

RPE UpDate

Issue 2 – Spring 2008

Working together to eliminate rape and sexual abuse



Rape
Prevention
Education

RAPE CRISIS AUCKLAND INCORPORATED
WHAKATU MAURI

New focus on 'respectful' sexuality

The New Zealand sexual violence prevention sector is experiencing a positive shift. Instead of a focus on what is illegal and not okay, we are moving towards education and promotion of respectful sexual interactions.

Brad Perry's work on respectful sexuality, *Moving Up Stream*, is key to the work of Rape Prevention Education (RPE). The premise is that as respectful sexuality is promoted and adopted, occurrences of illegal, coercive or damaging sexual experiences will decline.

In 2008 RPE employee Veronica Marwitz has been developing this concept through a Vodafone World of Difference award.

She says: "From my experience working with young people, it is all very well for us to educate them about what is illegal, harmful, and not okay (with regard to sexual violence prevention). However, many

of them don't have a template of what *is* healthy and okay."

Central to respectful sexuality and relationships is respect for the self and respect for others.

Perry believes healthy sexuality is found in people who are:

- experiencing physical, emotional, social, and cultural wellbeing
- able to express their sexuality responsibly and voluntarily
- free from fear, shame, guilt, and the coercion that impairs sexual relationships
- able to enjoy and control their sexual and reproductive behaviour in accordance with personal and social ethics.

Moving Up Stream can be found at www.vsdvalliance.org/secPublications/newsletters.html.

Thanks Vodafone!



Rape Prevention Education (RPE) thanks Vodafone New Zealand Foundation for the World of Difference award granted to Veronica Marwitz.

This support has ensured RPE is able to advance its efforts to prevent sexual violence.

RPE welcomes Louise and Aaron to the team

RPE is delighted that Louise Nicholas has agreed to join the team as our new Survivor Advocate.



In this national position, Louise will make a very important contribution to survivors, RPE and colleague agencies in Te Ohaakii a Hine National Network Ending Sexual Violence Together (TOAH NNEST).

She will also focus on supporting the Government's commitment to improve responses to sexual violence.

Louise has an RPE-based role too, representing survivor perspectives in the agency's service development.

She says: "Over the last 14 years I have experienced the most demeaning, unethical and inhumane processes as a complainant in a rape trial.

"I just know that by walking side by side and supporting each other in what is our common goal, we will eventually be able to eliminate violence from within our homes and from within our communities."

Louise is based in Rotorua, but regularly works out of RPE's office in

Auckland. She can be contacted at louise@rapecrisis.org.nz.

RPE is also joined by Aaron Gilmore of 'Dancing with the Stars' fame. Aaron is committed to speaking out for survivors of childhood sexual abuse.

He is keen to raise awareness about female offenders, as well as sexual abuse against boys and men.



Focus on...



Body Safe

TiakiTinana 

Seeking better outcomes for Māori communities

The primary aim of the Tiaki Tinana project has been to raise awareness of sexual violence within Māori communities, and create a dialogue among community leaders.

"For me it's very hard to talk to my mokopuna about this. Talking to your own family is difficult; easier to tell other children. I liked your aspect of normalising the subject."

Hui participant

Conversations can then be initiated within Whanau, Hapu and Iwi about practical, everyday ways of incorporating sexual violence prevention strategies into their communities.

The central message of Tiaki Tinana is that prevention of sexual abuse in all communities is achievable. Awareness and the adoption of simple prevention strategies can result in the minimisation of harm and the prevention of sexual abuse and offending against children and young people.

"We thought, 'shit, who told him (the presenter) to come here, I'm not bloody going to listen to this thing about rape' but I was glad we did...it was awesome"

Hui participant

The Tiaki Tinana project addresses the need for a preventative effort specifically designed by Māori clinical and cultural professionals, for use within Māori communities. Tiaki Tinana utilises knowledge and experience from the fields of sexual violence prevention education, survivor



Waitangi Woods and Russell Smith from Tiaki Tinana

services, sexual offender treatment and Māori clinical practice. Māori clinical practice refers to the application of both Māori cultural and clinical knowledge within the sexual violence sector.

