

# The Leaving Violence Program

Support to leave a partner  
who uses violence

Easy Read version



Australian Government



# A warning about this document



In this document, we talk about **violence**.

Violence is when someone:

- hurts you
- scares you
- controls you.



You can talk to someone you trust if you:

- need support to read this document
- don't feel comfortable to read this document.



We have a list of organisations you can use if you need extra support.

You can find this list of organisations on page 18.



It is important that the person who is hurting you doesn't find this document.

You should keep it in a safe place.

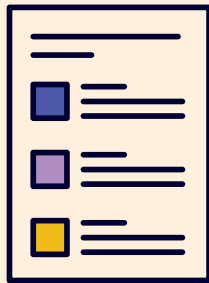
# How to use this document



Australian Government

We are the Australian Government  
Department of Social Services (DSS).

We wrote this document.



We wrote some words in **bold**.

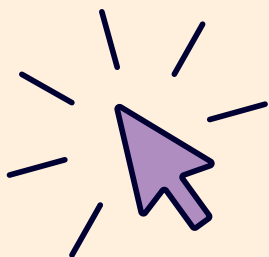
We explain what these words mean.

There is also a list of these words on  
page 24.



This is an Easy Read summary of  
another document.

It only includes the most important ideas.



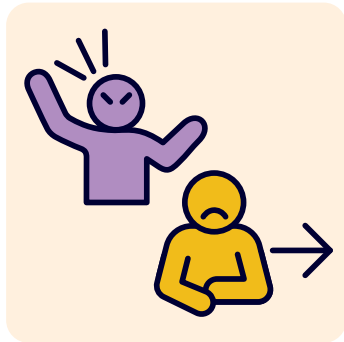
You can find the other document on  
our website.

[www.leavingviolenceprogram.org.au](http://www.leavingviolenceprogram.org.au)

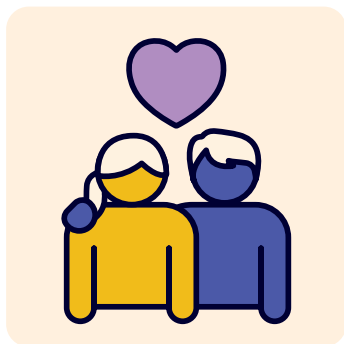
# What's in this document?

About the Leaving Violence Program	5
Types of violence you might experience	7
How the program can support you	10
Who can get support from the program	13
How you can apply for the program	16
Support for you	18
Contact us	21
Support to contact us	22
Word list	24

# About the Leaving Violence Program



The Leaving Violence Program supports people who are experiencing violence from a **partner** and want to leave.

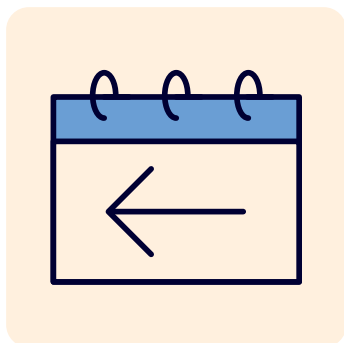


A partner is someone you have a romantic relationship with.

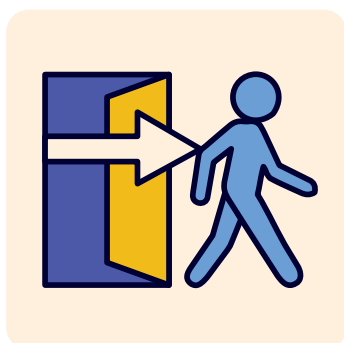
For example:

- a boyfriend or girlfriend
- a husband or wife.

The program can support you:



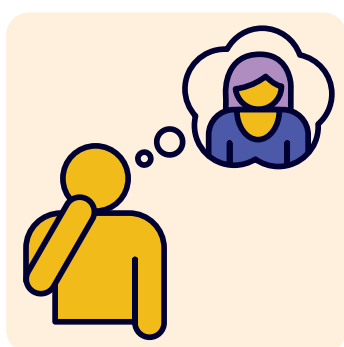
- before you leave your partner



- after you have left your partner.



