

## It's OK to help

Sometimes just one action or comment can make a big difference to someone experiencing family violence. Here are some ways you can help:

- Recognise when someone you know is dealing with a difficult situation.
- Ask, "Are you OK?"
- Offer to help them get support.
- If you are unsure of the right move ask others to help.
- Speak up against comments, jokes and behaviours that condone family violence.
- Phone University Security on 0800 373 7550 or internal ext. 966 if you see any suspicious behaviour.

Where there is a real or imminent threat, call the Police on 111

## I want to stop using violence

The first and hardest step is admitting you need help.

The next step is to get support.

**No Excuses** is a positive change programme run by Shine for men who have used family violence.

**Phone:** 0800 744 633

**Pave** is a prevention and violence education programme run by Inner City Women's Group for women who have used family violence.

**Phone:** 09 360 4933 or 09 279 8727

## Help at the University

### Students can contact:

**University Health and Counselling**

**Phone:** +64 9 923 7681

### AUSA Student Advice Hub

**Phone:** 09 923 7299 or 021 272 7026

**Email:** cityhub@ausa.org.nz



Or contact the University Proctor, your Residential Manager, or the Director - Student Equity.

### Staff can contact:

**Cathie Walsh, Staff Equity Manager**

**Ext:** 87844

**Email:** cathie.walsh@auckland.ac.nz

Or contact your line manager, HR manager, or Employee Assistance Programmes (EAP): [www.eapservices.co.nz](http://www.eapservices.co.nz)

## Help outside the University

**Shine** provides confidential family abuse assistance to anyone living with abuse.

**Phone:** 0508 744 633 (9am-11pm daily)

**Web:** [www.2shine.org.nz](http://www.2shine.org.nz)

**Tū Wahine** provides support for Māori families affected by violence and abuse.

**Phone:** +64 9 838 8700

**Email:** [admin@tuwahine.org.nz](mailto:admin@tuwahine.org.nz)

**Shakti** provides culturally specialist support to Asian, African and Middle Eastern women.

**Phone:** 0800 742 584

**Web:** [www.shakti.org.nz](http://www.shakti.org.nz)

**LGBTI** staff and students can contact

Rainbow Youth ([www.ry.org.nz](http://www.ry.org.nz))

OUTline ([www.outline.org.nz](http://www.outline.org.nz))

**It's Not OK** is a Ministry of Social Development campaign that provides online information and resources.

**Web:** [www.areyouok.org.nz](http://www.areyouok.org.nz)

[www.equity.auckland.ac.nz/itsnotok](http://www.equity.auckland.ac.nz/itsnotok)



FAMILY VIOLENCE: IT'S NOT OK

[www.equity.auckland.ac.nz/itsnotok](http://www.equity.auckland.ac.nz/itsnotok)



The University affirms that family violence is unacceptable and that every person is entitled to respect, and to live free from fear and abuse.

## What is family violence?

**Family violence is an abuse of power by someone close to you. It could be your partner, a family member or flatmate.**

Family violence can take many forms, including:

- Physical abuse, such as hitting, punching or choking
- Psychological abuse, including stalking, intimidation or humiliation, isolation or control
- Sexual abuse, such as coerced sexual activity or forced pregnancy or abortions
- Financial abuse, including controlling someone's financial decisions or forcing someone to work
- Spiritual abuse, such as not allowing someone the freedom to follow their own faith or beliefs

Family violence can happen to anyone. It affects people of all ages, religions, ethnicities and socio-economic backgrounds, and of any gender, sexual identity or gender identity.



## It's OK to ask for help

The University is committed to ensuring our campuses are safe, inclusive and equitable for our students and staff. If you are affected by family violence, we can provide support.

If someone is being abusive to you and it's affecting your study or work, don't hesitate to ask for help.

For more information, including a list of Contact People for students and staff, visit:

[www.equity.auckland.ac.nz/itsnotok](http://www.equity.auckland.ac.nz/itsnotok)



We acknowledge the support of the Ministry of Social Development's family violence It's Not OK campaign.

## What kind of help is available?

If you are affected by family violence, support from the University may include:

- Enhanced personal safety and security measures on campus
- Flexible work or study arrangements
- Leave or compassionate consideration to manage legal, medical, domestic or other matters relating to family violence
- Referral to appropriate support

More information can be found in our Family Violence Policy and Guidelines.

