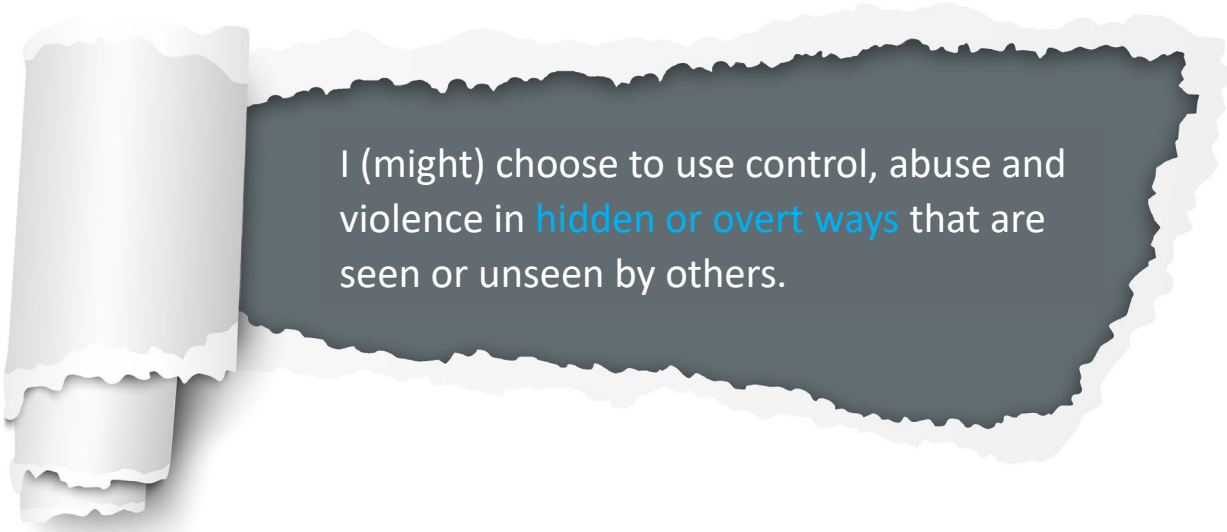


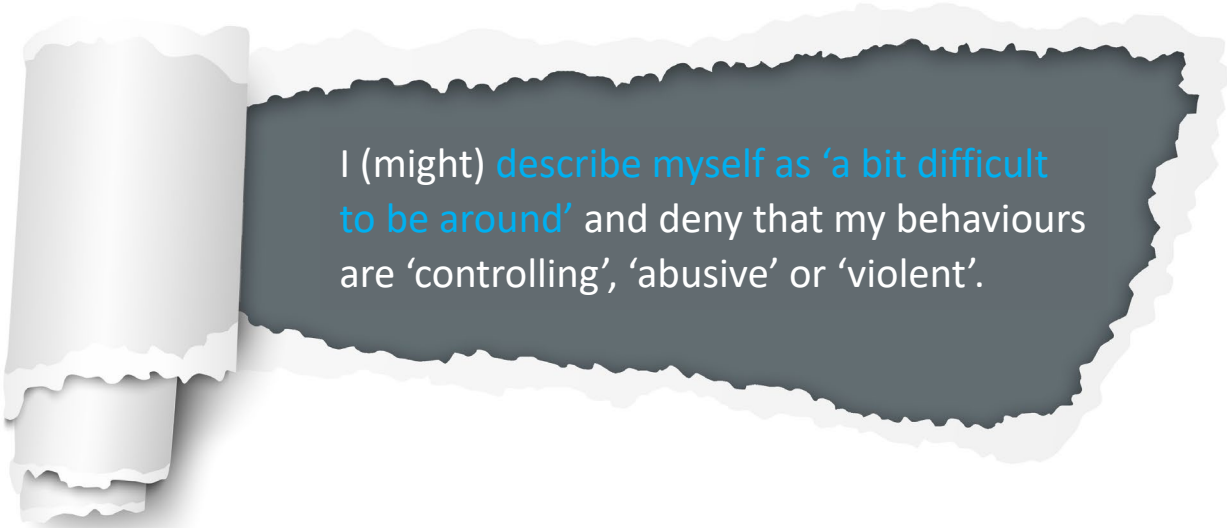
Creating  
Conversations  
about the use of  
violence and  
abuse being a  
choice.



