

isafe aim

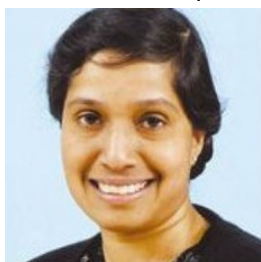
Our aim is to develop and test culturally appropriate interventions for women experiencing intimate partner violence. *isafe* is a confidential, online, interactive safety decision tool developed for NZ women. In the *isafe study* we are testing whether the tool improves the safety and wellbeing of women in unsafe or abusive relationships.

Meet our team:

Shyamala Nada-Raja

Senior Research Fellow,
Dept. of Preventive and Social Medicine,
University of Otago

Shyamala has contributed to the *isafe* study since its inception. Her expertise and scientific publications are in the areas of youth mental health, self-harm, and violence via longitudinal and web-based intervention studies. She led the Recovery via Internet from Depression (RID) Trial, testing a set of web-based self-help programmes to see if they reduced depression in New Zealand.



isafe Recruitment—please help!

We need another 100 women to enrol in the *isafe* study to reach our target of 340.

Please ask one woman you know who is experiencing abuse in their relationship to have a look at our website: isafe.aut.ac.nz
Thank you.

Are You OK? website

Getting Help

For information about family violence, what it is and where to get help, click on the above link or go to

<http://www.areyouok.org.nz/>

Culture no Excuse for Abuse

A new booklet hopes to address a lack of awareness and understanding about family violence in Asian, African, Middle Eastern communities in New Zealand. Able to be downloaded or you can order a copy from the Are You OK Website. Go to the Resources section (links above).

New Zealand Family Violence Clearinghouse (NZFVC)

The NZFVC is the national centre for collating and disseminating information about domestic and family violence. They provide information and resources for people working towards the elimination of family violence. Their website includes upcoming events, and access to international and local research and publications via their on-line library.

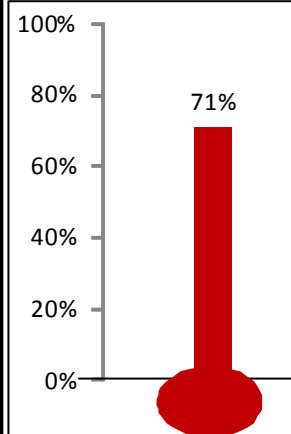
It's a great resource.

Go to www.nzfvc.org.nz

GOAL — 340

TOTAL TO DATE — 240

PERCENTAGE TO GOAL 71%



Women aged 16 years and older, experiencing abuse within their current intimate partner relationship and with safe computer and internet access are eligible to participate.

Interested?

Go to: isafe.aut.ac.nz

or ring Free
0508 447 233

Need information?

Email us at
isafe@aut.ac.nz

Ahakoia he uaua, kia kaha, kia toa, kia manawanui

Although there may be difficulties, be strong, be brave, be patient and take heart.