

## Frequently Asked Questions

### What is Loves-Me-Not?

Loves-Me-Not is designed to be part of a school's whole-school approach to promoting healthy relationships and preventing abusive behaviour in relationships. It is designed for year 12 or year 13 ākonga, students, as the appropriate age to discuss relationship abuse and to start to take action for change.

Loves-Me-Not supports the wellbeing of ākonga. It is based on an inquiry learning process, where ākonga take action – personal action, effective bystander action and/or community action – to promote healthy relationships and reject unhealthy relationship behaviours.

An informative video for whānau and parents is available online: <https://youtu.be/c-gt7QG7GEc>

### What are the aims of Loves-Me-Not?

Loves-Me-Not aims to:

- encourage and empower young people to absolutely reject abuse in relationships
- encourage young people to be safe and active bystanders who take action against unhealthy relationship behaviours
- encourage young people to take a stand against myths that perpetuate relationship violence
- help young people know who they can go to in their community to seek advice and support if they need it as victims or bystanders or perpetrators
- encourage young people to contribute to, or create, a wider community response to encourage others to accept only healthy relationships.

### Why should young people learn about relationship abuse?

Relationship abuse and family harm are two of New Zealand's biggest social and criminal issues. Insidious behaviour is often dismissed during the early stages of a relationship, when things are new and exciting. However, once someone has taken the power away from another person, it is often very difficult for the victim to get out.

Through education, young people are able to recognise:

- the early signs of unhealthy relationships, and to make early choices to reject abusive relationships
- whether they are in an unhealthy relationship, and how to get help before it becomes more difficult to leave
- whether any of their behaviours are abusive and controlling, and how to get help to change these behaviours before they harm someone.

## How is Loves-Me-Not implemented in schools?

A police coordinator for Loves-Me-Not works with school leaders and the school's Loves-Me-Not coordinator to plan activities based on a whole-school approach. These activities support the delivery of Loves-Me-Not workshops for all year 12 and/or year 13 ākonga.

The whole-school approach is described in the Loves-Me-Not Implementation guide.

Some whole-school approach activities include:

- reviewing the school's healthy relationships education, and the policies and procedures related to having a safe physical and emotional culture
- reviewing policies and procedures that deal with the disclosure of relationship abuse and ensuring teachers know the school's procedures
- communicating with whānau and parents about Loves-Me-Not
- collaborating with community groups to support students who disclose abuse.

## What is covered in the Loves-Me-Not workshop?

The Loves-Me-Not workshop is organised into focus areas, in which ākonga:

- understand sexual consent – what it means and why they need it
- recognise early signs of unhealthy relationships
- explore ways to build positive relationships
- explore if, when and how to be an active bystander
- are encouraged to take action for change – for themselves, their friends, whānau, and the wider community – to have safer communities together.

## How is the Loves-Me-Not workshop delivered?

The Loves-Me-Not workshop is delivered by facilitation teams to groups of ākonga. It may be delivered over one day, or over several days.

Workshop facilitation teams include school staff, Police staff, and community services staff, with at least one facilitator being male.

This composition is a fundamental principle of the Loves-Me-Not workshop. It brings a combination of approaches to the workshop:

- teachers maintain continuity and offer classroom expertise
- police provide real-life examples and explain about family and sexual violence as crime
- community services staff talk about their experience and the support available.

The police and school coordinators for Loves-Me-Not select and train the personnel from the school, Police and community services who will facilitate the workshops.

## Does Loves-Me-Not work?

An evaluation of Loves-Me-Not in 2014 showed that young people:

- understood the messages, were engaged in the activities, and found the workshop valuable
- agreed that the topics covered are a real issue for young people and relevant to their lives.

Some young people used their new knowledge and skills, for example, by challenging attitudes, educating peers and family members, and assisting friends and family to get help.

All workshops are evaluated and the feedback is used to continually enhance the effectiveness of Loves-Me-Not.

In 2018, ACC commissioned the Ministry of Education to evaluate several healthy relationships programmes, including Loves-Me-Not. All the programmes met key aspects of good practice identified in the literature, as well as other important criteria, such as alignment to The New Zealand Curriculum.

## More information

For more information about Loves-Me-Not, and to download the resources, visit the Loves-Me-Not web page on the Police School Portal:

<https://www.police.govt.nz/advice/personal-and-community-advice/school-portal/resources/successful-relationships/loves-me-not>