ARE YOU IN A RELATIONSHIP WHERE THERE IS VIOLENCE?

Are you or others in your family threatened, intimidated or physically hurt by your partner or other family members?

There are safe ways and places to get help to stop this from happening.

ARE YOU IN AN ABUSIVE RELATIONSHIP?

There are many signs of an abusive relationship.

The most telling is that you fear your partner.

Although physical injury may be the most obvious sign of family violence, emotional abuse is just as harmful.

Realising that you are in an abusive relationship is the first step to getting help.

IF YOU FEAR IMMINENT HARM TO YOU OR OTHER FAMILY MEMBERS CALL

111

To contact NZ Police Diversity Liaison Officers (DLO's):

- 1. Go to www.police.govt.nz
- 2. Search for 'Rainbow Police'
- Select a DLO from the list







CRISIS CONTACT LINES POLICE 111 (or local phone number) www.police.govt.nz **WOMEN'S REFUGE CRISIS LINE 0800 REFUGE** (24hrs) 0800 733 843 www.womensrefuge.org.nz National crisis helpline, emergency accommodation for women and children and confidential advocacy services. SHINE NATIONAL HELPLINE 0508 744 633 www.2shine.org.nz (9am to 11pm) National helpline for people needing

INFORMATION AND SUPPORT SERVICES

support, information and advice

to help victims of family violence

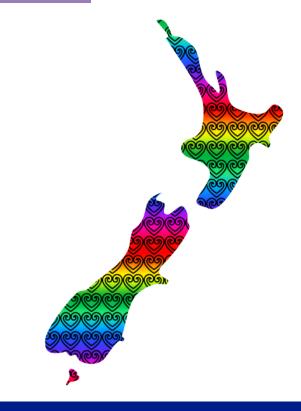
become safer.

FAMILY VIOLENCE INFORMATION LINE Information about family violence and referrals to local services.	0800 456 450 www.areyouok.org.nz
SENSITIVE CLAIMS ACC Confidential access to support for people affected by sexual violence in any way.	0800 735 566 sensitiveclaims@acc.co.nz www.findsupport.org.nz
HOHOU TE RONGO KAHUKURA – OUTING VIOLENCE Building Rainbow communities in Aotearoa New Zealand free of partner and sexual violence.	www.kahukura.co.nz
OUTLINE Specialists in gender identity and sexual orientation.	0800 688 5463 www.outline.org.nz
RAINBOW YOUTH Drop-in centre (Auckland), peer support, advocacy, training.	(09) 376 4155 info@ry.org.nz www.ry.org.nz
YOU, ME, US All about queer, trans and takatāpui people having healthy relationships with each other.	www.youmeus.co.nz

RAINBOW COMMUNITIES



"RECOGNISING ABUSE IS THE FIRST STEP TO GETTING HELP"



Information about family violence in rainbow relationships to help keep you, your family and whānau safe.

POWER AND CONTROL WHEEL FOR RAINBOW RELATIONSHIPS

Most Rainbow relationships are based on love and mutual respect. People are able to be themselves, communicate what they want, negotiate and feel free to say no to things that they do not want to do. Everyone involved feels listened to when they speak.

But sometimes what's happening in our relationship doesn't feel alright. These are the forms of controlling behaviour in Rainbow relationships identified in community hui hosted by Hohou Te Rongo Kahukura - Outing Violence.

The behaviours in the Power and Control Wheel, are often use to establish and maintain control over a partner. These behaviours may lead to, or be accompanied by, physical or sexual violence.



To find out more about building Rainbow communities without violence, visit:

www.kahukura.co.nz

Examples of using intimidation, coercion and threats

- destroys your things
- · pressures you not to 'come out'
 - · threatens to hurt people you love
 - threatens to hurt themselves when upset with you
 - says "if I can't have you, no one can"
 - scares you when they are angry
 - · threatens to harm you
 - · threatens to 'out' you
 - · keeps track of you

choking pulling hair silabing

Examples of using internalise homophobia, transphobia or biphobia

shoving

hitting

BIPHOBIA,

disses/ridicules our identity

HETROSEXISM

SM VIOLENCE SEXUAL

POWER

AND

CONTROL

INTIMIDATION.

COERCION &

USING

BIPHOBIA

INTERNALISED

HOMOPHOBIA

TRANSPHOBIA

- oversexualises you e.g. pressuring bi people to have threesomes
- says you don't belong in Rainbow spaces
- says you're letting down your community if you talk about
- says you're confused, undermines or makes fun of your gender/sexual identity

USING

FCONOMIC

ABUSE

 pressure you to be 'straight acting'

Examples of using economic abuse

- · 'outs' you at work or school
- uses costs around transitioning healthcare to control you
 - interferes with your work or education
 - · threatens your access to benefits
 - keeps your name off joint assets
 - keep you from having or spending your money

Examples emotional abuse

- puts vou down
- humiliates vou
- HOMOPHOOMOH, Selection of the Selection spreads rumours about you
- ridicules vour body
- calls vou names
- questions your gender/
- tells you no one else will
- tells you no one will beleive vou about
- makes vou denv others lovers were important

Examples of using white. CIS and other privilege

- Pressure you to 'come out' when it's not culturally safe or appropriate
- withholds hormones. medication or gender affirming items
- misgenders or deadnames you
- uses Rainbow experience to pressure you: "this is gay sex..."
- undermines cultural expectations
- stops you using disability aides
- savs racist thing to vou
- treats vour culture as 'exotic'
- threatens to use state system's racism/homophobia/ transphobia/biphobia to have children removed

isolation controls who vou see or

Examples

- uses jealousy to 'prove' they love
- · insults you in front of
- oning Mising arms tripping encourage others to 'take'
 - cultural or Rainbow
 - · savs no one will beleive you abuse

makes you feel crazy

- · uses alcohol or drugs as an excuse

and blaming

- · makes light "it's just drama"
- blames abuse on their trauma history
- blames abuse on you, or your mental health, disability or HIV status
- · says women can't abuse women / men can't abuse men
- says this is normal in Rainbow relationships

DENYING, MINIMISING & BLAMING PARTISICAL VIOLENCE SEXUAL WSDAYED WSIXESOULEH PROPRIED TO THE PROPRIED TO TH denying, minimising

Examples of using children

- savs vou don't deserve
- · threatens to take your children
- · criticises your parenting

BIPHOBIA, A

grabbing

3 punching kicking

USING WHITE.

CIS & OTHER

PRIVILEGE

- dismisses rights/responsibilities of non-biological parent
- controls choices around children e.g. sperm donor