

**ACTIONS FOR  
EMOTIONAL  
WELLBEING**

**ACTIONS FOR  
MENTAL  
WELLBEING**

**ACTIONS WHANAU / FRIENDS CAN TAKE TO SUPPORT ADULTS WHO ARE BEING HARMED BY FAMILY VIOLENCE**

**ACTIONS FOR  
PHYSICAL  
WELLBEING**

**ACTIONS FOR  
SOCIAL/SPIRITUAL  
WELLBEING**



**Take positive action to scaffold & resource the person/ whānau to help them re-build their inner grounding, safety & stability. Centre them in the process and support their resistance.**

# **SCAFFOLD**



**WEAVING TOGETHER ACTIONS TO  
SUPPORT & RESOURCE PHYSICAL  
WELLBEING & BUILD STABILITY**

**OFFER THEM A PLACE TO STAY**

**HELP THEM PACK UP THEIR STUFF (IF IT IS SAFE TO DO SO)**

**OFFER TO HOUSE THEIR PETS**

**OFFER THEM FINANCIAL SUPPORT (TO MOVE, TO SEE A COUNSELLOR, BUY FURNITURE ETC.)**

**ASK THEM WHO THE PEOPLE IN THEIR COMMUNITY ARE, MAKE CONNECTIONS AND MAKE A PLAN TO WORK TOGETHER TO PROVIDE THE THINGS THAT THEY MIGHT NEED. THIS IS ALSO IMPORTANT FOR YOU. THIS IS NOT WORK TO BE DONE ALONE- MAKE SURE YOU TAKE TIME TO GET SUPPORT- PHONE HELPLINES, AGENCIES, WOMENS REFUGE ETC. TO GET ADVICE**

**&**

**OFFER TO SUPPORT THEIR CHILDREN  
(DO FUN THINGS WITH THEM, TAKE THEM TO/FROM SCHOOL,  
LOOK AFTER THEM AT YOUR HOUSE SO THEY CAN GO TO  
APPOINTMENTS/ WORK ETC.)**

**SHOW UP TO SUPPORT THEM  
(TAKE THEM TO REFUGE, GO WITH THEM TO WORK &  
INCOME, MAKE IMPORTANT PHONECALLS, FOLLOW  
THEIR LEAD BUT ALSO TAKE SOME OF THE WORK OUT  
OF IT FOR THEM BY DOING THE PLANNING AHEAD FOR  
THEM)**

**Take positive action to connect with, listen & encourage the person/ whānau to tell their story. Believe what they say. Be a safe, compassionate space for them to reconnect with & express their inner voice/intuition. Centre their emotional experience & healing.**

# **CONNECT**



**WEAVING TOGETHER  
ACTIONS TO SUPPORT  
& RESOURCE EMOTIONAL  
WELLBEING & HEALING**

**REMEMBER WELLBEING & HEALING  
LOOKS DIFFERENT FOR EVERYONE-  
FOLLOW THEIR LEAD**

**LISTEN DEEPLY + WITH COMPASSION**

**STAY CURIOUS + OPEN**

**CONNECT THEM WITH STORIES OF HOPE,  
BELONGING AND VALIDATION, LIKE PŪRĀKAU,  
WHAKATAUKĪ, STORIES OF RESISTANCE, THAT  
HELP THEM CONNECT TO & EXPRESS THEIR OWN  
TRUTH.**

**BELIEVE THEM! & REMIND THEM THAT  
IT IS NOT THEIR FAULT!**

**CELEBRATE EXAMPLES OF WHEN THEY  
LISTENED TO THEMSELVES**

**REFLECT THE PARTS OF THEIR STORY THAT  
SHOWCASE THEIR STRENGTHS, SUCCESSES &  
RESISTANCE TO VIOLENCE**

**Take positive action to support the person/whānau to make choices, reminding them of their agency & vision for their future. Take positive action to research + provide resources. Support them with information, connect them to agencies. Map their strengths with them, help them make a safety plan that makes sense to them (whether they want to stay, are planning to leave or are ready to leave now). Show them a map & follow their lead. Centre their mental safety.**

**HELP THEM MAP OUT WHAT THEY WANT FOR THEIR FUTURE:**

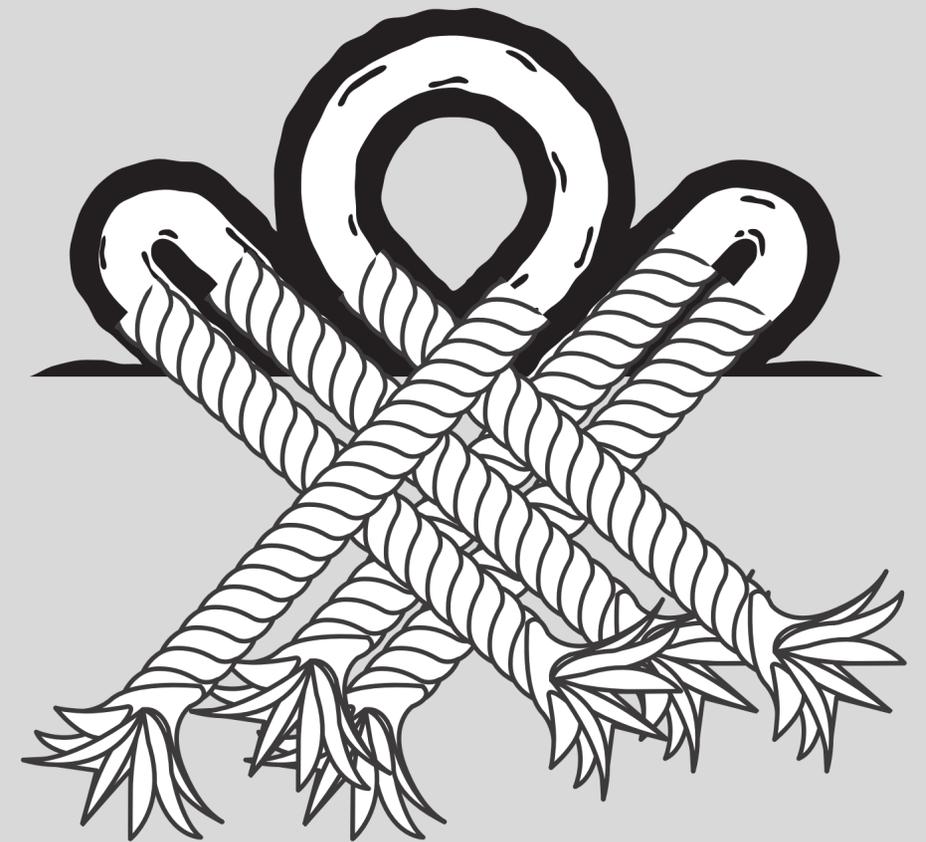
**"IN AN IDEAL FUTURE WHERE WOULD YOU BE & WHAT WOULD YOU BE DOING?"**

