Domestic and family violence does not discriminate and occurs across every suburb throughout New South Wales. It impacts people of different genders, all ages and cultures and causes immeasurable damage to our relationships and communities.

Domestic and Family Violence is a factor in approximately 40% of all homicides. The New South Wales Police are committed to reducing domestic and family violence in our communities, but we need your help.

Here are some simple tips we all can take to help protect our family and friends from the effects of this type of crime.

Protect yourself from Domestic and Family Violence

- **ALWAYS** call Triple Zero 000 if you are in fear for your safety or you have been assaulted
- **ALWAYS** be vigilant when you are or have been a victim of Domestic or Family Violence. Enhance your understanding of behaviours that are considered as stalking. [www.police.nsw.gov.au](http://www.police.nsw.gov.au) (what is stalking)

Protect your family and friends from Domestic and Family Violence

- **DON'T** be just a bystander – if you observe any form of domestic violence occurring, call Triple Zero (000) immediately
- **ENCOURAGE** anyone you know who experiences domestic violence to contact their Domestic Violence Liaison Officer at their local police station.

Protect your loved ones from Domestic and Family Violence

- **TAKE RESPONSIBILITY** for your violent or abusive behaviour. Contact the Men’s Referral Service on 1300 766 491 for information and referrals
- **DON'T** continue to contact, harass and follow someone you once had a relationship with, this is stalking and it’s a crime
- **SEEK** further assistance if you are a victim of domestic by contacting the Domestic Violence Line on 1800 65 64 63.


For more Crime Prevention information, please visit us on [www.police.nsw.gov.au](http://www.police.nsw.gov.au) and select the crime prevention link.