



What is domestic abuse?

It's not just about violence - hitting, kicking, pushing, slapping, choking/strangling. It's a whole range of behaviours that control another person, including:

Emotional: put-downs, name calling, making her think she's going crazy

Threats: to hurt her or your children, to damage her things

Isolation: keeping her away from family, friends, and support

Financial: controlling the money

Sexual: making her do things she doesn't want to do or that make her uncomfortable

Domestic abuse is a pattern of behaviour used by someone to coerce and control their partner or ex-partner, which often gets worse over time.

Whenever domestic abuse happens in homes with children, they are affected too.

Domestic abuse is a crime. It's not OK. You and your children deserve to be safe in your own home.

We can help you

If you live in Auckland (Central or North Shore), the services explained in this pamphlet can help you.

What if I live in another area?

Ring Shine's Helpline 0508-744-633

7 days a week, 9am to 11pm and we can help you figure out what you need and who can help.

The Helpline is free to call from any phone in New Zealand.

Helping New Zealanders since 1990, **Shine** is a leading provider of domestic abuse services for adult and child victims. We help women, children and men get out of the cycle of domestic abuse and give them the chance of a better, happier, safer future.

One in three NZ women are assaulted by an intimate partner in their lifetime. Domestic abuse can also sometimes affect men. It always affects children in the family.

For more information about Shine and domestic abuse, visit our website:



www.2shine.org.nz

Domestic Abuse Helpline:

0508 744 633

We're here to help you.
Call us, it's free and confidential to talk.
7 days a week, 9am to 11pm.

Provided by Presbyterian Support Northern.
Charity #CC21532

 www.facebook.com/shinenz
 enquiries@2shine.org.nz



If you're being abused by your partner or ex-partner, we can help you

Shine Helpline, Women's Refuges, KIDshine, Advocacy and Safety Programmes

Shine Helpline 0508-744-633

7 days a week, 9am to 11pm

Call us. It's free and confidential to talk. We're here to help whether you are male or female, gay, straight, bisexual, transgender or queer, and no matter what your ethnicity, age or religion. We can also help callers worried about a friend, family member, child or anyone being abused.

We answer thousands of calls every year to provide emotional support, information, safety planning advice and referrals to local services. Our staff are highly trained, experienced and knowledgeable.

"My daughter and I are safe now. I'm alive because of support from the Shine Helpline."

Safety Planning & Advocacy

Shine Advocates can give you information about your options, and help with safety planning for you and your children.

If you are struggling to get the help you need to be safe, we can liaise and advocate with agencies and professionals such as Police, Oranga Tamariki, Court Victims Advisors, Immigration, Work & Income, Housing NZ, lawyers, counsellors, etc.

"The support we got from Shine felt like being airlifted to safety. We regained our peace of mind, felt secure, and started to feel much safer while asleep at night."

Adult Safety Programmes

If you have a Protection Order, Shine can provide a group or individual Safety Programme to help you deal with the effects of the violence, feel more confident and move forward with your life. We can help with strategies to keep you and your children safe and provide information such as how Protection Orders work.

KIDshine

KIDshine has helped thousands of children exposed to domestic abuse to keep safe and recover from exposure to violence and abuse. We use age-appropriate strategies to help children cope with the effects of abuse and develop strategies to keep themselves safe.

The first step is to ring our Helpline and ask for the KIDshine Coordinator who can work through whether this service is right for your family. Next, a KIDshine Advocate will visit your children at home for up to four sessions, at a time convenient for you.

On the first visit, while one KIDshine Advocate talks with your children, a second Advocate will talk to you about how your children have been affected by the abuse, and provide parenting strategies and advice about how you can best help and support them.

If you have a Protection Order, your children are eligible for a Child Safety Programme, which is basically an extended version of KIDshine. This can provide additional support and strategies for children who've been exposed to domestic abuse.

"Now I know if something happens, I can go to my friend's house. I talk to mum more about what might happen if dad comes to our house."

Shine Women's Refuges

Leaving home is a big decision, but sometimes it's the only way to be safe and feel safe, at least in the short term.

Leaving an abusive partner is usually scary and dangerous. Shine's refuges can provide a safe place and some time to recover from trauma and plan for your future.

Our refuge staff can provide emotional support and help with accessing Work and Income benefits, support groups and safety programmes, counselling, lawyers for help applying for Protection and/or Parenting Orders, permanent housing etc.

If you're able to prepare for staying in refuge ahead of time, it's best to bring essential documents and belongings with you, such as passports, birth certificates, court orders, medicine, etc.

But if you need to leave home in a hurry and don't have time to bring these things, that's OK. Your safety and your children's safety are the most important things, and we can help from there.

"Staying at Shine's Refuge was an absolute life-changing experience for me and my daughters. I can't begin to explain how grateful I am for the help we received from the ladies at the house."

