

Timeline of someone who experienced Sexual, Family and Domestic Violence. (UPDATED VERSION)

I want to submit this account of my childhood and background in order to show how even though there were many chances for child protection to get involved, no one helped me and my brother during our childhood. SAPOL, Dept for Education, Family, Doctors, there were many people who saw what happened and no one helped.

We grew up in an affluent area and went to good public schools. I don't know if this prevented these people helping us, but it pushed me to be like my peers and go to university. Because of this, I have a good education and am now working hard in the government to make changes.

Mum:

Youngest child with three older siblings

Born to [REDACTED] immigrants, dad had serious PTSD from WWII whilst in [REDACTED], hid most of it. Mum had anxiety and always wished she never left the [REDACTED].

Worked [REDACTED] as a personal assistant and then as a waitress for several different restaurants.

Okay to good relationship with sisters and no contact with brother, had a fight as teenagers and won't talk to each other.

Says mother was always jealous of her, so bad relationship.

Had an okay relationship with dad but turned volatile in later years due to alcoholism and violence.

Previously engaged to a man, never moved on from him, still wears the [REDACTED] he gave her.

Met my father in the mid 90s, both alcoholics (unsure of timeline). Both physically and verbally abusive to each other.

Had friends and boyfriend afterwards but would always lose them due to alcoholism.

Dad:

His father was physically violent.

Either born in Adelaide or [REDACTED] (he said [REDACTED], my birth cert says [REDACTED]).

Has brother and sister and other family in Adelaide.

Chef.

Met my mum in [REDACTED], both alcoholics (unsure of timeline).

Left us for good in the late 90s.

Moved to [REDACTED] at some point.

Had another child in the mid 2000s. I only found out about him through Facebook. Child support told my mum he doesn't pay for that child either.

Contacted me in [REDACTED] via Facebook, but I didn't respond.

Only started paying child support in 2020ish due to me finding out his workplace through FB and telling

Me:

Born in [REDACTED]

Brother born in [REDACTED]

5 years old:

- ❖ I remember mum hiding in the house because the police show up (she says it is because of a neighbour).
- ❖ We are kicked out of our unit because mum doesn't pay rent.

8 years old:

- ❖ I witness a bad fight between mum and grandad. I remember it was stormy and me and my brother hide behind our grandparents' couch. For a few years after I would get frightened of storms and that time of the year (June) thinking it would happen again. Mum pushed my grandmother over, who fractured her wrist. Mum got hit in the mouth by grandad, so her front tooth is wobbly, eventually falling out.

9 years old:

- ❖ Mum and her friend have a big fight at her friends house. My brother, her friends daughter and me hide in the house. There's glass smashing and swearing. I had to call my grandparents to pick us up as mum would not stop fighting.
- ❖ We move to a new school, i initially make friends easily, but then am shunned from a group of girls as one of their mums call me a 'bad influence'. Mum talks alot about being judged by other parents and I feel it, there's a big wealth disparity between us and everyone else.
- ❖ I have one of my first (what I think is) panic attacks, I remember being in the bathroom and feeling like I can feel all my bones, its like I'm inside my brain and I feel nauseous. I've had them over the years.

10 years old

- ❖ Mum makes us go to Church 'because it's good for her', she gets drunk whilst we're in Sunday school. One time she passes out during service, our sunday school teacher talks to us about her problem, but no one reports it.
- ❖ One day we get home, and the front door is open, drawers left open around the house and my knick knacks strewn across the floor. We don't find out what happened as mum never calls the police. There are a few instances of an occupied car being outside our house, seemingly watching the house. Mum tells us how scary it is but never reports it or hides us from it.
- ❖ Often we're the last ones at school pickup, mum is never on time to pick us up.
- ❖ We are kicked out of our house because the owners want to sell.

11 years old:

- ❖ Mum loses her job as a waitress from drinking, she never works again.

- ❖ We are kicked out of our house because mum doesn't pay rent, we move into a unit.
- ❖ At my 12th birthday party, I had it at my grandparents as they have more space. I ask my mum to not hang around as I know she'll be drunk, she does anyway, and I get upset. She yells at me in the kitchen where everyone can hear.

12 years old:

- ❖ I get headaches a lot so mum takes me to the doctors, they say its stress (but never ask why a 12 year old is stressed)
- ❖ My brother has been having more and more episodes, where he slams doors and shuts me out of our bedroom. One day, after school, he's playing marbles with another kid. I ask to join in, he says no, but I want to play. I say I will win for him, but I lose. He loses it, and chases me around the oval, pins me to the ground and hits me. I am embarrassed as the OSCH kids can see. No one helps. I go home and tell my mum, she blames me.
- ❖ We are now making our own dinner and food; I take money from mums' purse to buy dinner from the shops down the road. Grandma drops off food from time to time. We often use the telephone box down the road as there's no phone connected (mum didn't pay the bill).