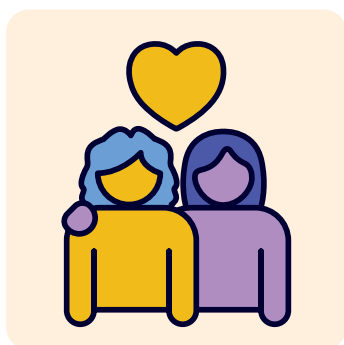
The program is for people of any **gender**.



Your gender is what you feel and understand about who you are as a person.

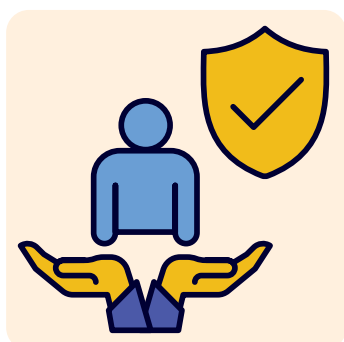
You might think of yourself as a man or woman or something different.

You can choose the words that are right for you.



The program is also for people of any **sexuality**.

Your sexuality is about the genders you are attracted to.



The program is **culturally safe**.

When something is culturally safe, people feel:

- respected and heard
- safe to be who they are.

# Types of violence you might experience



You might experience **physical violence** from a partner.

Physical violence is when someone hurts your body.



You might experience **verbal abuse** from a partner.

Verbal abuse is when someone:

- shouts or says mean things
- calls you names
- says they will hurt you.



You might experience **sexual abuse** from a partner.

Sexual abuse is when someone:

- makes you do sexual things you don't want to do
- does something sexual to you that you don't want them to do.

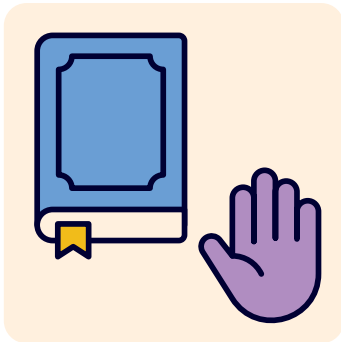


You might experience **emotional abuse** from a partner.

Emotional abuse is when someone:

- says things to make you feel scared or bad about yourself
- makes you feel confused about what has happened to you
- controls what you do.





You might experience **cultural and spiritual abuse** from a partner.

Cultural and spiritual abuse is when someone:

- stops you from taking part in your culture or religion
- treats you badly because of what you believe in.



You might experience **financial abuse** from a partner.

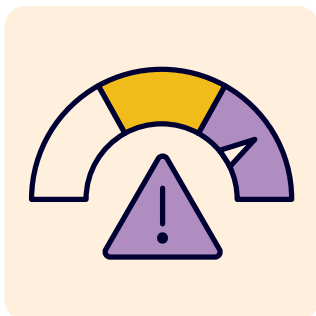
Financial abuse is when someone:

- takes your money when you don't want them to
- controls how you spend your money.

# How the program can support you



The program team can work with you for  
**up to 12 weeks.**



They can support you with a **risk assessment.**

A risk assessment is a way to find out what  
you can do to stay safe.



They can support you with a **safety plan.**

A safety plan is a plan of actions to help keep  
you safe.

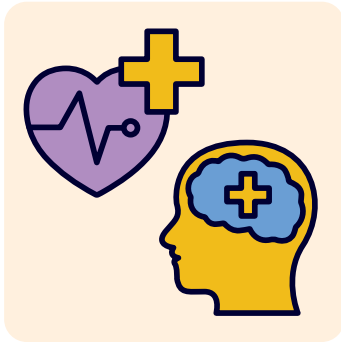


They can support you to set up a bank  
account that your partner can't use.



They can also help you connect with other  
services you might need.

