


Health and wellness initiatives - Lunch and Learn

Family Violence - building awareness of controlling behaviour

Associate Professor Elisa Zentveld, Chair, Academic Board

Ms Rhonda Whitfield, Deputy Chancellor

21 August 2020

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- A large, detailed illustration of a human eye. The iris is a vibrant green and contains a reflection of a woman with long dark hair holding a young child. They are in a room with a window showing a bright outdoor scene. The eye is surrounded by realistic eyelashes and skin texture.
- Profile of abuse
 - Costs of Family Violence
 - Why leaving isn't simple
 - Equal shared parental responsibilities
 - Impact on children

Please type your questions into the Chat box

A close-up photograph of a hand holding a small, metallic key. The hand is positioned in the center of the frame, with the fingers gently gripping the key. The background is dark and out of focus, emphasizing the hand and the key. The lighting is soft, highlighting the texture of the skin and the metallic sheen of the key.

Some key points

- **Gender terminology**
- **It's not a precise science – humans are not laboratories**
- **It's not a mental illness**
- **It's not an alcohol/drug problem**
- **It's a lifestyle choice**
- **'he' feels entitled to behave that way**

A pair of hands is shown from a top-down perspective, cupped together and holding a white awareness ribbon. The background is dark and textured, possibly a patterned fabric. The text "What is Family Violence?" is overlaid in white, bold, sans-serif font in the center of the image.

What is Family Violence?

