

Safer homes in New Zealand

This booklet can help you

INFORMATION FOR:

- People struggling with abuse at home
- People concerned about a friend or family member



Free Helpline: 0508 744 633

Shine believes all New Zealanders should be safe from domestic abuse.

www.2shine.org.nz

Helping New Zealanders since 1990, **Shine** is a national charity providing effective services for victims of domestic abuse.

Domestic abuse is extremely common in New Zealand. 1 in 3 women have experienced being abused by an intimate partner in their lifetime. Overwhelmingly, women experience most domestic abuse, but it can also sometimes affect men.

Ú Fanslow, J. L., & Robinson, E. M. (2004). Violence against women in New Zealand: Prevalence and health consequences.

Shine Patron

Dame Silvia Cartwright PCNZM, DBE, QSO

** safer homes in nz everyday*

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Are you feeling alone?

Worried about the safety of your children?

Blamed for everything that goes wrong?

Concerned about a friend?

Is your partner cruel to you sometimes?

You are not alone.

Everyone has the right to be safe at home.

Domestic abuse is not OK

At Shine we help anyone who is living with the fear of violence or abuse in their home.

Many people who are being treated badly feel as though they are doing something to deserve the abuse. This is never true. Nobody deserves to be called names, insulted, humiliated, kept away from family and friends, controlled, hurt or frightened.

There is a direct relationship between domestic abuse and child abuse. **Children who live in a home where there is fear are always affected by it.**

When you are ready, Shine can help you to take steps to keep yourself and your children safe and secure.

We encourage you to read through this booklet, and then decide what to do. Family or domestic abuse can affect anyone. This booklet will help you to understand what domestic abuse is and who is out there in your community to help you or your friend.

Friends and family often want to help but are not sure what to do. This booklet will give practical ideas about how to support those who are being abused.

Don't be afraid to ask for help.

If you are afraid for your safety right now, **call 111.**

If you would like to talk to someone about your fears or concerns, phone our **Free Helpline 0508 744 633.**

Most areas in New Zealand have people who can help you. Call us and we can help you reach them.

If you need help explaining your fears or concerns to other family members or friends – show them this booklet.

We also invite you to visit our website: **www.2shine.org.nz**

We are here to help you.

What is domestic abuse or family violence?

Within a relationship, disagreements and arguments do occur – this is normal and both partners should be able to put forward their different points of view or concerns and discuss them together safely.

It is not normal for one partner to feel threatened, too frightened to argue back, or unsafe to disagree or express their opinion.

In this booklet, we use the descriptions domestic abuse and family violence.

To most people these often mean the same thing. The Police call it **family violence**, and the Family Court calls it **domestic abuse**.

Some call it **men's violence against women**, and some call it **wife bashing**.

Most violence in private is **intimate partner violence**. But what we call it is less important than understanding what it means.

Domestic abuse is extremely common in New Zealand. 1 in 3 women have experienced being abused by an intimate partner in their lifetime. ¹ Overwhelmingly, women experience most domestic abuse, but it can also sometimes affect men. It is not limited by ethnicity, culture, age, sexual identity or whether someone is rich or poor.

Here's how we define it:

Abuse is a pattern of coercive control that one person exercises over another in order to dominate and get their own way.

Abuse is behavior that physically harms, arouses fear, prevents a person from doing what they want, or compels them to behave in ways they do not freely choose.

Domestic abuse happens when one partner in a relationship, or a family member, **intentionally** and **deliberately hurts** another family member.

Domestic abuse is when one partner in a relationship uses different ways to gain power and control over another.

Domestic abuse comes in many different forms; physical, sexual, emotional and psychological, financial, and spiritual.

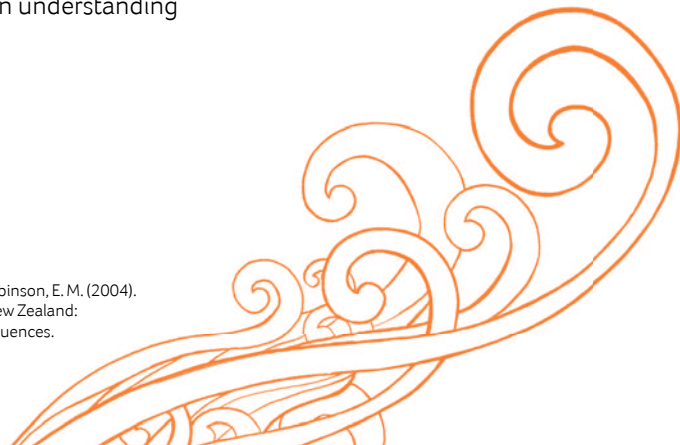
On the next page is the Power and Control Wheel. It shows the most common forms of abuse that men use against their partners to control them.

The wheel was put together in the 1980s by women and children in Duluth, a small city in Minnesota, USA. Domestic abuse workers asked them to describe the most common ways they were being abused. The wheel is now used all around the world to help abused people understand what is happening to them.

