

## Who is RAASC?

Rape and Abuse Support Center/ Hine Tuturu Ki Murihiku offers support and information services in the Southland district which are free and confidential to all survivors who have been affected by rape and abuse and their families, no matter how long ago the abuse happened.



We are focused on working towards the elimination of all forms of violence against children, young people, women, men and their families/whanau. We are a child focused family/whanau centred service.

We uphold the Treaty of Waitangi, offering a bi-cultural foundation as well as multicultural focus that provides support, advocacy, counselling and education.



**There are many types of Abuse**

**Sexual \* Physical \* Verbal \* Threats**

**Psychological \* Intimidation \* Harassment**

**Its OK to say no!**

## Our Services

**All our services are provided free of charge**

Coping with the effects of Rape and Sexual Violence can be very difficult for victims, family and friends. Our agency specializes in working with survivors ensuring that you receive good support, information and understanding.

### Support

We provide support and information to survivors of rape and sexual abuse and to their families friends and whanau. We have resources and information available.

### Counselling

We offer free counselling that is culturally appropriate. Our counsellors are highly qualified professionals specialised in working with survivors of abuse.

### Advocacy

We are available to work alongside you in your liaison with organisations such as the police, ACC, WINZ, the courts, medical professionals and more.

### Education

We offer Abuse Prevention and Awareness Education Programme to empower individuals, community groups, schools, churches, etc. Workshops can be designed to meet specific needs.

### Drop-in Centre

No appointments are necessary. Our drop-in centre is available from 10am-4pm weekdays.



*Rape and Abuse Support Centre Southland Inc*



**For Free and Confidential  
Support, Advocacy,  
Information, Counselling and  
Prevention Education**

## CONTACT

**26 Nelson Street, Invercargill**

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**www.rapeandabuse.co.nz**

**10.00am - 4.00pm Weekdays**

## What is rape and sexual abuse?

**Rape** is defined as sexual intercourse without consent. Consenting to sex means that you know what you are doing, you want to do it and you can stop at any time.

If a person is too drunk to decide or unaware of what's happening to them, they can not give true consent. This is rape. Even if the person committing the rape was drunk, even if the victim doesn't remember everything: taking advantage of someone who is drunk or on drugs is rape.

Rape is a common form of sexual assault. It is committed in many situations — on a date, by a friend or an acquaintance, or when you think you are alone.

**Sexual abuse** is any behavior that is unwanted or inappropriate. It doesn't always involve touching:

- Unwanted sexual touching.
- Any type of unwanted sex (intercourse, oral, anal, objects) also called *rape*.
- Being made to participate in or made to watch sexual acts such as, 'flashing' or pornography.
- ◆ Being made to listen to or participate in, sexual talk. Being spied on while naked or undressing.

**Any sexual behaviour with someone under 16 is illegal.**

**Abuse is Never your fault!**

**No one asks for it!**

**No one ever deserves it!**

**It is OK to say no!**

## Who are the offenders?

People who Sexually Abuse, come from a variety of backgrounds as well as different ethnicities, income groups, age groups and sexual orientations.

Sometimes perpetrators of rape don't know that what they are doing is rape. Some of these people believe "no" can be changed to "yes" with little more pressure or force. They believe pressure is a reasonable way to get what they want.

## You are not alone

Sexual violence can happen to anyone. 88% of victims knew the person who sexually abused or raped them.

Nobody provokes rape no matter how they are dressed or how they were acting. Rape is an expression of power and control. Someone might justify his raping by pointing to the other person's behaviour, but that is an excuse rather than a reason.

Rape and sexual abuse are widespread in our communities.

## Statistics in New Zealand:

**1 in 3 girls and 1 in 6 boys are likely to be sexually abused before the age of 16.**

**Every 2 hours an attack involving sexual violence is happening in NZ**

*Source: Rape Prevention Education website/Minister of Justice Publication Report.*

## What are the effects?

Everyone reacts differently and whatever you feel is normal. Here are some of the feelings and reactions you may have:

Self destructive behaviors like eating disorders, drug and alcohol abuse, self harm, unsafe sex, reckless driving or shoplifting.

Anger, shame, guilt and self blame, fear, disgust, anxiety, hatred, flashbacks, depression, feeling powerless, not trusting people, feeling cut off from others, shock and disbelief, irritability and mood swings or sleep disturbances.

Physical effects like injuries STI's (Sexually Transmitted Infections) or pregnancy.

## Healing and support

Sexual abuse and rape can have a powerful impact on every aspect of people's life; trying to cope alone can be very difficult. Ignoring it or trying to forget it happened will not make it go away. Talking about the experiences may seem scary, but it WILL help in the recovery. Because everyone is different, everyone's path to recovery is different too. There are people you can talk to, who can support survivors of sexual violence.

