

Leaving the Relationship:

These are some things you might like to consider:

- Stop an abusive partner checking your phone calls by using redial - just pick up the phone and push any number afterwards.
- Get together a bag of things you know you need, and leave it with a friend or family member. Make sure you include:
 - Protection Orders (if you have one)
 - Medicine, hormones, prescriptions for you and children if you have them
 - Gender affirming equipment and clothing
 - Important personal documents like birth certificates, identity papers, passports, bank details, benefit details, drivers license, medical records, any records for children if you have them.
 - Personal items that you love or have significance; photographs, jewellery, faith items, children's toys
- Put aside some money for emergency spending. Open your own bank account, separate from your partner.
- Find the emergency and important phone numbers you may need – police, doctor, lawyer, friends, family/whānau, community support groups. Keep these with you. If you're in danger dial 111.

You can always leave a relationship – you do not have to stay until something awful happens or because your partner doesn't want you to leave.



- Tell your friends, family members and neighbours, if you can do this safely. Let them know that you have fears, and ask them if they can help with specific things if the situation gets worse. Tell them you may need them to call the police or help you leave quickly.
- Plan and practice how and when you will leave safely – what time, what route, and how you will travel. Make sure you have your own set of house and car keys. If you have children, talk to them about this when it's best for them to know.
- Make a plan for somewhere to stay – with a friend, or if there are community services that would be safe. This may take some investigation since there are no dedicated housing services for Rainbow people experiencing violence.

What to do if you are experiencing violence or abuse

You may not be ready to leave the relationship because you think your partner can change their behaviour. You know your situation best, so trust your instincts.



These are some things you might like to consider:

- Begin finding supporters - tell your friends, family members and neighbours, if you can do this safely. Let them know that you have fears, and ask them if they can help with specific things if the situation gets worse. Tell them you may need them to call the Police or help you leave quickly.
- Find the emergency and important phone numbers you may need – police, doctor, lawyer, friends, family/whānau, community support groups. Keep these with you. If you're in danger dial 111.
- Get copies or the originals of important personal documents like birth certificates, identity papers, passports, bank details, benefit details, drivers license, medical records, any records for children if you have them. Keep them in a safe place like with a friend or at work.
- Keep your wallet, keys and phone with you. Cut a spare set of keys for your house and car and leave them with a friend or at work.
- Make a plan for somewhere to stay if you need to – with a friend, or if there are safe community services. This may take some investigation since there are no dedicated housing services for Rainbow people experiencing violence or abuse.
- If you have children, they will probably know about the violence or abuse. Let them know you want them to stay safe, not try and rescue you. Practice leaving the house with them. Teach them to call the police.
- Keep a record of any violence or abuse from your partner, including photographs if you can. This will help if you decide to go to the Police at any time.
- Try putting aside a little bit of money regularly. Whatever you can manage will help increase your options in the future.

Hohou Te Rongo
Kahukura
Outing Violence



The period after leaving an abusive relationship can be especially dangerous



After you've left:

These are some things you might like to consider:

- Talk to your local community law centre or a domestic violence specialist group about getting a Protection Order, including contact arrangements for your children if you have them.
- Find the emergency and important phone numbers you may need – Police, doctor, lawyer, friends, family/whānau, community support groups. Keep these with you. If you're in danger dial 111.
- Tell neighbours, friends and your workplace that you have left an abusive relationship, and make sure they know they can phone the police if they see anything suspicious. If you have children, tell their school, and make sure they have a copy of any contact agreements.
- Make your home as safe as possible – change locks, repair damages, use outside lights, trim underneath shrubs and trees.
- Keep a cellphone with you. You can get help from Work and Income to get a phone if you don't have one.
- You can keep your new address and phone details confidential on public records by asking for this option with Spark, Electoral Roll, city council register, Work & Income, etc.
- Take someone with you when you know you are going to see your ex-partner. If you have to see them, try to meet them in public, with other people around.
- If you have children, help them understand what's going on. They don't need to know the details, but they do need to be able to talk about how they are feeling and ask any questions they may have.