The wheel shows that **physical** violence is rarely used alone; it is often used together with **sexual** violence and **emotional, psychological** and **financial** abuse.

The Equality Wheel on the following page shows what a healthy relationship with a future looks like. »

¹ Fanslow, J. L., & Robinson, E. M. (2004). Violence against women in New Zealand: Prevalence and health consequences.



The Power and Control Wheel

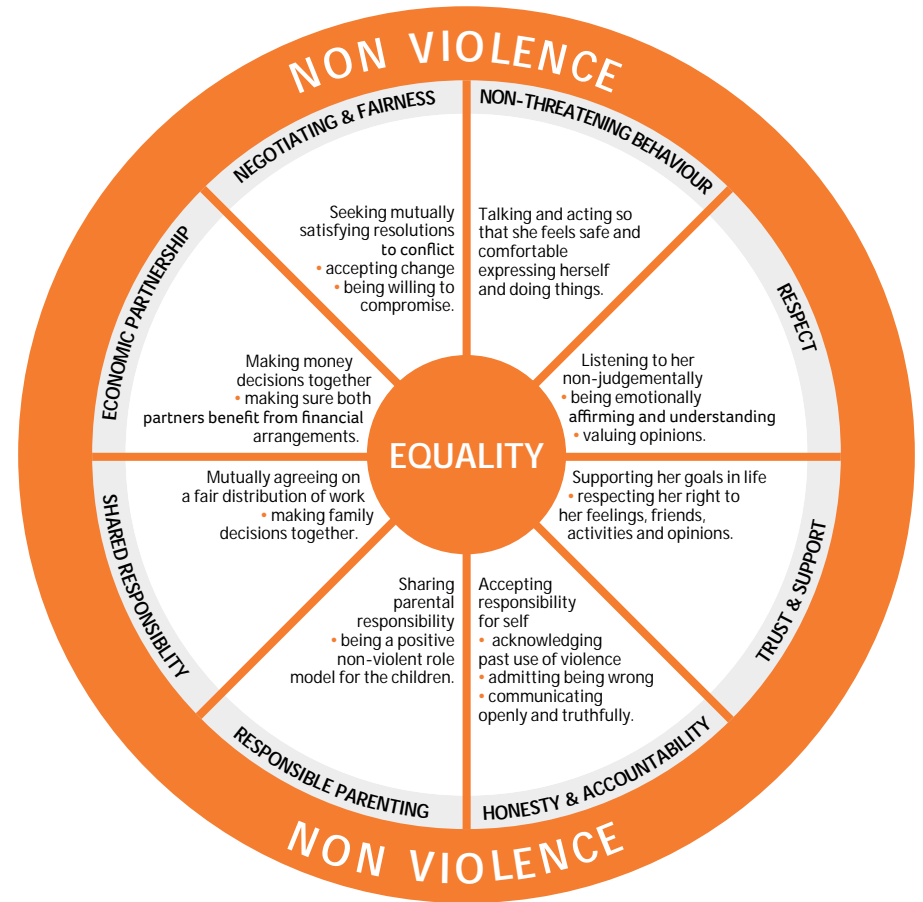
Are any of the sections in the wheel familiar to you? We have found that it can be useful to use a highlighter pen to colour in the tactics that have been used in a relationship. Are any of these tactics being used on you in your relationship? This is not love – this is control.



DOMESTIC ABUSE INTERVENTION PROJECT
West Fourth street, Duluth, Minnesota
55806218-722-4134

The Equality Wheel

This is how things should be in an equal relationship. Neither party needs to be the boss. Trust and love is built by equality between men and women. You deserve to be treated with respect, and for there to be no abuse or violence in your home or life.



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Where does domestic abuse happen?

Domestic abuse can happen in any family or relationship.

It can happen to anyone, regardless of his or her social group, background, race, class, religion, age, ability or disability, sexual orientation or lifestyle.

The abuse can begin at any time: right from the start of a relationship; when people move in together, or get married; when a woman becomes pregnant or has a child; or after a couple have been together for many years.

Domestic abuse and abuse happens a lot within New Zealand families and relationships:

- in New Zealand, 1 in 3 women experience physical and/or sexual abuse at the hands of a male partner in their lifetime
- nearly half of all homicides in New Zealand in 2009 were domestic abuse related
- on average, 14 women, 10 children and 6 men are killed by a member of their family each year
- Police estimate that reported domestic abuse represents only 18% of the true incident rate.

For more information go to www.areyouok.org.nz or www.nzfvc.org.nz

All types of relationships may experience domestic abuse.

Same sex relationships are often marginalized by society making it even harder to 'come out' about the abuse being experienced.

Features of domestic abuse unique to same sex relationships are:

- threatening to out you to family or employers
- refusing to use your preferred pronoun
- hiding your hormones or anti retro viral drugs
- saying that abuse is a heterosexual problem, so what is happening in your relationship couldn't possibly be abuse.