For example, services that can:



- support your health, including your mental health



- give you advice about the law

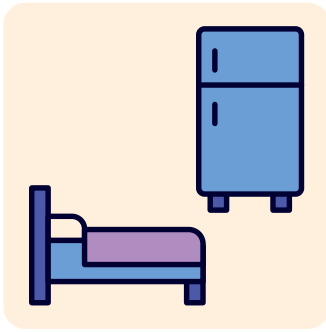


- support you to manage your money.



The program can give you  
up to \$5000 in support.

You can use this money to pay for:



- things for your home, like a bed or a fridge



- somewhere to live for a short or long time



- clothes, food or medicine



- transport, like fixing your car or moving far away



- other support services, like health or disability services.

# Who can get support from the program



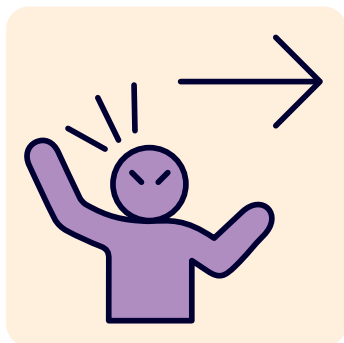
The program offers culturally safe support to mob everywhere in Australia.

You can get support from the program if you are experiencing violence from your partner and:

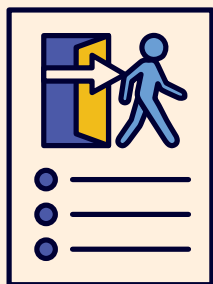


- you have left the home you live in together

or



- your partner has left the home you live in together.



You can also get support from the program if you are experiencing violence from your partner and you need help making a plan to leave.

To get support from the program, you must:



- be 18 years or older

and



- be having financial problems, for example you're not able to pay your bills

and



- not have gotten money from the program in the last 12 months.

You must be living in Australia and:



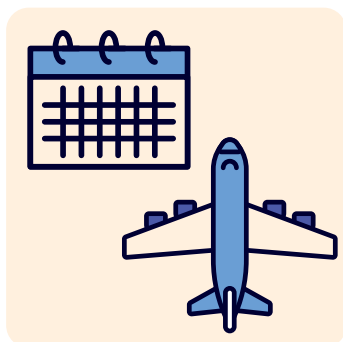
- be an **Australian citizen** – someone who belongs to Australia under the law

or



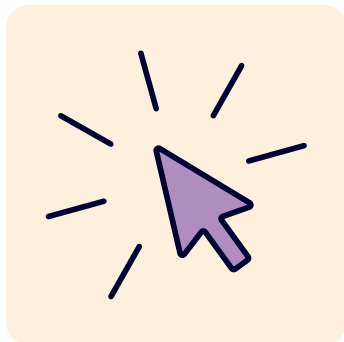
- be a **permanent resident** of Australia – when you are allowed to live in Australia but are not a citizen

or



- have an **Australian visa** – a document that says you can visit Australia for a certain amount of time.

# How you can apply for the program



You can apply for the program on our website.

[www.leavingviolenceprogram.org.au](http://www.leavingviolenceprogram.org.au)



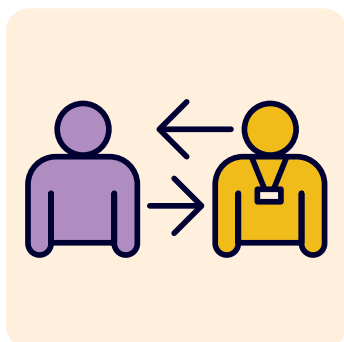
We will protect the personal information you share when you apply.



You can call us for:

- more information about the program
- support to apply.

1800 253 283



If you have a support worker, you can ask them to connect you to the program.



## Apply with an Aboriginal and Torres Strait Islander organisation



Some Aboriginal and Torres Strait Islander organisations are running the program in-person.



