

Family Violence

We want to help break the cycle of family violence in New Zealand. If you are concerned about a team member who may have been affected by family violence, please refer to the information below.



Recognise

Possible signs of family violence could be...

Victim

- Injuries and bruises
- Regular sick leave
- Change of behaviour
- Low self esteem
- Personality changes

User of Violence

- Bullies others
- Blame others for problems
- Seen as arrogant
- Defensive injuries (scratch marks)
- Makes repeated calls to their partner



Respond

- ✓ Approach someone you are concerned about, ask, Are you OK?
- ✓ Ensure all conversations are safe and confidential.
- ✓ Be non-judgmental and accept differences.
- ✓ Be encouraging and supportive.
- ✓ If you believe someone is in immediate danger, make a safety plan or refer to the section below.



Refer

Useful Information and Resources

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| ● Organisational Counselling Programme (OCP) | 0800 377 990 |
| ● Women's Refuge | 0800 REFUGE |
| ● White Ribbon | whiteribbon.org.nz |
| ● Family Violence - It's Not OK! | 0800 456 450 |
| ● Shine | 0508 744 633 |
| ● National Networking of Stopping Violence Services | nnsvs.org.nz |

For more information contact your Business Partner or Julie Simpson.