

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

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

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



CRISIS CONTACT LINES

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

INFORMATION AND SUPPORT SERVICES

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 used 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



*Adapted from the Duluth LGBT Wheel