You may worry that others will not take the abuse seriously, particularly if you are in a same sex relationship and your partner is smaller than you. You may feel unsure whether what you are experiencing is abuse. Remember, you are still entitled to be safe in your own home, and you can take out a Protection Order if necessary. There is support out there for you, ring our **Free Helpline 0508 744 633** for help and more information.

Warning signs

Your current partner may be showing signs of changed behavior now that you have been together for a while and it is confusing you. What may start as verbal put-downs and controlling actions may well become physical assaults over time.

Do any of these set off warning bells in your mind?

Your partner:

- Rings you at home and work a lot, to see where you are and what you are doing
- Blames ex-partners for all his problems, or for past relationships not working
- Criticises your girlfriends, and doesn't like you seeing them
- Ridicules people who are different from him, calls other men 'poofers' or 'gay'
- Can't or won't cook, refuses to do housework (talks about it as 'women's' work)
- Drives aggressively and fast, is inconsiderate to other drivers
- Makes you go home, even if you don't want to, when you are out together
- Questions what you have spent money on and expects you to justify it
- Gets hurt, moody or upset if you give attention to others, especially male friends or ex-partners
- When he gets angry, he swears and calls you names
- Swears and calls you names
- Sees fights as proof of manhood and strength
- Has physically grabbed you, or held you down to stop you moving away.

If you are a man being abused, these questions may also be relevant for you.

The section 'How can friends and family help abusive men?' will give you ideas for what someone can say to your partner/boyfriend if you think he is, or is becoming, controlling.

Why do some men abuse women?

Most men do not abuse their partners or children. However, a small number do.

Men who abuse believe they are entitled to get their own way. Their abuse is intentional behaviour, usually because they think they have the right to take control of their female partners. They are usually only violent to their partner in private. Making their partners and families afraid of them is a common way of holding the power within the relationship.

This sense of entitlement enables abusive men to avoid responsibility for their actions or the consequences. They have very little consideration for the feelings or wishes of their partners. Instead they will put the blame and responsibility for anything that goes wrong onto their partner.

Men are not abusive or violent because they have a problem managing their anger. Using abuse and violence is a choice.

Three reasons for using violence:

- to make someone do something
- to stop someone from doing something
- to punish.

They might say to their partners:

// If you loved me you would do what I want."

This is never OK.

What about women who abuse?

Some women use a pattern of abuse (like in the power and control wheel) against their male partners.

Some men need protection from violence.

Shine helps men who are in fear of their partner or family. Sometimes these men are **ashamed** or find it hard seeking help to be safe. However, many men who seek help have been assaulted by other men in their family – by an adult son, a brother or uncle.

There are also some women who abuse their children and in this case we always work to ensure the safety of the children. Sometimes we work together with the Department of Child, Youth and Family. We are, however, careful not to hold parents responsible for the abuse to their children committed by someone else. Our philosophy is to keep the children with the non-offending parent.

Female Offender Research

Shine carried out a review of all domestic abuse cases in Auckland City over a 6 month period in 2008.

This study discovered that:

- females arrested for family violence only represented 10% of all family violence arrests
- 1/3 of the women had offended against another woman
- of the 35 cases of women offending against their male partners, 54% were known to be the usual and historic victim of violence from her male partner.

Overall, most female offenders did not present as dangerous offenders (62% being assessed by Police to be 'of no apparent risk') and overwhelmingly male victims did not report feeling scared of the female offender.

Myths and facts

Here are some myths and facts about domestic abuse within all types of relationships:

Myth: It takes two to tango - abuse in relationships is usually caused by both people.

Fact: Genuine 'mutual abuse' is not common. A 'fight' where both people are equal is rare. A pattern of violence that includes control and domination by one of the partners is more common. Many victims will attempt to defend themselves by fighting back, but are not trying to gain control over the other person.

Myth: When there is abuse in a relationship, both partners are allowing it to happen, and therefore both must change for the abuse to stop.

Fact: Only the perpetrator has the responsibility and ability to stop the abuse by seeking help. No matter what the other person does, the person who uses violence is responsible for his or her own behaviour. Victims often make many changes in their behaviour, hoping that this will stop the abuse. This does not work.

Myth: Victims exaggerate the level of abuse. If it really was that bad, they would leave.

Fact: Most victims actually play down the abuse because of fear, self-blame, guilt or shame. Victims considering leaving their abusers are faced with the very real possibility of continued threats and harassment, severe physical injury and even death. Domestic abuse is the only crime in which the victim, in order to escape the dangers, has to leave behind home, friends, family, economic security, pets, belongings and sometimes the city, for a safer, more peaceful life.

Myth: People always blame the perpetrator for the violence anyway.

Fact: People often blame the victim of domestic abuse, some without realising it. They may expect the victim to stop the violence, say 'they provoke it' and repeatedly analyse their motivations for not leaving. It is more important to question why the perpetrator continues the abuse, and why the community tolerates and allows it.

Myth: Domestic abuse is a heterosexual thing and is rare in lesbian and gay relationships. When this does happen, the physically larger one is always the abuser and the patterns of abuse are the same.

