

RPE UpDate



Rape
Prevention
Education

Issue 1 – Winter 2008

Working together to eliminate rape and sexual abuse

RAPE CRISIS AUCKLAND INCORPORATED
WHAKATU MAURI

Celebrating prevention into the future

More than 100 people attended an event to help Rape Prevention Education launch Rape Awareness Week (1 - 8 May 2008).

Speeches from Dr Kim McGregor (Rape Prevention Education Director), Louise Nicholas (survivor advocate) and Hon Steve Chadwick (Minister of Women's Affairs and Associate Minister of Health) commended the excellent work of the sector in addressing the impact of sexual violence and, most importantly, preventing it.

"We need to break the silence that often surrounds the horror that is rape."

Survivors of sexual violence and abuse and their friends and families were applauded for their strength in standing up to, and working to, prevent this violence.

"It is great to have the chance to increase awareness of the impact of sexual violence and to celebrate the



(Left to right) Dr Kim McGregor, Hon Steve Chadwick, MP Darien Fenton, MP Lynne Pillay (Waitakere) and Louise Nicholas.

strength of survivors. We need to break the silence that often surrounds the horror that is rape," Louise Nicholas said.

The Rape Awareness Week Launch was made possible through the efforts of Rape Prevention Education (supported by the Crime Prevention Unit of the Ministry of Justice) and

Courageous Women. Kathy Needham and Deborah Joy of Courageous Women run monthly support groups, details of which are below.



Empowering...inspiring and supporting women survivors of sexual abuse. 0508 Courage (268 724).

Vodafone Foundation providing building blocks for youth



**Vodafone
New Zealand
Foundation**

By Veronica Marwitz

As a recipient of the Vodafone Foundation World of Difference award, the salary and expenses for my work at Rape Prevention Education (RPE) are being funded for 2008.

This means I am focusing solely on developing programmes for youth.

Most of my time thus far has been focused on research - looking at both academic and professional sources to figure out what works and what doesn't.

Now I have a pretty good idea of what direction to go in, I am beginning the process of developing a new programme for young people.

It incorporates a whole school community approach and has a broader focus on gender-based violence,

respectful relationships and bystander intervention.

As well as the monetary contribution, the Foundation offers opportunities for the skills of those working for Vodafone to be utilised within RPE.

This funding from the Vodafone Foundation has moved RPE's youth arm to the leading edge of sexual violence prevention. We are moving closer to our rangitahi living in a society with less sexual violence.

Focus on...



BodySafe - how schools benefit

The BodySafe Programme provides information on sexual violence and self-protection.

It aims to enable young people to take greater responsibility for their own safety and wellbeing, both in personal relationships and situations with strangers.

"It made me understand that there are solutions to overcome problems I have."

BodySafe student

Sexual violence is an issue that affects everyone in the community. The BodySafe Programme addresses childhood sexual abuse, as well as sexual coercion within dating relationships, and other high-risk situations. The focus is on prevention.

The BodySafe Programme primarily works within high schools in the greater Auckland area (both single-sex and co-ed), but also provides workshops within alternative education and community settings.

"The most important thing I learned was that if I was ever abused... it's not my fault."

BodySafe student

BodySafe is usually delivered in a three-workshop format, with each workshop a combination of interactive discussion and group activities.

Programme outline

- **Workshop One:** We introduce definitions, the legal aspects of sexual violence, situations in which sexual violence can occur, societal myths about sexual violence, and why sexual violence occurs.
- **Workshop Two:** We focus on real-life scenarios where sexual violence has occurred, including the dating/partying environment, and other personal relationships. We look at ways in which these situations may have been prevented, or what you could do if you are involved in a similar situation in the future. We also look at ways to assess high-risk situations.
- **Workshop Three:** We focus on how to help yourself, or someone else who has been sexually violated. We look at how people may feel and ways that they can heal from the experience. It also resources students with agencies and people in their community that can provide support and information. As approximately a quarter of all sexual violence is committed by teenagers, we also look at how this group can get the help they require to avoid and stop offending.

Worth reading

Girl Stuff: Your Full-on Guide to the Teen Years by Kaz Cooke, Penguin Group Australia, 2007.



We whole-heartedly recommend this book to teenage girls everywhere. This guide consists of straight-up explanations and advice on many confusing aspects of adolescence.

