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I was born in 1955. My father used to beat me for no reason at all. Once, when I was seven or eight years old, I fell out of a tree and my old man belted me with a leather belt. He kept going and going.

I ran away from home. I spent my childhood going in and out of prison. There wasn't anyone there I could talk to. Family violence wasn't talked about. I started drinking alcohol at around eight or nine. I started smoking when I was about 12. I started drugs when I was about 13. There was no one to turn to.

I continued to have contact with my family. In the 1980s, one of my brothers liked my girlfriend. So he could get her, he beat the crap out of me. I tried to report it to the police, but they wouldn't do anything about it because they didn't have no evidence.

I felt like there was no one I could turn to. I turned against my family. I haven't seen my family now for forty years.

In terms of what could be changed, it would have been helpful if people had come to school to speak about family violence. Back then, even if it wasn't your parents, sometimes teachers belted you.

It screwed my life up. I grew up hating the world. I never got any help when I was in prison. I got out in 2000. I had no help, other than to get somewhere to live. About two years ago, I joined a club for homeless people over the age of 50. That was the first real support I got. They helped me find a place and they found me the right people to talk to. They got me counselling.

I was a drug addict and an alcoholic. I have tried many times to give up drugs. It wasn't until I went to prison in the late 80s that I decided that I had to give it up.

If I feel like I need to talk to someone, or if I feel my violent tendencies, I talk to my therapist. I also have a case officer from Wintringham. Wintringham has helped me a lot. If I need to go to hospital, my case worker will take me to hospital.

It hurts to talk about it, but I think it's time. It hurts more not to talk about it.

My ex-wife abused me when we were married. She used to start the fights then tell everyone it was my fault, even got the police involved. To this day my anger is hard to control. It has got me in trouble with the law and courts. Because of this I isolate myself from everyone and I can't hold a relationship or trust anyone. I even tried to end my life many many times.