

THE HANDBOOK FOR CAMPUS SEXUAL ASSAULT SURVIVORS, FRIENDS AND FAMILY

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This handbook is a resource intended to provide basic information in regards to sexual assault. I would like to thank Layba Zubair (WRO, 2023) for her efforts in the creation of this handbook, and her continued advocacy for survivors

It is written for survivors, but it is also intended to help friends and family. The terms, "victim" and "survivor" have been used interchangeably within this handbook. Both terms can hold specific meanings for the people who are described using them but can also impact on how they view their own personal identities.

Our hope and aim is that this handbook will help survivors begin their journey toward healing and enable family and friends to support loved ones who have experienced a sexual assault on campus.

EMERGENCY RESOURCES:

If you feel threatened or are in immediate danger, please **call the police** at any time on **111**.

If the person is in immediate danger please ring **Emergency Services on 111** or Campus Security on **0800 373 7550**.

1737: This is a free service for New Zealanders feeling down, anxious, a bit overwhelmed or just need to chat to someone. You can call or text us for free 24/7.

Safe to Talk: This is a sexual harm helpline, open 24/7. Contact them at 0800 044 334 or free text 4334

Depression Helpline: Call 0800 111 757 or free text 4202 – to talk to a trained counsellor about how you are feeling or to ask any questions www.depression.org.nz.

org.nz.

Healthline: Contact 0800 611 116 – for advice from trained registered nurses.

Lifeline: Contact 0800 543 354 (0800 LIFELINE) or free text 4357 (HELP) - here to help.

Samaritans: Contact 0800 726 666 – for confidential support for anyone who is lonely or in emotional distress.

The Auckland University's Student Association, acknowledge and know that systemic, culture shifting change within the university is required if we want our students to truly feel safe, but we hope that this handbook will help us take a step in the right direction.

It can be so incredibly difficult to process feelings after being sexually assaulted. Please remember that your experiences, regardless of what happened or how you reacted, are valid.

You deserve support. Now and always — you deserve to access the resources in place to help you heal. It may not be linear, and it may not be easy — but from one survivor to another — know that it will get better.

Support is available to you, whether you have never sought it before or need it for the tenth time. Please know, there is no "right" timeframe at which you will no longer be allowed to be impacted by this. Never let anyone tell you otherwise.

Regardless of what path you choose to take — reporting to the police, confiding in a friend, calling a helpline — I hope that this resource helps you in one way or another.

THIS HANDBOOK HAS BEEN UPDATED BY THE 2025 EXECUTIVE

STUDENTS SHOULD BE ADVISED THAT THE RESOURCES OUTLINED IN THIS HANDBOOK, SUCH AS HOTLINES, WEBSITES AND UNIVERSITY PROCEDURES ARE ACCURATE AT THE TIME AND YEAR OF PUBLISHING, AND MAY BE SUBJECT TO CHANGE.

NGĀ MIHI,

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WHAT IS SEXUAL VIOLENCE?

Sexual violence is when a person forces or coerces another into unwanted sexual contact, like unwanted sexual penetration of the body or unwanted touching of intimate parts of the body.

Some perpetrators force unwanted sexual contact when a survivor is asleep, unconscious, under the influence of alcohol/ drugs or physically helpless. Sexual violence is a lot more than rape.

It's any unwanted act of a sexual nature imposed by one person on another. It can include sexual harassment, verbal assault, sexual assault, and childhood sexual abuse. Even things like sexist jokes or using violent and disrespectful language contributes to a culture that condones and supports sexual violence.

It can happen between heterosexual or same-sex couples and occurs in married, common-law and dating relationships. If you're too drunk or high, you can't give consent. If you're engaging in sexual activity with someone who's drunk or high and doesn't know what's going on, they can't give informed consent. Alcohol and other drugs do not cause sexual harm to occur, however they do impact on the way we communicate and because communication is a huge part of gaining consent, consent is therefore affected too.

Additionally, the perpetrator's inhibitions and empathy levels towards the survivor, and the survivor's cognition and ability to recognise red-flags are impacted, which also result in an increased likelihood of sexual harm.

Communication is key to gaining consent, so if people have drunk or taken too much, they can't communicate clearly and are therefore too drunk or too high to consent to engaging in sexual activity. If someone is too intoxicated to engage in

sexual activity, STOP. It's best to wait until they're sober. If people don't stop, this is called drug-facilitated sexual violence and it is illegal.

The New Zealand law states that if someone is too intoxicated, they cannot give their consent to sexual activity.

WHAT IS HARMFUL SEXUAL BEHAVIOUR?

Harmful sexual behaviours can be defined as:

- any unwanted sexual behaviour towards another person
- anything sexual without consent

Sexual violence can occur:

- physically (e.g rape and assault)
- verbally (e.g saying something of a sexual nature to another person without their consent)
- visually (e.g making another person watch porn without their consent)
- online (e.g sending another person sexual messages or images without their consent).

