



EXPERIENCING ABUSE DURING FAMILY SEPARATION?

VIOLENCE AND ABUSE DURING FAMILY SEPARATION

Even when at the end of a relationship and going through the process of separation, abusive and violent behaviour between ex partners is never acceptable. Research shows that relationship breakdown and separation is a time of increased risk of family violence, both physical and emotional or psychological with abuse via technology increasingly commonplace.

PROTECTING YOURSELF FROM VIOLENT AND ABUSIVE BEHAVIOUR

YOUR HOME

- Basic lock changes may assist with your sense of safety at home. Consider changing locks on your doors, windows, gates and manholes. Place a padlock on your letterbox and meter box
- Consider having sensor lights installed
- Trim any bushes and remove anything outside the house that might obstruct your view of the street or rear of your property

YOUR PERSONAL SAFETY

- Situational awareness is vital if you are experiencing abuse. Practice being aware of your immediate surroundings and routines, as well as your ex partner's 'triggers' that may escalate their behaviour
- Where possible remove yourself from their behaviour that is risky, threatening or places you in danger, avoiding contact or communication. If in immediate danger call 000 and escape. Don't open the door or give a perpetrator access to where you are
- Consider leaving spare keys to your home or vehicle as well as personal papers, banking or other documents that confirm your ID with a trusted person
- Notify your employer, children's school, preschool or child care of any potential for violent and abusive behaviour from your ex-partner. Leave a copy of any Intervention or other relevant court orders with them should the need arise to call emergency services

YOUR TECHNOLOGY

Technology itself is not the problem- rather, it is the behaviour of the abuser who uses it. Technology is vital for keeping connected with children, family and friends as well the wider community so the best solution where there is abuse is not just to turn it all off. Technology can be used positively, enabling access to services and support when you need it. It can also help you gather evidence of abuse if needed.

It is important not to react to technology facilitated abuse without thinking first about the implications of any changes made on the abuser's behaviour, as removing an on line presence on social media or discarding devices could alert an abuser or escalate abusive behaviour if they think their ex-partner is removing control and access. Helpful and easy to read information can be found at www.esafety.gov.au/women. Take the 'technology checkup' quiz to check what you need to do to keep yourself technologically safe.

Remember - There are no acceptable reasons for violent or abusive behaviour during the breakdown of a relationship

- > Familyrelationships.gov.au
- > esafety.gov.au

WHERE TO GET ASSISTANCE

If you are experiencing immediate threats of violence dial '000'

If you need support from a specialist worker who understands family violence and can link you to support services you can try any of the following services 24/7. These are free services:

- Call the national family violence hotline **1800 RESPECT** on **1800 737 732**

If you are experiencing violence and abuse from an ex-partner or family members and would like to find out more about a professional service that can assist please see the other side of this flyer.



PRACTICAL ASSISTANCE TO DISRUPT VIOLENCE AND ABUSE

Are you experiencing violence or unwanted, abusive behaviour from your ex-partner and/ family members that makes you feel unsafe or interrupts your daily life post separation?

Protective Group offers a professional service that assesses the risk and recommends actions that will enhance your safety and provide you with peace of mind. Our service is confidential, timely and personalised to your circumstances.

WHAT WE OFFER

APPOINTMENT MADE



We arrange a time to meet with you at your home for around 1 hour

RISK & SAFETY ASSESSMENT



We assess for:

- Home + personal safety
- Technology facilitated abuse

SAFETY PLAN + INTERVENTIONS



We recommend ways to increase your safety and implement them for you with your approval

COSTS

All of our services start with the comprehensive risk and safety assessment with you.

| | COMPREHENSIVE ASSESSMENT | TECHNOLOGY ABUSE ASSESSMENT ONLY |
|---|---|--|
| What's included | Assessment covers home and personal safety as well as technology facilitated abuse. Report with recommended safety interventions provided | Assessment covers social media settings, all technology and smart devices- personal and in the home- as well as your smart passes and a sweep of vehicle/s for tracking devices. |
| At our office Southbank location | Not available | \$250 + GST |
| Metropolitan area anywhere <i>within</i> a 50 km radius of a Capital city | \$700 + GST | \$550 + GST |
| Out of metro area anywhere <i>within</i> a 50 km radius of a Capital city | \$900 + GST | \$650 + GST |

*For services in remote areas, please contact us. Please note, the fees quoted above cover one assessment visit only. Additional fees will apply for each subsequent visit or follow up action carried out on your behalf with your approval. Please ask us for a copy of our fee schedule. A quote for security upgrades to your home or for personal safety devices based on our recommendations from the assessment can be provided. There is an additional cost for these items. Any further forensic investigation of laptops will be passed on to a third party provider who specializes in this work and this will attract additional fees. We will discuss this with you and this additional work is subject to your approval.

HOW TO RECEIVE OUR SERVICE

Let your family lawyer know you would like to receive our service or contact us directly on (03) 9699 4257 or by email referrals@protectivegroup.com.au

ABOUT US

Our mission is simple. We exist to help make victim survivors of family violence safer. Partnering with the nation's leaders in family violence services, policing, technology, security, and government, we come to work every day driven by our passion for safety, wellbeing, and justice. Having witnessed the need for advancement in risk and safety responses for victim survivors, two former police officers created Protective Group in 2012 to cut through the red tape and help give victim survivors what they need most - safety and support. With family violence victim survivors at the centre of what we do, we tailor strategies using a variety of proven interventions that are designed to enhance safety, disrupt abuse and more importantly, provide peace of mind.

CONTACT US

PROTECTIVE GROUP

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