Cooke's chapters cover dating, love, sex, mental health, drinking, friendship and many, many more topics. Her discussions are frank, honest and funny, but most importantly, they are accurate and helpful.

She treats the subject of sexual violence with sensitivity and successfully conveys important safety messages to her readers.

Preventing Adult Sexual Violence Through Education? by Moira Carmody in *Current Issues in Criminal Justice*, Volume 18, No. 2, 2006

This article is recommended by Veronica Marwitz, BodySafe Programme Developer, as an informed analysis of sexual violence preventative education.

It highlights some of the gaps in the content of sexual violence prevention programmes and what is needed to make them more effective.

Issues surrounding adolescent sexuality and ethical sexual relationships are emphasised.

More than 3,000 students were asked the question: "Do you think that BodySafe has changed the way you think / act in situations where you might be at risk?" The large majority of students, (84%), answered yes.

Tiaki Tinana

BodySafe



Book launch



the **WOMEN'S**
BOOKSHOP

Thanks to Carole and her team at The Women's Bookshop for their support. The Women's Bookshop will host the launch of Kim McGregor's book, *Surviving and Moving on - self help for survivors of childhood sexual abuse* (Random House) in August (see RPE calendar, back page). We recommend their website: www.womensbookshop.co.nz, which has a separate link for books concerning abuse, along with many other topics of interest and help.

Thanks to Random House which generously supplied discounted copies of Louise Nicholas' and Philip Kitchin's book, *Louise Nicholas, My Story* (Random House) at the Rape Awareness Week Launch.

The numbers...

- 26% of female and 14% of male New Zealand high school students reported having experienced unwanted sexual contact.¹
- 1 in 3 females and 1 in 6 males are likely to experience sexual violence before the age of 18 years.²

1. Fleming, T.M., Watson, P.D., Robinson, E., Ameratunga, S., Clark, T.C., Crengle, S. (2007) *Violence and New Zealand Young People: Findings of Youth 2000 - A National School Youth Health and Wellbeing Survey*. Auckland: The University of Auckland.

2. Ferguson, D.M.; Mullen, P.E. (1999) *The prevalence of sexual abuse during childhood*. In P.E. Mullen (ed), *Childhood sexual abuse: An evidence based perspective*. London: SAGE Publications.

Say hello to the BodySafe team...



The BodySafe team are a dedicated group delivering the BodySafe Programme to over 3,000 students in high schools each year. They are known as an upbeat, friendly bunch, from all walks of life! Introducing.....

Kerri Hurman, the new Team Leader for BodySafe. Kerri, a Canadian, has worked extensively with Northern Ontario native youth to stop the cycles of violence, abuse and silence. She hopes to add her humour and practicality to the team.

Chris has spent the last 15 years in media and communication in Samoa. He is a brave giant with five children and brings a staunch, gentle approach.

Keith's background is in administration and theatre. He is Fijian and brings his own special brand of humour when in classes.

Sasha has a psychology background. Her fun-loving nature and sense of adventure give an added spark to the team.

Gaby is from Mexico. She brings rich cultural experience and understands the difficulties posed by language and cultural barriers. She is also helping to develop the Migrant and Refugee Programme at Rape Prevention Education.

Kate's background is in Anthropology. She brings her unique American humour to classes in between post-graduate work, teaching aikido to children, and researching for Rape Prevention Education.

Kimberly also hails from America. Her background is in domestic violence and human trafficking. She has transferred her love for ice hockey to rugby and enjoys having daily access to an ocean.

Sarah worked in various mental health roles prior to BodySafe and is now training to be a Clinical Psychologist. An avid martial artist, in her spare time she also enjoys scuba diving.

JT's background is in hospitality. His open and friendly nature helps to bridge the gap between young/old, Pakeha/Maori in a natural, fun manner.

Bronwyn's experience is taken from the arts and drama. Her creativity and love of music makes her very popular in the classroom.

Tom is a personal trainer who believes in mind and spirit working together. He is active within the Maori community and is looking forward to sharing his new skills with them.

- **Schools:** To enrol your school on a BodySafe course call us on 09 360 4001
- **Supporters:** To donate now call 09 360 4001. Your contribution will allow us to train another BodySafe educator or fund another student enrolling in the BodySafe Programme.

