You can write me down in history with hateful, twisted lies, you can tread me in this very dirt, but still, like dust, I'll rise.

Maya Angelou, poet, educator

The Long Road to FREEDOM

A guide for women to escape the cycle of domestic violence and jail

Personal stories

Comic feature

What does a healthy relationship look like?

Should you go to the Police?

Puzzles

WIPAN
women in prison advocacy network
To the strong and brave women who have shared their personal stories and voices in this magazine, we thank you for your trust and for being you.
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Acknowledgements

The Long Road to Freedom: A guide for women to escape the cycle of domestic violence and jail – is a magazine for women who are affected by prison and abusive relationships.

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DISCLAIMER

The information contained in this magazine is not legal advice. The reader should not act solely on the basis of the material in this magazine. The content does not represent the views of Women NSW. The purpose of the magazine is to provide information and does not replace legal or medical advice. WIPAN do not accept any liability for any illness, loss or damage incurred by use of or reliance upon the information in this magazine.

Please see page 34 for relevant contact numbers.
I am 48 years old. My story is...

I was 16 years old and fell in love with a 24 year old man. I was so in love until he started hitting me, giving me black eyes punching my teeth out, and I always thought it was love. He told me he loved me so I thought that was love. Had a beautiful daughter.

There was alcohol in this relationship. The more I put up with the violence the more I was losing my self respect and self esteem. That’s where my life started falling apart – the life of drugs (ice). I fell in love with the feeling it gave me not knowing I was a full blown addict. That took me down the road to the circle of jail, in and out until I realised there’s more to life than drugs and jail.

I wanted help to feel the pain and be able to accept it. So I went to rehab and finally was gaining my self respect and self esteem. So now I always believe there’s light at the end of the tunnel.

While I was in that situation I kept going back to violence for ten years. Not knowing there was help out there. I was too scared to reach out. But I now know there is plenty of help.

So don’t be silent on this – Domestic Violence is a Crime.
The ideas, stories and design of this magazine are all from women who have lived in abusive relationships and prison.

*The Long Road to Freedom: A guide for women to escape the cycle of domestic violence and jail* contains information on what is an abusive relationship, (domestic violence), the similarities between prison and abusive relationships, what you can do if you are experiencing abuse, tips for planning your safety, and stories and puzzles written by other women who have had a similar experience.

We hope that by sharing these stories, we might help other women who are experiencing domestic and family violence find their own solutions, a path toward freedom and the power to create the life they deserve.
Abusive relationships can affect all women no matter how rich or educated they are or their background. For women who have a disability, have recently come to Australia and are from a non English speaking background or have Aboriginal heritage, abusive relationships or domestic family violence can be even more difficult to leave.

This is often a really hard time because the woman is made to feel she deserves to be treated badly, that if she had tried harder her partner wouldn’t be so angry and abusive now. Women in abusive relationships often think it is their fault.

It can be difficult to recognise when a relationship is becoming abusive because it doesn’t happen over night.

Women often rely on one another for support in hard times. When we’re in trouble, we often go to a trusted friend, one who has “been there, done that” to find out how they got through the tough times and came out the other end as a stronger, wiser person.

That friend doesn’t tell us what to do but offers guidance and understanding through their own stories and experience. They act as a sounding board so we can work out what’s best for our own situation and so we might find our own solutions.

They become our confidante, and can be a great mentor and guide. As we stand in the middle of a confusing chapter in our life, our vision can become blurred and we can’t find a way out of the mess we’re in. Good friends help us see our realities for what they are and make it easier to see what the next step should or might be.
**Domestic violence is when your partner is abusive towards you in order to get power and control over you.**

Domestic violence takes many forms and usually starts with little things that build over time. By the time the abuse reaches physical violence, power and control is well established. Even if your partner never hits you, psychological or emotional damage can be just as severe and take longer to heal.

Early warning signs can sometimes feel like your partner is being especially caring, attentive and romantic. The behavior listed below is NOT abusive but may help you recognise early warning signs for what might become abusive. Do you recognise any of these in your relationship?

