

**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 well-being of women in unsafe or abusive relationships.

**Where to go if you need help?**

**November isafe Champion**

**Eastern Women's Refuge  
Counties Manukau, Auckland**

Eastern Women's Refuge is a member of the National Collective of Women's Refuges and provides comprehensive support and programmes to women living in residential care and in the community.

**For crisis support and more information please call 0800 REFUGE (0800 733 843)**

**Meet our team:**

**Denise Wilson**

**Associate Professor, Maori Health & Director, Taupua Waiora Centre for Maori Health Research, AUT University.**

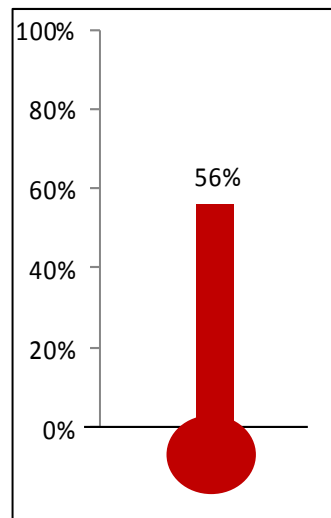
Denise affiliates with Ngāti Tahinga (Tainui). She has an extensive background



in undergraduate and postgraduate nursing education., and currently teaches and researches in the area of Māori health. Her research and publication activities focus on Māori/indigenous health, cultural safety, family violence and health (particularly Māori) workforce development.

**Ahakoā he uaua, kia kaha,  
kia toa,  
kia manawanui**

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



**GOAL — 340  
TOTAL TO DATE — 191  
PERCENTAGE TO GOAL 56%**

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:

[www.isafe.aut.ac.nz](http://www.isafe.aut.ac.nz)

or ring Free  
0508 447 233

**Need information?**

Email us at  
[isafe@aut.ac.nz](mailto:isafe@aut.ac.nz)

**Sex'n'Respect**

**Sex'n'Respect** aim to create communities where young people are enjoying positive, respectful and pleasurable experiences of sexuality and relationships free of pressure, coercion, harm or violence. BodySafe and Sex'n'Respect are two unique programmes tailored to provide young people with skills around their right to say no, personal safety, bystander intervention, identifying and dealing with potentially harmful behaviour and where to seek help.

They are not a crisis service and are part of Rape Prevention Education.

Have a look at their cool website:

[www.sexnrespect.co.nz](http://www.sexnrespect.co.nz) or phone 09 360 4001

**isafe feedback:**

“Your survey gave me the push I needed to get further help. I always think that my situation isn't so bad as there was not much physical abuse but there was a lot of psychological abuse.”