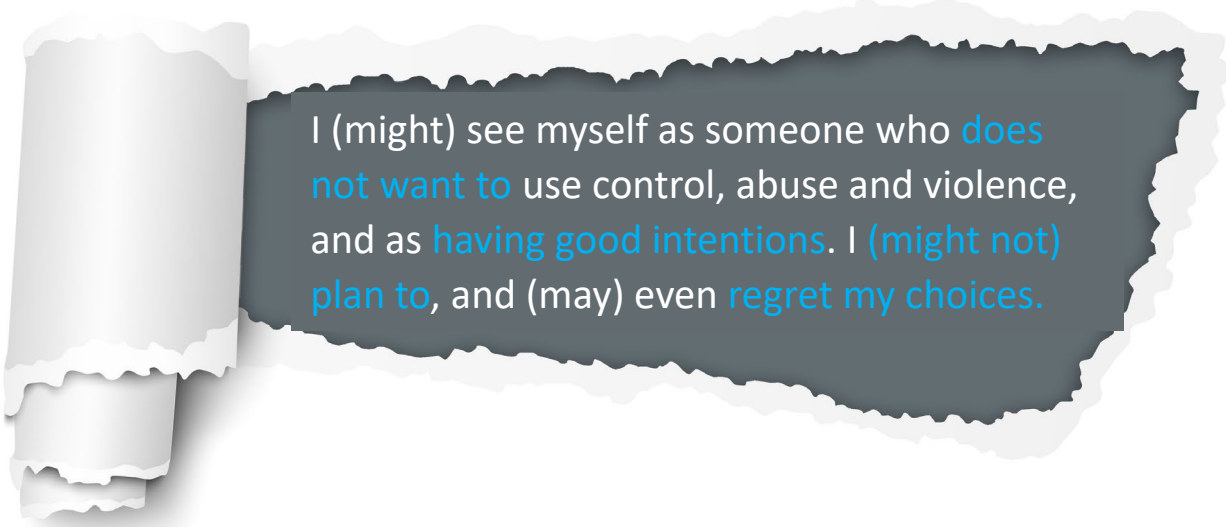
**I am. I can.**



I (might) choose to use control, abuse and violence in **hidden or overt ways** that are seen or unseen by others.



I (might) describe myself as 'a bit difficult to be around' and deny that my behaviours are 'controlling', 'abusive' or 'violent'.



I (might) see myself as someone who **does not want to** use control, abuse and violence, and as **having good intentions**. I (might not) **plan to**, and (may) even **regret my choices**.



Not because of my **biology**

*(though my physical health and wellbeing really matter)*



**Not because of my psychology**

(though my mental health and wellbeing really matter)



# Not because of my **society**

*(though my social interactions, connections, influences  
and community really matter)*



# Not because of my **culture**

*(though my cultural identity, experiences, connections,  
values, norms, traditions really matter)*





# Not because of my **faith,** **religion or spirituality**

*(though my beliefs, practices, theology, and traditions really matter)*



# Not because of my **childhood**

*(though my early experiences, interactions and relationships really matter)*



# Not because of who the victim is

*(though my relationship can be strained, under pressure,  
involve differences and conflict)*



# Not because of substances or alcohol

(though substances and alcohol may impact my mood,  
judgement and stability)




