

# EAP Newsletter NOV 23

## Domestic and Family Violence in NZ

This month we raise a sensitive topic. It can be difficult to broach the subject with a person experiencing domestic or family violence. Offering support can be a crucial step in their recovery.

**“Research suggests that one in three (33%) New Zealand women have experienced physical or sexual intimate partner violence (IPV) in their lifetime. When psychological abuse is added, it increases to one in two (55%). One in eight men reported being victims of family violence.”**

- Good Shepherd New Zealand

This means that someone you know might be a victim of domestic or family violence.

The law recognises that family violence takes on a pattern of behaviour. Sometimes small things compound to cause harm.

It could be about trying to control or pressuring them to do certain things (coercive control). It may be about cutting someone off from family or friends (social entrapment or isolation).

On the other hand, just one incident may amount to family violence - for example a single physical or sexual assault.

We can support each other and address this problem in Aotearoa together.

In this email you will find guidelines on how to support someone who is affected by family violence. Please share the flyer and email so that we raise awareness and understanding of domestic violence.


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**More than half of New Zealanders deal with abuse in some shape or form.**

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**If you are a victim of family violence it can affect every aspect of your life. This is not your fault, and you don't have to deal with it on your own. Reach out to your support network or if you need professional advice contact our team.**

**Contact the EAP  
National Support  
Centre today  
0800 327 669**



**It's NEVER okay for someone to use violence in any form - it's illegal.**

**Domestic and family violence can look like the following:**

- Violent acts like hitting, kicking, or pushing
- Threatening behaviour
- Verbal insults
- Humiliating a person in front of others
- Stalking
- Controlling who a person sees or talks to
- Isolating someone from other people
- Monitoring a person's electronic devices
- Destroying property
- Controlling a person's spending
- Forbidding a person to hold a job
- Forcing sexual activity.

**Our Counsellors are here to help**  
call **0800 327 669** to make an appointment or book online

[eapservices.co.nz](https://eapservices.co.nz)

# Supporting someone in an abusive relationship

## Safety plan

A safety plan is a personalised, practical plan to support the victim to staying safe. Victims cannot always avoid unsafe incidents, so it is crucial to plan ahead and have strategies in place to assist them.

In this plan identify safe friends and safe places, essential items to take should one need or decide to leave home and information about local abuse resources and legal rights when their safety is at risk.

**Do not confront the abusive person** - this could worsen and escalate the safety risk for the victim.



## Initiating a conversation

When someone you know is experiencing domestic or family violence the way you talk and listen to them makes all the difference.

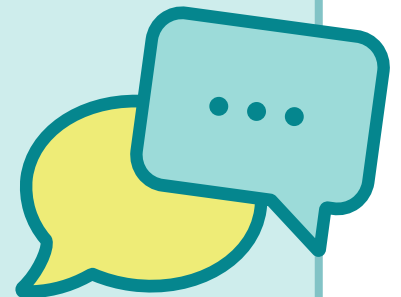
Let the victim tell you what is happening and take their fears seriously. This is important no matter what you think of the person or people who hurt them. Listen without interrupting or judging and reassure them that violence is never okay.

Understand that they may not be ready, or it may not be safe to leave. Don't try to force them to do what you think is best. Listen and provide support and practical assistance to keep them safe.

**The person you are supporting will make their own decision at their own pace.**

### Try the following:

- Ask if they are okay, tell them you are worried about them, listen and respect their response.
- Show understanding and empathy.
- Offer practical assistance by saying "What can I do to help? I am here for you."
- Ask how you can assist them in gaining support. Share resources.
- Remain available and tell them that you are there to listen and talk if they need you.



## Offering Support

If you are wanting to support someone and they are not ready, let them know you are there to talk if and when they are ready.

Its common for people in abusive relationships to attempt to break up with their partner several times. On average, a person will attempt to leave seven times before finally leaving for good. It's a very complex situation with many factors, and can take time.

If you notice anything of concern be sure to check in again. Don't try and provide help yourself, there are a range of organisations and agencies who are trained to provide support.