HARMFUL SEXUAL BEHAVIOURS CAN INCLUDE, BUT ARE NOT LIMITED TO:

- sexual harassment
- sexual assault (including rape)
- incest
- bestiality
- any form of unwanted sexual advance
- request for sexual favours
- any other unwanted behaviour that is sexual in nature.

COMMON FAQs

ARE THE MAJORITY OF SEXUAL ASSAULTS COMMITTED BY STRANGERS?

While there are certainly instances of sexual assault being perpetrated by strangers, the vast majority of sexual violence happens at the hands of someone the survivor knows and often loves. It could be a friend, partner or someone you work with.

SHOULDN'T I BE "OVER THIS" BY NOW?

People typically don't bounce back from a terrifying and/or threatening experience immediately – recovery can take time. Trauma can cause the brain to get 'stuck' in a reactive "high-alert state", where the survivor experiences a variety of symptoms such as intrusive thoughts, hyperarousal and avoidance.

These brain alterations can be reversed. Every survivor is different, yet distress levels will typically ease off and can even disappear. Personal factors, such as previous traumatic exposure, what happens after the assault and the strength of the survivor's social support network can affect whether or not a person will develop post-traumatic stress disorder (PTSD) following the assault.

Please utilise the resources available to support you - You are never alone.

AM I EVER AT FAULT BECAUSE OF WHAT HAPPENED?

No one asks to be raped or sexually assaulted. The assailant is to blame for the abuse. The responsibility needs and should be put on the abuser. The abuser is 100% responsible for his/her choices and actions.

IF I DIDN'T TRY TO FIGHT BACK AND/ OR RUN AWAY, HAVE I REALLY BEEN SEXUALLY ASSAULTED?

In a situation such as sexual assault, survivors can respond in many different ways: fight, flight, freeze and fawn.

Fight: When your body feels that it is in

danger and believes you can overpower the threat, you'll respond in fight mode. Your brain releases signals to your body, preparing it for the physical demands of fighting.

Signs of a fight response include:

- Tight jaw
- Grinding your teeth
- Urge to punch something or someone
- A feeling of intense anger
- Need to stomp or kick
- Crying in anger
- A burning or knotted sensation in your stomach
- Attacking the source of danger

Flight: If your body believes you cannot overcome the danger but can avoid it by running away, you'll respond in flight mode. A surge of hormones, like adrenaline, give your body the stamina to run from danger longer than you typically could.

Signs of a flight response include:

- Excessive exercising
- Feeling fidgety, tense, or trapped
- Constantly moving your legs, feet, and arms
- Restless body
- Feeling of numbness in your arms and legs
- Dilated, darting eyes.

Freeze: This stress response causes you to feel stuck in place. This response happens when your body doesn't think you can fight or flight.

Signs of the freeze response include:

- Sense of dread
- Pale skin

- Feeling stiff, heavy, cold, and numb
- Loud, pounding heart
- Decreasing heart rate

Fawn: This response is used after an unsuccessful fight, flight, or freeze attempt. The fawn response may occur primarily in people who grew up in abusive families or situations. Signs of a fawn response include:

- Over-agreement
- Trying to be overly helpful
- Primary concern with making someone else happy

The survivor has no control over how they will respond to this traumatic event and many will freeze. **Regardless of your response - your experience is valid.**

WHAT CONSTITUTES CONSENT?

Consent means words or overt actions by a person who is competent to give informed consent, indicating a freely given agreement to engage in sexual activity or other activity referenced in the definitions of sexual assault and sexual exploitation in this section. A person is unable to give consent if the person is in a state of incapacitation because of drugs, alcohol, physical or intellectual disability, or unconsciousness.

WHAT IS COERCION, MANIPULATION OR FORCE?

Coercion and manipulation involve persuading, influencing, or controlling someone to do something through the use of threats, dishonesty, or pressure as well as exploitation of someone's trust or abusing one's power/authority.

For example, someone is:

- Making you feel like you owe them
- Continue to pressure or badger you
- Make you feel afraid or threatened if you say no.

WHO IS RESPONSIBLE FOR SEXUAL VIOLENCE?

The perpetrator is the only person responsible for committing sexual violence.

WHAT IF SOMEONE I KNOW TELLS ME THEY WERE ASSAULTED?

Believe and support them. Your support can make a large difference in their healing. (See section: Supporting survivors on page 18)

WAS I SEXUALLY ASSAULTED?

In particular when the aggressor is someone the survivor knows it can be a deeply confusing experience and survivors often don't understand their own responses, think they should have done more to stop it and blame themselves.

In reality, the majority of survivors don't fight back, instead they resist in passive ways (e.g. by freezing, or submitting).

As prefaced before, your response to the assault doesn't undermine your experience. No matter your response, your experience and feelings are valid.

The below questions may help you determine whether your consent was continuous and given freely.

