

# Safety Tip of the week

30/04/2021

## Actions Perpetrators need to take

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### **Accept that you have a problem**

Own your problem of violence and abuse. It is your responsibility to do something to stop the violence and abuse. Calling on other people and resources for support is important, but unless you understand that you must commit to changing, the likelihood of fixing the problem will be greatly reduced.

### **Stop using violence and abuse**

If you can't do this, then you must ensure that you are no longer in a situation where it can occur. This may mean temporarily leaving the environment where you are causing damage to others, restricting your contact or only being in that environment when there are other people around other than your immediate family or intimate relationship.

### **Take proactive steps**

Usually the best time to start to fix a problem is when things in your relationship are settled and stable, not at a time of crisis or in the middle of an argument. When things are settled, conversations with everybody involved are usually more helpful.

### **Put in effort**

Changing long-term patterns of behaviour can take considerable time and effort. Be prepared to work on the problem for a while to reduce its impact on your relationships and be ready for challenging times when your commitment will be tested.

### **Get assistance**

Few men are able to change these patterns of behaviour and thinking without ongoing support. It is important to find someone who has an understanding of the issues you are facing and can help you think through reasons for your behaviour and plan strategies for managing it in the future.

### **Develop strategies**

Gain an understanding of situations and circumstances when violence and abuse has occurred in the past. Find ways to avoid or better manage these situations and create positive strategies to deal with arguments or conflict. Learn the right time to step away from a situation to give yourself time and space to think clearly so the situation doesn't get worse.

### **Work on associated issues**

Make a commitment to understanding and working on all of the factors that led to the behaviour occurring, not just the immediate signs.

