

Contacts

Police – Emergency

☎ 111

Its not OK family violence info line

☎ 0800 456 450 (9am—11pm, 7 days)
🌐 www.areyouok.org.nz

Shine—making homes violence free

☎ 0508 744 633 (9am—11pm, 7days)
🌐 www.2shine.org.nz

Women’s Refuge National Helpline

☎ 0800 REFUGE (733 843) (24hrs, 7 days)
🌐 www.womensrefuge.org.nz

Shakti National Helpline

☎ 0800 SHAKTI (742 584)
(9.30am-4.30pm, Mon-Fri)

Oranga Tamariki - Ministry for Children

☎ 0508 326 459

Family Services Directory

🌐 www.familyservices.govt.nz/directory

Pet Refuge

🌐 Petrefuge.org.nz

Leaving Safely

- Make sure the GPS on your mobile phone is turned off.
- Depending on their age and ability tell children only what they need to know. Not too many details but they do need to feel reassured.
- If you are able, start a separate saving account. A small amount of saved money can be useful later.

What to take:

- Important documents (or copies) or a USB that contains documents for yourself and your children which may include:
 - birth certificate
 - passport
 - drivers licence

- Cash/bank cards
- Medicines and other necessary items e.g. glasses, hearing aids
- Important phone numbers and addresses
- Keys
- Clothing and other personal needs
- For children: essential school needs and favourite toy or comforter
- Photograph of your partner

You may want to leave some of these items with a trusted friend or neighbour in advance in case you need to leave suddenly.

It is ok to go back and still ask for help. Women often make several attempts to leave before they are able to live free from violence.

Staying Safe

You may have separated but still fear for your safety ...

Continue with the things you have been doing and that have been working well to keep yourself and your children safe.

Children

- Teach your children what to do if your ex-partner contacts them unexpectedly or without permission e.g. check first before opening the door.

If you do not get the help you need — keep trying. Do not give up on telling someone.

- Teach your children what to do if your ex-partner takes them. It may help to teach children to phone 111 and say ‘I need the Police’, then give the address.
- Tell other adults who take care of your children e.g. schoolteachers, day-care staff, babysitters, which people have permission to pick them up and who is not permitted to do so.

Security

- Get to know your neighbours. Tell them your ex-partner does not live with you. Request they call the Police if he/she is seen near your house or they see or hear violence or abuse. Provide them with a recent photograph of your ex-partner.

- Ask your phone provider to install ‘Caller ID’ on your phone and/or change your phone number.
- Contact Police and request a block on tracing your car registration number.
- If possible, use different shops and banks to those you used when you lived with your ex-partner.
- Make the area around your home as safe as possible e.g. get outside lights, keep trees and bushes trimmed.
- Think about where your name/contact details might be published, e.g., Electoral Roll, Google search/social media, and see if those details can be removed. Call a family violence advocate for support with this.

No-one deserves to be abused or hurt through violence. Everyone deserves equal respect and to live free from violence

**You can get help.
You have the right to be safe.**

Adapted from: Shine Safety Plan
Womens Refuge Safety Plan

Produced by: Ministry of Health Violence
Intervention Programme 2019



Some suggestions for:

**Safety
Support
Security**

Is it Abuse/Violence?

Abuse/Violence can be when your partner or someone in your family/whānau ...

- controls the money
- does not let you do things like get a job
- stops you seeing family and friends
- uses insults like calling you fat, lazy, stupid, ugly, a slut or other names that make you feel bad
- is very jealous or easily angry
- threatens to leave, kill or hurt you or the children
- threatens or hurts the family pets
- destroys property
- follows and checks up on you all the time
- slaps, hits, punches, chokes, pushes, burns you or the children

- hurts or threatens you or the children with weapons or objects
- forces you into sexual acts you don't want by threats, coercion or physical force
- controls what you wear and who you see
- posts personal things about you on social media to embarrass you
- Makes you watch, copy or participate in pornography.

If your partner is hurting you, or making you feel afraid (for yourself or your children), you will be thinking about keeping yourself and your children safe. This information may help with ideas about getting and staying safe ...

If you feel unsafe call 111 and ask for Police

If you have to leave to save your life — leave fast.

Take nothing. Go to the nearest safe place. Call for help.

Escaping Abuse/Violence

- Leave if you can. Know the best escape routes—doors, windows etc.
- If you can't leave the house move to a room that has possible escape routes and doesn't have many hard surfaces or items that could be used as weapons.
- Know where you are going and have a safe place arranged. This could be a neighbour, 24 hour dairy or petrol station.
- Always keep your purse, cash cards, keys, essential medication and important documents together in a place where you can get them quickly.

You will know what is safest for you and your children. Trust your instincts.

- Continue with what has been working to help keep yourself and your children safe. Depending on age and ability children could:
 - know a code word which, when you say it, tells them they need to call 111 to get help
 - go to a safe place outside the house to hide.

Support

- When it is safe to do so, make contact with a family violence organisation, a refuge or Kaupapa Maori provider for support. Discuss your options and plans. Get all the support and information you need e.g. names of lawyers; help with WINZ, Housing NZ and other organisations.

- Tell your employer. They can help and support you. By law, you have the right to:
 - take up to 10 days (per year) additional paid domestic violence leave. This is separate from annual or sick leave
 - ask for short-term flexible working arrangements
 - be provided with support and information about organisations that can help.
- Attend a support programme. You can find more information through contacting family violence organisations, a local Womens Centre, Citizens Advice Bureau or Womens Refuge.

You are not alone - Help is available

Protection Order

- Speak to a family violence specialist e.g. Police, a lawyer, a family violence organisation, Womens Refuge, about how to apply for a Protection Order. They will provide information and support.
- If your (ex) partner breaches the Protection Order phone the police and report it every time. Contact your lawyer and your advocate.
- Keep a record of any breaches writing down the date, time, the names of anyone involved, what occurred, descriptions of vehicles and what action you took.

Leaving is likely to make you safer long-term but can increase the risk to your safety in the short term. If you can, make a safety plan and talk to an advocate before you leave

Leaving Safely

- Arrange transport and a safe place to stay in advance. Plan and practise your escape route.
- Tell only one or two trusted friends or an advocate about your plans. Go through the details together.
- Keep a mobile phone with you. A prepay phone with no money can still call 111.
- If you have a vehicle, make sure you always have enough petrol and park it so you can get out if you need to leave in a hurry. If you can, keep an extra set of keys in a safe place.
- Ask your family doctor to carefully note and/or take photos showing evidence of injuries or information about the violence (to yourself and your children).