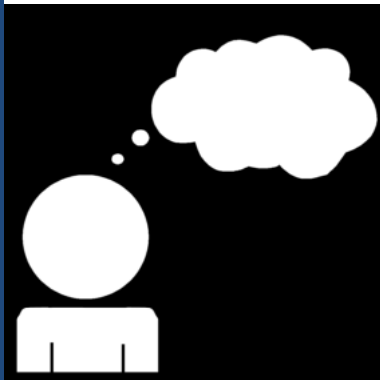
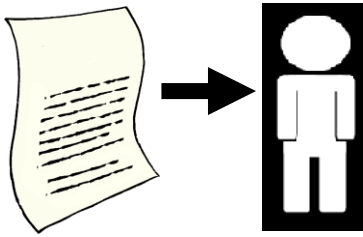


Men



Think Safe

Act Safe



You now have a

- **Family Violence Safety Notice**
- or
- **Intervention Order.**



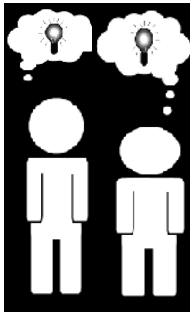
Read the Safety Notice or Intervention Order.



If you do **not** understand

Talk to a

- Police Officer
- Court Registrar
- Lawyer.



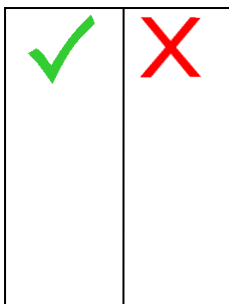
Ideas from other men



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



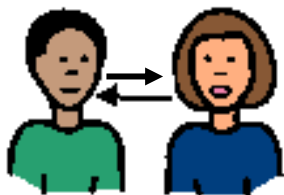
- What you **cannot** do.



Stick to the rules.



When you break the rules there are
legal outcomes.
You may go to jail.



Can you contact your partner?

Know **your** rules.



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.



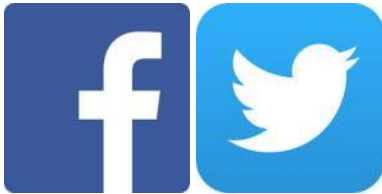
Listen to the calming exercise on
www.thinksafeactsafe.org



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.

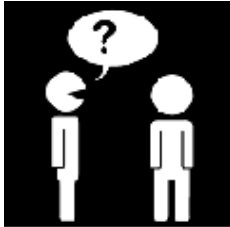


Alcohol & drugs

- drink less
- use less.



Things I will do.



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

www.mrs.org.au

www.asksomeone.org.au



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