

Submission to the Royal Commission into Family Violence**██████████ Prison****Anonymous (██████████)****9 June 2015**

I was with my partner for nearly ██████ years. I met him when I was ██████. He is the father of both my kids.

We had ██████, my eldest, about ██████ years ago.

I bought a house with money from a car accident.

He was always controlling, but I think I was in denial. I had ██████, and I thought I was just a stay at home Mum. I was a bit old fashioned. He went out and worked and I stayed home and took care of things at home. He was always controlling, obsessed with what I did.

I had ██████ years ago.

We both got on alcohol. One morning, I woke up with a black eye.

We used to go away together to ██████ and social events. They stopped. They turned into boys weekends. He worked late hours. At first, I didn't think anything of it. I eventually came to the conclusion that he was having an affair. I went to his workshop, and found him getting a blow job from a woman.

██████████ started to pick up on his Dad's lying and the tension around the house. ██████ wanted to follow him. My partner was meant to be playing ██████ one night. We went there and there was no ██████ game.

I drank socially. If I got drunk, he'd get angry. He hit me occasionally. It wasn't regular. I think he might have thought I wouldn't remember.

When I found out he was having an affair, I confronted him. He came home from a so-called boys weekend. I explained to the kids that Dad was going to have to leave.

When I kicked him out I sold my house. I couldn't live with any of the memories in the house.

He would come to my house and go through my stuff. I told him he would have to take the kids to his house. That was when I took out the first intervention order. "I can't have you coming here and going through all my stuff." I did a lot of things to keep things safe for the kids' sake.

He told me he would change. He said I was the one and only. He said let's buy a big house together. Let's get married. It was happy at the start. And then again it started with the late night working, the hiding the mobile. I wasn't allowed to go anywhere. I wasn't allowed to have friends.

I ended up getting a job because both kids were at school. Even then he would still try to control where I went. I had a friend, ██████ and we became friendly.

I guess I never trusted him. I had a few drunken outrages. If I went out he would text me: "when are you coming home?"; "how much have you had to drink?" He'd ask to pick me up. If I went home drunk, he would take advantage of me.

As time went by I realised I wasn't doing anything wrong.

One night he stayed at a girl's house. I started to follow him. I confronted him with everything. I kicked him out. He was stalking me. I had to change my number, and the kids' numbers. He would have people watch me. I'd get texts saying: "I know where you are". "I know what you're wearing."

When I went out, I drank heavily.

He was playing mental games with the kids. "Where's Mum?" "Why's Mum going to a party?"

I was never allowed a social life. I was never allowed to have friends. He would sneak around after me. I was on Facebook, and he would ask the kids for my password. I was open with the kids. I let them go on my laptop.

I got another intervention order. He came over once, when I wasn't home. He spoke to my son. He sat in his car at the front and wouldn't leave. The police told me they wouldn't come over until I was there. I didn't want to go back when he was there. My sister went and got my son. We all sat at [REDACTED] until he left.

I got depression. I went to the Doctor. I said I need help. I got counselling. I turned into a real male hater. I couldn't go near a male.

Once, when I had been drinking heavily, I got picked up by police. I got charged with assaulting a police officer.

I used to help a friend, [REDACTED], with her [REDACTED] kids. I'm in here for assaulting [REDACTED] ex-partner. He was doing to [REDACTED] what my partner did to me to me and my kids. I know I assaulted the wrong person. It was because of the build-up of the violence from my ex-partner. I guess I was never strong enough to get my partner for what he'd done to me.

I came here for a serious assault. I know the [REDACTED] kids are now safe. I believe he would have killed one of them. Or all of them. He didn't sexually assault them, but he held knives and scissors to the kids' heads. I believe I saved those kids. He also killed the neighbour's dog.

The only way it stopped with my partner was when I came to jail.

Doing *Out of the Dark* [the family violence program in prison] was a real eye opener for me.

I know I drank heavily because I wanted to block out the pain.

I didn't know family violence as family violence until I came in here. I didn't know any of that then. It started in the late [REDACTED]. I never read about it or heard about it. If you go to the doctors, it's all about diseases. But there's never anything about violence. If the police come to the house, the police should provide you with an information pack about where to get help.

I didn't understand. I kept on blaming myself. There needs to be more information. And it's not all about the woman. The male needs help too. They don't always understand why they're doing it. You can't just help the victim. You also have to help the person doing it.

Now, I also have to help my kids. I didn't protect them. I lived with the violence. They lived with it too.