1. Was there capacity to consent? For example an intoxicated person cannot consent.
2. Was consent freely given? For example if a person is being coerced that is if they say no, but no is not taken for an answer and the other person keeps pushing it's not freely given consent.
3. Was there consent for the specific act? For example, consenting to kissing doesn't mean consenting to sex.
4. If consent was withdrawn, was it respected? For example agreeing to sex but asking the other person to stop but they don't means that there wasn't consent to continue the act.

SOME COMMON MYTHS VS FACTS

MYTH: *Survivors provoke sexual assault by for example dressing provocatively or by acting flirtatiously.*

REALITY: Sexual assault is never, ever the fault of the survivor. Sexual assault is often considered to be motivated by the desire to assert power over another rather than sexual gratification. Furthermore, offenders look for signs of passiveness and submissiveness, which, studies suggest, are more likely to coincide with more body-concealing clothing. Regardless, attire or flirtation is not an invitation for unwanted sexual activity, and nobody asks or deserves to be sexually assaulted.

...

MYTH: *If the survivor agreed to go to the perpetrator's home or allowed them into theirs, sexual assault is a risk they should assume.*

REALITY: Agreeing to one thing does not mean agreeing to sex. Perpetrators are often skilled at pushing boundaries to create opportunities for committing sexual assault. For example, acquaintance perpetrators typically have the ability to convince, con or lure their victims into opportunistic isolation (e.g. his/her place).

MYTH: *If they had a lot to drink, they are somewhat responsible for letting things get out of hand.*

REALITY: Around half of sexual assaults involve alcohol consumed by the survivor, the perpetrator, or both. This does not mean alcohol causes sexual assault. Rather, identifying a vulnerable individual and/or administering or pushing alcohol are commonly used tactics to enable sexual assault.

...

MYTH: *If the survivor knew the perpetrator or was in a romantic relationship with them it's not sexual assault.*

REALITY: Majority of sexual assaults are perpetrated by someone they knew and one in five by an intimate partner. Using trust to create an opportunity to assault is a common tactic used by perpetrators.

WHAT YOU MAY BE FEELING

Everyone reacts differently to the trauma of being sexually assaulted. Any reaction you have is normal. During the days, weeks and months after the assault you may have a variety of reactions.

POSSIBLE FEELINGS AND EMOTIONS

Fear or anxiety of;

- Who to trust,
- A similar event happening again,
 - Being left alone,
 - Breaking down or losing control and,
 - About what might have happened (especially if you can't remember everything)

Anger at;

- What has happened,
- A lack of support or understanding from others.

Helplessness;

- Feeling a loss of control over life, or that the world is a dangerous place.

Sadness for;

- Being hurt, emotionally and physically.

Guilt or self-blame;

- Feeling somehow responsible,
- Regret for things done and not done and,
- Shame about what has happened.

Detached;

- Everything feeling unreal or strange.

POSSIBLE PHYSICAL REACTIONS

- Loss of appetite, nausea, stomach pain,
- Sleeplessness, or sleeping more than usual,
- Headaches, feeling tired and,
- Other body pains (back-ache, sore-ness, bruising)

OTHER WORRIES

Survivors commonly feel a variety of worries after the assault. They may replay the assault over and over again in their minds, thinking about their own actions and blaming themselves for what happened. Sometimes this can lead to feelings of shame or anxiety about what others will think. Sexual assault is never the survivor's fault.

Consuming alcohol or drugs, walking alone, wearing certain clothing, agreeing to be alone with the perpetrator, consenting to some sexual activity, changing your mind about sexual activity or having consensual sex with that person in the past, does not make you responsible when someone assaults you.

You may also be worried how the assault affects your relationships, immigration status, legal proceedings and your status as a student. Help is available for these issues and to talk about your thoughts and feelings.

SOME COMMON

THOUGHTS AND REACTIONS

“I FEEL NUMB”

You may just feel numb. The event may seem unreal, like a dream, something that hasn't really happened. Sometimes you might feel spaced out, or even disorientated – this can be the mind's way of trying to shut out the experience.

“I HAVE TO KEEP BUSY”

Being active may help you to cope. But, overactivity can be a problem if you overtire yourself or your behaviour feels out of control.

“IT FEELS LIKE IT'S HAPPENING AGAIN”

Sometimes people get 'flashbacks' – vivid memories or moments when they feel as if the assault is happening again. This may come out of the blue or be triggered by a particular place, event, thought or feeling, or even a smell or noise. It's important to remember that these are the normal effects of an abnormal experience and the mind's attempts to process what happened. It doesn't mean you're going mad and although it can be frightening when it happens, it is not dangerous.

“I FEEL JUMPY OR IRRITABLE”

You may feel extra sensitive to noises, sudden movements or even feelings in your own body, or feel as if you are always 'wound up' and can't sit still.

“I DON'T WANT TO SEE ANYONE”

You may feel like being alone or staying away from places that remind you of the assault. You might stop going out or answering the telephone. It can help to get emotional support from others but this may be difficult if you have upsetting or complicated feelings about what has happened. However, being alone might also feel hard or frightening.