Fact: There is the same incidence of domestic abuse in lesbian and gay relationships as in heterosexual relationships. The abuser may be the larger or the smaller partner, and there can be different tactics of control used, e.g. one partner may threaten to out the other partner to their family or employer.

Myth: Drinking, stress and poor impulse control cause domestic abuse.

Fact: Abusers may use drinking/drug abuse as one of the many excuses for violence. It is a way of putting responsibility for their behaviour elsewhere. Stopping the drinking/drug use will not usually end the abuse. Most people under stress do not abuse others. Perpetrators who are stressed at work rarely assault their co-workers or bosses because of the consequences their actions might bring. Victims are usually abused in private, and, when beaten, are often hit on parts of their bodies where bruises will not show.

Everyone is entitled to be safe.

What about alcohol and drugs?

// **I was drunk."**

// **I'm very stressed out."**

// **You nagged me and made me do it."**

// **I couldn't help it."**

These excuses are not true. There are **NO** excuses for violence and abuse.

If someone blames alcohol or drugs, they are avoiding taking responsibility for their actions – many people enjoy drinking, or even getting drunk, but never get violent. Many people stop their drinking and still keep using violence and controlling behaviour. It is often true that use of alcohol and drugs can make the violence more serious, but alcohol and drugs do not cause it.

Is domestic abuse happening to you?

How safe are you in your relationship?

Often domestic abuse can start with the sort of behaviour like that listed on the warning signs list.

Things may get better for a little while after an incident, but the violence and abuse will usually happen again and get more violent and dangerous as time goes on.

You may become fearful of what 'mood' your partner might be in and become afraid for your safety and that of your children.

Take some time to look at the following questions.

Whether it has happened once or many times, these behaviours indicate your partner is choosing to use a system of power and control over you.

Ticking the examples that apply to your situation may alert you to the dangerousness of the situation.

You and your children are entitled to be safe.

Has your partner ever...

- Accused you of having affairs or being sexual with others?
- Acted like you are a possession that can be owned?
- Smashed or broken things around the house?
- Monitored or limited your phone calls, conversations and email?
- Threatened to leave you or told you to leave?
- Kept you from seeing family and friends?
- Taken away money from you or controlled the money?
- Called you fat or ugly or lazy, or made you feel bad about the way you look?
- Said that you were 'asking for it' after physically hitting or abusing you?
- Taken away the keys to the car so you can't go out?
- Threatened to hurt the children, pets, a friend or members of your family?
- Used the children to threaten you - for example, told you that you would lose custody or you'll never see the children again?
- Made you do something very humiliating or degrading?
- Insisted you dress more or less sexually than you want?
- Called you a whore, slut or other derogatory names?
- Made you have sex after emotional or physical abuse or when you are sick?
- Made you beg for sexual affection or attention?
- Threatened to turn you into the IRD, Work and Income or other authorities?
- Pushed, shoved or pulled you?
- Slapped, kicked or punched you?
- Thrown objects at you?
- Threatened to hurt himself if you don't stay in the relationship?

If you identify with any of these, you are probably being abused. Domestic abuse is happening in your relationship. It is not just about physical violence; it is any behavior that aims to exert control over you.

Women's experience of domestic abuse...

Some people think it must be easy for a woman to leave a relationship where domestic abuse is happening – a woman can just get up and go. The truth is, it is much harder to leave an abusive relationship than a non-abusive one. Many women do leave or try to leave, but it is a difficult and lonely process. Leaving may not make a woman safer.

For some women, especially new immigrant women or women who belong to specific cultures or religious groups, leaving is not an option because they may be rejected by the community and perhaps even their family.

Here are some quotes from women who have experienced domestic abuse in their relationships and how they felt...

// For years he had me believing it was my fault. He made me think I was stupid and ugly and I deserved what I got. I was scared I could never manage without him and no-one would ever want me or give me a job.”

// I loved him – I still do really. He put me in hospital twice but I just melted when I saw him crying. I thought hitting me showed he cared. I believed him when he said he would change.”

// He turned everyone against me. I had no friends, no social life, no support. He got our boys to keep track of my movements and tell him what I'd been doing and who I'd talked to. I knew he'd never let me go.”

// My mother, his mother, our counsellor and our minister all told me I should stay. They said he was trying to change and I needed to support him. I waited through six years of hell.”

There are many barriers that stand in the way of women trying to leave abusive relationships. The obstacles to overcome and risks women take in order to achieve safety are often enormous.

There can be huge pressures placed on a woman in this situation, including: financial pressures as the man controls the money, isolation from others and resources, pressures from cultural or religious communities, family pressures not to leave, pressures about the children, promises from the man that he won't do it again.

Women say that they **feel unable to make decisions** and have no control over their lives. Their self-esteem and self-confidence has disappeared and they have lost a sense of their own self worth and value.

A lot of women find leaving does not end the violence, but rather it increases it. Separation can be the most dangerous time for a woman, and many domestic assaults reported to Police are inflicted after separation.

Women who leave are entitled to support, information and a family violence specialist to help them.