- Jumping quickly into the relationship, getting very serious quickly – saying “I love you” early in the relationship, wanting to move in after just a few months/weeks, or pressuring you for a serious commitment
- Coming on very strong, being extremely charming and an overly smooth talker
- Wanting to keep you all to themselves, complaining that you don’t have enough time for each other and making it difficult for you see your friends, family or do independent activities
- Having strong expectations of what roles you should perform in the relationship. For example, having strong ideas about what is women’s work
- Having strong reactions when things don’t go their way
- Being hypersensitive
- Blaming others for their problems or feelings.
Other early warning signs might include:

- Grew up in an abusive environment
- Has been abusive in previous relationships, speaks very negatively of past relationships and won’t let you meet/talk to ex-partners
- Cruel to animals or children
- Is threatening or nasty to others around them.

These could be early warning signs. If things start shifting and you’re feeling uncomfortable, your partner might be crossing the line from attentive to possessive, from romantic to jealous, from caring to abusive.

If someone does anything to try and control you or if you feel intimidated by your partner, than that is abuse.

**Recognising abuse is the first step to getting back control of your own life.**
A partner can take control of your life by using different types of abuse – verbal, emotional, psychological, social, financial, physical, sexual, or harassment and stalking. Some signs your partner is being abusive are:

- Having radical mood swings from kind and loving to explosive unpredictable anger
- Becoming extremely jealous asking where you’re going or who you’re with
- Being rude to family and friends to push them away and isolate you
- Making you move to a place where you have no friends or job opportunities
- Not letting you use the car or phone or monitoring your calls
- Not letting you out of the house or forbidding you to meet with friends
- Accusing you of flirting or dressing inappropriately. Comments negatively on how you look and/or tells you what you should wear
- Having extreme reactions to minor events
- Verbally abuses you. Often about your intelligence, sexuality, body image, drug use or ability as a parent
- Swearing and yelling at you in public or private, shaming and humiliating you
- Controls your money by not allowing you access to bank accounts, or not giving you enough ‘allowance’, stopping you from getting or keeping a job, controlling your pension, or spending all your money
- Pressures you to have sex when you don’t want to or without protection from pregnancy or sexually transmitted infections, causes pain during sex, makes you do things you don’t want to or shames you during sex
- Physically assaults you – hits, slaps or kicks you, pulls your hair, pushes or shakes you, spits on, trips you up or throws things at you
- Punches you, strangles or chokes you
- Forces you to take drugs or doesn’t let you take your medication, seek medical care or deprives you of food or sleep
- Uses weapons on you such as guns, knives or household items
The cycle of abuse and why domestic violence is confusing

Being able to recognise elements of abusive relationships helps you make decisions about your relationship, like how to manage it, what your boundaries are and when they’ve been crossed, and whether you want to stay or leave. It also helps to track if the abuse is getting worse and more frequent.

Things can escalate and then suddenly you realise you have less control over your daily life and more anxiety as you try to keep things calm so your partner doesn’t explode or get upset.

The most confusing part of domestic violence is that sometimes the relationship is really good. Your partner is treating you well, and you’re both happy. Then it starts building up again to another round of abuse and fighting. This is really common in abusive relationships.
Thinking about your relationship – do you feel respected?

When someone loves you, you feel valued and respected. You feel free to be yourself. You should never feel intimidated or controlled. If you are in a relationship, you deserve to be treated with respect.

Reading through the list below, are you able to tick the boxes that describe a healthy relationship?

- [ ] Your partner is willing to compromise
- [ ] Your partner is able to admit to being wrong
- [ ] You feel safe being with your partner
- [ ] Your partner accepts you changing your mind
- [ ] You feel comfortable being yourself
- [ ] You both try to resolve conflict by talking honestly
- [ ] Your partner respects your feelings, your opinions and your friends
- [ ] Your partner accepts you saying no to things you don’t want to do (like sex).

So what does a healthy relationship look like?

The Long Road to Freedom
Growing up in Redfern, I can remember seeing women being beaten by their partners, so for me it was normal, as was seeing people on drugs and alcohol. I first smoked pot at age 12 then I went on to smoking heroin.

I was 14 and growing up in Redfern. I can remember seeing dirty fits on the ground and thinking to myself I will never do that. I will never touch drugs, and then my life started to go downhill.

