

What our services provide

Safety in the home is our main priority. Our service is family focused - we work with the adolescent to understand their emotions and behaviour, learn skills including conflict resolution, communication and managing emotions. We also focus on other issues like alcohol and other drug use, school and employment and mental health.

We work with parents to learn new parenting approaches, improve family relationships and manage family conflict

How do I get an appointment?

To access our services phone

1300 665 781

or drop in to your local Community Health Service and ask to speak with an Access Worker from 8.30 am - 5.00 pm Monday to Friday

Locations

Frankston Community Health
Frankston Integrated Health Centre
Hastings Road, Frankston, 3199
Phone: 9784 8100
Melways Ref: 100A G11

Hastings Community Health
185 High Street, Hastings, 3915
Phone: 5971 9100
Melways Ref: 154 F11

Rosebud Community Health
38 Braidwood Avenue, Rosebud, 3939
Phone: 5986 9250
Melways Ref: 170 A2

Mornington Community Health
62 Tanti Avenue, Mornington, 3931
Phone: 5970 2000
Melways Ref: 104 F11



Interpreter

The information contained in the brochure is intended to support, not replace, discussion with your doctor or health care professionals.

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Authorising Department: Community Health



Peninsula Health
PO Box 52
Frankston Victoria 3199 Australia
Telephone 03 9784 7777
www.peninsulahealth.org.au

PENINSULA HEALTH

SERVICE INTEGRITY COMPASSION RESPECT EXCELLENCE



PENINSULA HEALTH

Community Health

Keeping Families Safe Program

For parents, carers and family members who experience adolescent violence in the home and the young people who use it

IN PARTNERSHIP,

Building a
Healthy Community

What is adolescent violence in the home?

Adolescent violence in the home means adolescents threaten, intimidate or use force to get their own way. The most common forms are physical violence, destruction of property, threats and intimidation, psychological, emotional and financial abuse. Parents frequently feel afraid, embarrassed, ashamed and guilty. They may feel they no longer have control over their child.

Take our Quiz

Parents & family members:

- Does your adolescent's reactions make it hard to disagree with, or say no to them?
- Does your adolescent's behaviour make you feel afraid or like you are 'walking on eggshells'?
- Does your adolescent scare or hurt you by being violent (like hitting, choking, smashing things, threatening to hurt you or your property)?

- Does your adolescent threaten to hurt themselves or others if you won't give in to their demands?

If you answered **yes** to any of these questions you may be experiencing adolescent violence in the home. Parents, carers, siblings and other family members may be affected.

Abuse and violence is never acceptable. Help and support is available.

Adolescents:

- Do you behave in ways that cause fear to others to get what you want?
- Are family members physically or emotionally hurt because of your behaviour?
- Have you threatened or hurt a family member or damaged their property?
- Do you manipulate, stand over, blame others or use threats to get your own way?

If you answered **yes** to any of these questions your behaviour may be violent and abusive.

Young people find when they stop the violence, their lives and relationships improve too.

Who is the service for?

Our service offers support to parents and family members who experience violence from their adolescent and to the adolescents who are abusive and violent in the home.

The service is available to parents, carers, family members and young people aged 12 - 18 years, living in the City of Frankston and Mornington Peninsula Shire. We see people in our centres or other safe locations such as schools or community venues.

Referrals are confidential unless the young person is at risk of significant harm to self or others.

Where possible we work with the whole family in a way that is non-blaming and non-shaming and seeks to understand different views.

