violence Prevention program is part of the Changing for Good service. The program is for men who are not using physical violence in their relationships but are worried their thoughts and behaviour may lead to violence.

The program is delivered by professional counsellors on the phone. Our counsellors will work with the men to help them be proactive and learn the tools to develop respectful and healthy relationships. Our counsellors will provide support to help strengthen all relationships in their life – intimate relationships, parenting, friendships or work colleagues. Changing for Good does not provide written confirmation of enrolment, participation, or completion of the program.

The Violence Prevention program is free and offers:

- A high support two-month phone counselling program.
- Four phone counselling sessions that happen every two weeks
- A professional counsellor who will work with you to understand how your behaviour impacts others and help you develop strategies to cope with anger and respond to conflict safely.

Who can join the Violence Prevention Program?

Men can apply to join the Violence Prevention Program if they can answer yes to both points below:

- Have not used physical violence in their relationships.
- Are worried that they might use physical violence.

If you are not currently using physical violence in your relationships and you have completed a Men's Behaviour Change Program in the last 12 months, please visit our [Post MBCP webpage](https://mensline.org.au/family-violence/changing-for-good-post-mbcp/). <https://mensline.org.au/family-violence/changing-for-good-post-mbcp/>

If you have ever physically hurt or assaulted your partner, this may not be the right program for you. A Men's Behaviour Change Program may be able to help you. Visit our [webpage](https://mensline.org.au/family-violence/changing-for-good/#mbcp_list) to find out more. https://mensline.org.au/family-violence/changing-for-good/#mbcp_list

For more details, visit the Mensline Australia webpage. [Link here](https://mensline.org.au/family-violence/changing-for-good-violence-prevention-program/)
<https://mensline.org.au/family-violence/changing-for-good-violence-prevention-program/>

Victims Support Scheme

Quick Guide



All victims of crime in NSW can contact Victims Services for free and confidential information, advice and referrals.



The Victims Support Scheme can also help people who have been injured by violent crime or modern slavery* in NSW with:



Counselling



Financial assistance for immediate needs



Financial assistance for economic loss



A recognition payment

*To be eligible, the act of modern slavery must have happened on or after 1 January 2022.

This guide provides information about the support available through the Victims Support Scheme for:

- a person who has been injured as a direct result of an act of violence or modern slavery (primary victim)
- a person who has been injured as a direct result of witnessing an act of violence (secondary victim)
- a parent, step-parent or guardian who is caring for a child who has been injured as a direct result of an act of violence or modern slavery.

If you are a family member of someone who has died as a result of a homicide or a road crime, please visit the [Victims Services website](#) for more information about the support available to you.

Contact Victims Services

- ☐ **Call** the Victims Access Line on **1800 633 063** or the Aboriginal Contact Line on **1800 019 123**
- ☐ **Email** vs@dcj.nsw.gov.au
- ☐ **Visit** victimsservices.justice.nsw.gov.au

How to apply for victims support

Complete an application form

Forms are available on the Victims Services website.

Provide a copy of your identification

You need to provide a copy of one form of current government-issued identification. This could be a:

- birth certificate
- Centrelink card
- change of name certificate
- driver licence
- marriage certificate
- Medicare card
- MIN card
- passport
- photo card
- SafeWork licence
- SafeWork white card
- screenshot of your MyGov account or another government account.

Please do not send us the original document. Please ensure the copy or image:

- is clear
- captures all parts of the identification
- has the same name on the identification as the application form or has supporting evidence, such as a change of name certificate.

If you're unable to access your identification document, please contact us to discuss your options.

Attach supporting documents

If you are applying for financial assistance or a recognition payment, you will need to provide supporting documents with your application.

This includes reports that explain what happened and how the incident affected you. We may also need copies of itemised tax invoices and receipts, or other evidence. Use the table over the page to learn what you need to provide with your application.

If you have a hearing or speech impairment, call the National Relay Service on **13 36 77** (TTY) or **1300 555 727** (Speak and Listen).

If you need an interpreter, call the Translating and Interpreting Service on **13 14 50**.

Safeguarding and Ministerial Integrity Office



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9390 5813



National
Redress
Scheme Officer

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Liaison
Manager

Suzy KrKach
9390 5815



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Safeguarding and Ministerial Integrity Office

Acknowledgements

We extend our deepest gratitude to the many advocates, professionals, and community leaders who work tirelessly to prevent domestic and family violence and to support those affected. Their unwavering commitment to justice, dignity, and care reflects the values we are called to uphold in both faith and action. We especially acknowledge the generous contributions of our keynote speakers and panellists, including the NSW Women's Safety Commissioner, Dr Hannah Tonkin, and representatives from NSW Police, NSW Health, the NSW Ageing and Disability Commission, Legal Aid NSW. Their insights and leadership have enriched this gathering and strengthened our shared mission to build safer, more compassionate communities.

"Learn to do good; seek justice, rescue the oppressed, defend the orphan, plead for the widow."
— Isaiah 1:17

Thank you for walking with us on our shared safeguarding mission.



Contact

Safeguarding and Ministerial Integrity Office
38 Renwick Street
Leichhardt NSW 2040

www.sydneycatholic.org
Safeguardingenquiries@sydneycatholic.org
P: 9390 5815



EXCELSIS
PROJECTS

Excelsis Projects is a Sydney-based building company specialising in the construction, restoration, and beautification of churches, presbyteries, and parish facilities across Greater Sydney and New South Wales. The company was founded by Christian Abou-Rizk, an experienced builder whose work is driven by a deep calling to honour God through the work of skilled hands.

Known for a personalised and hands-on approach, the team works closely with clients to deliver projects tailored to their needs, vision, and budget—while maintaining high standards of quality and care. Excelsis Projects has collaborated with the Archdiocese of Sydney and authorities including the Liturgy Commission and local Councils to ensure compliance with all required approvals and guidelines.

info@excelsis.au

Notes

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



CATHOLIC ARCHDIOCESE OF SYDNEY
Safeguarding and Ministerial Integrity Office



EXCELSIS
PROJECTS