I ended up being with this South American guy for 8yrs and, at the start, everything was great – it was all roses. Then we started using more drugs and, at the start, it wasn’t physical violence, it was the mental bits. It was the “no one will ever have you after me” and those sorts of things. It wasn’t until he started to shoot up that the physical violence started, and at first I let it go because I thought it was my fault that I had caused it, and then I also felt that if he didn’t hit me then he didn’t love me as much. You know, the stupid things you make yourself believe because you love this person.

It wasn’t until the second time that he almost killed me that I realised. He punched me in the back of my head and I fell to the floor, he then jumped on my back and held a broom to my neck and pulled until I went unconscious and wasn’t moving anymore. When I finally came to he was gone. He didn’t even know if I was dead or not and he just left.

It was then that I realised that if I didn’t leave then and there, he would end up killing me. I am very lucky because I had family who came and helped me stay away.

Most people think that the swearing and putting someone down isn’t domestic violence but it is the worst form of DV because you don’t know when, where or how it is going to start or finish.

Please, if you are in a situation like I was, please try and get some help and remember violence does not mean love. You are not a dog for going to the police for domestic violence. This is your life and it can be taken in the blink of an eye. If you love your life, family and kids please try and get some help.
If you have answered ‘yes’ to ANY of these, then there are signs that you are not being treated right, or that you are being abused.

If you don’t feel safe, respected and cared for, then something isn’t right.
Some signs that you are being emotionally abused might include:

- Loss of enthusiasm
- Uncertainty about how you’re coming across to others
- Being worried that something is wrong with you
- Replaying the incident in your head hoping to work out what went wrong
- Loss of self-confidence and a growing self-doubt
- Negative self-talk
- Worried that you should be happier than you are
- Feeling anxious or fearful that you are being crazy
- A sense that time is passing and that you’re missing something
- Feeling that you’re too sensitive
- Becoming indecisive
- A tendency to live in the future, e.g. “Everything will be great when/after”
- Feeling like you want to escape or run away.

You might not be ready to make a decision on whether to stay or leave the relationship.

However if you have done this quiz and realise you are in an abusive relationship, you may also recognise that your relationship is showing patterns similar to the cycle of abuse. It is important for you to consider that you may also be in danger.

Emotionally abusive relationships can feel isolating and confusing. It can be helpful to share your experience with a trusted friend who will allow you to talk through your experiences and feelings and support your decisions. You may want to seek counselling and start looking for a support service. You can call the Domestic Violence Line for free counseling as well as getting a referral to a local service.

Please see page 34 for relevant contact numbers.
Prison mirrors abusive relationships

WIPAN recognises that abusive partners and prison both use power and control. As a result a woman’s independence is weakened and they become more obedient and accepting of any violence they are experiencing or witnessing. Their sense of self is lost as control of their lives is taken from them.

Women in prison have a higher chance of experiencing abusive relationships than other women. Prison makes it harder for women to leave abusive relationships because prison isolates women, puts a heavy strain on relationships and creates more money problems.

Women in prison often have overlapping issues that complicate their ability to deal with abusive relationships. For example, the majority of women in prison are convicted of drug related offences, have experienced extreme trauma during childhood and adolescence and many women have experienced homelessness.

Drugs and abusive relationships

It is important to remember that drugs are not the cause of domestic violence. Domestic violence and drug use are two different problems that should be treated separately. Alcohol and drugs have been linked to domestic violence because many abusive partners use substances and violent episodes can be sparked by the ups and downs of drug or alcohol use, but to name drugs or alcohol as the cause for domestic violence is almost excusing the behaviour.

If you do use drugs, it can be even more confusing and harder to work out if it’s the drugs, or your partner who is at fault for the abuse. Even if you’re using lots of drugs, you deserve respect from your partner and it is your human right to live a life free from violence. Abusive partners have often used drug habits as another tool to gain control in their relationship. If your partner is demanding you commit crime to pay for a drug or alcohol habit, is making you do things you don’t want to, is stopping you from accessing support and treatment for your habit or is threatening to tell family or DOCS about your drug use, than these are strong indicators that your relationship is abusive. You may think that because you’re using illicit drugs you’ve lost your rights to living a safe and healthy life. This isn’t true. Drug and alcohol users and prisoners have the same human rights as everyone else. This includes you.
You hear about Janice?

