

WHEEL OF POWER AND CONTROL

An Aboriginal-Specific Adaptation

Power and control are choices.
Abuse is *never* your fault.



This can look like:

- Using fear or threats
- Using shame or blame
- Controlling your choices
- Using power over money or resources
- Using systems or services against you
- Making you feel alone or helpless

You have the right to:

- Feel safe
- Be respected
- Make your own decisions
- Connect to culture, family and Country
- Access help and support
- Live a life free from violence

♥ You are not alone. Help is available. You deserve respect and safety. ♥

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

Inspired by the Safe Yarning group.
Developed by TETWS.
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