“I JUST WANT TO RUN AWAY”

You may feel like running away from it all. This may mean avoiding thinking and talking about what happened or using alcohol or drugs. Although this might make you feel better in the short term, it might lead to more difficulties in the long-term.

FINDING SUPPORT AND HELP

You don't have to go through this alone. You have choices and you are entitled to help. Seeking support can help your health and well-being. It is never too late to ask for help.

CAMPUS SUPPORT AND COUNSELLING SERVICES

The University of Auckland provides confidential counselling services that are available free of charge to all students. If you or someone you know has experienced sexual harm you can receive specialist support from trained professionals. This is not something you need to go through alone, and there are many free and confidential services available to you. The decision is up to you - you may want to access specialist counselling, medical services, receive financial or accommodation support, or explore options of academic adjustments and support.

You can expect the University of Auckland to:

- listen to you and take you seriously
- to offer clear information about all of your options
- to give you the control and support you through the process to make your own decisions and choices.

HELP is a private and confidential sexual violence support service.

You can call them 24/7 on 0800 623 1700. They offer a wrap-around service and can help you through a Police process, court process, access specialist medical support, and make an ACC sensitive claim.

TE PAPA MANAAKI - CAMPUS CARE

A safe, confidential and free service that supports the health, wellbeing and safety of everyone at University.

The Te Papa Manaaki / Campus Care team can help with the following:

- Mental health concerns and issues
- Family violence and other safety issues
- Anxiety and distress issues impacting study
- Financial issues and stress
- Stress related to caring responsibilities
- Bullying, harassment & discrimination
- Sexual harm including sexual harassment and assault
- For those facing an exceptional circumstance outside of their control, one of the team can work out a support plan with you looking at academic and other needs.

Students can be referred by others or reach out directly to seek advice or personal support.

Campus Care form:

[HTTPS://UOA-ADVOCATE.SYMPPLICITY.COM/CARE_REPORT/INDEX.PHP/EID991291](https://uoa-advocate.symplcity.com/care_report/index.php/EID991291)

There are support options both on and off campus if you are worried about having harmful sexual behaviour or you have been alleged to have engaged in harmful sexual behaviour.

University Student Health and Counselling offer a free service on campus to students who need support. The University Proctors deal with student to student conflict and disputes. If you are living in one of the University's Halls of Residence and want to talk to someone you can contact your resident manager or coordinator, or your resident advisor (RA).

SAFE TO TALK

Safe To Talk is a free helpline offering 24/7 confidential support with trained specialists for people who have experienced sexual harm, and for those who have harmful sexual behaviour. You can text them on 4334 or call on 0800 044 334.

MINISTRY OF JUSTICE VICTIMS INFORMATION

Ministry of Justice Victims Information is a free website to help victim/survivors of sexual violence (and their friends, family and whānau) understand the reporting, investigation and court process as well as the roles of people in court. Resources are available in English and Te Reo Māori.

SEXUAL VIOLENCE SUPPORT SESSIONS

Come along to one of HELP's sexual violence support drop-in sessions. This is a safe, confidential and non-judgmental environment. No appointment necessary, just drop in and see one of the trained sexual violence specialist counsellors.

WHEN: EVERY WEDNESDAY 10.30AM-1.30PM DURING THE SEMESTER.

If you are unable to make the drop-in sessions, you can still reach out to HELP directly and arrange an appointment via Zoom, or visit their Mt Eden offices.

PASTORAL CARE AT THE UNIVERSITY OF AUCKLAND - ACCOMMODATION:

The pastoral care of our students, including those in University accommodation, is our priority.

The Pastoral care team includes professional staff and trained student peer advisors (Resident Advisors – RAs). Every hall/residence has a resident manager. The hall/residences are divided into two areas and each area has a Manager.

Every hall and residence has RAs who live in the accommodation with the students. These are peer advisers (University students) who have been trained for the role. They are responsible for/offer first line pastoral care to a select number of residents (varies based on the type and design of the hall/residence.)

University Accommodation does not operate in isolation, it operates as part of a much wider student support ecosystem, integrated with our University Health & Counselling team, Equity Office, Safety and Security and faculty student support and engagement teams. We also work with community agents to support students in need.

Building a community of students who know and care about each other and understand the support available to them and who are the providers of the support is critical to the success of pastoral care. Our accommodation team uses a wellbeing framework to guide the learning objectives we have for students in accommodation.

Pastoral Care at the University of Auckland includes:

- Safety of our residents
- Wellbeing of our residents

- 24 hour on-call system to support our residents
- Developing life skills for our residents (academic study skills, budgeting, cooking etc.)
- Making connections to University support systems
- Making connections to external support systems
- Knowing the residents (RAs & Coordinators know who lives in the hall and who might be requiring additional assistance. RAs live with our residents, are present and know every student in their care)

YOUR SUPPORT SERVICES

The following is a list of support services for survivors of sexual assault which includes Auckland services, followed by services in the rest of Aotearoa New Zealand, in geographical order.

