

# Understanding Lateral Violence

Lateral violence is where a person (or more often a group of related people) uses destructive behaviours to diminish, manipulate, dominate or control another person. It often involves sustained vicious bullying, malicious gossip, attempts to socially isolate you, and spiteful or hateful behaviour or violence.



## The Violence

Lateral Violence is often used to isolate/punish a family member. The term Horizontal Violence is also used as the violence is directed sideways. It can be verbal or physical violence. Nonverbal intimidation plays a part in this and greatly affects people's self-confidence.



## The Effects

The effects of Lateral Violence are similar to those of Domestic & Family Violence. It can impact on mental health and well-being and can alienate you from your family and friends, and your safe spaces in the community.



## The Solution

As with any broad issue, education helps communities understand and stamp out problems. More importantly, we can teach our children to respect each other and enforce the message that any form of violence has no place in our lives.

## Where does Lateral Violence stem from?

Lateral Violence is often the result of disadvantage, discrimination and oppression, and can arise from living in a society that is not compatible with the cultural ways of some families. This type of violence affects First Nations peoples all over the world.

**If you are in immediate danger DIAL 000**

**If you require immediate safe accommodation call 1800 811 811**

**For Domestic & Family Violence support call (07)3816 0139**

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# Domestic & Family Violence

www.wcssi.org.au

Domestic and Family Violence is any behaviour that causes fear or jeopardises your well-being and safety. This kind of behaviour is perpetrated by someone close to you like a partner or a family member.



Domestic and Family Violence is when someone uses violence or manipulation to maintain power and control over someone they are close to. It can involve violence, intimidation, threats, insults or psychological manipulation.

The abuse may involve a partner or ex-partner, a carer or guardian, a family member, or anyone who is in close contact with another person. Anyone, regardless of their heritage, age or gender, can find themselves in an abusive relationship.

Abusive relationships do not always involve physical violence. There are other kinds of damaging abuse, none of which are acceptable. The abuser can be of any gender or sexual orientation.

Domestic violence can affect anyone in the community. This is regardless of their level of income, status, sex, gender, age, race or culture. Most victims are women and children, and most perpetrators are male.

The risk of Domestic Violence is highest around the time of a relationship breakdown. Other risk factors include pregnancy, and alcohol or drug addiction. Women with a history of mental illness, and First Nations people are more likely to experience Domestic and Family Violence.

If you are experiencing domestic violence, it's important to seek help as early as possible.