"What is so exciting about this project is that it's similar to our model of mental health care which looks after the whole person. Whether offender or victim, you need help, so healing can take place for all people."

Hui participant

Recent research shows why a service like Tiaki Tinana is so important:

- **1/3 of Māori women are likely to experience sexual abuse.** University of Auckland research suggests one in four women in Aotearoa have experienced childhood sexual abuse. For Māori women, this figure increases to one in three (Fanslow, Robinson, Crengle, & Perese, 2007).
- **1/4 of Māori youth (male and female) are likely to experience unwanted sexual contact.** (Adolescent Health Research Group, 2004).

It is worth noting that to date there is no research on the ethnicity of the perpetrators of these sexual offences in New Zealand.

Russell Smith (Nga Puhi, Ngati Kahu) is the Tiaki Tinana Project Manager and can be contacted at russell@rapecrisis.org.nz.

Tiaki Tinana

- Uses Māori clinical specialists, who are able to work with victims / survivors, perpetrators, and their whanau to deliver a sexual violence prevention programme with an integrated Kaupapa Māori approach
- Focuses on minimising harm, supports intervention strategies and seeks positive outcomes within Māori communities
- Fosters community empowerment by emphasising the community's ownership of the prevention knowledge and ability to successfully implement, develop and maintain prevention strategies
- Delivers health promotion and sexual violence prevention education that reinforces whanauora, to improve Māori health and wellbeing
- Through the formation of Tiaki Tinana, RPE is addressing the specific need for Kaupapa Māori initiatives surrounding the issue of sexual violence and sexual offending within the community. The strength of such initiatives is that they positively address important issues, using a combination of clinical / professional knowledge, key Māori cultural values and elements of the Māori worldview.

PartySafe

The festive party season is almost upon us, while there is lots of fun to be had, it is important to look after ourselves and others.

Alcohol clouds judgement and encourages us to feel invincible. It is also the principal drug used in sexual assault.

Guests:

- Keep your drinks in sight at all times
- If you become unexpectedly drunk, seek help from a trusted friend, the bar staff or your host
- Alternate alcoholic and non-alcoholic drinks
- Let friends and family know where you are going, and when you're likely to return
- Remain in contact (text and phone) with those friends and family – alert them to changes in your plans or destination
- Organise a ride home in advance, including booking a taxi
- Carry money for a taxi
- Wait for your ride with friends
- If alone, let your contacts know which vehicle you are in and your expected destination and arrival time
- Have the driver wait until you are safely inside your home.



Hosts:

- Know your guest list. People will bring dates and mates, but have a good idea of the people who are going to be at your event
- Limit alcohol and provide lots of non-alcoholic options for guests
- Make sure food is available if you are serving alcohol
- Make rounds of your property frequently
- If children are attending, check on them often throughout the event
- See all guests safely into their vehicles and rides
- Don't let anyone drive home drunk
- Know the taxi company your guests are to use.

Bystanders:

- Seek assistance when helping someone who has drunk too much
- Seek help to address anyone who may be giving unwelcome attention to a guest (unfortunately, predators count on people not interfering in these situations!).

NZ Research

New Zealand-specific research on sexual violence is vital to shape policy and the development of prevention and support services.

The Christchurch longitudinal study investigated the prevalence and long term effects of Child Sexual Abuse (CSA) and Child Physical Abuse (CPA).

It found that CSA accounted for 13.1% of mental health disorders in the cohort population of over 1,200. Those who experienced severe CSA (attempted or completed intercourse) had a rate of mental disorders 2.4 times that of people who were not abused. CPA was said to account for 5.1% of mental disorders. (Fergusson, Boden, & Horwood, 2008).