ONLINE SERVICES:

The Harbour: The Harbour is a New Zealand-based website for people affected by sexual abuse or offending, their families and whanau.

WEBSITE: WWW.THEHARBOUR.ORG.NZ

Te Ohaakii a Hine – National Network Ending Sexual Violence Together (TOAH-NNEST):

The vision of Te Ohaakii a Hine – National Network Ending Sexual Violence Together, is for Aotearoa New Zealand to be free of sexual violence. Their website is designed to provide people with information and research, and to gain access to sexual violence response and prevention services, representing members all over the country.

ADDRESS: 6 KELVIN GROVE, TE ARO, WELLINGTON 6011

PHONE: 04 385 9176

WEBSITE: [HTTPS://TOAH-NNEST.ORG.NZ/](https://TOAH-NNEST.ORG.NZ/)

AUCKLAND/TĀMAKI MAKAURAU

Auckland Sexual Abuse HELP Foundation:

HELP provides professional and specialised support services to sexual abuse and assault survivors. HELP has a 24 hour confidential crisis service, and therapy services for adults, youth and children and their families. HELP also offer education programmes, are part of a

national network to end sexual violence, a national taskforce on sexual abuse, and are part of Project Restore - a restorative justice programme.

HELP'S Drop-in Session

When: ~~Wednesday 10:30~~ amd to 11:30am

Where: ~~Mannaki Room (next door to Uni Physio).~~ Level 3 Kate Edger Information Commons City Campus

ADDRESS: PO BOX 10345, DOMINION ROAD, AUCKLAND 1446

PHONE: 09 623 1700 - 24 HOUR CONFIDENTIAL CRISIS LINE

EMAIL: INFO@HELPAUCKLAND.ORG.NZ WEBSITE:

WWW.HELPAUCKLAND.ORG.NZ

Counselling Services Centre Charitable Trust:

Counselling Services Centre Charitable Trust support and empower survivors of sexual assault and abuse, who live in the Counties Manukau/South Auckland district - from the Bombay Hills to Otahuhu, including Manukau East and Maraetai, through providing a professional and culturally appropriate crisis response and counselling service within a safe, supportive and respectful environment.

They also provide services for those whose lives are affected by domestic and family violence, homicide, relationship difficulties, grief, addiction, depression or anxiety.

PHONE: 09 277 9324 - 24 HOUR CRISIS LINE EMAIL:

ADMIN@CSCNZ.ORG WEBSITE: [HTTP://CSCNZ.ORG.NZ/](http://CSCNZ.ORG.NZ/)

Better Blokes (MSSAT Auckland Incorporated):

Better Blokes is a charity that supports men and children who have experienced sexual, physical and psychological trauma. Better Blokes have provided support in Auckland since 2007 and their services are confidential, independent and free of charge. They offer individual (One2One) support, peer support groups (PSG), and weekend workshops.

If you or someone you know has experienced trauma and you would like further information, you can call David the manager on 021 174 9252 or 09 889 2553, or email him on manager@betterblokes.org.nz. Text him if you would like him to call you back.

PHONE: DAVID 021 174 9252 OR 09 889 2553
EMAIL: MANAGER@BETTERBLOKES.ORG.NZ
WEBSITE: WWW.BETTERBLOKES.ORG.NZ

Sexual Assault Assessment and Treatment Services (SAAT services): SAAT services offer free medical care after sexual assault. To find help, or your nearest sexual assault medical service, go to:

WEBSITE: WWW.SAATS-LINK.NZ

Tu Wahine Trust: Tu Wahine are a Kaupapa Maori provider delivering counselling, therapy and support to Maori women, children, and families affected by violence and abuse - specifically domestic and sexual violence, incest, and other related violence. They are an approved provider under the Domestic Violence Act to run programmes for domestic violence to applicants and applicants' children. ACC registered counsellors.

ADDRESS: 247 EDMOUNTON ROAD, TE ATATU, AUCKLAND
PHONE: 09 838 8700 WEBSITE:
[HTTPS://WWW.FACEBOOK.COM/TUWAHINETRUST/](https://www.facebook.com/tuwahinetrust/)

Family Action: Family Action provides counselling for those affected by family and sexual violence, abuse, or trauma. You and your family's needs are our primary concern. We have an open referrals system. You are welcome to call our client liaison staff, who can discuss your needs with you. We offer counselling, expressive therapies, family work Ministry of Justice funded family violence programmes, crisis support, psychology, psychotherapy, child therapy, art therapy, groups, ACC sensitive claims counselling.

PHONE: (09) 836 1987 OR 0800 326 327 EMAIL:
OFFICE@FAMILYACTION.ORG.NZ WEBSITE:
[HTTPS://WWW.FAMILYACTION.ORG.NZ/](https://www.familyaction.org.nz/)

Accessing ACC Counselling: ACC offers fully-funded and immediate support and treatment – including support for your family and whānau. It doesn't matter if it happened recently or a long time ago, there's support available when you're ready. Visit <https://findsupport.co.nz/> to find out more information or access ACC support.

