

## Kylie's Story

Kylie (17 years old) speaks about her experience:

started seeing Stuart in high school, it was my first taste of love – the real thing. We spent most of our time with each other, going out, listening to music. I spent so much time with him that I even stopped seeing my friends. Stuart was fairly jealous of other guys talking to me, and even looking at me, and at first I was flattered that he thought other guys would be interested in me.

He started saying things like: "You're asking for it, dressed like that", and to keep the peace, I'd go and change.

Then, we began to fight and argue a lot, and, one night in a rage he pushed me off my chair, then sat at my feet sobbing. I wanted to help him handle his emotions and besides, if we loved each other, then our love would last through any amount of jealousy, insults or pushing.

Three months later, when I woke up in a hospital, with a fractured jawbone and a broken heart, I realised that this wasn't REAL love. Not this pain. Love was supposed to feel good, wasn't it? I stopped seeing him. It was so hard – he phoned me night and day, but I had to be strong and keep him away. Eventually, he stopped phoning and now I'm feeling strong knowing I did what was right. I believe in myself. Love is not war and I know now that healthy relationships – without the punches, insults and jealousy are the REAL thing.

I know what to look for and what to avoid next time ..."

## Services in Shepparton and surrounding areas:

C.A.S.A. (Centre Against Sexual Assault)

(03) 5831 2343

FREECALL

1800 112 343

gvcasa@bigpond.com

CASA Statewide After Hours Telephone Service:

1800 806 292

Women's Domestic Violence Crisis Service

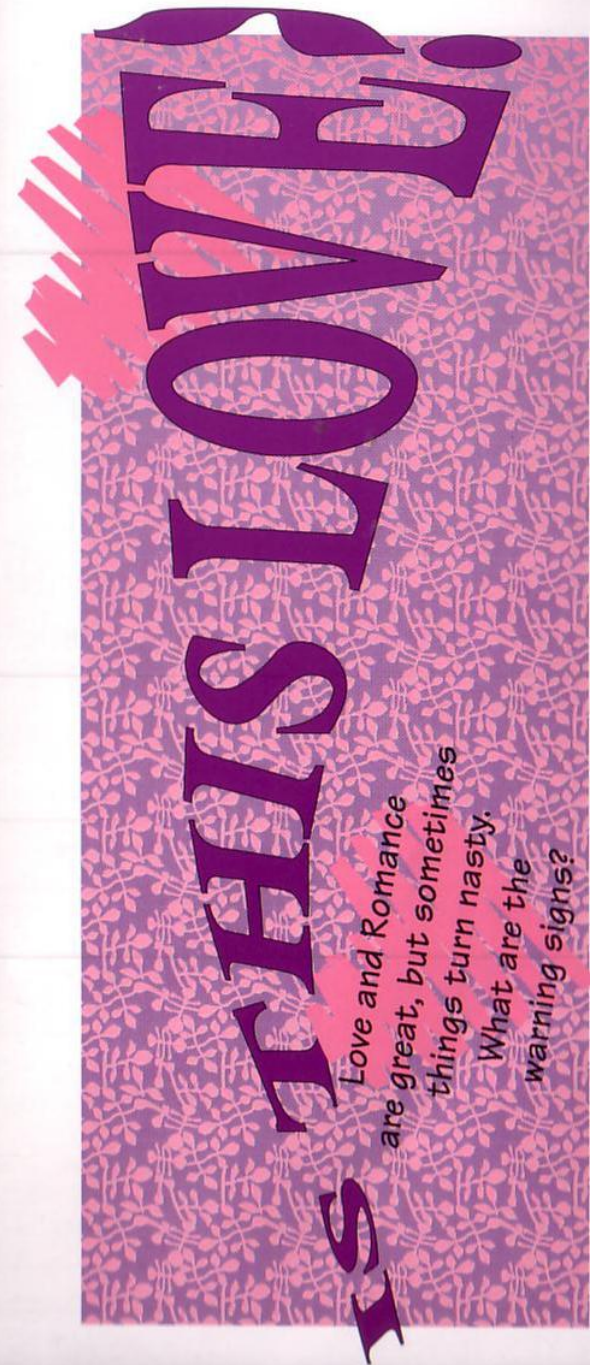
1800 015 188

Kids Help Line

1800 551 800

Produced by the Goulburn Valley Centre Against Sexual Assault.

