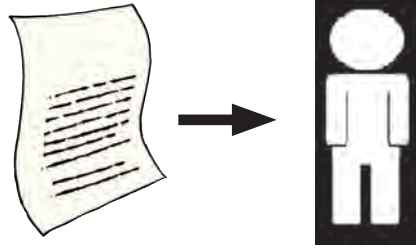


Think Safe
Act Safe

www.thinksafeactsafe.org



You now have a - Family Violence Safety Notice or - Intervention Order



Read the Safety Notice or Intervention Order.



If you do **not** understand
Talk to a

- Police Officer
- Court Registrar
- Lawyer



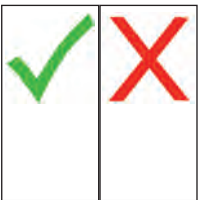
Ideas from other men



Family Violence Safety Notices and Intervention Orders



Gives you **time** for things to **calm down**.



• Read the rules on your Safety Notice or Intervention Order.



• Know what you **can** do
and
• What you **cannot** do

Stick to the rules.



When you break the rules there are legal outcomes. You may go to jail.



Children

Children are hurt by family violence

- put children first
- children need to feel safe.



Can you contact your partner?

Know **your** rules.



No
Do **not** make any contact.



Yes



• be polite
• listen to your partner
• wait for your partner to finish talking.

When you talk - be calm and well-mannered.



• do **not** swear



Smart phones & GPS tracking

Stop

- Stick to the rules on your
 - Safety Notice
 - or
 - Intervention Order.



Be respectful when using **Social media** SMS, Facebook, email, tweets & blogs.

Stop - Breathe - Read



- **wait** before you answer
- take time to think
- write a polite, non aggressive response

- **wait** 5 minutes
- read your message again before you send it
- do not hack into your partner's Facebook account.



Alcohol & drugs

- drink less
- use less



Anger

You are responsible for what you do



Stop

- breathe slowly
- slowly move away from the other person
- roll and drop your shoulders
- look at something on the ground.



Get Help



The Orange Door

Free call phone
1800 319 353

The Orange Door provides help for people using or experiencing family violence.

Dandenong, Casey and Cardinia area
Relationships Australia Victoria
5911 5400

Bayside, Kingston and Glen Eira area
Family Life
8599 5433

Port Phillip, Stonnington area
Star Health
9525 1300

VACCA
for Indigenous men
8796 0700

Thorne Harbour Health
for the LGBTIQ+ community
1800 134 840

inTouch Multicultural Centre Against Family Violence
1800 755 988

For all other regions:
Men's Referral Service
1300 766 491



Phone a help line

Men's Referral Service
1300 766 491
- 7 days a week
9am to 9pm

Mens Line
1300 789 978
- anytime

Legal Aid

Legal Help Phone Line - free
1300 792 387
- during the week
8am to 6pm



Look at a website

www.thinksafeactsafe.org
www.ntvmrs.org.au
www.asksomeone.org.au



Men's Behaviour Change Program

Frankston, Mornington Peninsula area
Peninsula Health Community Health
1300 665 781



Practice

Listen to the calming exercise on
www.thinksafeactsafe.org



This card was developed and funded by
the Southern Melbourne Integrated
Family Violence Partnership