When it comes to seeking counselling, ACC gives you full control. In the "Find a Therapist" section on their website, you can search for a therapist that suits your needs and makes you feel more comfortable, including specifications around gender, cultural experience, experience working with addictions and languages spoken. You'll also be able to find out where your nearest providers are based so that it's easy for you to access them. If for any reason a therapist is not the right match for you, you are free to try someone new at no extra cost.

It is up to you when you want to start therapy, and you are free to stop or take a break from therapy at any time. You can also choose how long you want support for. For some people, short-term therapy is sufficient. For others, long-term therapy is the best option. In this case, you and your therapist will go through a confidential assessment to work out the best way forward for you.

ACC understands that sexual violence can also have a significant impact on the family and whānau of the survivor. Support sessions are available to help to educate family and whānau on the effects of sexual violence, coping strategies and assistance in supporting young survivors through behavioural changes.

CONTACT ACC AT: [HTTPS://WWW.FINDSUPPORT.CO.NZ/](https://www.findsupport.co.nz/)

I THINK I MAY BE USING ABUSIVE BEHAVIOURS.. WHAT DO I DO?

If you are worried about your harmful behaviour to a loved one, family member or others close to you, There are an array of organisations that can support you to stop abusive behaviour. Changing old habits and behaviours is hard, but it is usually easier if you are getting support from family and friends, community organisations.

Non-violence programmes, such as Shine's "No Excuses" programme in Auckland, provide a welcoming and engaging environment where individuals can talk openly with others and facilitators about their use of abusive behaviours.

Here is a list of organisations who will also be able to support you:

He Waka Tapu

247 HOTLINE: 0800 HEY BRO (439 276)

Shine

CONTACT HOTLINE: 0508-744-633
WEBSITE: [HTTPS://WWW.2SHINE.ORG.NZ/HOW-SHINE-HELPS/NO-EXCUSES/](https://www.2shine.org.nz/how-shine-helps/no-excuses/)

Te Whanau Rangimarie:

CONTACT: 09 275 1230

MUMA Whanau Services Ltd:

CONTACT: 09 277 7866

Iosis Limited:

CONTACT: 09 269 0050

Inner City Women's Group:

CONTACT: 09 415 8627

The Fono Trust:

CONTACT: 021 381 564

Friendship House Trust:

CONTACT: 09 262 2322

Living Without Violence:

CONTACT: 09 372 9220

Safe to Talk:

CONTACT: 09 377 9898

WEBSITE: [HTTPS://WWW.SAFENETWORK.ORG.NZ/](https://www.safenetwork.org.nz/)

REPORTING ASSAULT AT THE UNIVERSITY OF AUCKLAND

Making a disclosure is *your* choice, but we are here to help you and guide you.

There are many reasons why people choose not to disclose or report sexual assault. Survivors of sexual assault talk about being scared they won't be believed, not being sure if what they experienced was sexual assault, not wanting to get other people who are often known to them in trouble, or not wanting to talk about it and just forget it happened.

We want you to know that at The University of Auckland your wellbeing and health is very important to us – your disclosure will be taken seriously, and our aim is to ensure you receive the support and care you need to make a decision that is best for you. The information on this page is to help you choose which pathway works best for you.

Students at the University of Auckland have a number of options if they choose to disclose or report harmful sexual behaviour.

You have the right to decide which of the below reporting options you wish to follow, if any :

1. Make a disclosure – tell the university about the incident to keep a record of but not take any formal action.
2. Make a complaint – make a complaint about harmful sexual behaviour.
3. Make a report on behalf of someone – if someone receives a disclosure of sexual harm they can report on behalf of someone, provided they have their consent.
4. Make a police report – reporting to the University and reporting to the Police are two separate processes. If

you report to the Police, you can still report to the University.

Find out specific information on the complaint process and how you can make a report from the [Addressing Bullying Harassment and Discrimination Guidelines](#).

Reports can be made anonymously.

If you are an international student please note:

- Making a report of harmful sexual behaviour will not impact your visa.
- Any information you provide will not be passed on to your family or other universities unless you request that this information can be shared.
- We can provide a translator at your request.

See next page: A simplified version of how a student may report sexual assault at The University of Auckland, and some options they may have:

Reporting Sexual Assault at The University of Auckland

If you feel threatened or are in immediate danger, please call Emergency Services on 111 or Campus Security on 0800 373 7550.

Sexual assault occurs

Make a disclosure

Tell the university about the incident to keep a record of but not take any formal action.

Make a complaint

Make a complaint about harmful sexual behaviour.

Make a report on behalf of someone

If you receive a disclosure of sexual harm, you can report on behalf of someone provided you have their consent.

You can report or make a disclosure here: https://aous-advocate.symplicity.com/care_report

If you have witnessed a sexual assault on one of our campuses:

- Everyone is asked to assist in making our University a safe place by being alert to suspicious situations and promptly reporting them.
- If the person is harmed or an incident is in progress, contact the police on 111. Immediately. Once you have contacted the police, contact University Security to report the incident (ext: 866 or phone: 0800 373 7550 if calling from a mobile phone).
- Stay with the person who has experienced the harm, providing comfort and support until the police or University Security arrive.