It is very hard to understand and accept that someone you love and have trusted can behave aggressively towards you.

You may begin to think it is your fault. It is not!

It is not your fault. Nothing you do or say is a reason for someone to abuse you and be violent.

(Call our **Free Helpline 0508 744 633** or see 'Setting up a safety plan' from page 21 for information on setting up long-term safety for you and your children after separation.)

You are never to blame for someone else's abuse.

Religion

When interpreting the Bible, people will frequently quote short passages out of context. This can alter the meaning of the passage for their personal use.

Men may use their religion or religious affiliation as an excuse for their violence.

Religion is no excuse for domestic abuse. There is nothing to support the view that it is God's will for people to endure family abuse. Use of scripture to justify abuse is unacceptable.

Some women may feel pressure from their religious faith or community to 'honour' their commitment to marriage and stay in the relationship. They may think that to leave or get a divorce is against their religious beliefs.

Do you feel this way?

Remember:

- domestic abuse is against the law, it is a crime
- you are not to blame for what has happened
- anyone who brings violence and abuse into family life is breaking the law.

You have the right to protect yourself and your children and be safe.

Culture

It is important to maintain cultural traditions and beliefs, but this can be done without violence and abuse.

Respecting a person's culture is important, stopping the abuse is more important.

Some men claim that in their culture, women have a subordinate role, and the use of abuse is permitted to keep women in their place. Some accuse the legal system of attempting to destroy their culture or argue that laws against family abuse are racist.

Culturally-appropriate stopping abuse programmes (run by that cultural group for their own members) are generally the most effective. Culturally-based programmes encourage the men to take responsibility for their abuse and do not allow them to use their culture as an excuse for abusing their partners.

Under the law the same standards of non-abusive behaviour apply to everybody.

Disability

People who are living with disability may experience abuse from partners, support workers, family, caregivers or flat-mates. They may find it difficult to access support, as many people express disbelief that a person living with a disability could be abused.

You may experience the range of abuse outlined elsewhere in this book, but there may be additional features such as:

- refusal to help you with personal care or toileting needs
- putting your medication or mobility aids out of your reach
- telling you that no one else will want you because you are disabled

- telling others that 'you have always been 'difficult' or 'unreliable'
- forced sterilization
- withholding food.

Under current New Zealand law, abuse by employed caregivers is not classified as domestic abuse, but it is still illegal. Fortunately, there is a growing awareness amongst domestic abuse workers and the disability and domestic abuse sectors are beginning to work together to provide more appropriate services.

For help and support, please ring the **Free Helpline 0508 744 633**. You can also contact the Helpline using the Relay Service www.nzrelay.co.nz

Immigration

Even if you are not a resident of New Zealand, there are immigration policies that help people who leave a relationship or marriage because of domestic abuse.

Special work permits can be granted if you have been married to, or are living with, a New Zealand resident, even though you may not hold residency yourself.

There are also ways you can apply for residency after gaining a special work permit. Evidence needs to be supplied to prove the existence of the relationship and proof of domestic abuse within it.

Shine can give you more information on these policies, and help you to find out if you fit the criteria.

Setting up a safety plan

It is a good idea to set up some safety plans for you and your children. It is important that you don't let your partner see the plan, and it is a good idea to talk about it with someone you trust or a family violence specialist.

This safety plan has three parts:

1. Avoid serious injury and escape violence
2. Prepare for separation
3. Long-term safety after separation



1. Avoid serious injury and escape violence

During an incident of violence at home you will want to do everything you can to avoid serious injury. Think ahead and plan.

Leave if you can. Know the easiest escape routes – doors, windows etc. What's in the way? Are there obstacles to a speedy exit?

Know where you're running to. Have a safe place arranged. You may want to organise this with a neighbour in advance. You may want to leave a spare set of clothes for you and your children with a neighbour.

Keep your essentials together. Keep your purse, cash, cards, keys, medications and important papers together in a place where you can get them quickly or ask someone else to fetch them.

Try to move to a place of low risk. Try to keep out of the bathroom, kitchen, garage, away from weapons, stairs or rooms without access to outside.

Think of a code word you could say to your children so they can call for help. Depending on age and ability they could:

- **run to a neighbour** and ask them to call the Police

- **call 111.** Teach them the words to use to get help. ("This is Sarah, 99 East Street. Mum's getting hurt. She needs help now.")
- **run to a safe place** outside the house to hide. Arrange this in advance. You may also set up similar code words or actions with friends, family or neighbours.

Use judgement and intuition – when the situation is very serious you may have to do what the attacker wants until things calm down.

Then **be on the alert** for your chance to escape and get help.

Try to leave quietly. Don't give your attacker clues about the direction you're taking or where you're going.

Lock doors behind you if you can – it will slow down any attempt to follow you.

Have refuge or safe house **numbers memorised** or easy to find.

If you have to leave to save your life – leave fast. Take nothing and go to the nearest safe place and call for help.

2. Preparation for separation

Advance arrangements and escape plans

Arrange transport in advance. Know where you'll go. Advise the Shine Safe House or refuge.

