

ESCAPE MODULE

Where do I go if I'm in a nasty relationship?:

Because being in an abusive relationship can leave you feeling unsure about your opinions and feelings it is important to:

- Find someone you trust to talk about your feelings
- Make a safety plan for yourself:

Safety Plan Ideas

After you have broken up

Talk to someone about what you could do to legally protect yourself

If you are breaking up

Have someone with you or close by when breaking it off

If you're still with them

Tell friends and family and get them to help protect you by being around when they are there

" I want out!
Get me out of here!
Stop this ship, I want off!
This is a dangerous ship!"



Abuse can happen in same sex relationships too. This can be difficult to deal with.

WHO CAN I TALK TO?

- **Kids Helpline**
1800 551 800 (24 hours)
- **Domestic Violence**
1800 656 463 (24 hours)
www.vicnet.net.au/~girlsown
- **Gay & Lesbian Counselling Services**
1800 805 379 or 02 9207 2800 (24 hours)



TRY THIS WEBSITE

- www.reachout.com.au

WHAT CAN I DO? I'M ON THE @#\$\$% SHIP?

THE "BULL SHIP"



UFO

Heterosexism:

Heterosexist people and cultures are those that believe heterosexuality is inherently better than other sexual orientations &/or omit references to and representations of other sexualities.³

People who use anger to get their own way are bullies. A bully can be anyone - a member of your family, someone your own age, a stranger, or someone you thought was a friend, it might even be you. You should never have to do anything because you're afraid of someone.⁴

"All young people have the right to feel safe, not to be harassed and to access support"

You can do something about being bullied...

Tell someone you trust now for help and support. Make it clear to them that it is a real problem for you and something must be done about it. Keep telling people until something is done.

What happens when anger turns to violence?

Some people show their anger by threatening or hurting you. Their anger has now turned into violence. Harassment, discrimination and violence are NEVER OK. It is against the law. It is a crime and the person should not be allowed to get away with it, whether it occurs in a relationship, in the home, at school or in the street.

••• REPORT VIOLENCE •••

WHO CAN I TALK TO?

- Kids Help Line 1800 551 800 (24 hrs)
- Domestic Violence 1800 656 463 (24 hours)
www.vicnet.net.au/~girlsown
- Lifeline 131 114 (24 hrs)
- Anti Violence Project, (for homophobic, hate related violence) 1800 637 360 (24hrs)
- Gay and Lesbian Counselling Service 1800 805 379 or 02 9207 2800 (7 days, 4pm - 12midnight)
- 2010 Gay and Lesbian Youth Services 1800 652 010 or 02 9552 6130 (Monday - Friday, 10am - 6pm)
- The Gay and Lesbian Liaison Officers (GLLO) There is a GLLO officer in your local police station. To find out who, contact the GLLO, NSW Police on 02 9281 0000 (24hours)
- If you have been threatened, physically or sexually assaulted or stalked, you can make a report to the police.



TRY THESE WEBSITES

- www.reachout.com.au
- www.makeanoise.nsw.gov.au



MAINTAINING THE SHIP

Once you've got into the relationSHIP you want, you have to maintain the ship to keep it going! Some ways people do this:

- ❖ Being open and honest with each other.
- ❖ When disagreeing, listening to one another, sometimes agreeing to disagree.
- ❖ Having time separate as well as together.
- ❖ Even when it's difficult, talking to one another, or when it's really tough writing to one another.
- ❖ Talking to others who've been in a relationSHIP longer than you... "how do you keep it together in a relationSHIP?", "what are the five things you do to deal with disagreements?"

Helpful Contacts

List of every contact mentioned in this booklet & their opening hours



- **Aids Council of NSW** 1800 063 060 or 02 9206 2000 (10-6pm, Monday - Friday) www.acon.org.au
- **Anti Violence Project**, (for homophobic, hate related violence) 1800 637 360 (24 hours info line) www.kbdnet.net.au/avp/
- **Domestic Violence** 1800 656 463 (24 hours)
- **Gay and Lesbian Counselling Service** 1800 805 379 or 02 9207 2800 (7 days, 4pm - midnight)
- **Gender Centre** 02 9569 2366 (10 - 5.50 Monday - Friday) www.gendercentre.org.au
- **Kids Help Line** 1800 551 800 (24 hours) www.kidshelp.com.au
- **Department of Community Service** 1800 066 777
- **Lifeline** 131 114 (24 hours)
- **PFLAG (Parents, Friends of Lesbians and Gays)** 02 9294 1002 (24 hour info line) www.pflag.org
- **Police Gay and Lesbian Liaison Officers (GLLO)** 02 9281 0000 (24 hr info line) www.eagles.com.au/~gllos
- **2010 Gay and Lesbian Youth Services** 1800 652 010 or 02 9552 6130 (Monday - Friday, 10am - 6pm) www.rainbow.net.au/~twenty10

WEBSITES

- www.reachout.com.au
- www.gettingreal.com.au
- www.makeanoise.ysp.org.au
- www.lawstuff.org.au

There's more to relationSHIPS than what's written here, visit the websites, check out your local youth centres, youth and women's health centres and talk to those people mentioned throughout this booklet.

The universe is a big place, we didn't think of everything!
Other people have created resources and booklets for young people about relationSHIPS. We found these helpful:

- 1 "KISS guide to safe sex" Commonwealth Department of Health & Community Services. 1998
- 2 "Loves Me Not" Berry Street Community Resource Centre, Heidelberg. 1999
- 3 "Yes You Are. A guide to educating young people and adults about healthy relationSHIPS, sexual diversity and anti-homophobia" NSWFEPA Health. 2000
- 4 Dumping Depression; "Anger, conflict & bullying" Central Coast Health. 1998
- 5 "Out There" A sexual health guide for young gay men. Australasian College of Sexual Health Physicians. 1998
- 6 "Coming Out" fact sheet Australia Federation of Aids Organisations
- 7 "You're Not Alone. If you are young and attracted to people of the same sex this book is for you!" Here for Life. Western Australia AIDS Council. 1998
- 8 Domestic Violence and Incest Resource Centre website: www.vicnet.net.au/~girlsown.

ACKNOWLEDGMENTS

Young people who participated

NSW Health, Centre for Mental Health

Central Coast Health

Macquarie University

Department of Education and Training

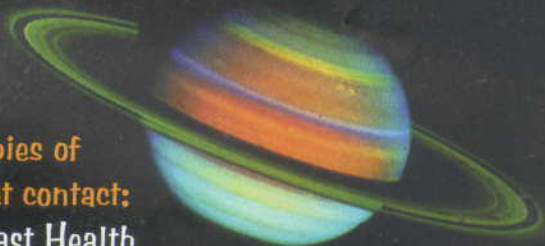
2010 Gay & Lesbian Youth Services

Health and other workers who participated

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