If you are unsure of what steps to take or who to contact:

The Proctor's Office manages student non-academic misconduct complaints and can give advice on other complaint processes. Advice on complaints involving members of the public (people who are not staff or students) can also be given by the Proctors Office.
Contact: proctor@auckland.ac.nz

AUSA Advocacy and Campus Care can provide support to students in relation to any complaint process whether they are through the University, Police or other service and no matter what the outcome.
Contact: advocacy@ausa.org.nz

Complaints about tAoA clubs can be made to AUSA or the Clubs Team in Student Engagement
Contact: foe-engagement@auckland.ac.nz

Whistle blower hotline:

You can use the whistleblower hotline to report suspected unethical misconduct including fraud, corruption, harassment or bullying.
Online: <https://ibhorunui.aibgw07.com>
Email: FairCall@orgm.com.au
Fax: +61 9 335 7466

Complaints about staff members can either be made to the staff members line manager or the HR team

REPORTING AN ASSAULT TO THE POLICE

Whether or not you report to the police is your choice. If you do choose to go to the police and;

It has just happened then:

- If you are able to, get to a place where you will be safe.
- Dial 111 and ask for the police.
- Do not shower or bathe as that may destroy forensic evidence.
- Try to avoid going to the toilet as that may also destroy forensic evidence.
- Do not wash or throw away the clothing you were wearing during the assault as you may also destroy forensic evidence.
- Do not tidy up or move things in the place where the sexual assault occurred.

Or, If it has not just happened:

- You can still report a rape or sexual assault if it happened to you days, weeks, months or even years ago.
- Contact the New Zealand Police directly by either phoning or visiting your nearest Police station.
- If you are now residing overseas and are considering laying a complaint in regards to offending that occurred in New Zealand, then please contact the Sexual Violence Team at Police National Headquarters at ASA@police.govt.nz for advice.

In order to access pastoral care and/or support, you can also reach out to organisations such as HELP Auckland (See section: Finding Support and Help)

See next page: A simplified version of what a court process may look like. For more in depth information, visit: <https://sexualviolence.victimsinfo.govt.nz/>

Sexual assault occurs

It is your choice if you want to report it to the police or not.

Report assault to the police

You can do this over the phone or by going to a police station

Police investigation

It is hard to say how long the investigation will take, however police will keep in touch with you.

The decision whether to arrest the suspect and prosecute will be based on a number of factors including all the evidence available and other considerations.

Arrest and charging

There is no fixed time period guaranteed - It could be months or more than a year between arrest and trial.

Defendant will plead guilty or not guilty

During a trial, the person accused of the crime is called the defendant.

Not guilty plea

The defendant can choose between a jury or a judge-alone trial (generally it will be a jury trial)

Trial

- You can be shown around the court and meet the prosecutor before the trial.
- Average length of trial is 2-4 days.
- You'll need to give evidence at court.

Just or judge decides on the verdict (within hours)

Verdict

Not guilty

- Defendant free to go.

Hung jury

- Jury can't agree
- May be another trial.

Guilty

- Found guilty on some or all charges

Guilty plea

- No trial
- Straight to sentencing, usually at a later date.

Sentencing

- The judge decides what happens next to the defendant, taking into account a number of factors including the impact on you.
- Your victim impact statement is the way to tell the judge this. You may be able to read it out in court.
- If you are concerned about your safety, you can ask for a protection order to be part of the sentence.

Defendant may appeal

Post sentence

If you are on the Victim Notification Register, you will be contacted in case of parole, etc.

The reporting, investigation and court process for victims of sexual assault

For more information and resources, visit sexualviolence.victimsinfo.govt.nz

SUPPORTING SURVIVORS

Supporting a survivor of sexual violence can be daunting. You might be afraid of saying or doing 'the wrong thing'. But you don't have to be an expert.

Supporting someone who has experienced rape or another form of sexual violence or abuse can feel really hard. But by being there and listening to them you're already helping. Here are some other things to keep in mind.

If you're supporting a victim or survivor of sexual violence or abuse then you might be worried about saying or doing

'the wrong thing'. Or you might be worried that accepting what's happened to them could lead to 'more problems'.

Because of this, it might be tempting to say or do nothing – or pretend it hasn't happened. But, for lots of victims and survivors, that's the worst thing you can do. Of course, every victim and survivor is different, and not everyone will want or need the same things. But, in our experience, the following dos and don'ts are a good place to start.

DO LISTEN

What they are saying might be very difficult or upsetting for you to hear. But it's important to show them that you're really listening.

You should also try not to interrupt – even though you might have a lot of questions.

DO BELIEVE THEM

People rarely lie about child sexual abuse, rape and other forms of sexual violence. There's little to gain from lying about it and being a victim or survivor in our society can be really hard.