Tell a Shine Advocate, some trusted friends or a refuge worker about your plans. Go through the details together.

Gather documents. Start collecting the papers and information you need.

Make your own list: Birth certificates, marriage certificate, copies of Protection Orders, custody papers, passports, any identification papers, driver's licence, insurance policies, Work and Income documents, IRD number, bank account details and statements, cheque book, cash cards, immigration documentation, adoption papers, medical and legal records, etc.

Ask your family doctor to carefully note any evidence of injuries on your patient records.

What to take

- **documents** for yourself and children
- **keys** to house, garage, car, office
- **clothing** and other personal needs
- **cell phone**, phone card and list of important addresses and phone numbers
- **for children**, take essential school needs, favourite toy or comforter
- **photograph** of your partner so that people protecting you know what he looks like.

Playing it safe

Leave copies of documents, spare clothing and toiletries for yourself and children, some cash, spare keys, medication and other essential items with a trusted friend in case you need to leave in a hurry.

Try not to react to your partner in a way that might make him suspicious about your plans.

Always be aware of your need for safety.

Tell children only what they need to know, when they need to know it. Wait until plans are well advanced before talking to them. They don't need the stress of keeping a difficult secret.

3. Long term safety after separation

Apply for a Protection Order – see the next section.

Teach your children what to do if your ex-partner makes contact with them unexpectedly, breaching access arrangements, i.e. rules about checking first before opening the door, coming inside or going to neighbours if he comes to the house, telling a teacher if they are approached at school.

Teach your children what to do if your ex-partner takes them, e.g. call the Police on 111.

Tell other adults who take care of your children (e.g. school teacher, day-care staff, baby sitter) which people have permission to pick them up and who is not permitted to do so.

If possible, use different shops and banks to those you used when you lived with your ex-partner.

Consider installing an outside lighting system that lights up when a person comes near your house at night.

Change locks and ensure window security if the offender has ever had access to your home or to your keys. A security chain could be fitted to all

entry doors and used at all times when the door is answered by you or your children.

Plan for extra safety between leaving your car and entering your home, e.g. an automatic garage door opener, safety lighting, or removal of shrubs or trees in the area.

Vary your travel routes to and from work. Keep a map handy and pre-plan routes in unknown areas to prevent you from having to leave your vehicle.

Tell neighbours that your partner does not live with you and ask them to call the Police if he is seen near your house, or if they hear an assault occurring.

Tell your employer that you have a Protection Order, or that you are afraid of your ex-partner, and ask for your telephone calls at work to be screened.

If your ex-partner breaches the Protection Order, **telephone the Police** and report it, contact your lawyer and your Shine Advocate.

If the Police do not help, contact your Shine Advocate or lawyer for assistance to **make a complaint**.

Ask your telephone company to install 'Caller ID' on your telephone and ask for an unlisted number.

Warning: make sure that emergency services have access to your phone number.

Contact **Elections NZ** on **0800 367 656** or go to **www.elections.org.nz** and ask for your name and address to be excluded from the published electoral roll.

Attend a women's education programme to help you grow strong and understand what has happened to you.

Applying for a Protection Order

What is a Protection Order?

A Protection Order is an arrangement put in place by a Judge of the Court to protect you and anyone else named on it.

The abusive person named on it must not go to your house, neighbourhood or work place and must not follow you or contact you in any way, unless specific arrangements have been made.

The court calls the abusive person who has a Protection Order made against them 'the respondent'. The person who applies for the order is called 'the applicant'.

A Protection Order can include an Occupation/Tenancy Order so that the applicant can occupy the family home and the respondent has to move out immediately.

How do I get a Protection Order?

It is recommended to have a lawyer prepare the application, or you can collect the forms from the Family Court.

You are eligible for Legal Aid if you are on a benefit, have a low income, or no income. You may also be eligible for Legal Aid if you are living with someone who has a high income but you are applying for a Protection Order against that person. If you are eligible for legal aid the order will cost you nothing.

Shine Advocates can recommend a lawyer to you. For information and advice call the **Free Helpline 0508 744 633**.

How long will it take?

A Protection Order can be granted within 24 hours if the situation is serious. Otherwise it can take a few more days.

What do I need to give the lawyer?

Try to take copies of the following things with you to speed up the process:

- marriage certificate
- birth certificates of you and your children
- passports
- reports or photographs from past abuse or visits to the doctor or hospital
- names and numbers of those who can back up your story, e.g. neighbour, relative, friend
- NZ citizenship or residency notice.

With the help of your lawyer, you will need to write down a history of the abuse you have experienced, including emotional, verbal or psychological abuse.

How will the Protection Order work?

If the Protection Order is breached or ignored, and the person named on it tries to contact you in any way – you must report it to the Police. The abuser is liable to be arrested, go to prison or pay a fine.

A Protection Order is also kept on the abuser's Police file. It is important to make at least four copies of your order:

- One for your handbag
- One kept at home
- One at work
- One at your local Police station.