What to do if your friend is using violence or abuse:

Rainbow communities have the power to help one another be safe, by supporting each other. If you're worried about a friend who you think is using violence and abuse in their relationship, there are lots of things you can do, while still making sure to keep yourself safe. To out violence, we need to talk to each other when we have worries.

The hardest thing for people using violence is often admitting they have a problem in the first place.

You might like to consider:

- Starting a conversation about what you're noticing – “I'm worried about how you're behaving – there has got to be a better way.”
- Challenging behaviour, not the person - “It's not ok to put your partner down like that, what's going on?”
- Naming the impacts – “I know you care about your partner, but when you yell at them they seem scared of you – that can't be what you want?”
- Not excusing violence and abuse, and letting your friend know that they can get help to change their behaviour and have violence-free relationships.
- Getting informed. Call a helpline and ask questions about what support is available for your friend. Tell them or show them what you find out, but let them make up their own mind. There are programmes and support agencies all over New Zealand.
- Asking them if there are particular times and situations which are more likely to be triggers for them. Support them make plans about how to do something different, and encourage them to get help from other people to do this too.
- Giving practical help – ask them what they need to help stop them using violence and abuse.
- Offer to go with them to find out about programmes which could help them stop using violence and abuse. Support them to attend and keep attending until they have learnt new ways to deal with their emotions and new forms of behaviour.



Remember, being a good friend means challenging behaviour that is not ok. These conversations can be uncomfortable but in the long-term, your friend will be much happier if they learn to treat partners with respect.

What to do if you're using violence or abuse

If your partner is scared of you, or if people around you tell you that your behaviour is controlling and frightening, you need to get some help to change the way you behave.

Change is possible

The hardest part is usually admitting you are using abuse and violence. It's important to recognise that any changes you make may be too late in a relationship where you have been using abuse and violence, and part of giving up control is knowing that your partner has the right to make their own decisions about what they want.

You might like to consider:

- Recognising that your behaviour is your responsibility, and you have the power to change the ways you are behaving.
 - If you have been abused yourself, dealing with this abuse. Ask for help. See a counsellor. Talk about your own abuse as part of your behaviour change programme.
 - Asking for help from a specialist group which works with people using violence. There are programmes and support agencies all over New Zealand.
 - Telling your friends or family that you have a problem and need help. Ask them to help you make changes in how you are behaving.
 - Identifying your triggers, and make plans around other things to do when your triggers are set off. This might include having somewhere else to go, removing yourself from the situation, having a friend you can call, going for a walk. It doesn't matter what your option is – it matters that you make a plan to stop using violence.
- Apologising to the people your behaviour has affected, and asking them what they need from you in the future. Respect what others say, even if it's not what you hoped for.



Changing your behavior takes bravery but will stop you hurting other people and improve your relationships with people around you. You can do it!

What to do if your friend is experiencing violence or abuse:

Rainbow communities have the power to help one another be safe, by supporting each other.

If you're worried about a friend who you think is experiencing partner violence, there are lots of things you can do, while still making sure to keep yourself safe. To out violence, we need to talk to each other when we have worries.

You might like to consider:

- Telling them you feel worried in a safe and caring way "I've been feeling worried about how you're doing, things don't seem to be going well"
- Listening to what they say, and trying not to judge – you don't need to have all the answers. Sometimes just reflecting back what someone has said can be very helpful.
- Affirming that you believe them, and that any kind of violence or abuse is not ok, not their fault, and not normal in rainbow relationships.
- Gently challenging any excuses for abuse. Abuse is never ok, but often people experiencing abuse will blame themselves or make excuses. Say things like "I don't think that behaviour is ok, even if someone is drinking/under pressure at work/insecure/a survivor."
- Getting informed. Call a helpline and ask questions about what support is available for your friend. Tell them or show them what you find out, but let them make up their own mind.
- Giving support not advice. People need to be able to make their own decisions, and that might feel frustrating if you're worried about your friend's safety. Talk about your frustrations with a specialist agency, or another trusted person – not your friend experiencing violence or abuse.
- Giving practical help – a place to stay, babysitting, going with them to the police, doctors, WINZ, letting them know they can call you if they need to. Ask them what kind of help they most need, and work out together how they can get that from you and other friends.

