

**EMOTIONAL VIOLENCE-
SUPPRESSION**

**MENTAL VIOLENCE-
CONTROL**

IS WHAT'S HAPPENING TO ME VIOLENT & ABUSIVE OR IS THIS NORMAL?



**PHYSICAL VIOLENCE -
POWER OVER**

**SPIRITUAL VIOLENCE-
COERCIAN**



POWER- OVER



THEY PUNISH YOU THROUGH PHYSICAL VIOLENCE & FEAR.

YOUR INNER GROUNDING & SENSE OF SELF IS DISRESPECTED & VIOLATED, AND THE SUPPORTS & RESOURCING NEEDED TO RE-BUILD ARE FORCEFULLY TAKEN AWAY ONE BY ONE.

- STOPS YOU FROM BUILDING A FUTURE FOR YOURSELF
- PUNCHES, GRABS, KICKS, BITES, TRIPS, PUSHES, SHOVES, SLAPS OR CHOKES YOU.
- FORCES YOU TO HAVE SEX (OR DO A SEXUAL ACT) WITHOUT YOUR CONSENT OR THAT YOU ARE NOT COMFORTABLE WITH
- SPEAKS TO YOU IN SEXUALLY AGGRESSIVE WAYS
- TELLS YOU NOONE ELSE WILL WANT YOU.
- DESTROYS YOUR THINGS
- THREATENS TO HURT PEOPLE YOU LOVE
- THREATENS TO TAKE YOUR CHILDREN IF YOU LEAVE
- THREATENS TO HURT THEMSELVES WHEN UPSET WITH YOU.
- SAYS "IF I CAN'T HAVE YOU NOONE CAN"
- SCARES YOU WITH INTIMIDATION- USING THEIR SIZE, TONE OR VOICE OR BODY LANGUAGE TO THREATEN YOU.
- KEEPS TRACK OF YOU
- MONITERS YOUR PHONE/ SOCIAL MEDIA
- INTERFERES WITH YOUR WORK/ STOPS YOU FROM WORKING AND BEING ABLE TO SUPPORT YOURSELF.
- TREATENS YOUR ACCESS TO BENEFITS
- GIVES YOU AN ALLOWANCE & YOU HAVE NO CHOICE IN THIS.

POWER- OVER



IF SOMEONE IS DOING THESE THINGS TO YOU THIS IS NOT YOUR FAULT AND IT IS NEVER OKAY- AND WE WANT YOU TO KNOW THAT WE BELIEVE YOU!

THERE ARE PEOPLE, AGENCIES & SUPPORT IN YOUR COMMUNITY WHO HAVE THE SKILLS AND MEANS TO SUPPORT YOUR PHYSICAL WELLBEING & HELP YOU RE-BUILD STABILITY & RESOURCES INTO YOUR LIFE.

- DENIES YOU ACCESS TO FINANCIAL INFORMATION,
- USES YOUR MONEY/ CARDS, ACCESSES YOUR BANK ACCOUNTS WITHOUT YOUR PERMISSION.
- THREATENS TO KICK YOU OUT OF THE HOUSE/ LEAVE YOU WITH NOTHING.
- KEEPS YOUR NAME OFF JOINT ASSETS, OR MAKES YOU PUT YOUR WAGES/ PENSION INTO A JOINT ACCOUNT THAT YOU HAVE NO ACCESS TO.
- THREATENS TO MAKE YOU LEAVE YOUR HOUSE AND PUT YOU INTO CARE (IF YOU ARE ELDERLY OR HAVE A DISABILITY)
- WITHHOLDS HORMONES, MEDICATION, OR GENDER AFFIRMING ITEMS.
- "OUTS" YOUR SEXUALITY/ GENDER IDENTITY AT WORK, SCHOOL OR TO YOUR FAMILY WITHOUT YOUR CONSENT.
- THREATENS TO USE SOCIAL SYSTEMS (AND STRUCTURAL RACISM, GENDER BIAS, ABLEISM, HOMOPHOBIA OR TRANSPHOBIA) TO GET YOUR CHILDREN REMOVED.
- CONTROLS CHOICES AROUND CHILDREN (LIKE WHERE & IF THEY GO TO SCHOOL).
- USES THE CHILDREN TO RELAY MESSAGES
- THREATENS TO HARM OR KILL PETS.