No...

What happened?

She got paroled to her old address where her bloke lives...

But that asshole’s the reason she was inside!

Yeah, and the first thing he does?

He beat the shit out of her... now she’s in hospital.
That fucking low life!
That used to be me getting beaten every day, thinking it was my fault.

He's always sorry afterwards, until he does it again.

The bastard says he's sorry. It'll never happen again.

The first time's always the same...

But it does... again and again. Each time it gets worse...
Y’know, I even blamed myself when he was layin’ into me. I thought, if only I tried harder… I called my sister and talked to her…

She made me realise I was trapped in a cycle that was just gonna get worse. My family helped me leave him.

I’ve never lived in domestic violence. My boyfriend just yells at me all the time… And he takes my money and gets angry when I want to call my family.

Christ! You are so fucking stupid, you dumb mole! You’re fucking embarrassing!

Fucking do what I tell ya!!

Now shut up and make me dinner!!

What?! That’s domestic violence too, Mai!
Kaila’s Right, Mai! He shouldn’t treat you like that.

You don’t deserve to be yelled at or called names. He’s using his power to intimidate you so he’s got all the control.

It reminds me of jail. We’re not allowed to think for ourselves or make our own decisions.
And there's no help! The cycle of abuse just gets repeated...

Jail's Hell if you've got a disability or you're a bit different. You get bullied and beaten more than anyone else...

Get up! Or you'll be charged!

Get up you dumb old retard!

Crawl back to your slot you old lag!

Please, I just need my pills. Ask the nurse, I've been buzzing up for hours.

When I get my pills, I'll be able to get up.

Yeah, it fucking sucks!

But there's places that can help like the DV helpline or talk to someone you trust. We're not alone...

Yeah, it fucking sucks!

Yeah, it fucking sucks!
The Long Road to Freedom

EXACTLY!

I took the kids and we stayed in the car till we found a refuge. Got help and broke the cycle!

AND THE BEST REASON TO DO IT IS RIGHT HERE.

MUMMY!

WE WOMEN, GOTTA STICK TOGETHER.

TOTALLY! WE DESERVE TO BE TREATED RIGHT.

Yeah! And have protection from the cops and guards...

AND MOST OF ALL WE DESERVE TO BE LOVED AND RESPECTED BY OUR PARTNERS.

HOW ABOUT WE GO AND SEE JANICE AND GIVE HER OUR SUPPORT?

GREAT IDEA! AFTER ANOTHER QUICK CUPPA! HA HA!
Who is WIPAN?

WIPAN is a community organisation that helps women in NSW who have been in prison. WIPAN was set up because there was no other service like it to support women prisoners and women ex-prisoners. Women who are in prison, or have been in prison, are some of the most vulnerable and neglected women in the community and often have complex needs due to physical or intellectual disabilities, mental health issues, drug addiction, sexual abuse, physical abuse, domestic violence, homelessness and poverty. There is no other service like WIPAN in NSW.

WIPAN provides a Mentoring Program for women who have been affected by the criminal justice system, (CJS). It aims to encourage women to be independent, to help them to live back in the community and improve their wellbeing. Women leaving prison are less likely to go back to prison when they have a mentor.

The WIPAN volunteer mentors are an incredible group of women from a wide variety of cultures, backgrounds and ages, who have various skills and interests and all of whom are passionate and committed.

Why WIPAN have a MENTORING PROGRAM?

WIPAN know from their experience that mentoring can bring about real and deep change. Kat Armstrong spent many years in prison for fraud and armed robbery. While in prison, Kat managed to turn her life around and began mentoring other women prisoners, who also made important life changes. Kat is a founding member of WIPAN, and is a volunteer mentor. Every woman deserves the opportunity to build herself a brighter future and deserves the support to do so.

Mentoring is the relationship between two individuals – the ‘mentor’ and ‘mentee’. The mentor provides the mentee with free and non-judgmental practical and emotional support at a time of great change in the mentee’s life. Each mentoring relationship is different and depends on the interests and differences of the mentee and mentor. WIPAN also does advocacy and policy work about the needs and issues of women in prison and those leaving prison, including community education and research. Everything WIPAN does is about ensuring the women most affected by the CJS are included, consulted and get to share their voice.

