

HOW CAN YOU HELP?

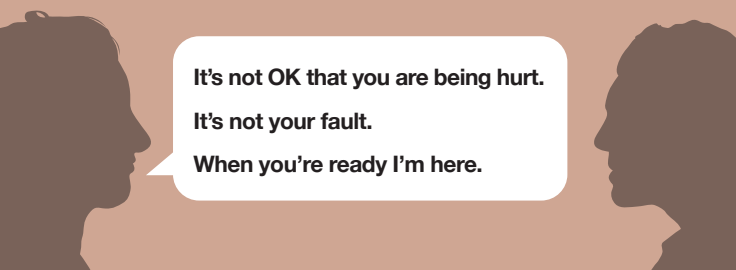
It's hard to know what to do when you know – or suspect – that a friend or family member is living with violence, whether they are a victim or a perpetrator.

**IF YOU ARE WORRIED ABOUT SOMEONE
DON'T BE AFRAID TO ASK.**




Are you OK?
Is someone hurting you at home?

“ **WHAT YOU SAY AND DO CAN MAKE
A DIFFERENCE.** ”



It's not OK that you are being hurt.
It's not your fault.
When you're ready I'm here.



The sooner you reach out to someone who is being violent the sooner **they can get help to change.**

The sooner you reach out to someone living with family violence the sooner **they can get help.**

IT IS OK TO HELP

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Find out more at www.areyouok.org.nz
or call 0800 456 450



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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 you
- touches you in a way you don't want
- isolates you
- uses threats to control you
- damages property
- hits, pushes, bites or pulls your hair
- 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
- same sex couples
- children and parents
- flatmates
- dating relationships.

"IT IS OK TO 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 family violence prevention service.

If you or someone else is frightened about being hurt, your situation is already serious. There are crisis services in every community which can help you get safe.

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.

If someone tells you they feel unsafe, **believe them.**

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



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

Phone Child Youth & Family **0508 326 459**

Phone the Shine crisis line **0508 744 633**

Phone Women's Refuge **0800 REFUGE**

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, but it takes courage, effort and determination. There are organisations all over New Zealand that offer programmes and support for you to learn new ways of behaving.

**PHONE 0800 456 450
TO FIND OUT WHERE TO GET
HELP IN YOUR COMMUNITY.**

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. You can:

- get to know your neighbours
- make you own family violence free
- speak out when you see or hear things that concern you
- write letters and articles for you local newspaper
- raise awareness in your workplace, sports club or social groups
- support local family violence prevention networks
- get involved in the It's not OK Campaign.