SUPPRESSION



THEY SUPPRESS THE VERY THINGS THAT MAKE YOU WHO YOU ARE. THEY CRITICIZE & HUMILATE YOU. YOU ARE MADE TO FEEL CRAZY AND TO BLAME FOR WHAT IS HAPPENING.

YOUR INNER WORLD HAS BEEN FLOODED USING EMOTIONAL & PSYCHOLOGICAL TACTICS. YOUR CONNECTION TO AND EXPRESSION OF YOUR WAIRUA HAS BEEN BEATEN DOWN & SUPPRESSED.

- **DISCONNECTS YOU FROM YOUR OWN INNER WISDOM, INTUITION AND WAIRUA**
- **PUTS YOU DOWN**
- **HUMILIATES YOU (OFTEN IN FRONT OF PEOPLE THAT ARE IMPORTANT TO YOU).**
- **CONTROLS WHO YOU SEE OR TALK TO**
- **MAKES YOU PRIORITISE THEIR LIFE, WHANAU/FAMILY, FRIENDS AND NEEDS OVER YOURS.**
- **ENCOURAGES OTHERS TO "TAKE SIDES."**
- **SPREADS RUMOURS ABOUT YOU.**
- **RIDICULES YOUR BODY/ THE WAY YOU DRESS ETC.**
- **MOCKS YOUR PHYSICAL OR MENTAL DISABILITY OR ILLNESS (OR USES IT AGAINST YOU)**
- **CALLS YOU NAMES**
- **BLAMES YOU FOR EVERYTHING.**
- **NORMALISES ABUSE.**
- **GASLIGHTS YOU (MAKES YOU DOUBT YOUR OWN MEMORY, PERCEPTION & REALITY).**
- **GIVES YOU THE SILENT TREATMENT.**
- **TELLS YOU NOONE ELSE WILL WANT YOU.**
- **TELLS YOU NOONE WILL BELIEVE YOU ABOUT THE ABUSE.**
- **MAKES YOU FEEL CRAZY**
- **RIDICULES AND DENIES YOUR SEXUAL AND/OR GENDER IDENTITY.**

