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**WE'VE ALL GOT A  
ROLE TO PLAY IN  
KEEPING KIDS SAFE  
- IF YOU'RE WORRIED  
DON'T IGNORE IT”**

**JENNY MAY COFFIN**

**FAMILY  
VIOLENCE  
IT'S NOT OK**

IT IS

**OK**

TO ASK  
FOR  
HELP

0800 456 450

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



“

**WHEN YOU FEEL  
LIKE TEARING  
YOUR HAIR OUT  
- ASK FOR HELP”**

**BEN HURLEY**

**FAMILY  
VIOLENCE  
IT'S NOT OK**

IT IS

**OK**

**TO ASK  
FOR  
HELP**

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**HE SEES AND HEARS  
EVERYTHING - IT IS OK  
TO ASK FOR HELP”**

**LIAM AND JAI MESSAM**

**FAMILY  
VIOLENCE**  
IT'S NOT OK

IT IS

**OK**

TO ASK  
FOR  
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