Remember: If you move house, give a copy of your Protection Order to the new local Police station.

Who can offer support and help?

If you are a victim of domestic abuse - you are not alone.

Shine offers support and information for victims of violence.

Trained advocates work individually with you to identify your needs and provide information and support.

There is a **Free Helpline 0508 744 633** operating between 7:30am-11pm Monday-Friday, and 9am-11pm on weekends for help and advice. Face-to-face support is offered Monday to Friday from 8am-4pm.

People experiencing domestic abuse can get a range of information from Shine and:

- support and help with safety plans
- help for your children
- emergency accommodation and referrals
- Shine Safe House or Women's Refuge information and referrals
- legal advice, lawyers names and contact numbers for the local area
- doctors' names and contact numbers
- legal, medical and other services
- information and help with contacting other agencies, such as Work and Income, Department of Child, Youth and Family Services and Inland Revenue Department.

Nobody will pressure you to leave your relationship or make choices that you may not be ready for.

Remember:
Domestic abuse is against the law. You have a right to be safe and protected.

Women's support and education groups

Women's support and education groups offer women the chance to learn about their situation and options. There is a lot of support from other women who understand your situation.

The groups will help you by:

- providing a safe and confidential environment to work through your experiences
- helping to build your self-esteem and confidence
- giving you an understanding of power and control issues in relationships

- giving support and strength, to help you plan a brighter future
- giving ongoing information and support for you and your children.

Shine encourages women to join a women's support and education group before they decide to have one-on-one counselling.

Call the **Free Helpline 0508 744 633** for information about local groups and services.

Counsellors and therapists

Many women find counsellors and therapists very helpful. We encourage women to attend group-based programmes that specialise in domestic abuse education because, while many counsellors and therapists are highly trained, they may have little or no specific training in dealing safely with domestic abuse.

This also applies to doctors. If you don't feel comfortable talking with your doctor, we can put you in touch with a doctor who has specific training in domestic abuse.

Shine has a list of counsellors, therapists and doctors who are specialists in dealing with domestic abuse.

Children

Family violence affects children too. There is a direct relationship between domestic abuse and child abuse.

Mothers try very hard to protect their children from being exposed to violence, but a child is not being protected if they hear or see abusive behavior. It's important to remember that children are very sensitive. They pick up on what's happening and become frightened and confused. Even children pretending to be asleep can describe in detail what they have heard.

// The bad noises come when I'm asleep."

- Luca

Parenting

Parenting is a demanding job at the best of times. Violence steals the resources and strength mothers need for parenting their children.

The effects of being exposed to violence may not show up straight away. It can take days, weeks, months or even years. Because of the delay, parents, teachers and professionals can easily make the mistake of blaming the child for being 'difficult' or 'naughty'.

How children react to domestic abuse

Children may become very unreasonable and hard to manage, even blame their mothers and loved ones for what has happened. They may start to believe that violence is normal and acceptable and behave aggressively themselves. As adults, they may think it is OK to be violent in their relationships.

There can be problems at school with bullying other children or being bullied, disobedience and poor academic behaviour. They may also become super achievers, hiding the emotional damage of domestic abuse.

They may be frightened into being unusually well behaved or extremely helpful and take on jobs too big for their age. Children may become clingy. They may act as if it's their job to look after adults.

Older children can show anti-social behaviour, have suicidal thoughts, or escape into drugs and alcohol. The violence they see may be repeated in their own lives and relationships as they grow older.

Abuse steals a childhood away from children.

There are **specialist services** available in the community to work with children who have experienced domestic abuse in some way. They also provide understanding and support for the mothers.

// I know what to do now if I'm scared, I know how to ring the police and I know that it's not my fault."

- KIDshine child

Pregnancy

Many women are abused for the first time during pregnancy. When this happens it is a sign that the baby is at greater danger of being abused later in life.

Not only is there a risk of physical harm to the mother and baby, but the unborn baby also experiences the mother's fear. They don't need to be physically hurt themselves to suffer

These groups and programmes can be contacted through Shine, and **we believe it is extremely important to offer children the specialist help available to them when they have been exposed to domestic abuse.**

If you have a Protection Order in place – the Family Court can help too. Shine run a service called KIDshine for children who have been affected by domestic abuse.

serious distress. Whenever there is shouting, hitting, crying and fear in the home, babies experience it.

Any abusive behaviour is a serious warning sign and it is important to seek help if this is happening to you.



How can friends and family take action against abuse?

If you know about physical or sexual abuse happening now, call the Police on 111. This action ensures that the offender is held accountable. Abuse is criminal behaviour. You can help by now playing down the seriousness of their crime.

Some ideas for talking about domestic abuse

If you are going to talk to someone who is using abusive behavior:

- Seek support if you need to
- Choose a time when you are both calm
- Choose a place that is private but not isolated
- Talk from a position of support rather than challenge
- Talk about what you have noticed
- Focus on what can be done now, rather than blaming or accusing
- Try to finish the conversation with some positive things to do next
- Keep in touch afterwards
- Offer them support
- Remember you can talk to Shine if you need our help or advice.

