



Rape Prevention Education

RAPE CRISIS AUCKLAND INCORPORATED
WHAKATU MAURI

Report from

RAPE PREVENTION EDUCATION AND TIAKI TINANA

In collaboration with

Te Ohaakii a Hine National Network Ending Sexual Violence Together

SEXUAL VIOLENCE PRIMARY PREVENTION Sector Capability Building Knowledge Day Hui 28TH April 2010

Final report from

Rape Prevention Education

Whakatau Mauri

PO Box 78-307
Grey Lynn
Auckland

DDI (09) 360-4001
Fax (09) 360-4015
Mob (021) 378991
www.rapecrisis.org.New Zealand

June 2010



***RAPE PREVENTION EDUCATION
AND TIAKI TINANA***

**SEXUAL VIOLENCE PRIMARY PREVENTION
Sector Capability Building
Knowledge Day Hui
28TH April 2010**

“Awesome energy in the room and a great environment for learning”

“Thanks for a wonderful day, it was the best hui I have attended in a long time”.

This report includes:

1. Narrative and analysis of what occurred on the day
2. Analysis of evaluation forms completed
3. Next steps
4. Financial report

The *Knowledge Day hui - Sexual Violence Primary Prevention Sector Capability Building* day jointly run by Rape Prevention Education and Tiaki Tinana and in collaboration with Te Ohaakii a Hine National Network Ending Sexual Violence Together took place at the Crowne Plaza in Auckland on the 28th of April. It was attended by over 50 people representing a variety of different agencies, types of work (government, sexual violence crisis and offender services, sexual health services, family violence intervention services, academics and other social service agencies) and geographical areas (from Christchurch to Whangarei).

The idea for the Knowledge Day (KD) was developed by Kim McGregor while working within the Taskforce for Action on Sexual Violence (TASV) Prevention working group. The planning and preparation of the KD was co-ordinated within RPE by Rebecca Leys and involved many hours of preparation, planning and consultation with several Maori and Tau Iwi key informants including Veronica Marwitz, Russell Smith, Joy Te Wiata, Marama Hetaraka, and in discussions with many colleagues within Te Ohaakii a Hine National Network Ending Sexual Violence Together (TOAH-NNEST) including Sienna Katene-Hamilton, Hera Pierce to ensure that the day was relevant and successful. Throughout the planning, following input from experts such as Assoc. Prof Moira Carmody, Louise Renner (ACC) and Christy Trewartha (MSD) the capacity building focus was on developing the sector's understanding of primary prevention, with confusion often being expressed within the sector as to what primary prevention actually is. The day was thus titled: *Primary prevention of sexual violence: Moving upstream with shared understandings*. The aims of the day were:

- To ensure clarity for those present around what primary prevention is and to broaden focus onto populations and community based and community driven interventions.
- To get a picture of what primary prevention activities are happening, what people would like to be doing, and how they need to be supported to make those activities happen.

Prior to the KD each participant was sent an outline of the day and two articles^{i ii} that were viewed as containing key concepts and theory that supported the aims of the day. A variety of presentations and activities were undertaken throughout the day to achieve these aims.

1. Narrative report of what occurred on the day

8:30-9:30: Registrations

9:30-9:45: Powhiri and opening

9:45-10:30: Sienna Hamilton-Katene, the Kai takawaenga for Nga Kaitiaki Mauri TOAH-NNEST: "Moving towards whanau ora"

This presentation was an overview of the Te Ohaakii a Hine model of prevention. This presentation was very well received and set the stage for the day whereby both Maori and Tau Iwi voices and perspectives about primary prevention were heard. These comments from the evaluation forms are representative of a number of written and verbal comments about Sienna's presentation:

"Hearing articulate & knowledgeable Maori speaking of prevention as a normal part of Te Ao Maori"
"Sienna's presentation (was a highlight) - further developing understanding of Te Ao Maori re: prevention."

“Loved hearing about Maori world view & approach to sexual violence prevention - more please!”