SUPPRESSION



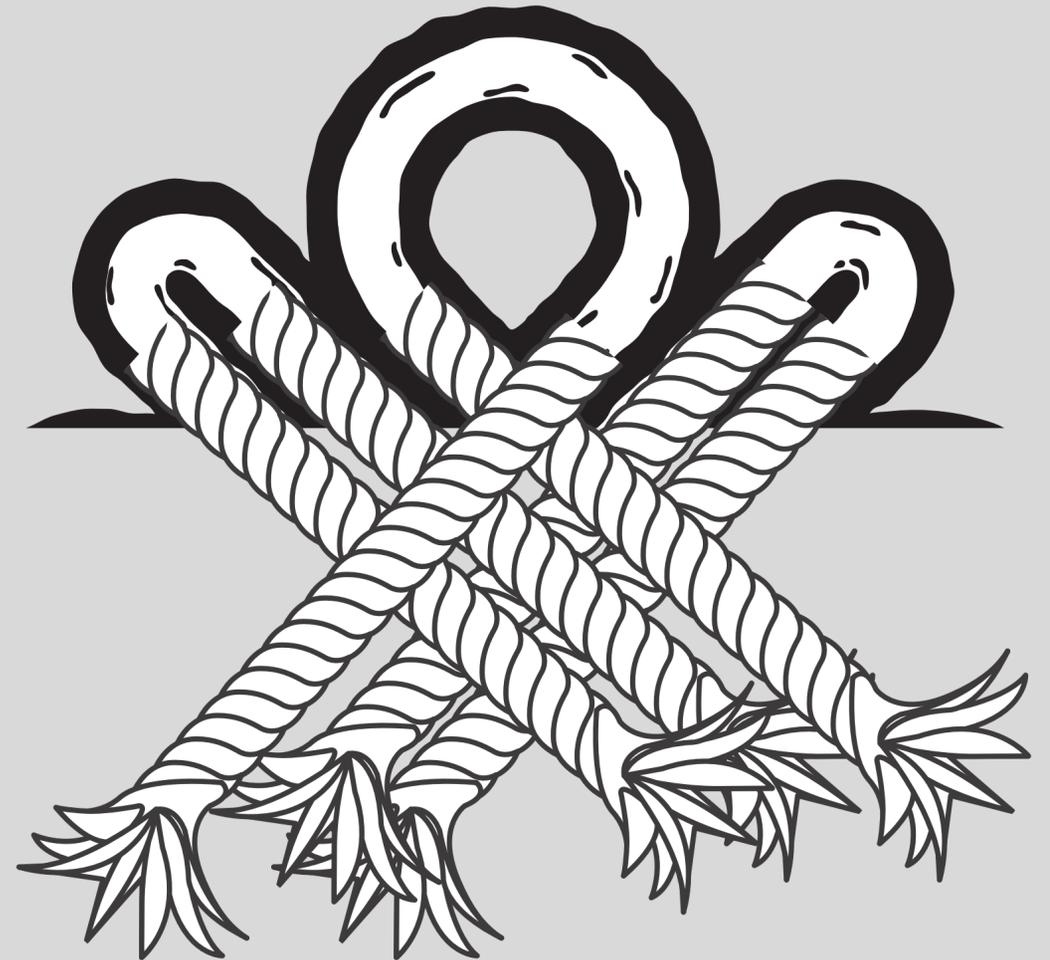
**IF SOMEONE IS DOING THESE THINGS TO YOU
THIS IS NOT YOUR FAULT AND IT IS NEVER OKAY-
AND WE WANT YOU TO KNOW THAT WE BELIEVE
YOU!**

**THERE ARE PEOPLE, AGENCIES & SUPPORT
IN YOUR COMMUNITY THAT HAVE THE SKILLS
AND MEANS TO TO SUPPORT
YOUR EMOTIONAL WELLBEING & HEALING**

- **THREATENS TO "OUT YOU"**
- **SAYS THAT YOU DON'T BELONG IN RAINBOW SPACES**
- **SAYS YOU ARE JUST CONFUSED ABOUT YOUR IDENTITY**
- **SAYS THAT ARE GOING SENILE/ GETTING DEMENTIA AND CAN'T POSSIBLE KNOW WHAT YOU FEEL, NEED OR WANT.**
- **RESENTS & BLAMES YOU FOR HAVING TO CARE FOR YOU IF YOU HAVE PHYSICAL/ MENTAL HEALTH CARE NEEDS.**
- **USES JEALOUSY TO "PROVE" THEY LOVE YOU**
- **USES DRUGS OR ALCOHOL AS AN EXCUSE FOR THEIR ABUSE**
- **DENIES AND MINIMISES THE ABUSE**
- **STOPS YOU FROM ACCESSING EMOTIONAL SUPPORT- FRIENDS, WHANAU, COUNSELLING, SOCIAL WORK SERVICES, PSYCHOLOGICAL SUPPORT.**

- **MAKES YOU BELIEVE THAT YOUR FUTURE IS SMALL AND LIMITED.**
- **MAKES YOU PROVE TO THEM WHERE YOU HAVE BEEN AND WHO YOU HAVE SEEN (AND OFTEN DOESN'T BELIEVE YOU ANYWAY).**
- **USES MIND GAMES.**
- **MANIPULATES INFORMATION.**
- **DEMANDS YOUR PERFECTION.**
- **MAKES YOU FEEL STUPID.**
- **USES MENTAL ILLNESS AGAINST YOU- TELLING YOU THAT YOU ARE A MENTALLY UNFIT PARTNER/MOTHER/PERSON.**
- **DENIES YOU ACCESS TO MENTAL HEALTH RESOURCES, TREATMENTS & SUPPORT.**
- **DENIES YOU ACCESS TO EDUCATION/ STOPS YOU FROM ACCESSING INFORMATION OR FROM STUDYING.**
- **CONTROLS WHAT YOU READ/WATCH.**
- **CALLS YOU NAMES**
- **BLAMES THEIR ACTIONS ON THEIR OWN TRAUMA HISTORY.**
- **STOPS YOU FROM PLANNING FOR YOUR FUTURE.**
- **MAKES YOU FEEL HELPLESS, LIKE YOU CAN'T DO ANYTHING FOR YOURSELF.**
- **MAKES YOU FEEL INFERIOR TO THEM.**
- **TAKES AWAY YOUR AGENCY & ABILITY TO MAKE DECISIONS.**