You can apply for the program in-person if you live in:

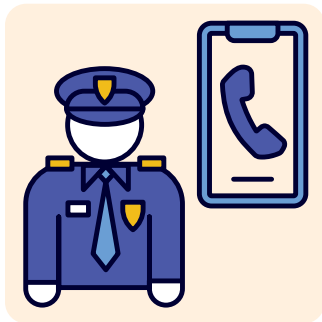
- Broome
- Cairns
- Darwin
- Dubbo.



You can apply for the program through the Aboriginal and Torres Strait Islander organisations.

[www.leavingviolenceprogram.org.au/regionaltrials](http://www.leavingviolenceprogram.org.au/regionaltrials)

# Support for you



If you are in danger now, you can contact the police at any time by calling Triple Zero.

000



You can contact 13YARN if you feel:

- worried
- no good.



No shame.

No judgement.

Just a safe place to yarn.

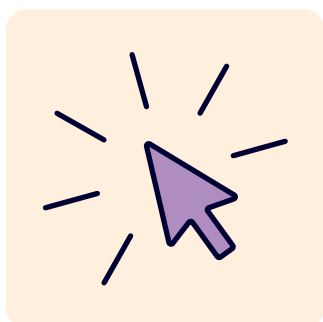


You can contact 13YARN any time.



You can call 13YARN.

13 92 76



You can visit their website.

[www.13yarn.org.au](http://www.13yarn.org.au)



1800RESPECT can provide support to people experiencing violence from someone close to them.



For example:

- your partner
- someone who takes care of you
- someone you live with.



You can contact 1800RESPECT any time.

You can text 1800RESPECT.

0458 737 732



You can call 1800RESPECT.

1800 737 732



You can talk to them online.

[www.1800respect.org.au](http://www.1800respect.org.au)

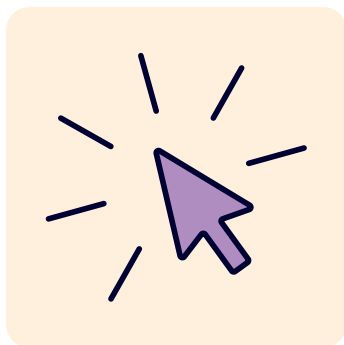
## Contact us



You can call us:

- on Monday to Friday
- from 8:30 am to 5:30 pm.

1800 253 283



You can visit our website.

[www.leavingviolenceprogram.org.au](http://www.leavingviolenceprogram.org.au)

# Support to contact us



You can contact the National Relay Service if you:

- are deaf or hard of hearing
- find it hard to speak using the phone.



TTY (Type and Listen)

1800 555 677



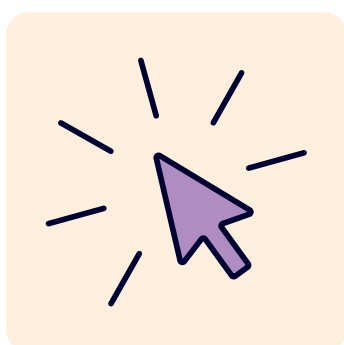
Speak and listen

1300 555 727



You can ask them to contact our phone number.

1800 253 283



You can learn about other supports on the Access Hub website.

[www.accesshub.gov.au/other-ways-to-connect](http://www.accesshub.gov.au/other-ways-to-connect)

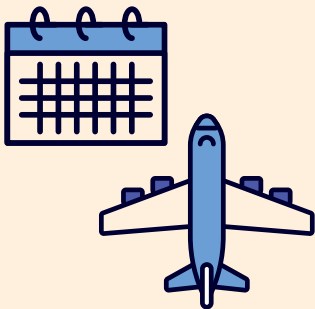
# Word list

This list explains what the **bold** words in this document mean.



## **Australian citizen**

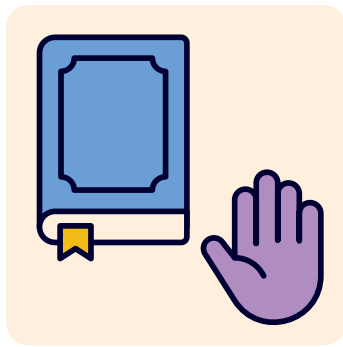
An Australian citizen is someone who belongs to Australia under the law.