10:30-10:45: Morning tea

10:45-11:30: Dr Janet Fanslow, Senior Lecturer in Mental Health Promotion at the School of Population Health, Auckland University.: “Primary prevention of sexual violence: A Public Health perspective”

This presentation provided a sound basis of knowledge about what the Public Health perspective on prevention is as well as providing clarity about what primary prevention is. Again this presentation was very well received with the following comments reflecting a number of responses to Janet’s presentation:

“Janet's speech (was a highlight) - pulling together a number of issues in a coherent way - very useful”

“Public health approach is effective and will be applicable to preventing sexual violence”

11:30-12:30: Associate Professor Moira Carmody, Centre for Educational Research at the University of Western Sydney. : “Applying Primary Prevention”

Moira furthered Janet’s discussion of primary prevention and discussed the best practice standards as developed in Australia by the National Association of Services Against Sexual Violence. She then went on to discuss how each of these standards was applied to her Sex and Ethics programme. As with the other key note presentations this was very well received with the following comments reflecting a number of responses to Moira’s presentation:

“Moira's set of national standards (was a highlight)”

“Moira Carmody's research and background reading resource is a tremendous knowledge asset”

12:30-1:15 Lunch

1:15—1:30 Dr Kim McGregor and Sienna Hamilton-Katene: Overview of TOAH-NNEST & Progress of Primary Prevention within the Taskforce’s National Sexual Violence Prevention Plan

Kim and Sienna did an overview of the development of TOAH-NNEST as well as briefly discussing where the government Taskforce for Action on Sexual Violence prevention plan was at. Many people commented verbally about how helpful it was to get this overview as many of them had heard of TOAH-NNEST but were not clear as to its function, additional comments included:

“Hearing of the evolution and role of TOAH-NNEST because it is a good mechanism for engaging govt. “

“Deepened understanding of the partnership of TOAH-NNEST and of how that relates directly to my work.”

1:30-2:30 – Panel – Challenges and lessons learned from shifting upstream.

Each panelist was invited to speak for 10 minutes about their experience of shifting into working in a primary prevention paradigm: How their agency shifted focus, what primary prevention work their agency has done; challenges and recommendations.

Chair: Moira Carmody

Russell Smith, Tiaki Tinana

Russell provided further insight into Maori approaches to sexual violence prevention. He provided a number of real life examples and managed to put theory into practice for a number of participants with his examples. He talked about memories of his mother, Doreen Renata doing the Kaaranga at the Marae and guiding the children into the wharenui as they tried to run off as the elders went inside. She would then address them in Te Reo about them being there and let them know that the adults would be looking after them- approaching them positively and shifting the responsibility for care to the Kaumatua and the parents. He then talked about Aunty Bebe and that when you're having a korero with whanau, if Aunty Bebe doesn't understand then no one will. The message in this example was that all primary prevention information taken to communities needs to be delivered in a way that all members will understand the messages. In addition, before you start, that gathering background sets the precedence and understanding of your audience through whakawhanaungatanga. By talking about ancestors we are handing down strategies for prevention. Prevention is embedded in the Po, once we understand this everything is already in place. Understanding the relationships that exist will ease the way work is delivered and received. He then went on to discuss Taiki Tinana having been born out of working with offenders as they are the experts of setting up offending environments and crimes. Information about how offenders do this is the information they are giving back to the people. He emphasised the importance of talking to them in a way they understand and the need to go to their environments eg Marae and Runanga.

Veronica Marwitz Rape Prevention Education

Veronica discussed RPE's development of knowledge around primary prevention and their process of implementing primary prevention programmes and lessons they have learned along the way. She also discussed some of the tensions in the definition of primary prevention versus awareness raising.