A report on the health of Pacific youth from Youth2000 has just been released. This states that:

- 28% of Pacific females and 17% of Pacific males reported sexual abuse (Mila-Schaaf, Robinson, Schaaf, Denny, & Watson, 2008)
- Only 43% of females and 37% of males ever disclosed the abuse
- More than 25% of Pacific girls and around 35% of Pacific boys aged 14 or under reported having had sex (Mila-Schaaf et al., 2008)

The full report can be found at www.youth2000.ac.nz

Great turn out for launch of Director's book

Surviving and Moving On - self help for survivors of childhood sexual abuse by Dr Kim McGregor, Random House, New Zealand, 2008.

During the launch of the book at The Women's Bookshop, Ponsonby, Auckland, RPE Director, Dr Kim McGregor, told the audience: "This book is for survivors and supporters of survivors."

Through the book, Kim works to dispel some of the myths that have supported the continuation of child sexual abuse, and to educate people so that more children will be protected.

She explains: "By exploring the source of the violence, we are looking for the solution to prevent it."

A key message included in the book is:

if you learn of sexual abuse of a child; listen to him or her, be calm, and seek specialist advice. Don't try to deal with the situation yourself.

Copies of *Surviving and Moving On* are available from RPE on 09 360 4001, or The Women's Bookshop on 09 376 4399.



At the book launch, Kim (centre) was joined by Louise Nicholas (right) and a host of RPE staff and well wishers.



DIRECTOR'S NOTE



By Dr Kim
McGregor

Nga Mihi Kia Koutou

The last six months have been busy at Rape Prevention Education (RPE). In addition to our many programmes and services, we are particularly excited by a new direction we are taking to promote survivor advocacy.

In July we were delighted to appoint Louise Nicholas as Survivor Advocate. Louise's courage through her battle for justice has moved and inspired many people. 'Silent survivors' from all parts of Aotearoa continue to contact her; some have not disclosed the abuse they experienced to anyone else. Many ask for changes to systems that have failed them. Louise is set for a busy year supporting where she can, and working towards positive system changes.

In mid-September a team from RPE attended the third national Stopping

Sexual Violence conference in Taranaki. Louise gave a keynote speech, and others took part in another five presentations.

We were all delighted when Aaron Gilmore of 'Dancing with the Stars' fame also joined RPE. Aaron is involved in various initiatives, including being appointed to the prestigious Board of *1in6*, a US organisation (www.1in6.org) that helps men who have had unwanted or abusive sexual experiences in childhood move on to live healthy, happy lives.

In this newsletter we are attempting to introduce you to some of the work we do, the issues that are relevant to sexual violence prevention, and the resources that are available to us all. We are also keen for you to meet our teams; we introduce you to a few of them in the photos in this issue. Please do not hesitate to contact us for more information, or support.

We are a small agency with limited resources, so if you, or someone you know, is able to help us with resources and / or funding, please don't hesitate to contact us.

Arohanui.



RPE staff at the Suffrage Breakfast in September. Back row L-R: Sarah McNeil (Educator), Kim McGregor (Director), Kylie Tippet (Professional Education), Louise Nicholas, and Debbi Tohill (Board Deputy Chair). Front row L-R: Veronica Marwitz (Programme Developer), Kate Butterfield (Researcher), and Kerri Hurman (BodySafe).

Thank you OneClick

Jason Platt and his team continue to provide Rape Prevention Education with invaluable website support.



Visit www.oneclick.co.nz to find out more about OneClick.



Rape Prevention
Education Calendar

Dealing with Disclosures

Many professionals throughout New Zealand undertook our Dealing with Disclosures training this year and reported it to be, "fantastic" and "very well presented by experts". Participants also commented on the courage of speaker Louise Nicholas, and recommended that the training should be mandatory for all youth services staff.

The 2009 workshops will be held on:

Wednesday 4th March

Thursday 2nd July

Wednesday 7th October

One in three women and one in six men are likely to be affected by sexual violence in their lifetime. If you are interested in ensuring your staff are confident in dealing with disclosures of sexual assault, and hear first hand from survivors Louise Nicholas and Aaron Gilmore about their experiences, please contact Kylie Tippet on 021 0292 6603 or email kylie@rapecrisis.org.nz.

Diary note: Rape Awareness Week 2009 begins on Monday 4th May.

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