13 years old

- ❖ For my 13th birthday, my aunty flies me up to ████████ to see them. I don't want to leave, I ask them if I can stay, they say they can't look after me. When my other aunty picks me up from the airport to go home, I cry the entire time. No one asks why.
- ❖ One day, my grandad is driving my friend and me home with my mum in the car. Mum has been drinking and they start to argue. I'm upset about it and my friend wants to go home. I ask her to stay, so she does. Mum gets very drunk, yelling at me and not organising dinner. My friend is scared so I walk down to the telephone box and ask my grandad to take her home. I'm embarrassed by this and distance myself from this friend.
- ❖ My brother starts having problems at school, missing days of school and refusing to leave our room.
- ❖ Eventually, we're kicked out of the unit, we have to move into my grandparents' house.

14 years old

- ❖ I don't remember the exact year, but one time, my brother has another meltdown, screaming, I tell him to be quiet or something. He comes into my room, and I immediately curl into a ball, he hits me a few times before running off. Again I'm blamed.

- ❖ One time my brother has a fit and kicks his door, leaving a big dent.
- ❖ There are many occasions where I have to barricade my door to stop mum coming into my room at night, she will stand at my door banging and crying at me. I find her passed out a few times in the toilet or on the floor. I have to drag her out so other people can use the toilet. One time she pisses herself on my bedroom floor and I have to clean it up. Any time you try and talk to her about her behaviour, she denies it and says she doesn't have a problem.
- ❖ The fighting between my mum and grandparents gets worse and worse. It usually starts because mum is drunk and calling people names under her breath, talking to herself in her room or something else, people will tell her to be quiet and it will escalate. There are several instances where the neighbours call the police, but the police don't talk to us. My brother and I tend to hide because mum will try and grab us as if to prove a point. One time, when the police take mum to sober up, she screams our names out as if she's in pain. It's horrifying.

15 years old

- ❖ My brother eventually stops going to school entirely. Peers ask me why he's not at school, but I can't explain it, just that he refuses to go. The school is very slow to react.
- ❖ One day at school I witnessed my friend being kicked in the stomach by a boy twice her size, he's internally suspended but the school doesn't do much else to address the issue.

16 years old

- ❖ My brother starts getting help from the counsellor at school and a social worker, but they never talk to me, they never help us out of this situation, they just focus on getting him back at school.

17 years old

- ❖ When my grandparents both die, we have to move out of their house, as my aunties and uncle want to sell it.
- ❖ I chat to a boy in my year who I like, and he invites me over to hang out. We aren't together for long before he starts kissing me, it's my first time kissing a boy properly and I feel awkward with how forward he is. He keeps pushing though and wants to take my pants off, i say no several times but he keeps trying. Eventually I give up and am sexually assaulted. It takes me years to realise that this wasn't right, even though for months afterwards i can sleep because i am thinking about it. I only realise it was wrong when i'm 21 and talking to a psychologist about it.

- ❖ There are a couple of instances this year where my brother is violent towards mum. She will scream at us all night, so we don't get any sleep. One time my brother cracks and hits her a few times in the face and then runs to his room. She's drunk but acting like she's going unconscious; I don't want to call 000 but I have to. Because its DV, the police attend. My brother is very upset, and we're worried he'll harm himself. The officers are quite good at calming him down and talking to him. The ambulance takes mum, and the police talk to me about the situation. They don't offer much help and say my brother will only be arrested if mum presses charges. The paramedics say they'll keep her at the hospital all night to sober up, but she comes home within a few hours.
- ❖ My aunty takes me to a couple of youth organisations to see if we can get help. They don't offer much assistance, just that we may be able to get a room in a youth home. We won't be able to take much of our own stuff to the property, won't be able to take our dog with us and may not even get accommodation together. One social worker suggests I wait till I'm 18 and then move out.

Adulthood

- ❖ Once I completed high school, I moved out and travelled with the little money centrelink gave me.
- ❖ When I'm 19, I learn that one of my aunties has been a victim of domestic violence from her husband she's been with since she was 15 years old. When she tries to leave, he attempts suicide. Since then, they have been on and off, now with [REDACTED] addictions. Police have been involved several times. My aunty has attempted suicide several times. Her husband has been cut off by the rest of the family. This year (2024), my [REDACTED] (who has been living with her), beats her up, SAPOL was called by my other cousin and now he has a protection order pending court decision.
- ❖ I have completed a degree and worked in a variety of community services and government positions.
- ❖ I have been diagnosed with PTSD, anxiety and depression and have been seeing a psychologist on and off from 20 years old - present. I have self harmed but never attempted suicide.
- ❖ In 2019 I meet up with a guy from tinder, we makeout in his car and he invites me back to his house. I feel nervous about it, but he pushes me. We go back to his house, we start getting intimate when i change my mind and say i don't want to have sex. He says he will have blue balls

and makes me feel guilty, so I say we can do it. He asks if i'm sure, but I don't feel like I have a choice. A few months later it hits me how wrong this was.

- ❖ I was in contact with my mother until 2020, when I eventually went no-contact as whenever we would talk she would verbally abuse me.
- ❖ My mother became homeless in 2021, but was helped by a women's shelter and now has a housing trust unit. She is still an alcoholic.
- ❖ My brother moved interstate eventually, and we are not in contact.