

IT IS
OK
TO ASK
FOR HELP

WHAT IS NOT OK

No-one should be frightened or scared by someone in their family. No matter what your age or sex, it's never ok if your partner or any member of your family:

- scares or intimidates you with words or actions
- makes you isolated and alone
- touches you in a way you don't want
- uses threats to control you
- damages property/walls/possessions to scare you
- hits, pushes, bites or pulls your hair
- makes you feel scared of what might happen next
- keeps your money from you.

Family Violence is a crime. The law covers people in many different relationships:

- married couples
- couples in civil unions
- de facto couples
- gay and lesbian couples
- children
- family/whanau
- anyone in a close personal relationship
- flatmates or other people who share accommodation.

“IT'S NOT OK THAT IN THIS COUNTRY, POLICE RESPOND TO A FAMILY VIOLENCE INCIDENT EVERY 7 AND A HALF MINUTES.”

BUT IT IS OK TO ASK FOR HELP

Help is available if:

- you are worried about your own relationship
- you are scared or frightened
- you don't like your own behaviour
- you are worried about someone else
- you don't like the violence that is happening in your community.

If you are unsure about what to do, or how to support someone that you are concerned about, ask for help.

ARE YOU AFFECTED BY FAMILY VIOLENCE?

Every person in a family whatever their age, status or gender deserves to be treated with respect. If you are experiencing violence, tell someone. It could be a friend, family member, workmate teacher or carer, employer or health professional, or a family violence prevention service.

ARE YOU AT RISK?

If you or other family members are scared or frightened about being hurt, then your situation is already serious. There are crisis services in every community which can help you get safe.



If you are in immediate danger dial **111** and ask for Police

Phone Child Youth and Family
0508 326 459

Phone Preventing Violence
in the Home crisis line
(09) 303 3939

Phone Women's Refuge, listed
under W in the white pages.



0800 456 450
www.areyouok.org.nz

DO YOU WANT TO CHANGE YOUR OWN BEHAVIOUR?

If your family is scared of you, or if people are telling you that your behaviour is frightening, you might need to consider making changes to the way you behave.

Change is possible, it takes courage, effort and determination. There are services all over New Zealand which offer programmes and support for you to learn new ways of behaving.



ARE YOU WORRIED ABOUT SOMEONE YOU KNOW?

This could be a friend, neighbour, family member, child's friend or workmate. Often people who are experiencing violence feel isolated and ashamed, your support could be vital.

IT IS OK TO GET INVOLVED

If someone tells you they feel unsafe, believe them.

If someone tells you that they are worried about their own behaviour, listen to them.

ARE YOU WORRIED ABOUT THE VIOLENCE IN YOUR COMMUNITY?

You can be part of changing the way New Zealanders think and act about family violence. There are things that you can do right now to make a difference:

- get to know your neighbours
- make your own family safe and violence free
- speak out when you see and hear things that concern you
- write letters and articles for your local newspaper
- raise awareness in your workplace, sports club or social groups
- support local family violence prevention work
- involve your community networks in the Campaign.



RELATIONSHIPS – ARE YOU OK?

In healthy relationships people feel loved, trusted, respected, safe.

When family relationships are working well, all members benefit.

Everyone can learn to express and manage their feelings without hurting others. There are services all over New Zealand which can help your family relationships be healthy and safe.

“IT’S NOT OK TO MAKE YOUR KIDS FEEL SCARED IN THEIR OWN HOME.”

WHERE TO GO FOR HELP

In a crisis call **111** and ask for Police

For information about where to go for help in your community

Visit www.areyouok.org.nz
Call **0800 456 450**

Locate local services on the national directory at:
www.familyservices.govt.nz/directory/index.jsp

Family Violence thrives in secrecy - don't keep it a secret if you are experiencing violence, using violence or witnessing violence in a relationship or family you know.



IT IS **OK** TO ASK FOR HELP