

The Cycle of Violence

Understanding the Cycle of Violence

Our relationships can go through cycles.
It is not your fault – violence is a choice.

1 THE BUILD UP

Pressure builds like the humidity before the Wet Season.

Perpetrator Behaviours

- Moody, irritable, jealous
- Yelling, putting down
- Controlling, checking up
- Withdrawing affection
- Damaging property
- Threats, blaming, lying
- Isolating from family/friends
- Monitoring phone, money

Victim/Survivor Experience

- Walking on eggshells
- Trying to keep the peace
- Changing behaviour
- Feeling anxious, on edge
- Keeping kids quiet
- Staying silent to avoid conflict

2 THE CYCLONE

The storm hits.
Violence happens.

Perpetrator Behaviours

- Physical violence
- Sexual violence
- Strangulation
- Threats to kill
- Using weapons
- Property destruction
- Threats to children
- Cultural, financial and technology abuse

Victim/Survivor Experience

- Protecting self or children
- Trying to escape
- Calling family or help
- Fighting back
- Freezing or hiding
- Complying to survive

The cycle can start again if things don't change.
With support, safety and respect – we can **break** the cycle.

4 THE DRY

Life feels normal again.
The cycle begins to build up once more.

Perpetrator Behaviours

- Acts normal, helpful
- Goes hunting, fishing
- Attends community events
- Minimises what happened
- Avoids responsibility
- Enjoys family time

Victim/Survivor Experience

- Feels hopeful
- Enjoys time with family
- Rebuilds routines
- Laughs again
- Thinks the violence is over – for now
- Remains alert

3 CALM AFTER THE RAIN

After the storm, things seem calm.
This is the time of promises.

Perpetrator Behaviours

- Says sorry, cries
- Promises change
- Buys gifts
- Blames alcohol or drugs
- Says 'it won't happen again'
- Shows love and affection

Victim/Survivor Experience

- Relief and hope
- Wants to believe promises
- Returns or stays
- Feels guilty
- Thinks it will get better
- Wants family to be together

Remember:

- Violence is a choice
- You are not to blame
- You are not alone
- Help is available

We all have a role to play



Respect



Safety



Support



Culture



Community

Break the Cycle

With support, safety, respect and strong connection to culture, family and Country – we can live in healthy relationships.

GET HELP

If you or someone you know is experiencing violence, contact a trusted person or one of these services.

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EMERGENCY
Police, Fire,
Ambulance

1800RESPECT
1800 737 732
24/7 Australia-wide
Confidential support
for anyone

13YARN
13 92 76
24/7 Crisis support
for Aboriginal &
Torres Strait Islander
people

KIDS HELPLINE
1800 55 1800
24/7
Counselling for
young people

LOCAL SUPPORT
Ask for local services
in your community
Elders, Health,
Women's Centres,
Community Services

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