## #BREAKTHESILENCE





Artwork by Chi

## It Starts with YOU.

We asked young people to express their thoughts about family violence through art and writing. This is what they had to say:

Verbal abuse and put down Humiliation Hitting or slapping
Controlling your money Threatening or hurting pets Isolating you from others
Sexual abuse Monitoring your calls Accusations and starting arguments

Any form of family violence is NOT OKAY.

Everyone has the right to feel safe with their partners, family or extended family.

## To receive confidential advice or support, call:

1800 RESPECT 1800 737 732 or for an interpreter 13 14 50 (anytime)

Kids Helpline (up to age 25) 1800 (anytime)

Sexual Assault Crisis Line (SACL) 1800 806 292



Supported by the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.