Anyone can refer women to WIPAN, including women themselves who have recently left prison. So if you are a woman just about to get out of prison or have recently got out, and are fair dinkum about changing your future, give WIPAN a call. For more information call the Mentoring Project Coordinator at WIPAN on (02) 8011 0693 or 0415 454 770.
Living with DISABILITY can make you more vulnerable to violence and prison.

Disability can be intellectual, psychological, psychiatric, physical, chronic, episodic, permanent or temporary.

You may depend on your abusive partner for day-to-day care and support and find it difficult to find anyone else, like a disability worker, to help you. Or your actual carer maybe abusive, which could include family members or disability support workers. You have the right to be supported and cared for without violence.

You may have limited education and not realise that what is happening to you is abuse and is wrong.

You may have difficulty in speaking or communicating to other people what is happening.

Your partner or carer may say that you are confused or making things up because of your disability.

This is particularly true for women with intellectual disability, as people with intellectual disability are sometimes not treated fairly by the police and courts. People with intellectual disability are at higher risk of being arrested, being refused bail by the police or court and being sent to jail.
Poem by Michelle Lake

I used to drink alcohol and do drugs
living off the streets
living in domestic violence
abuse
mental abuse

When I was a child – growing up –
state ward homes.

As I got older
was getting into crimes and lock ups
drinking alcohol and doing drugs
getting into different relationships
that were domestic violence
sexual assault from two partners
and two other men.

Police kept picking me up for crimes
domestic violence
stealing out of shops
assault on Police Officer

I had so much hurt and anger from my childhood

Got put in police cells everytime when
I got drunk, took drugs
felt like I was an animal

How the police treats people -
That’s Not Right!
Learn about different types of abuse and learn to recognise them in your life. Start making a mental “note-to-self” when and how the abuse happens. By tracking the abuse, you’ll know if it’s happening more often or becoming more extreme. Abusive relationships are confusing, but by identifying each episode you’ll be able to see a clearer picture of how the abuse plays out and how you can plan safe responses. If you decide to write down the episodes of abuse, make sure you hide it from your partner.

Make a safety plan. A safety plan is a plan you create for your own individual situation. It lists certain things you can do that will help keep you (and your children) emotionally and physically safe in risky situations. You can make the plan yourself or ask a friend, counsellor or the Domestic Violence Line (1800 656 463) to get help making your safety plan. Or use the template on pages 32 and 33 to make your own safety plan.

Find someone you can trust and tell them what’s happening. Talk about your safety plan and ways they can help you in a crisis. This could be: child minding, keeping your safety plan, important documents, or an emergency bag at their place.

Try and remember phone numbers you might need in an emergency like a trusted friend, a local 24 hour service like NSW Domestic Violence Line 1800 656 463, TTY 1800 671 442, and remember you can always call 000. If you can’t talk on the phone, you can always dial 000 without saying anything. Emergency Services will trace your call and send police to the traced address.

Think of a code word you can use so you can communicate to your friends, family or children that you’re in danger without alerting your partner.

Plan different escape routes and safe places to hide or go to if you need to run away from an unsafe situation quickly. If you can’t get away, try and move to a room away from weapons like kitchen knives.

Talk with your children about what they should do if your partner becomes physically or verbally abusive or if your children become afraid.

Put together an emergency bag with money/credit cards, extra car keys, medicine, and important papers such as photocopies of birth certificates, social security cards, immigration documents, and medicare cards. Keep it somewhere safe and accessible, such as with a trusted friend.

Trust your gut and instincts. If you think you are in immediate danger, you probably are. Get to a safe place as soon as you can.
Where do I start? Violence was always around ME.

My first partner I became violent towards her. I didn’t mean to. It was just jealousness – coming out me.

I got kicked out of school because I threw a chair at my teacher.

Was home when dad came home drunk, then before I know it he was bashing her badly. Two days after my 18th I was on a bender. I was raped and bashed pretty badly, I started losing it because I couldn’t tell anyone about it because he was family. I went to the hospital.

I just learnt to keep it bottled til now. Plus I was in a five year relationship I was getting bashed every day couldn’t speak to anyone. My head was always down. We was shooting heroin everyday, robbing anyone or everyone. It was fucked.

