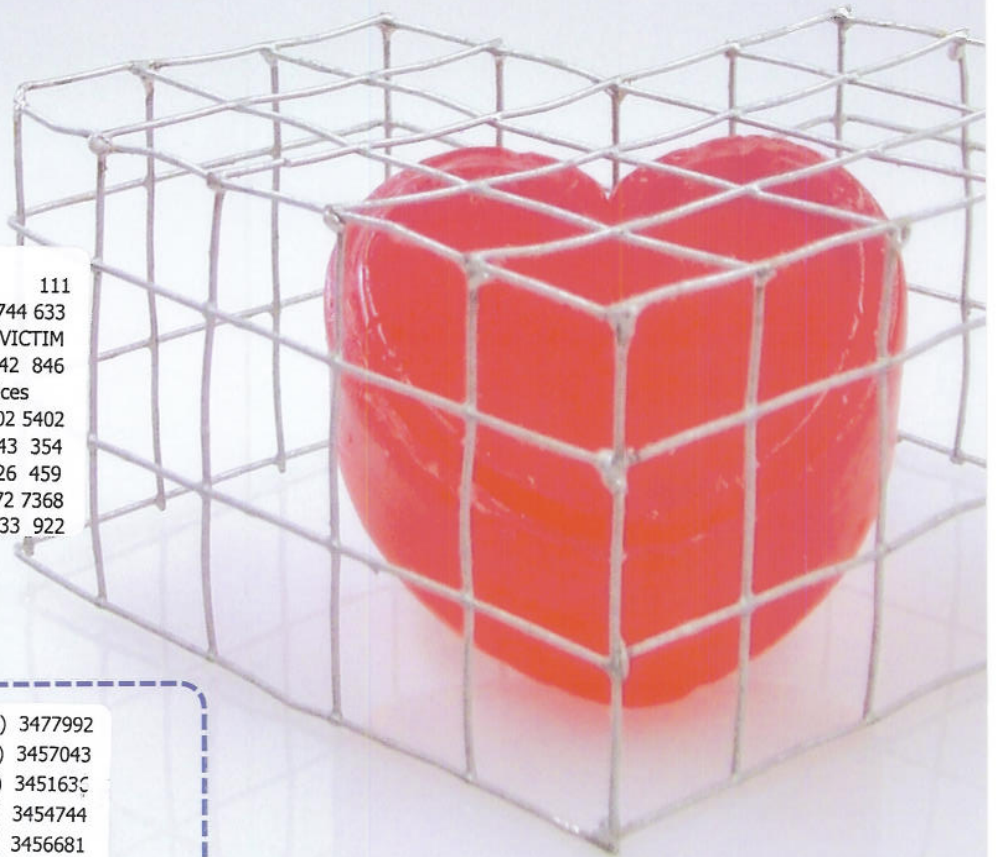


LOCAL REFERRAL AGENCIES

PARTNER ABUSE

THIS IS NOT LOVE



NATIONAL CONTACTS

Police	111
SHINE	0508 744 633
Victim Support Crisis Line	0800 VICTIM
	0800 842 846
National Network of Stopping Violence Services	
	04 802 5402
Lifeline	0800 543 354
CYFs	0508 326 459
Barnados Parent Help	0800 472 7368
Plunket Hotline (24hrs)	0800 933 922

Women's Refuge	(06) 3477992
Open Home Foundation	(06) 3457043
Jigsaw	(06) 3451630
Sexual Abuse Healing Centre	(06) 3454744
Family Works	(06) 3456681
Age Concern	(06) 3451799
Whanganui Living Without Violence	(06) 3477847
Relationship Services	(06) 3480027
Family Court	(06) 3490740

SAY NO TO ABUSE
SAY YES TO HEALTHY RELATIONSHIPS

THIS IS CONTROL



HP 4096 February 2008

WHAT IS PARTNER ABUSE?

Partner abuse can be emotional, physical or sexual and is a sign of an unhealthy relationship.

In an unhealthy relationship there is...

- lack of trust and openness between two people
- one person has power over the other
- one person is physically, sexually and emotionally hurtful to the other.

Partner abuse can be when your partner...

- controls the finances
- does not allow you to do things like get a job
- stops you seeing family and friends
- uses insults like calling you fat, lazy, stupid, ugly, a slut or other names that make you feel bad
- is very jealous
- threatens to leave, kill or hurt you or the children
- threatens or hurts the family pets
- slaps, hits, punches, chokes, pushes, burns you or the children
- hurts or threatens you or the children with weapons or objects
- forces you into sexual acts you don't want by threats, coercion or physical force
- destroys property
- takes away the car keys.

THERE ARE NO EXCUSES FOR ABUSE

Physical assault is a crime.

A person is responsible for his/her own behaviour.

No one deserves to be abused, everyone deserves equal respect.

No partner in a relationship has the right to dominate or abuse another.

IT IS NOT LOVE WHEN YOUR PARTNER...

- wants to know where you are and who you are with all the time
- is easily angry, has sudden mood changes, is verbally aggressive, physically threatening and has abused in the past
- uses force, threats or bargains to make you do things you don't want to do
- threatens to harm or remove the children from your care.

...IT IS CONTROL

Partner abuse is often a cycle and gets worse in time if nothing is done to stop it.

You can take steps to be safe.

YOU ARE NOT ALONE

Contact a support agency listed on the back of this pamphlet.

A SAFETY PLAN MAY INCLUDE

Deciding on safe place to go and how to get there

Packing a bag you can leave with someone you trust.

The contents could include:

- a protection order
- birth certificates, passports, driver's licence, bank details
- other important documents such as insurance, residency
- address book with important phone numbers
- money/ATM card
- house and car keys
- toiletries, medicines
- clothes
- children's toys
- some loved items such as photos, jewellery.

If in immediate danger dial Police on 111