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# WHAT IS VIOLENCE?

## Emotional

Name calling, put-downs, threatening, ignoring, humiliating, controlling, frightening, destroying property, isolating you from friends and family, extreme jealousy.

## Sexual

Any unwanted or pressured sexual act, including kissing, touching, handling (inside or outside clothing). Being forced or manipulated to pose for sexual pictures or to view pornographic magazines or videos.

## Physical

Any hurtful or degrading physical act, including pushing, slapping, punching, hair pulling and choking, using a weapon or object. Placing you in danger.

- There are no excuses for abuse or violence.
- No one deserves to be abused or violated.
- Physical and sexual assault are crimes.
- Each person is responsible for his/her own behaviour.
- No one partner in a relationship has the right to dominate or abuse the other. Both partners should be equal.
- One in four females will experience some form of abuse in a relationship. One in three will experience violence in their marriages.

**SAY NO TO ABUSE.  
SAY YES TO HEALTHY RELATIONSHIPS**

## Jealousy...Possessiveness... Is this Love?

Lots of people think of behaviour like that as a sign of love. But is it? As time goes on and the relationship becomes more serious, possessive and controlling behaviour may become more obvious. It may even get out of hand and become abuse...

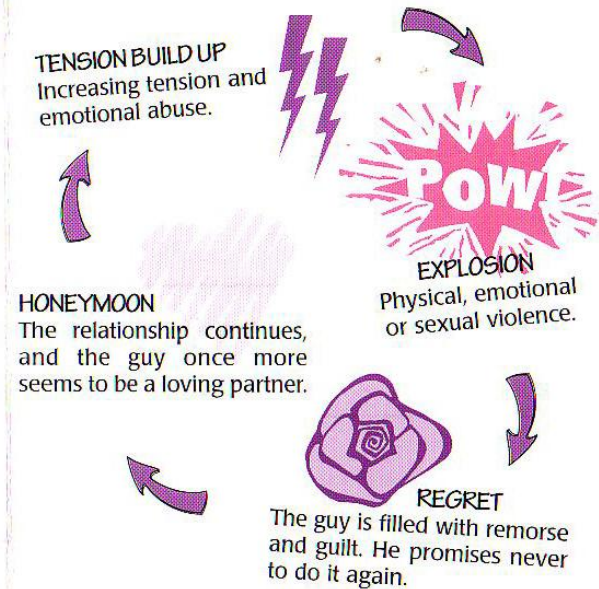
- When** *He controls your contact with family and friends, and you have no independence or support.*
- When** *He always has to know where you are, and is suspicious or disbelieving when you tell him.*
- When** *You talk to other guys and his jealousy and suspicion is over the top.*
- When** *He puts you down so much that you end up feeling you can't stand up for yourself.*
- When** *He believes that men are superior and puts women down even if he tells you that you are different.*
- When** *He forces or pressures you to do things against your will to the point where you are unable to make decisions.*
- When** *He views women as sexual objects and believes they like to be treated roughly. He likes sex that is pressured or forced.*
- Then** *You are experiencing violence. This is not love....this is control.*

**THIS IS NOT ON!**

Like many young women, you are probably searching for your perfect partner. Violence is the last thing on your mind, and when a guy lashes out for the first time, shock, denial and excuses often follow. It seems like a one-off event. But is it?

## VIOLENCE MAY BE PART OF A CYCLE

It can work like this.....



You can often grow more fearful and less confident with each incident. The violence may grow more frequent. The guy may start using force and intimidation as well as promises to get you back.

**SUDDENLY YOU ARE TRAPPED IN THE  
CYCLE OF A VIOLENT RELATIONSHIP**