In and out of jail. Seven years in and out because of drugs and a girl. I had to be strong I had to pull myself out of it.

The Lord gave me this chance. Today I’m clean 19 months.

As I sit here I’ve got no craving. It doesn’t feel like I’ve had a drug problem.

I’m thankful of all the people who have bean there and the loved one who is watchin over.

All I can say to everyone:

*Keep your head up, stay strong*

*Take it how it comes*

*Tomorrow’s a new day.*

*I’ve been there. Done it*

*Ain’t going back to that life*

*I’m loving life to the fullest*

*Knowing I’m free*

*Free to do*

*What I want to do without no one to tell me what to do.*
Should you go to the Police?

There are lots of reasons why women who have been in prison or had contact with the law, police or courts would strongly prefer not going to the police to report domestic violence.

Maybe you’ve had a bad experience with the police and don’t want to go to them for help. You may be thinking that going to the police will draw attention to home life where ongoing violence or illicit drug use could affect your parole.

If you choose to go the police, ask at the local station to speak with the DVLO (Domestic Violence Liaison Officer). If you have a disability you are entitled to a support person. If you have an intellectual disability, ask the police to call the Intellecual Disability Rights Service for a support person. If you’re Aboriginal, ask the police to call the Aboriginal Domestic Violence Liaison Officer. If you speak another language, you are entitled to an interpreter, ask the police to call 13 14 50.

If you want to go the police but don’t feel confident that you’ll get the support you need, call the Domestic Violence Line. They offer practical support to women who want to approach the police but are anxious about doing so. They can call the police on your behalf, link you with the appropriate officer, offer advice and advocate for you to get police protection and support.
Personal story

by Lisa Ell

I was in an abusive relationship from the age of 21-25 years. I am now 37 years and still the scares remain.

People would always say to me “just leave”. If only it was that easy. I was getting threatened everyday that if I left, my family (mum & dad) would be tormented or killed. I had to take these threats seriously.

I was in active addiction at the time; she was my dealer and partner. She had what I thought I couldn’t live without, which was drugs. So after being spat on, kicked and punched, whipped with belts & forced to sleep under the house, it all got too much. The drugs didn’t work anymore, and there had to be a better way of life, a way out.

After four years of beatings and each time going to mums to clean up the blood and wounds, my mum gave me some tough love. She wouldn’t take me in one time and said, “You’ve always got somewhere to go. So just go”.

I knew that was it. I wasn’t only killing myself; I was killing my loved ones too. I took off for a day but came back to mum, I surrendered and said I need help. I detoxed at mum and called rehab every day. Within a week I was in a long-term re-hab.

The entire world needs to start talking about addiction and violence, not pointing the finger. If we continue to ignore it, it will only get bigger.
Find a word puzzle

There are 40 words hidden in the puzzle below. They are all words that relate to things that will help to break out of the cycle of abusive relationships and take back control of your life.

The words can be spelt across, down, backwards or forwards, but always in a straight line. Good luck!

ask  care  change  children  confidence  control  counselling  decisions  determination  empowered  escape route  family  freedom  friend  friendship  happiness  help  helpline  hope  housing  independence  instinct  kindness  love  me  peace  respect  role model  safety plan  self  strength  support  trust  understanding  voice  wipan

The Long Road to Freedom
Make the law work for you

“All human beings are born free and equal in dignity and rights. They are endowed with reason and conscience and should act towards one another in the spirit of brotherhood.”

Universal Declaration of Human Rights. That includes you!

You have a right to live a life free from violence.

You have the right to access the law, get police and court protection or seek legal advice just like any other woman.

You have the right to take out an apprehended violence order or apprehended domestic violence order. If your partner takes one out against you as a strategy to use the law against you, then you have the right to make a counter-application.

You have the right to live in your own home.

If your partner is violent, they can be removed from the home.

You can seek an apprehended violence order to exclude a violent person from your home.

Get advice on the “staying home leaving violence” program. It can help find counselling for you and your children, provide added security equipment for your house.

You have the right to information and support so you can make your own decisions and choices.