## **Australian visa**

An Australian visa is a document that says you can visit Australia for a certain amount of time.

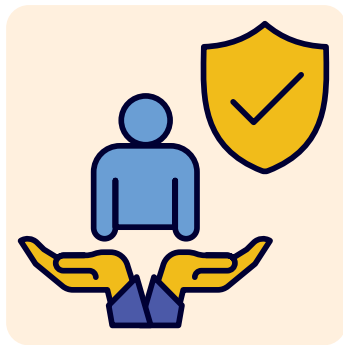




## **Cultural and spiritual abuse**

Cultural and spiritual abuse is when someone:

- stops you from taking part in your culture or religion
- treats you badly because of what you believe in.



## **Culturally safe**

When something is culturally safe, people feel:

- respected and heard
- safe to be who they are.



## **Emotional abuse**

Emotional abuse is when someone:

- says things to make you feel scared or bad about yourself
- makes you feel confused about what has happened to you
- controls what you do.



## **Financial abuse**

Financial abuse is when someone:

- takes your money when you don't want them to
- controls how you spend your money.

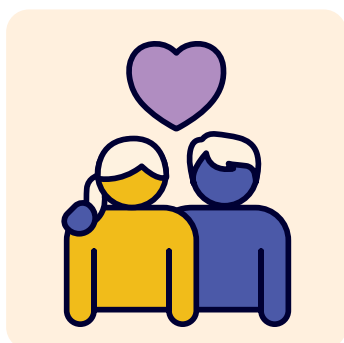


## **Gender**

Your gender is what you feel and understand about who you are as a person.

You might think of yourself as a man or woman or something different.

You can choose the words that are right for you.



## **Partner**

A partner is someone you have a romantic relationship with.

For example, a boyfriend or girlfriend.



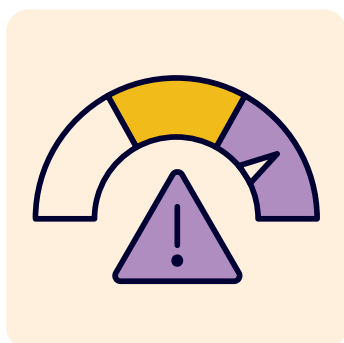
### **Permanent resident**

You are a permanent resident of Australia when you are allowed to live in Australia but are not a citizen.



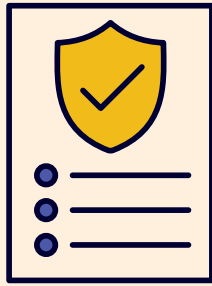
### **Physical violence**

Physical violence is when someone hurts your body.



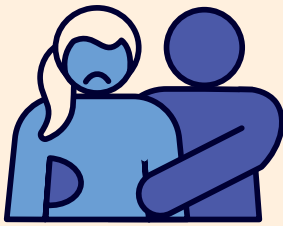
### **Risk assessment**

A risk assessment is a way to find out what you can do to stay safe.



## **Safety plan**

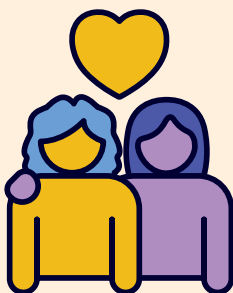
A safety plan is a plan of actions to help keep you safe.



## **Sexual abuse**

Sexual abuse is when someone:

- makes you do sexual things you don't want to do
- does something sexual to you that you don't want them to do.



## **Sexuality**

Your sexuality is about the genders you are attracted to.



## Verbal abuse

Verbal abuse is when someone:

- shouts or says mean things
- calls you names
- says they will hurt you.



## Violence

Violence is when someone:

- hurts you
- scares you
- controls you.



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