Sandra Dickson Wellington Sexual Abuse Network (WSAN)

Sandra discussed WSAN's experience of moving from a focus on crisis response to prevention and commented that it has been a tough shift to make. She discussed the concept of ethical sex and the discourse of pleasure and what that means in the real world as being two key aspects that inform WSAN's work. In addition she discussed the importance of equipping people to resist and understand coercion and pressure, to reconstruct ideas of gender and the need to challenge the sexual double standard of active and passive. This has meant WSAN is working with men as active partners in prevention. She discussed some of their experience with Sex and Ethics and work around ethical bystander intervention. Finally, she suggested we need to find ways to respect different cultural values in prevention strategies with the use of an introductory session for young people so they know what they are getting into and who is involved sited as one way to do this. She also

2:45-3:45: Workshop Sessions - Participants broke into 4 groups, with 4 RPE staff members facilitating each group. Each group answered the following questions:

1) What key primary prevention activities are happening in your region?

Participants were invited to write down every primary prevention of sexual violence activity that they knew of in each region. See Attachment 2 for the list of activities identified. The number of activities identified in each region was:

- Auckland- 46
- Wellington- 13
- Rest of North Island- 13
- South Island- 22
- National- 17
- Total: 111

In reviewing the activities identified, a large number of them appear not to be primary prevention activities. Utilising the definition that primary prevention is activities that aim to prevent sexual violence before it occurs, approximately 25 of the activities could be identified as actually being primary prevention. A number of them are tertiary or secondary activities- crisis response or treatment of offenders or survivors or information for communities and survivors about sexual violence. This likely is a result of both the lack of clarity that people have around what primary prevention is and a strongly held belief that was expressed by a number of people working in treatment services during this group activity, that what they are doing primary prevention because they are stopping the cycle of revictimisation.

A large number, of Maori-focussed/based activities were identified in Auckland/Northland- with 14 of the 46 appearing to be occurring in Maori-based services. While some of the activities identified in Auckland/Northland with a Maori focus that did not directly tackle the issue of sexual violence they did indirectly bolster protective factors and reduce risk factors around sexual violence. This likely reflects the more holistic approach and worldview taken by Maori in the prevention of sexual violence. In other regions, few Maori-based activities were written down.

Activities that had a general sexual health focus and also those focussed on family or domestic violence were also identified as activities that prevent sexual violence, even though a number of them do not directly address sexual violence at all, although one could argue they indirectly prevent sexual violence through bolstering protective factors and reducing risk factors.

In reviewing the activities across the country it is clear that the collaboration and partnership within the Wellington region with the Wellington Sexual Abuse Network and the South Island with the Canterbury Solutions to Sexual Violence has allowed a rich array of activities to occur whereby the different expertise of the agencies involved is utilised and has allowed for the development of some high quality prevention activities. It is also interesting to note that within the Wellington and South Island lists of activities there are fewer activities identified but the ones that are listed are more focussed on sexual violence than those in the Auckland region particularly. Perhaps the experience of collaboration across agencies has allowed for the development of a clearer understanding by more people about what primary prevention is.

Within Auckland, the majority of the activities that are clearly primary prevention activities are occurring within RPE.

On a national level it was interesting to note the amount of work that Family Planning is doing around relationships and its relevance to sexual violence prevention; possibly a flag that partnerships with Family Planning would be a useful step forward for the sector in broadening the scope of it's work and utilising the knowledge base and broad reach of FP.

Other than service provision, the majority of activities identified were either community/professional education, school based programmes or social marketing programmes. And across all activities and regions, approximately half of the activities were either delivered to young people or children or focussed on equipping adults to prevent child sexual abuse.

It also appears that in each region there are a lot of very similar activities happening; highlighting the amount of "reinventing of the wheel" that goes on across the country when we are not collaborating, communicating and sharing our work freely.

2) What top 3 primary prevention activities would you like to see happening in your region?

In the same groups, the participants were then asked to write down the top 3 primary prevention activities they would like to see happening in their region. Then as a group they were instructed to choose the top 3. Most groups were very enthusiastic about this exercise and identified more than three activities. One group categorised them into Structural, Infrastructure or Programme activities; this categorisation worked for all the activities identified within the different groups. It is particularly interesting to note under Infrastructure the number of activities identified that were focussed on collaboration, coming together to learn, coordination and leadership. There were also specific programmes that already exist identified as being wanted in other regions; indicating again that people would like to be able to have National-based programmes that can be delivered across New Zealand in a variety of communities (again moving away from "reinventing the wheel"). (See Attachment 2)

3) What do you need to do these things?

