

The **Hohou Te Rongo Kahukura – Outing Violence** survey was open for four months online in 2015/16 to all people in **Aotearoa New Zealand** over the age of 16 who identify under the **sex, sexuality or gender diversity umbrellas**. The survey was promoted through Rainbow media, our community hui and Rainbow community support groups around the country.

People who answered the survey represented the range of ethnicities that live in Aotearoa New Zealand and self-identified with a wide range of gender identities, ages, sexualities and disabilities. The rates we report are for the 407 people who answered our survey. They are not population prevalence rates because our sample was not random.

FACT SHEET #3: IMPACTS AND ASKING FOR HELP

PEOPLE ANSWERING OUR SURVEY WHO HAD **EXPERIENCED PARTNER OR SEXUAL VIOLENCE** WERE ASKED WHAT THE **IMPACTS** OF THIS VIOLENCE HAD BEEN ON THEIR LIFE, EITHER AT THE TIME OR AFTERWARDS. **BOTH** FORMS OF VIOLENCE HAD **SERIOUS IMPACTS ON PEOPLES WELLBEING**.

IMPACTS	PARTNER VIOLENCE	SEXUAL VIOLENCE
FEEL AFRAID OF THE OTHER PERSON	57%	59%
FEEL CONCERNED FOR YOUR SAFETY	44%	53%
HAVE NIGHTMARES RELATED TO THE RELATIONSHIP / SEXUAL INCIDENT	53%	49%
FEEL CONSTANTLY ON GUARD, WATCHFUL AND EASILY STARTLED	58%	60%
TRY HARD NOT TO THINK ABOUT IT OR AVOID BEING REMINDED OF IT	62%	78%
FEEL NUMB AND DETACHED FROM YOUR LIFE	69%	65%
DRINK ALCOHOL OR USE DRUGS MORE THAN USUAL	49%	49%
HAVE PHYSICAL INJURIES CAUSED BY YOUR PARTNER/DURING THE INCIDENT	20%	25%

“ I KNEW I WAS **HURT**, I KNEW IT **CHANGED ME FOREVER**, BUT I WAS TOO **ASHAMED** TO SEEK HELP BECAUSE WE WERE **BOTH FEMALE**”



DESPITE THESE IMPACTS, **MOST PEOPLE DID NOT SEEK HELP**, OFTEN BECAUSE OF FEARS OF **DISCRIMINATION**.

PEOPLE DID NOT ALWAYS **KNOW WHERE TO GO FOR HELP** BECAUSE SERVICES WERE **NOT SEEN AS RAINBOW FRIENDLY**, AND PEOPLE WHO DID ASK FOR HELP DID NOT ALWAYS RECEIVE **WHAT THEY NEEDED**.

MOST PEOPLE SAID THEY WANTED SPECIALIST HELP AFTER VIOLENCE

BUT:

- 36% **DID NOT KNOW WHERE TO GO**
- 37% **DIDN'T THINK THEY WOULD BE TREATED FAIRLY**
- 23% **WORRIED ASKING FOR HELP WOULD LEAD TO DISCRIMINATION**
- 10% **WORRIED THEY WOULD BE OUTED IF THEY ASKED FOR HELP**



“ I WAS TOLD **BECAUSE I WAS TRANSGENDER AND NOT A REAL WOMAN** THAT THEY **WOULDN'T HELP ME**”

“ I WORRIED THAT **ORGANISATIONS WOULD BE HOMO/BIPHOBIC AND MAKE ASSUMPTIONS THAT I AM QUEER BECAUSE OF BEING ABUSED**”



To find out more about building Rainbow communities without violence, visit:
www.kahukura.co.nz