CONTROLLING



THEY TRY TO CONTROL YOU & MAKE YOU FEEL INFERIOR, HELPLESS & UNCERTAIN ABOUT YOURSELF.

YOUR MENTAL AND INTELLECTUAL INTERESTS AND COMPETENCY ARE QUESTIONED AND RIDICULED AND THIS AFFECTS YOUR ABILITY TO SEE & VISION A DIFFERENT FUTURE.

CONTROLLING

- **MAKES FUN OF YOUR SPIRITUAL BELIEFS AND PRACTICES.**
- **MAKES FUN OF YOUR CULTURAL BELIEFS AND PRACTICES.**
- **DOUBTS AND DISCREDITS YOUR MENTAL HEALTH DIAGNOSIS.**
- **DOUBTS AND DISCREDITS YOUR NEURODIVERGENCE- AND ACCESS TO SUPPORTS.**
- **DOUBTS AND DISCREDITS YOUR PHYSICAL ILLNESS/DISABILITY.**
- **BLAMES THEIR ABUSE ON YOUR MENTAL HEALTH/NEURODIVERGENCE/ILLNESS/DISABILITY.**
- **BLAMES THEIR ABUSE ON YOUR DRUG AND ALOCHOL ISSUES.**
- **SAYS RACIST THINGS TO YOU.**
- **TREATS YOUR CULTURE OR ETHNICITY AS "EXOTIC" AND INFERIOR.**
- **MISGENDERS OR DEADNAMES YOU.**
- **DISRESPECTS YOUR BOUNDARIES.**
- **CHANGES THEIR RULES/EXPECTATIONS WITHOUT WARNING AND PUNISHES YOU AND INSISTS YOU SHOULD KNOW BETTER.**