The answers to this question focussed on 3 broad areas; community readiness, resources (time, money & people) and information/research. Again the theme of sharing resources and information came through strongly.

4:15-4:30 Where to next?

Kim McGregor thanked all of those involved in the organization and delivery on the day and reflected on the vast amounts of knowledge and passion in the room for achieving the goal of preventing sexual violence. She reiterated the oft expressed during the day need and want for more forums such as this and opportunities to share information and collaborate. Kim also invited those

interested to fill in a Sexual Violence Prevention Interest/Working Group form. Everyone was encouraged to fill out an Evaluation form.

4:30-4:45pm Close Tiaki Tinana and Rape Prevention Education (15mins)

2. Analysis of evaluation forms completed

While every effort was made for each participant to complete an evaluation form, a number of people left at different times throughout the day, and a large number did not complete them. In total, of the 53 who attended, 27 completed evaluation forms.

Demographics:

Ethnicity:

- Pakeha- 59%
- Maori- 30%
- Australian- 7%
- No answer- 4%

Gender:

- Female- 78%
- Male- 19%
- No answer- 4%

Where located in New Zealand:

- Wellington- 37%
- Auckland- 26 %
- Christchurch- 7%
- Kaipara- 7%
- Gisbourne- 4%
- Manawatu- 4%
- Nelson- 4%
- Northland- 4%
- Waiheke- 4%
- Whanganui- 4%

Questions:

Participants were asked to rate their “knowledge of the primary prevention of sexual violence” on a 7 point scale where 1= none, 4= average and 7= complete.

- Pre KD knowledge average= 4.3
- Post KD knowledge average= 5.6

Participants were asked to indicate whether they strongly disagree, disagree, are undecided, agree or strongly agree with the following statements:

1. The information from the KD will be useful to me in my work:
 - Strongly agree- 56%
 - Agree- 44%
2. The KD was well organized:

- Strongly agree- 70%
 - Agree- 30%
3. The KD was engaging and interesting:
 - Strongly agree- 63%,
 - Agree 37%
 4. It would be useful to hold KDs such as this on an annual basis:
 - Strongly agree- 67%,
 - Agree-19%
 - Strongly agree (biannual)- 7%
 - Undecided- 4%
 5. I would recommend this type of KD to other organizations or individuals:
 - Strongly agree- 59%,
 - Agree- 30%
 - Undecided- 11%

What was the highlight of the Knowledge Day for you and why?

Responses to this question were wide ranging and just about every aspect of the KD was covered as a highlight for someone. Numerous people stated that Sienna's, Janet's and Moira's presentations were the highlights, and other cited the panel presentations. Maori tended to identify hearing Maori perspectives as the highlight. In addition people appreciated the opportunity to hear and be with like minded people and networking was the most frequently stated highlight.

What were the 3 most valuable things you learned during this Knowledge Day?

Again there were a lot of similarities across the answers to this questions that covered just about every aspect of the day. Broadly, the key learnings identified were:

- Increased knowledge around primary prevention
- National Association of Services Against Sexual Violence (presented by Moira Carmody)
- About the passion and energy there is for this work in New Zealand
- Understanding of the function of TOAH-NNEST
- The range of activities happening around the country
- Maori world view and approach to prevention
- Panel discussions about different activities and lessons learned

What other areas of knowledge would you like to see covered in a Knowledge Day in the future?

Only 17 people answered this question and answers covered the following areas:

- Faith based prevention efforts
- More time for discussion

- Programmes that are currently being delivered
- More discussion/clarification about types of prevention (primary, secondary, tertiary)
- Indigenous frameworks
- Disability and sexual violence
- Public health approach

Can you recommend any improvements for future Knowledge Days?