# Not because of my circumstances

*(though my context may be challenging and complex)*




Not because of **COVID-19**

*(though my liberties, income and circumstances  
really matter)*



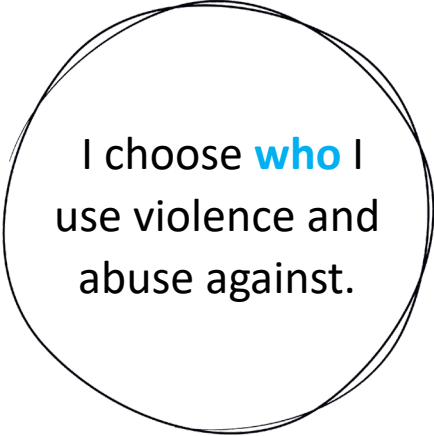
**It is because  
I choose to.**




**I am not  
violent and  
abusive all  
the time.**

**I am in control of my  
behaviour all the time.**






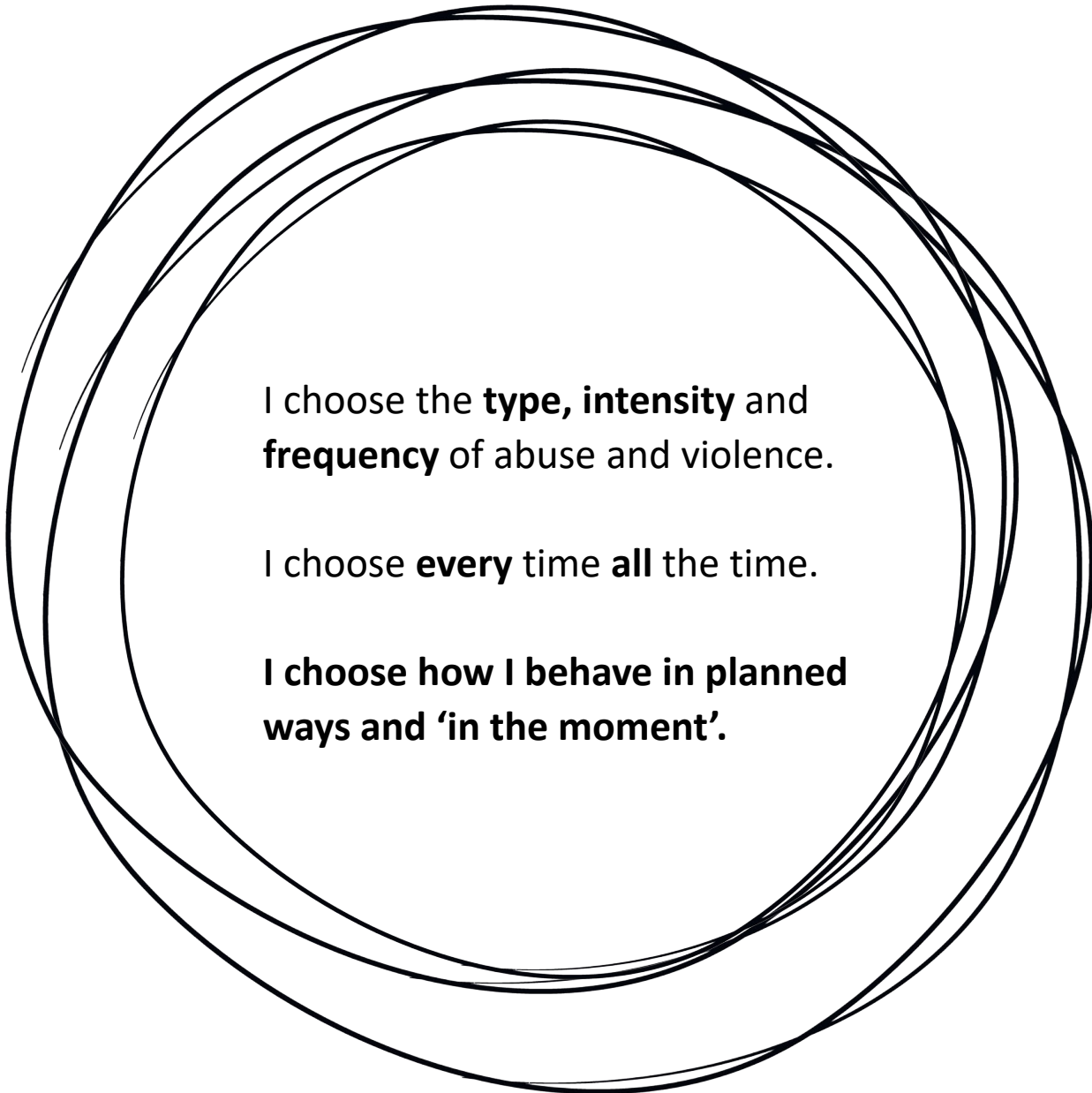
I choose **who** I  
use violence and  
abuse against.



I choose **where**  
I use violence  
and abuse.




I choose **when**  
I use violence  
and abuse.




I choose the **type, intensity** and **frequency** of abuse and violence.

I choose **every** time **all** the time.


I choose how I behave in **planned ways** and **'in the moment'**.



I choose **who I don't** use  
violence and  
abuse against.



I choose **where I don't** use  
violence and  
abuse.



I choose **when I don't** use  
violence and  
abuse.

I choose **my excuses** for my behaviour.

I make **excuses** for my behaviour



**Because I know  
it is wrong**

Because I am competent, and capable...  
**I can** choose to stop my use of violence and abuse.

---

**My reasons** for behaving in violent and abusive ways  
**are no excuse** for choosing to use violence and abuse.




**Don't create excuses for my controlling, abusive and violent behaviour.**

Excuses provided to me by society, services and systems deny

- my **competency,**
- my **capability,**
- and my **responsibility.**

They deny the deliberateness of my actions and the control I have, and **this allows me to extend my use of abuse and violence**





I can choose to seek  
support to choose  
different behaviours.



**Seek support | There are places that can help.**

**Do you hurt the people you care about? | Are you using domestic and family violence?**

**Thinking about talking to someone? Don't know where to turn to get support to change your actions?**

The **Men's Referral Service (MRS)** is operated by No to Violence (NTV) and takes calls from men and women who are looking for help to improve their wellbeing and safety, who want to improve the wellbeing and safety of their children, or who are looking for help for their partner or another male family member.

**1300 766 491 | <https://ntv.org.au/>**

**Say It Out Loud** encourages LGBTQ+ communities to have healthy relationships, get help for unhealthy relationships and support their friends.

<https://sayitoutloud.org.au/abusive-relationships/are-you-hurting-someone>

**Mensline Australia** is a national and online counselling service offering support for Australian men anywhere, anytime.

<https://mensline.org.au/family-violence/using-violence/are-you-using-domestic-or-family-violence/>