

**HOW CAN**



**HELP?**



**IT'S HARD TO KNOW HOW TO HELP  
IN FAMILY VIOLENCE SITUATIONS.**

**HOW DO I KNOW WHAT IS THE  
RIGHT THING TO DO?**

**SHOULD I SAY SOMETHING OR  
MIND MY OWN BUSINESS?**

A photograph of two women in profile, facing each other and smiling. They are outdoors at a playground, with a green metal climbing frame and other children in the background. The woman on the left has dark hair and is wearing a patterned top. The woman on the right has dark hair and is wearing a black t-shirt. A white text box is overlaid on the image.

**“I haven’t seen you for ages,  
how is everything?  
How is the family?”**

**Get to know your neighbours.**

We’d already had a few chats over the fence so when I heard yelling one night I felt alright about asking her if she was OK and if I could do anything to help.

# **LISTEN TO YOUR INTUITION - IF YOU FEEL SOMETHING'S NOT RIGHT, ACT ON IT.**



When I saw my mate yelling at his partner I decided to man up – I took him aside and said there's got to be a better way. The good thing is he got help and we are still mates today.

**If you're worried about someone don't be afraid to ask.**

**Is someone hurting you at home?**

**Is someone making you feel scared?**

**Do you feel unsafe in your relationship?**



## **ARE YOU OK? ARE YOU REALLY OK?**




I asked her if she was OK and then I just listened, she talked and talked and that really seemed to help.

**IT'S OK** to talk it through with a family violence service if you aren't sure what to do or say.

**Phone 0800 456 450** to find services in your area.



# **WHAT YOU SAY CAN MAKE A DIFFERENCE:**

The background of the slide features two dark grey silhouettes of people's heads and shoulders in profile, facing each other. A large, light grey speech bubble originates from the bottom center, pointing upwards towards the two figures. Inside this bubble is a smaller, white speech bubble containing the text.

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



**FAMILY VIOLENCE** is a crime and  
Police will take your call seriously.

If you think someone is being hurt or you  
are afraid for their safety call the Police  
on 111, even if you aren't sure.



## CHALLENGE BEHAVIOUR THAT IS NOT OK.



We were all waiting at the marae for the hākari when we noticed a commotion – there were a couple of small boys fighting. Out of nowhere comes a young girl aged 8 or 9 yelling at the top of her voice:

“Stop fighting - IT’S NOT OK!”

We all applauded her for her gallant stand. Out of the mouth of babes! And the boys stopped fighting!

## **ANY LITTLE THING YOU DO CAN HELP:**



I've got a friend, she's a lot older, she's my mother's age. I've got the key to her house, I can go there anytime I want to, she'll always be there for me. It's the most lovely relaxing house and we have lunch, she sets the table properly and then I just go to sleep. She puts a blanket over me and I just sleep.



## **DON'T**

- Put the victim's or your own safety at risk
- Judge or blame
- Make excuses for the violence

New Zealand Government



IT IS **OK** TO HELP

0800 456 450

[www.areyouok.org.nz](http://www.areyouok.org.nz)