



IT IS
OK TO ASK
FOR
HELP

areyouok.org.nz

0800 456 450



The risk increases during or following separation.

Separation is a dangerous time – never assume that a victim is safe because she is planning to leave or has just left a violent relationship.

Victims commonly underestimate the danger they are in believing

“I can handle it”.

They may not be able to think clearly about the help they need or even see the danger they are in.

XXXXXXXXXX
XXXXXXXXXX
XXXXXXXXXX
XXXXXXXXXX+

In New Zealand
one woman is
killed by her
partner or
ex-partner
every month.

Facts about family violence deaths:

- + About half the homicides in NZ each year are family violence related
- + On average 13 women are killed each year by a partner or ex-partner
- + About half of those victims will be murdered during or following separation from their partner
- + Deaths as a result of partner violence are most often men killing female partners or ex-partners. When men are killed in family violence, a male relative is usually responsible.

“Looking back you will kick yourself forever that you didn't do more”

– friend of murdered woman

Take action – you may be the only one who does.

DO

- ✓ Contact Police on 111 or the Police Family Violence Coordinator in your district
- ✓ Contact a family violence crisis service – phone the It's not OK information line on 0800 456 450
- ✓ Support both victims and perpetrators to get help if you can do that safely
- ✓ Offer to go with her to speak to support services
- ✓ Help others to know and recognise the danger signs.

DON'T

- ✗ Intervene in a physically violent situation
- ✗ Reveal a victim's location or plans to escape
- ✗ Directly challenge a violent person if danger signs are present

Know the danger signs





These seven signs are deadly serious.

If any of these are happening to you, you are at risk of being killed by your partner. Please seek help.

Danger signs are usually present in the weeks and months before a death but friends and family often miss or ignore them. Each incident or episode may not seem serious on its own.

A pattern of controlling behaviour might become obvious over time.

1

Controlling behaviour

Behaviour used to control and frighten a partner. It takes many forms. Some examples are:

- + telling a partner what to wear, who to see, when to be home
- + controlling finances
- + limiting or controlling contact with friends and family

“ She wasn’t allowed to wear it. She had to return the dress. ”

2

Intimidation

Behaviour to scare a partner such as:

- + threats
- + stand over tactics
- + driving fast, sharpening knives, smashing holes in the wall, coming close with a fist, standing close and shouting in her face.

“ He was slowly isolating her from her friends and family. ”

3

Threats to kill

- + Threats to kill their partner, children or themselves. A controlling person may threaten to kill themselves to make someone do what they want saying...

“You’ll be guilty”

“It’ll be your fault when I’m dead!”

4

Strangulation & choking

- + Putting hands around someone’s neck is an attempt or threat to kill by cutting off their air supply

“ She was slowly getting the mana sucked out of her. ”

5

Physical and or sexual violence

Increasing physical and sexual violence:

- + more severe
- + more frequent

6

Intense jealousy or possessiveness

Violently and constantly jealous – ‘owning’ their partner. This includes:

- + not letting a partner talk to other men
- + accusing a partner of cheating on them
- + deciding who they will talk to and spend time with

“ He would take her phone and read all her text messages. ”

7

Stalking

- + physical stalking
- + stalking on social media such as gaining access to Facebook, looking in a person’s phone, reading their messages

“ He sent 150 text messages and 43 voice messages. ”