You have the right to receive victim’s compensation.
Create a Safety Plan in case

When my partner becomes abusive, I can

When we have an argument, I will move to a space where there is lower risk, such as

If the situation becomes very serious, I can

I can ask the following people to call the police if they hear arguments coming from my home
1. .................................................. 2. ..................................................
3. ..................................................

I will use a code word when calling my children / family / friends for help

My exit safety plan if I need to get out fast:

If I leave my home, I will go to

I can store extra clothes, money, extra sets of keys and important documents with

If I am unable to locate my mobile phone, the closest phone to my home is located at

In the case of an emergency, I am able to stay with
1. .................................................. 2. ..................................................
3. ..................................................

Emergency phone numbers are:

Local police station ............................................... 24 hour local service ........................................
Friend/family/neighbor ........................................ NSW Domestic Violence Line 1800 656 463

When I leave I will take with me the following items:

Driver’s licence and pension or concession card       Passports
School and vaccination records for the children
Medication for all family members and medical records, including drug replacement treatment such as methadone
Money/ATM credit cards/bank books                   House and car keys
Birth certificate (for all family members)            Children’s favourite toys/blankets
My day to day safety plan so I feel safe after I leave:

I can trust the following people at work to screen my telephone calls during work time

1. …………………………………..…………     2. ………..……………………………………
3. ……………………………………………..

When driving home, if problems occur, I can

…………………………………………………………………………………………....................
…………………………………………………………………………………………....................
…………………………………………………………………………………………....................

If problems occur while using public transport, I can

…………………………………………………………………………………………....................
…………………………………………………………………………………………....................
…………………………………………………………………………………………....................

At daily places I visit, I have told the following people to be aware of protecting my safety

The clinic                  The Parole Office                  Drug Court
Rehab                       Other services                      My childrens school
Drug and alcohol support groups

I can also do the following to ensure my safety

…………………………………………………………………………………………........
…………………………………………………………………………………………........
…………………………………………………………………………………………........

Your safety is crucial to staying alive. Being aware of your safety can be the difference between life and death.
Who to call for advice and support

National DV Hotline Number  1800 200 526
(You can get information about local services through this number)

Domestic Violence Line (24 hour service)
1800 656 463 or TTY: 1800 671 442

Domestic Violence Advocacy Service
1800 810 784 or TTY: 1800 626 267

Police Assistance Line Domestic Violence Officer
131 444

Inner City Legal Centre’s Safe Relationships Project
Provides DV court assistance for same sex relationships and intersex, transgender and transsexual people
(02) 9332 1966 or 1800 244 481

ACON ‘s Lesbian and Gay Anti-Violence Project
1800 063 060 or 9206 2066

Immigrant Women’s Speakout Association
(02) 9635 8022

Dympna House For survivors of sexual abuse
1800 654 119 or (02) 9797 6733

Women’s Legal Resource Centre
1800 639 784

NSW Rape Crisis Centre  (02) 9819 7357
1800 424 017 (Outside Sydney) or TTY: 02 814 349

Intellectual Disability Rights Service (IDRS) – Criminal Justice Support Network  1300 665 908

Aboriginal Legal Service
1800 765 767 (Crime) or 1800 733 233 (Care)

NESP Interpreter Service  13 14 50

Women in Prison Advocacy Network (WIPAN)
02 8011 0691 or 02 8011 0693

Wirringa Baiya Aboriginal Women’s Legal Centre
1800 686 587 and (02) 9569 3847
Spot the difference Quiz

1. Mai's dress is tighter and shorter
2. Kaila is missing a tattoo on her right arm
3. Tea bag from cup is missing
4. Joe's earrings are missing
5. Joe's shirt is tucked in
6. Lisa's pants have no zipper
7. Toaster behind Mai
8. Child's hand is behind Kaila's leg
9. Fridge magnet reminder
10. Rose tattoo on Kaila's left forearm
11. Mai is missing a mobile phone in her hand
The Long Road to FREEDOM

Your partner should love you and respect you.

Recognising abuse is the first step to getting back control of your own life.

Your safety is crucial to staying alive. Being aware of your safety can be the difference between life and death.

Thinking about your relationship – do you feel respected?

www.wipan.net.au

WIPAN
women in prison advocacy network