DIRECTOR'S NOTE



By Dr Kim
McGregor

Nga Mihi Kia Koutou

Rape Prevention Education (RPE) launched Rape Awareness Week on 1 May. We took this opportunity to share the impressive new initiatives in the field and to emphasise the importance of information to keep all of us, particularly young people, safe from sexual violence.

Estimates suggest 1 in 3-5 females and 1 in 6-10 males will experience some form of sexual abuse in their lifetimes. The cost of child sexual abuse to this country has been estimated to be \$2.6 billion per annum. Spending only 10% of that sum on sexual violence prevention would have a huge impact on reducing this harm.

At RPE, we work towards ensuring our society, and particularly our youth and rangitahi, are neither victims, nor perpetrators, of sexual violence.

BodySafe, Dealing with Disclosures, Tiaki Tinana, and Safe Relationships in New Zealand are our key sexual violence prevention programmes.

Through this newsletter, our aim is to "create conversations" in all communities about sexual violence prevention. The focus for this edition is "youth". It is in their hands that the future lies.

Waiho i te toipoto, kua i te toiroa - let us keep close together, not wide apart.

Book now for professional education

Dealing with Disclosures: Sexual violence is real for everyone in our community. We all need to be aware of it and how to deal with it safely and appropriately. You may be a manager attempting to support a staff member; a parent concerned about a child; a teacher, social worker or counsellor supporting a client affected by sexual violence, or a responsible employer or board wanting advice about how to ensure a safe work, sports or community environment.

Rape Prevention Education offers education and training in Dealing with Disclosures. We are also able to customise training to meet the needs of your clients and staff where sexual violence and abuse has had, or could have, an impact. Speak with Kylie Tippett to explore how Rape Prevention Education may assist you. Call 021 0292 6603 or email kylie@rapecrisis.org.nz.

Safe Relationships in New Zealand: Our country is made up of increasingly diverse populations; each individual has different preconceptions and knowledge of sexual safety and the impacts of abuse, which can affect the way they live, work and interact with others. The Safe Relationships team works with migrant and refugee communities as well as professionals who work with these communities. If your organisation or community requires assistance to prevent, or address, the impact of sexual violence and abuse, email Sami Daragh, sarni@rapecrisis.org.nz.

Tiaki Tinana provides education on how to minimise opportunities for sexual offending within Maori communities. The programme informs whanau how to recognise situational, environmental and biological factors that can prevent violence and abuse. Email Russell Smith, russell@rapecrisis.org.nz.

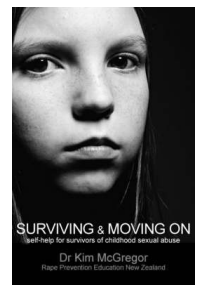


Rape Prevention Education Calendar

Take a few moments to find out how you can get involved

Thursday 26 June / Thursday 31 July: Dealing with Disclosures. A one-day interactive workshop on the prevalence, dynamics and effects of sexual abuse; effective and safe pathways to respond to disclosure (personally and professionally), and services to help. Presenters include Dr Kim McGregor and Louise Nicholas. Enrol now by contacting Kylie Tippett on 021 0292 6603, or email kylie@rapecrisis.org.nz.

Tuesday 5 August, 6pm: Book launch at The Women's Bookshop, 105 Ponsonby Road, Ponsonby, Auckland. Launch of Rape Prevention Education Director Kim McGregor's *Surviving and Moving On - self help for survivors of childhood sexual abuse* (Random House) and promotion of Jan Jordan's *Serial Survivors...Women's Narratives of Surviving Rape* (Federation Press). Call the Women's Bookshop on 09 376 4399 or email books@womensbookshop.co.nz.



Rape Prevention Education needs your help!

Rape Prevention Education (RPE) - Whakatau Mauri (formerly Rape Crisis Auckland), supports survivors of sexual violence and their whanau. Overall, our objective is to eliminate rape and sexual abuse through education and community work.

We are a not-for-profit organisation. Everything we earn from fundraising, service contracts and professional education and community grants is spent on sustaining the agency to deliver high quality services. Every day, we attempt to do as much as we can with the resources we have. Alas, there is never enough.....

Please help us by making a donation. Phone 09 360 4001 and speak with Yvonne Hoffmann - Administration Manager, or you can email yvonne@rapecrisis.org.nz.

DONATE NOW: Call 09 360 4001 or email yvonne@rapecrisis.org.nz