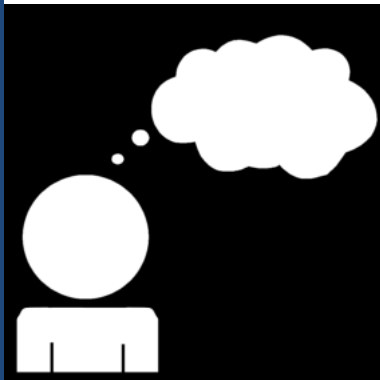


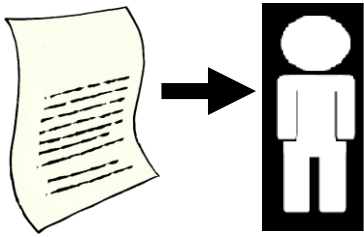
Men



Think Safe

Act Safe



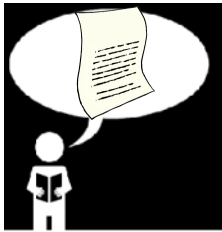


You now have a

- **Family Violence Safety Notice**

or

- **Intervention Order.**



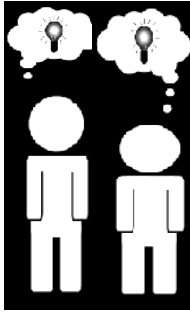
Read the Safety Notice or Intervention Order.



If you do **not** understand

Talk to a

- Police Officer
- Court Registrar
- Lawyer.



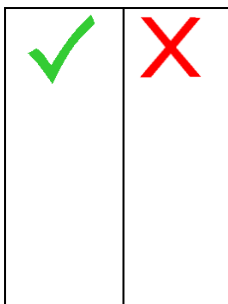
## Ideas from other men



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

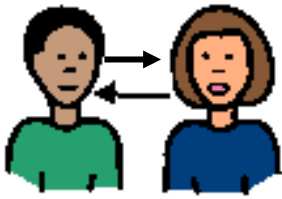


- What you **cannot** do.



Stick to the rules.

If you break the rules there will be legal outcomes.



## Your Partner

Can you contact your partner?



**No.**

Do **not** make any contact.



**Yes**



- do **not** swear



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

When you talk - be calm and well-mannered



## Children

**Children are hurt** by family violence

- put children first
- children need to feel safe.



## 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.



Listen to the calming exercise on

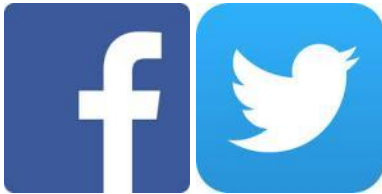
[www.thinksafeactsafe.org](http://www.thinksafeactsafe.org)



## Smart phones & GPS tracking

### Stop

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



## Social media

TXTs, 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.



## Things I will do.

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## Get Help



## Mens Behaviour Change Program

### Frankston, Mornington Peninsula area

Peninsula Health Community Health 1300 665 781

### Dandenong, Casey and Cardinia area

Relationships Australia 5990 1900

### For all other regions:

Men's Referral Service 1300 766 491



## Phone a help line

Mens Referral Service            1300 766 491

- during the week 8am to 10pm
- Saturday or Sunday 10am to 4pm.

Mens Line. Anytime            1300 789 978



## Look at a website

[www.thinksafeactsafe.org](http://www.thinksafeactsafe.org)

[www.mrs.org.au](http://www.mrs.org.au)

[www.asksomeone.org.au](http://www.asksomeone.org.au)



This information is based on the  
Pocket Think Safe Act Safe card 2015.