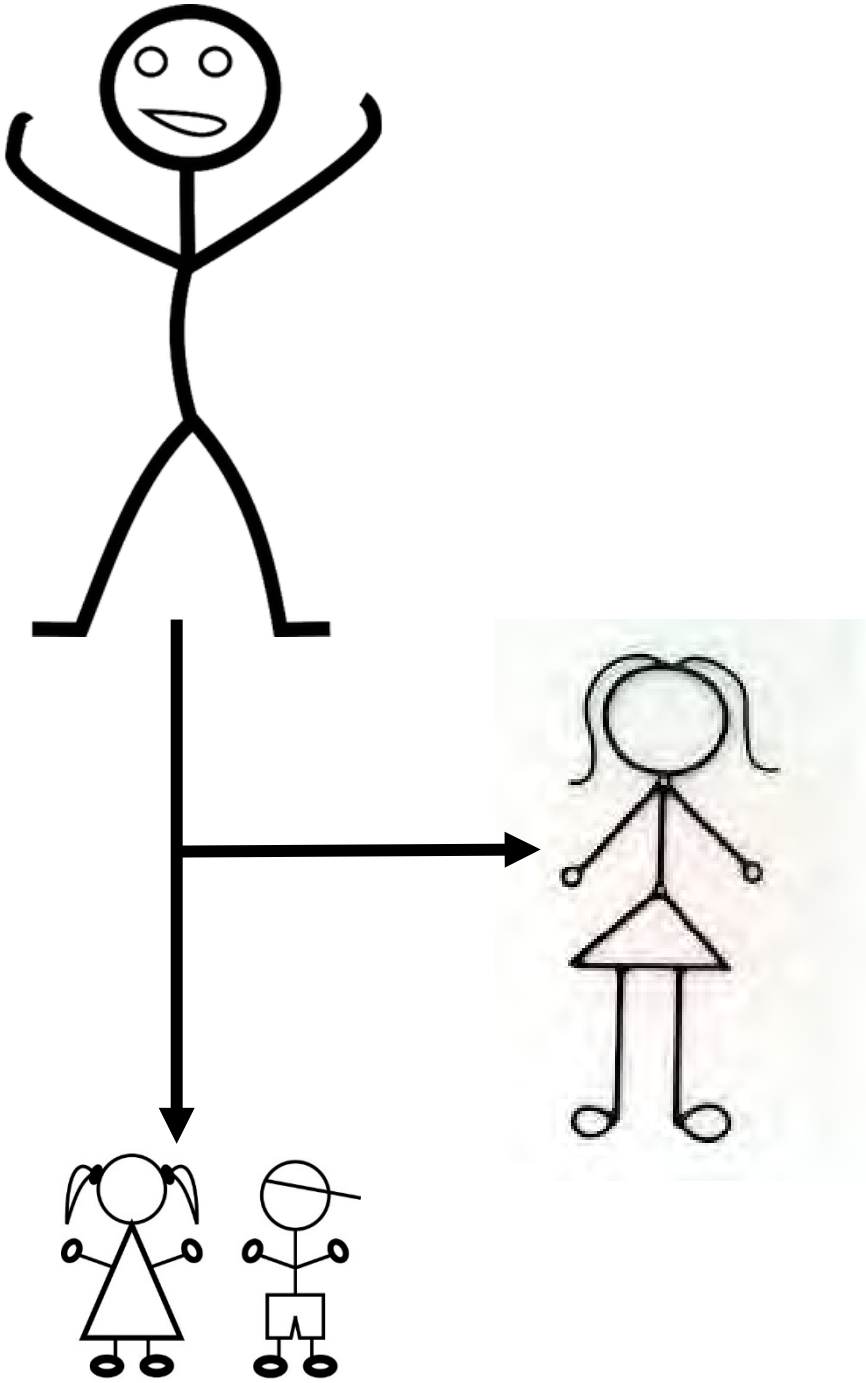
\$22b



A look at language

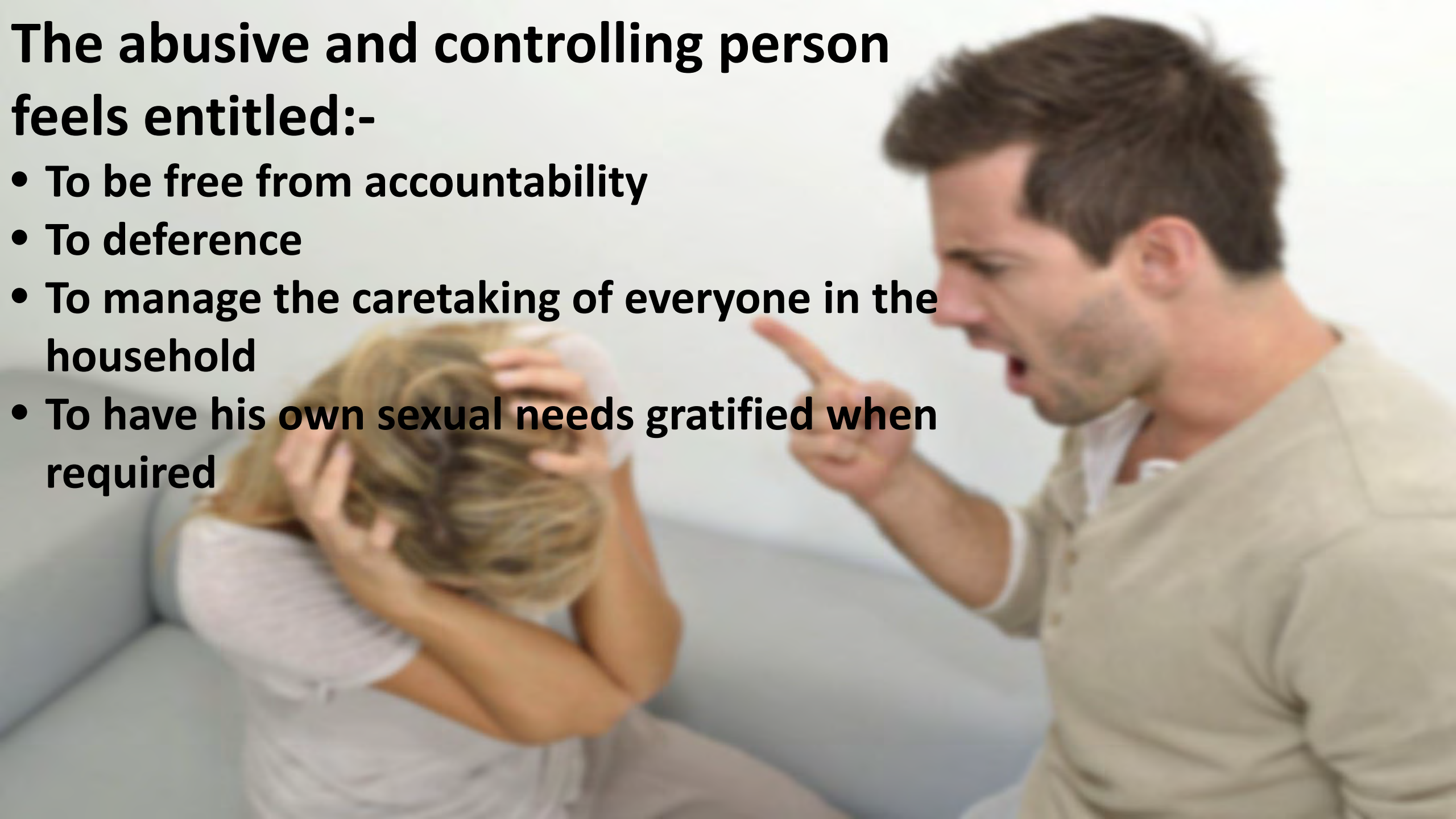
- **John beat Mary**
- **Mary was beaten by John**
- **Mary was beaten**
- **Mary was battered**
- **Mary is a battered woman**