**ALLOW THEM TIME, AGENCY AND SELF-DETERMINATION TO MAKE THEIR OWN CHOICES.**

**DIRECT THEM TO THE WHANGANUI FAMILY VIOLENCE WEBSITE + RESOURCES**

**RESEARCH AGENCIES & SUPPORTS AVAILABLE, IN YOUR AREA, FOLLOW THEIR LEAD ON MIGHT BE A GOOD FIT FOR THEM & THEIR WHANAU- DO THE MENTAL LABOUR FOR THEM, PROVIDE THEM WITH A MAP & LET THEM MAKE THEIR OWN CHOICES**

**PLAN**



**WEAVING TOGETHER ACTIONS TO SUPPORT & RESOURCE MENTAL WELLBEING, SELF-DETERMINATION & VISION FOR THE FUTURE**

**Take positive actions to affirm & celebrate the person/ whānau & their identity, worldviews and strengths & walk alongside them on their journey. Centre them in their chosen community & support their transformation.**

**GO WITH THEM TO THEIR PLACE OF WORSHIP/ CLUBS/  
SUPPORT GROUPS/ SPORTS TEAMS/ IDENTITY GROUPS  
+ HELP THEM RECONNECT WITH THEIR CHOSEN  
COMMUNITIES**

**LEARN ABOUT THEIR WORLDVIEWS/ BELIEFS +  
WAYS OF SEEING THE WORLD- OFTEN THEIR  
MAURI/LIFE-FORCE HAS BEEN BULLIED INTO  
HIDING AND WILL NEED KINDNESS &  
ENCOURAGEMENT TO COME OUT.**

**BRING THE ABUSE INTO THE LIGHT  
(FOLLOW THEIR LEAD ON THIS)**

**WALK BESIDE THEM AS THEY TAKE  
ACTION TO BRING THEIR VISION TO LIFE -  
OFTEN SURVIVORS OF VIOLENCE HAVE  
BEEN COERCED, CONTROLLED AND GASLIT  
& IT MAY TAKE SOME TIME FOR THEM TO  
FIND & RECLAIM THEIR VOICE & LEARN TO  
MAKE CHOICES FOR THEMSELVES AGAIN.**

**ADVOCATE FOR THEM IN THE JUSTICE/ COURT/ SOCIAL  
DEVELOPMENT/ CHILD WELFARE SYSTEMS-**

**OFTEN THESE SYSTEMS ARE RE-TRAUMATISING DUE TO  
INHERENT GENDER BIASES, DISCRIMINATION AGAINST  
SURVIVORS, AND POLICIES AND PROTOCOLS THAT  
DON'T GIVE ANY LEEWAY FOR THEIR REALITIES. PART OF  
SUPPORTING VICTIMS IS TRANSFORMING THESE WIDER  
SYSTEMS TOO!**

**CELEBRATE**



**WEAVING TOGETHER ACTIONS TO  
SUPPORT & RESOURCE  
SPIRITUAL/SOCIAL WELLBEING,  
BELONGING  
& TRANSFORMATION**

**OUR COLLECTIVE ACTIONS  
WEAVE TOGETHER  
TO HELP THOSE WHO HAVE  
BEEN HARMED TO  
BUILD, HEAL, VISION &  
TRANSFORM  
AFTER VIOLENCE**

**NO MATTER  
WHERE YOU FALL  
ON THE FAMILY  
VIOLENCE WEB  
YOU HAVE A  
PART TO PLAY  
&  
POSITIVE ACTIONS  
YOU CAN TAKE**

**ACTIONS TO SUPPORT SOMEONE WHO IS BEING HARMED**

**TAKE POSITIVE ACTION  
FROM AN AREA  
THAT YOU HAVE STRENGTH  
& RESOURCE IN!**

**IF YOU DON'T HAVE THE MONEY  
TO SUPPORT A VICTIM,  
BUT  
YOU HAVE THE ENERGY  
AND EMOTIONAL  
SPACE TO LISTEN DEEPLY,**

**THAT'S GREAT!  
KA PAI!**

**THESE ARE JUST  
IDEAS TO BUILD FROM,  
IF THERE ARE OTHER  
WAYS THAT  
YOU CAN THINK OF  
TO TAKE POSITIVE ACTION  
MENTALLY,  
EMOTIONALLY,  
PHYSICALLY, SOCIALLY OR  
SPIRITUALLY.**

**KARAWHIUA!  
GO FOR IT!**