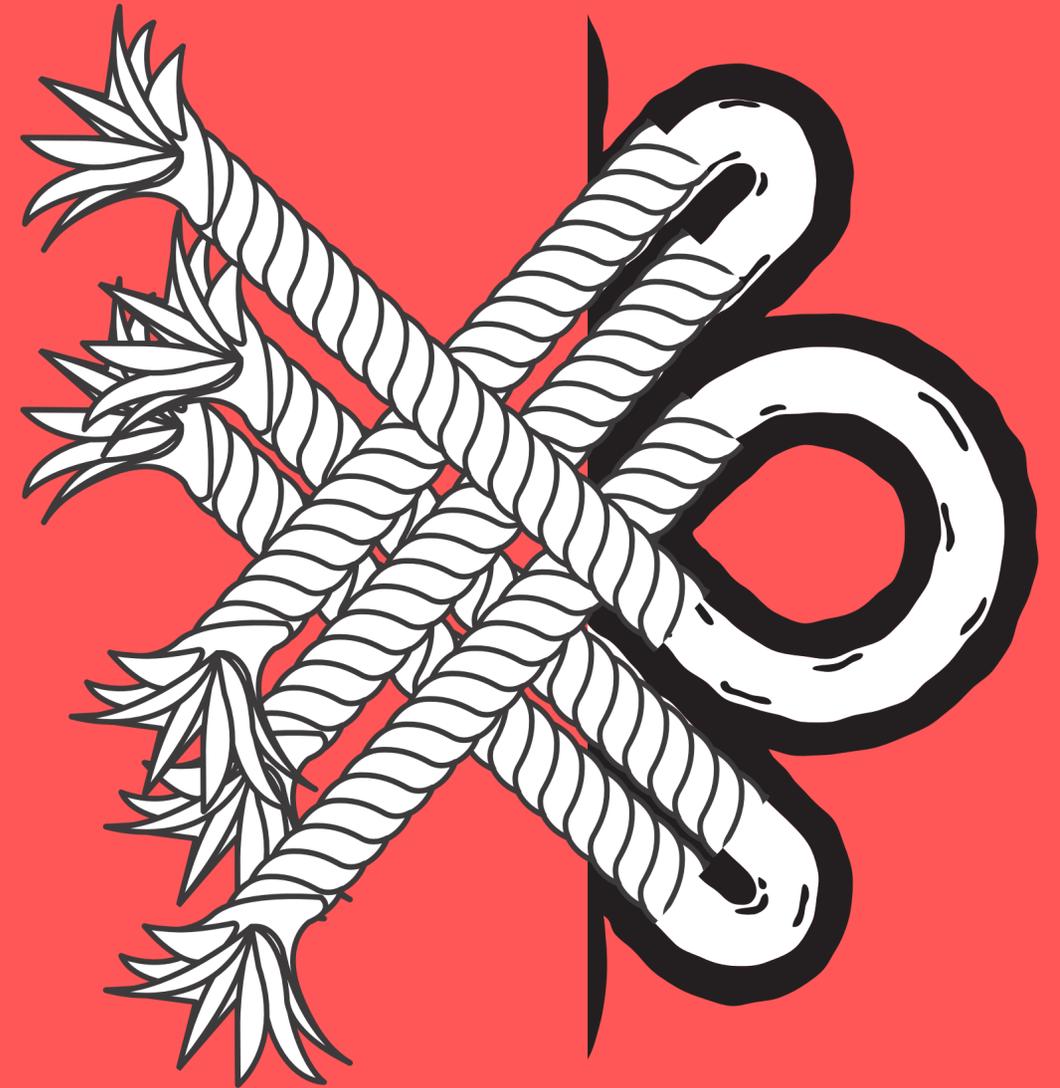


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THERE ARE PEOPLE, AGENCIES & SUPPORT IN YOUR COMMUNITY WHO HAVE THE SKILLS AND MEANS TO SUPPORT YOUR MENTAL WELLBEING, SELF-DETERMINATION & VISION FOR YOUR FUTURE

COERCION

- **RESTRICTS YOUR OPPORTUNITY TO SHAPE WHO YOU BECOME AND THE CHOICES YOU MAKE.**
- **RESTRICTS ACCESS TO YOUR SPIRITUAL PRACTICES AND COMMUNITY.**
- **MAKES YOU ADHERE TO THEIR SPIRITUAL PRACTICES/ NORMS AND JOIN THEIR COMMUNITY.**
- **RESTRICTS YOUR ACCESS TO YOUR CULTURAL PRACTICES AND COMMUNITY.**
- **MAKES YOU ADHERE TO THEIR CULTURAL PRACTICES/NORMS AND DENY YOUR OWN.**
- **RESTRICTS YOU FROM GOING TO RAINBOW EVENTS.**
- **PRESSURES YOU TO "ACT STRAIGHT" OR "BE THE SEX YOU WERE BORN."**
- **PRESSURES YOU TO "COME OUT" WHEN IT IS NOT CULTURALLY APPROPRIATE OR SAFE.**
- **ISOLATES YOU FROM DISABILITY AND OTHER SUPPORT COMMUNITIES.**



THEY COERCE YOU TO CHANGE & ISOLATE YOU FROM YOUR COMMUNITY SUPPORT AND CONNECTIONS, MAKING YOU FEEL UNACCEPTABLE AND WRONG AS YOU ARE.

YOUR IDENTITY, WORLDVIEWS, PRACTICES AND CONNECTIONS HAVE BEEN COERCIVELY CONTROLLED AND YOUR ABILITY TO MAKE CHOICES & TAKE ACTION IN YOUR OWN LIFE HAS BEEN SEVERLY RESTRICTED.

