

December 2015

Abuse

Topically Sad but True

I know right!

Could I have picked a bigger downer for a topic for a December Newsletter? What's with that? The reality is that the next month or two is far from being the "season of good cheer" for many people in our community. Frustrations that may have simmered for ages are often brought to a head at this time of year, not least of all due to changes in routines and increased financial pressure as we buy into the commercialisation of Christmas. With this issue flaring in the news again of late it is time for each of us to make our stand and say "It's not ok!"

Physical Abuse.

Often (but by no means always) men exercising their superior strength over women and children, this is a truly heinous CRIME, often perpetuated under protection from the victim(s) for a wide range of reasons (not always fear).



Financial Abuse.

When a person forces another to be compliant by withholding access to basic amenities due to "holding the purse strings".



"Okay your father managed to get a mouse. Now how do we use it?"

Emotional Abuse.

When a person trades on the feelings of another in order to manipulate them.

What to do?

- i. Make sure you are NOT abusing anyone.
- ii. Keep an eye out for your friends.
- iii. Get help for whoever needs it.

Contact:

[Domestic Violence Prevention Centre](#) – 5532 9000

[DV Connect](#) – 1800 811 811

[Legal Aid](#) – 1300 65 11 88



"We can stay home Christmas Eve! This year everyone is getting music, movies, and games they can download from my website!"

This Newsletter is produced and edited by John Bassett, chairman of Seeds of Hope, Carrara and is presented as general information only. It should not be considered as financial advice.



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