**Family hierarchical chart
- how an abusive and
controlling man sees things**



The abusive and controlling person feels entitled:-

- To be free from accountability**
- To deference**
- To manage the caretaking of everyone in the household**
- To have his own sexual needs gratified when required**



**Who is the
abusive man?**



“It’s your fault!”



Two sides of the story

HEARTS
FROM
PURP



It's a lifestyle choice



- An abusive man's good periods are an important and integrated aspect of his abuse, not something separate from it
- Abusive men find abusiveness rewarding. The privileged position they gain is a central reason for their reluctance to change
- Abusive men tend to be happy only when everything in the relationship is proceeding on their terms. This is a major reason for the severe mood swings that they so often exhibit from day to day.
- His actions and statements make far more sense than they appear to.

Just leave!



Why isn't ending family violence as easy as just leaving?

Risks



Separated women are 30 times more likely to be exposed to non-lethal violence as married women.

Brownridge et al. (2008). The elevated risk for non-lethal post-separation violence in Canada. *Journal of Interpersonal violence*

Children can be at risk

Equal Shared Parental Responsibilities



**Children used to
continue the
abuse and control**

Exposure to family violence is one of the most common and adverse events during childhood.

Many victims are “invisible” because it is not known. Therefore, youth can be misdiagnosed and offered misguided treatment plans.

Source: Margolin & Vickerman, (2007).
Post-traumatic stress in children and adolescents exposed to family violence,
Prof Psychol Res Pr

A young boy with light brown hair and a sad expression is holding up his right hand, palm facing forward. The word "STOP" is written in black marker on the palm. The background is a plain, light-colored wall.

STOP

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- Workplaces
- Campus regions
- Pandemic effect
- Increase why?
- Elders
- Financial
- Help is here
- Useful resources

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The Workplace

Family violence risk to physical and psychological health and safety of employees who are victims of the violence, and co-workers, other third parties

Employer duty of care owed to 'workers', employees, subcontractors, outworkers, apprentices, students and volunteers

Family Violence incidence: regions of our campuses





What's happening now? Impact of pandemic, working from home, and potential for violence

3 months quarantine:
20% increase intimate partner violence (IPV)- globally

Prediction COVID lockdowns:
15 million additional cases Intimate Partner Violence

The question, remains ... *why?*

Isolation, Stress, Economic Anxiety,
Joblessness, Alcohol and Lack of Resources



All sectors are affected

Incidence of Elder Abuse has risen during pandemic



Aspects of financial violence

Financial Abuse – “recognise and recover” guide by
Commonwealth Bank of Australia



Where to get help



Crisis, urgent medical or police help
free call Triple Zero (000)



PHONE: 1800 737 732 (24 hours)



PHONE: 1300 789 978 (24 hours)

<https://www.dss.gov.au/women/help-is-here-campaign>



Where else to get help

Women's Crisis Line: 1800 811 811

Men's Referral Service: 1300 766 491

Lifeline (24-hour crisis line): 131 114

Relationships Australia: 1300 364 277

<https://www.dss.gov.au/women/help-is-here-campaign>

Employee Assistance Program (EAP)

- EAP offers all staff access to free, independent short-term counselling for work or personal issues through Employee Assist which is part of our EAP.
- Employee Assist counselling appointments can be made directly with Converge via:
 - Phone on - 1300 OUR EAP (**1300 687 327**) or **03 8681 2444**
 - Online at - www.convergeinternational.com.au