Only 13 people answered this question and answered covered the following areas:

- No improvements required- the day was 'just right'
- More involvement of wider violence sector
- More time for discussion
- Splitting into areas of focus eg young people, disability, older adults etc

Comments

Comments themes included:

- Lots of thank yous
- The need for more agencies to be involved, particularly from broader violence sector
- A query about what will happen with this information and discussion
- Expressions of wanting more time together
- Appreciation of the Maori/Tau iwi balance and inclusivity.

In addition the following comments were emailed to RPE staff following the KD:

Thanks to you all as organizers....it was a well put together day and quite invigorating.
(*Maggie Tai Rakena START*)

Thank YOU for all your work! –
(*Melanie Calvesbert Wellington Sexual Abuse Help*)

Dear Kim, Rebecca and Veronica and the rest of the team - **thanks so much for having me over last week and looking after me. It was great to work with you again.** I hope you are all getting some down time after all the organising etc. I hope you were happy with the outcomes of the 3 days and **it will engage a lot more people in working towards prevention...**
(*Associate Professor Moira Carmody NSW*)

I just wanted to follow up and thank you for the organisation of the 'Knowledge Day'. Those representatives from NKM o TOAH-NNEST have feed back that they felt the day was beneficial and

that they received a lot in terms of information and safety to attend the hui. Please pass on our thanks to the rest of your organising committee.

Kia pai tau ra
(Sienna Hamilton-Katene – TOAH NNEST)

Ta for all your work in making this happen
(Sandra – WSAN)

I attended the knowledge day and heard Moira Carmody speak... Thanks for a wonderful day, it was the best hui I have attended in a long time.
(Sue Ngawati Osborne -Tu Wahine)

3. Next steps

On reflecting on the discussions on the day and the evaluation forms RPE believes that the next steps following this KD need to continue to focus on building sector capacity as well as forming partnerships and collaborating. RPE in collaboration with Tiaki Tinana and TOAH-NNEST would like to involve those who expressed interest in forming a working group to focus on ways of co-ordinating, collaborating and supporting a cohesive and robust network of sexual violence primary prevention activities, initiatives and programmes. Funding dependent, RPE in collaboration with Tiaki Tinana and TOAH-NNEST is planning to develop a partnership with relevant services, similar to the Wellington Sexual Abuse Network and Canterbury Solutions to Sexual Violence networks. In addition, RPE in collaboration with Tiaki Tinana and TOAH-NNEST may set up an Auckland region primary prevention of sexual violence network. A specific stocktake of primary prevention programmes and initiatives would also be helpful for co-ordination and planning purposes. For example already within Auckland it appears there is some overlap with the work being done and specialist knowledge being held in individual organizations; this network and partnership would work to reduce some of that overlap. In addition if there was capacity RPE in collaboration with Tiaki Tinana and TOAH-NNEST would structure a network so that regular professional education on a variety of prevention-related topics was available to those working in the sector. Ultimately RPE in collaboration with Tiaki Tinana and TOAH-NNEST would like to provide a website where those working in area in the region can connect as well as share information in addition to providing actual physical times and spaces where people can do those things face to face also. Participants in the KD expressed numerous times the need for this type of capacity building in the sector around knowledge of prevention. Numerous models and best practice guidelines for prevention e.g. the Spectrum of Prevention, the Ecological model emphasise the importance of forming coalitions and networks. These are just some of the first steps we could take together. So much to do.....



Some of the staff facilitating the Sexual Primary Prevention Knowledge Day hui 28th April 2010

ⁱ **Trauma, Violence, & Abuse: Toward a Multi-Level, Ecological Approach to the Primary Prevention of Sexual Assault: Prevention in Peer and Community Contexts** Erin A. Casey and Taryn P. Lindhorst *Trauma Violence Abuse* 2009; 10; 91 originally published online Apr 20, 2009; DOI: 10.1177/1524838009334129

ⁱⁱ **Conceptualising the prevention of sexual assault and the role of education**, Moira Carmody *Australian Centre for the Study of Sexual Assault No 10* 2009