You might wish that what they were telling you wasn't true, but it's really important to make it clear that you believe them. For many people, not being believed can feel like a huge betrayal and might stop them from telling anyone else or trying to get help.

DO VALIDATE THEIR EMOTIONS

Many people will already be struggling with feelings of shame, guilt and self-blame – so it's important to let them know that they don't need to feel this way.

DO

Take the time to reassure them that whatever feelings they may be feeling are incredibly valid, and acknowledge how difficult this time may be. (See Section: What you may be feeling)

DO RECOGNISE HOW TOUGH IT MIGHT HAVE BEEN FOR THEM TO TELL YOU

It can be very hard for victims and survivors to talk about what happened to them. For lots of people, having to go back over an experience of sexual violence or abuse is upsetting and painful – which is one of the reasons why it takes some people a long time to tell anyone. Some victims and survivors also feel ashamed or guilty. Or worry that they'll be judged, blamed or not believed.

If someone has managed to talk about their experience, let them know you understand how hard it might have been for them.

DO LET THEM STAY IN CONTROL

Sexual violence or abuse of any kind can make a person feel powerless or like they've lost control. So, for many victims and survivors, it's important to feel in

charge of their own lives again.

If you hear that someone you care about has been hurt, it can be tempting to try to take charge and 'fix' it. But, it's important to not 'take over' or make decisions for the other person unless they ask you too. Instead, support them to:

- Work through their feelings.
- Explore their options.
- Make their own decisions.

DO RESPECT THEIR DECISIONS

There's no right or wrong way to be or to feel after sexual violence or abuse – and only a victim or survivor can really know what's best for them. So, try not to ignore or judge their decisions, even if they're not the ones you think you'd make. Otherwise, you could end up losing their trust or upsetting them even more.

DO BE PATIENT – AND RESPECT THEIR BOUNDARIES

Many victims and survivors find it difficult to trust people because of their

experiences – especially if they've been let down or not believed by others they've told in the past. So,

if someone's put their trust in you by telling you what happened to them, it's important not to betray that trust. Be patient and try not to push them to tell you more – or to do anything else – before they're ready.

Remember: there's no timeline for 'getting over' sexual violence or abuse. And there's no 'to-do' list that needs to be checked off. No one should be pressured into doing something before they are ready.

If it's your partner who's experienced sexual violence or abuse – either recently or in the past – they might find intimacy and sexual contact difficult. Sometimes, they might not want you to touch them or be close to them. Other times, they might want extra physical comfort from you. Try to not take this personally or get upset – it's not about you but about what happened to them.

DON'T

DON'T ASK THEM WHY THEY DIDN'T SAY ANYTHING SOONER

There are lots of reasons why victims and survivors might not tell anyone what happened to them straight away – or even soon after. For example, they might...

- Have tried to tell someone about it before and been ignored or not believed.
- Have been threatened by the perpetrator – or be scared of them finding out.
- Be scared or worried about other people finding out.
- Feel ashamed or guilty.
- Be worried that they'll be judged,

blamed or not believed.

- Be worried about the impact it could have on their relationships with family, friends or colleagues.
- Want to pretend it didn't happen or have 'blocked' it out.

DON'T JUDGE THEM FOR ANYTHING THEY DID BEFORE THE SEXUAL VIOLENCE OR ABUSE

There is never any excuse for rape or any other form of sexual violence or abuse. 100% of the blame, shame and responsibility always lies with the perpetrator or perpetrators. And all victims and survivors deserve support.

So, it doesn't matter what someone was

doing before it happened or during – whether they were drinking, had taken drugs, were wearing certain clothes, were out late at night, were flirting with the perpetrator or anything else. It has nothing to do with what happened to them.

DON'T ASK THEM WHY THEY DIDN'T TRY TO RUN AWAY OR FIGHT BACK

It's very common for people who experience rape or another form of sexual violence or abuse to find that that they cannot move or speak. This is one of the bodies' automatic responses to fear and does in no way mean that they consented to what was happening – or are in any way to blame.

Some perpetrators also use manipulation, threats or other tactics to control their victims. Or to scare them into being quiet and doing what they tell them to do. Always remember: if the victim or survivor didn't consent then it was sexual violence or abuse.

DON'T JUDGE THEM FOR HOW THEY'VE RESPONDED TO THE SEXUAL VIOLENCE OR ABUSE

There's no 'right' way to react to being raped or experiencing another form of sexual violence or abuse. Everyone responds differently and all responses are completely valid.

So, it's important to be accepting of the way they are reacting, even if it's not how you think you would respond if you were in their shoes. Or how you might have seen it in films or on TV.

DON'T TELL ANYONE ELSE WITHOUT THEIR PERMISSION

As we've already mentioned, victims and survivors can find it difficult to trust people because of their experiences.

So, it's important that you don't betray their trust by telling someone else what happened to them without their consent.

However, if you believe someone may be in danger of being hurt, or hurting someone else, inform a professional who may be of assistance as soon as possible.