

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