COERCION

Your resistance
to their violence will be
unique to you and your
situation
and is such a valuable
tool of survival

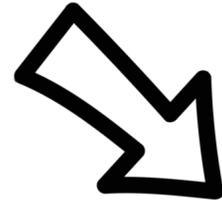


- **CONTROLS WHO YOU CAN SEE AND TALK TO.**
- **STOPS YOU FROM SEEING FRIENDS AND WHANAU.**
- **STOPS YOU FROM PARTICIPATING IN SPORTS CLUBS/ GROUPS AND HOBBIES.**
- **USES WHITE, CIS AND OTHER PRIVILEGES TO CONTROL AND COERCE YOUR CHOICES.**
- **USES MALE PRIVILEGE TO TREAT YOU LIKE A SERVANT/ DEFINE "MALE" AND "FEMALE" ROLES/ BE THE ONE THAT MAKES ALL THE DECISIONS.**
- **RESTRICTS YOUR TIME AND SPACE FOR YOURSELF.**
- **STOPS YOU FROM PARENTING YOUR CHILDREN IN A WAY THAT FEELS RIGHT TO YOU.**

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**THERE ARE PEOPLE, AGENCIES & SUPPORT
IN YOUR COMMUNITY WHO HAVE THE SKILLS
AND MEANS TO SUPPORT YOUR
SPIRITUAL/SOCIAL WELLBEING, BELONGING &
TRANSFORMATION.**

**THESE AGENCIES
IN WHANGANUI
ARE A GREAT PLACE
TO START**



**YOU CAN ALSO REACH
OUT TO A TRUSTED
WHANAU MEMBER, FRIEND,
NEIGHBOUR, TEACHER, COACH, GP,
NURSE OR SOMEONE ELSE IF
THAT IS A BETTER OPTION FOR YOU
AND YOUR WHANAU RIGHT NOW.**

**Women's Refuge- PH: 06 344 2204
PH: 0800 733 843 (North Island, Option 4) 24/7 Crisis Support Line**

It's NOT OK Family Violence Helpline: 0800 456 450

**Age Concern- 164 St Hill Street, PH: 06 345 1799
PH: 0800 EA NOT OK (0800 32 668 65)**

**Whanganui Safe and Free- Suite 4, 236 Victoria Ave,
PH: 06 343 3416**

**Oranga Tamariki- Ingestre Chambers, 74 Ingestre Street
PH: 0508 (FAMILY) 326459, 24/7**

**Community Legal Advice Whanganui (CLAW)-
Suite 2, 236 Victoria Ave, PH: 06 348 8288**

**Tupoho Iwi Community Social Services Trust-
Tupoho House, 249 Victoria Ave, PH: 06 345 2042**

Te Oranganui- 57 Campbell Street, PH: 06 349 0007

Jigsaw- Suite 10, 236 Victoria Ave, PH: 06 345 1636

**Hey Bro - He Waka Tapu (for men who want to stop being
violent) PH: 0800 439 276, 24/7**

IT IS



**TO ASK
FOR
HELP**



SHINE (DOMESTIC VIOLENCE HELPLINE):

9AM - 11PM

PH: 0508 744 633

SHAKTI (FOR MIGRANT WOMEN):

24 HOURS A DAY / 7 DAYS A WEEK

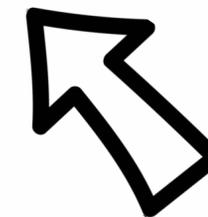
PH: 0800 742 584

SAFE TO TALK (SEXUAL ABUSE):

24 HOURS A DAY / 7 DAYS A WEEK

PH: 0800 044 334 OR

TXT: 4334



**FAMILY VIOLENCE IT'S NOT OK CAMPAIGN
INFORMATION LINE : 0800 456 450**

**HEY BRO - HE WAKA TAPU
(FOR MEN WHO WANT TO STOP BEING
VIOLENT)**

24 HOURS A DAY / 7 DAYS A WEEK

PH: 0800 439 276

**THESE HELPLINES
ARE ALSO
FANTASTIC
RESOURCES**