

IT IS
OK
TO ASK
FOR HELP

WHAT IS NOT OK

No-one should be frightened or scared by someone in their family. It's never ok if your partner or any member of your family:

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

**"IT OPENS UP
A WHOLE NEW
WORLD, BEING
THIS VIOLENCE
FREE PERSON."**



**IS SOMEONE BEING
VIOLENT TO YOU?**

If you are experiencing violence, tell someone such as a friend, family member, workmate, teacher or carer, employer or health worker, or a family violence organisation.

ARE YOU AT RISK?

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

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Help is available if you:

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



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

Phone Child Youth and Family
0508 326 459

Phone shine* (Safer Homes in New Zealand Everyday)
0508 744 633

Phone Women's Refuge
0800 733 843

New Zealand Government



0800 456 450
www.areyouok.org.nz

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DO YOU WANT TO CHANGE THE WAY YOU BEHAVE?

If your family is scared of you, or if people are telling you that your behaviour is not ok, you need to think about getting help.

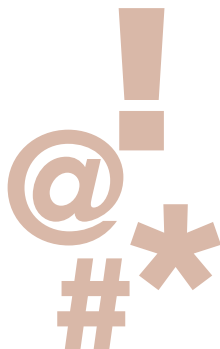
There are organisations all over New Zealand which can help you do this.

IT IS OK TO GET INVOLVED

Often people who are living with violence feel isolated and ashamed. Your support could be vital.

If someone tells you they feel unsafe, believe them.

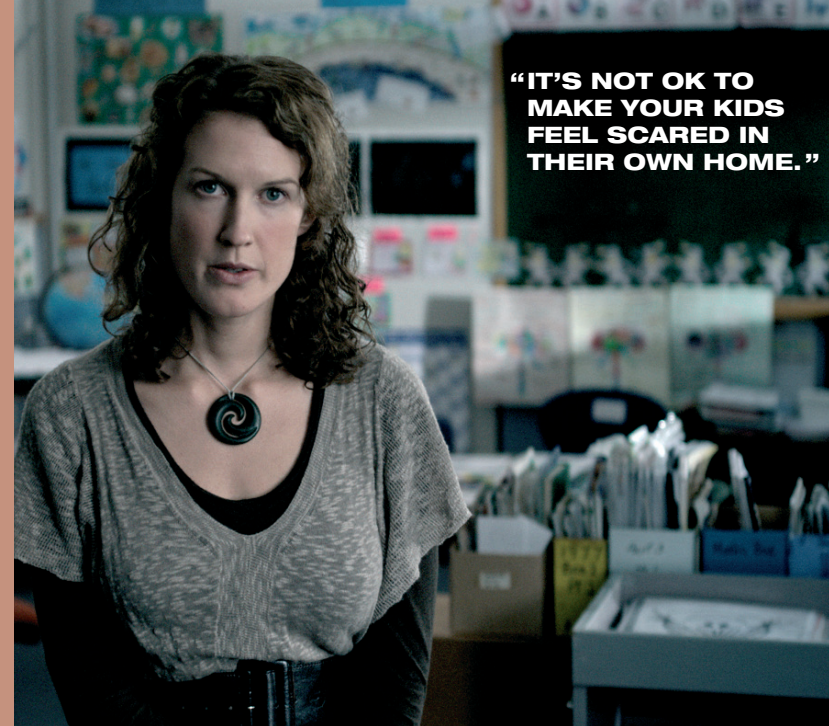
If someone tells you they are worried about their own behaviour, listen to them.



ARE YOU WORRIED ABOUT VIOLENCE IN YOUR NEIGHBOURHOOD?

Be part of changing the way New Zealanders think and act about family violence. You can:

- get to know your neighbours
- make your own family safe and violence free
- speak out when you see and hear things that worry you
- raise awareness at your work, sports club or social group
- support local family violence organisations.



“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

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