If you or someone you know and trust has influence with the man, it is important to talk to him, provided it seems safe to do so. Male family members and friends have a responsibility to speak with the man and protect those being abused. This is especially true in situations where men hold more status than women.

When talking with the man, it is important to stress that the discussions stem from personal observations, not from what his partner may have told you, as this will severely compromise her safety. It's best, if you can, to let the woman involved know first, before speaking with the man.

It is also a good idea to talk with other women who know and understand domestic abuse and listen to their suggestions. This will help to keep those involved safe, without causing unnecessary problems.

Encourage men to enrol in a stopping violence programme that puts the safety of women and children first, and works with local services for abused women.

Shine advocates can recommend a stopping violence programme to you. For information and advice call the **Free Helpline 0508 744 633**.

Stopping violence programmes for men

If you have a Protection Order against your partner for domestic abuse, he might be told by Family Court to attend a **weekly stopping violence programme**. Some men are sent to these courses by a Judge in the Criminal Court, others join the programme voluntarily.

Stopping violence programmes are designed to:

- examine and challenge men's beliefs that support violence
- look at the effects the violence and abuse has on women, children and themselves
- teach and practice non-controlling and non-violent alternatives.

The programme helps men in understanding:

- physical and emotional/mental abuse and its effect on victims and offenders
- beliefs about physical violence that are supported and tolerated in our society

- what is meant by intimidating and threatening behaviours and how it affects others
- the effects of jealousy on women, children and themselves
- what can be gained from being more trusting and supportive in our intimate relationships
- the effects of minimizing, denying and blaming others for abusive behaviour
- what can be gained for being a more loving, responsible and respected parent.

It is not safe to assume that just because he is attending a stopping violence programme, he will change.

Attendance does not guarantee the safety of his partner and children.

NO Excuses: Men changing their lives

// I When I first attended the class 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. I owe a lot to you all."
- 23 years

// I am noticing more now each day my approach to situations and how that resolving issues in my life has made each day so much more bearable. Learning to not bite back, but see what is going on for what it really is. To be proud of myself again is huge for me, and while yes I did the course myself, I owe a huge thanks to you and the course counsellors for helping me understand and recognise some serious faults in my life."
- 36 years

// Yesterday I heard my daughter ask her mum why Dad wasn't angry all the time now... It was tough to hear her say that, but it also felt good to know she had seen a change. My daughter's getting her father back."
- 29 years

// Thank you for changing my life and showing me how to value myself and my partner."
- 31 years

// I have found the issues identified and discussed by other course members has mirrored exactly my personal situation and has provoked many positive changes in my personal life... I remain a strong advocate of the programme and the positive changes it makes to many lives."
- 44 years

Change for the better – beyond the abuse

Even though much of the focus of this booklet has been about how to deal with very dangerous and negative situations, we can always take encouragement from the many women and families that move **beyond abuse** and enjoy lives in peace on their own terms.

Before Shine's help

// "I don't feel safe." She is scared being choked again – "I feel anxious all the time. I don't sleep so feel constantly tired. The fear is crippling."

After Shine's help

// "I'm the safest I've ever felt, ever since the locks have been changed. I'm now sleeping through the night. I walk freely without fear and I'm not looking over my shoulder." The children can see a huge change in their mother who is now smiling, playing music whereas before she was irritable and unapproachable. "Everything is happening so fast – like a fairy story. He knows there is a whole lot of support for me and he can't do it anymore."

Before Shine's help

// I have been hiding in a wardrobe after work for half an hour until my mum gets home. At night I freak out at any noise. He has fully messed with my head and emotions – I don't think I could ever trust another man."

After Shine's help

// I feel very safe. I'm not sleeping with mum anymore – am downstairs in my own room and sleep all night. Having the alarm and all the other work done has made a big difference for me... I go out with friends now and am not scared of running into him. My self-confidence and self esteem are improving all the time."



*safer homes in nz everyday

This booklet was supported by a generous grant from the Department of Child, Youth and Family Services.

Domestic abuse happens in many ways

Emotional: putting you down, saying you are crazy

Threats: to hurt you and your children, breaking your things

Isolation: keeping you away from family, friends and support

Economic: controlling the money

Physical: slaps, pushing, punches, kicks, choking

Sexual: making you do things you don't like

Abusive partners often have a pattern of behaviour which **gets worse** over time if nothing is done to **stop them**.

Remove this Helpline card and keep it in your wallet, or somewhere handy



We're here to help you.

Call us, it's free and confidential to talk.

Free Helpline: 0508 744 633

7.30am-11pm Monday-Friday

9am-11pm Weekends

www.2shine.org.nz

Remove this Helpline card and keep it in your wallet, or somewhere handy

Free Helpline: 0508 744 633

enquiries@2shine.org.nz

www.2shine.org.nz

Registered Charity No. CC10839

*The Koru reaches towards the
light encouraging fresh growth
and the hope of new beginning.*

