

**BEING
SORRY
IS NOT
ENOUGH**

**FAMILY
VIOLENCE
—IT'S NOT OK**

IT'S OK TO HELP

Violence to any family member is a crime.

Is your family or partner scared of you? All families and couples disagree from time to time. But it's not OK when one person frightens or forces other family members to do what they want.

FAMILY VIOLENCE IS:

- hurting people in your family
- hurting people in your household
- hurting people in your extended family.

IT INCLUDES:

- hitting, pushing, smashing objects
- choking and strangling
- using a weapon
- shouting, name calling, threats
- deliberately scaring someone
- controlling the money
- not letting your partner see his/her friends
- sexual contact without consent.

**IT'S NOT OK
TO SCARE
YOUR
PARTNER
WITH
WORDS OR
ACTIONS.**

Children are always harmed by violent behaviour, even if they don't see it. They can develop physical and mental health problems. It can affect the way they behave and lead to problems at school or with their friends.

"The only comparison I had was my father going off his rocker, so I'd go off my rocker and then I knew from him you just go hard and fast and smash everything in your way. It was sheer rage. I'd blow up over anything, it didn't need much."

**IT'S NOT
OK
TO TEACH
YOUR
CHILDREN
THAT
VIOLENCE
IS THE
WAY TO
GET WHAT
YOU WANT.**



IT'S **OK** TO HELP

areyouok.org.nz

[New Zealand Government](http://NewZealandGovernment.govt.nz)

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.

If you are a male victim of family violence, ask for help.

"When I first attended the Stopping Violence programme I was in denial. I was on a destructive path and felt gutted about who I was and what I was doing at home.

Now I've changed my life and my relationship with my girlfriend has really improved. I've got more respect for myself and others."

SHINE*

Do you want to change the way you behave?

Using violent or controlling behaviour is a choice.

Change is possible. There are lots of community organisations who can help you to change the way you behave towards your family.

They offer group programmes where you work with other men who want to change. Or you can work one on one with a professional counsellor.

People who have stopped using violence say the hardest part is admitting they need help. Changing your behaviour takes courage but brings lifelong rewards.

IF YOU DON'T LIKE YOUR OWN BEHAVIOUR AND WANT TO CHANGE IT, ASK FOR HELP.

IT'S NOT OK INFORMATION LINE 0800 456 450

Phone the It's not OK information line on **0800 456 450** to find out what's available in your community.

Phone Child, Youth and Family on **0508 FAMILY** (0508 326 459).

In an emergency call the Police on **111**.