

“It has brought awareness to me of why he may act in certain ways and has opened my eyes to things I need to work on.”

Kirsten* mother



Aviva exists because we care

Aviva supports individuals and whānau to not only become safe, but begin a journey toward a fulfilling, violence-free life.

Please visit www.aviva.org.nz to see our full range of services including:

- **Adults' Family Violence Services**
- **Sexual Violence Services**, delivered in partnership with START
- **Tamariki Services** - for children
- **Rangatahi Services** - for young people
- **ReachOut** - for people using violence
- **Seuga** - for Pasifika people
- **Whānau Resilience** - for long-term healing

Aviva is located at The Loft, which is home to a range of social, community and health services. If you are unsure what support you need, you can walk into The Loft, where a member of their team can listen to your story and help connect you with the services you need. To find out more, visit www.theloftchristchurch.org.nz.



Address: The Loft, Level 1
Eastgate Shopping Centre
PO Box 24 161, Christchurch 8140

Phone: 0800 AVIVA NOW
(0800 28482 669)

Email: enquiries@aviva.org.nz

www.aviva.org.nz

Find us on Facebook and LinkedIn — @AvivaNZ

Find us on Instagram — @violence.free.aotearoa

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*Not their real names.

Putting children first



Every child deserves a life free from violence. Sadly, not all children have that. Getting the right support for children who have been exposed to violence is so important to their future.

The journey to a violence-free future does not need to be travelled alone. Aviva offers support to children and their families — every step of the way.

Family violence in a child's world

Family violence hurts everyone in a family, especially children. Experiencing, or even just seeing or hearing violence toward another person, can severely damage a child's emotional and psychological wellbeing.

When a parent or sibling is experiencing violence, a child's sense of security and trust in the world is also damaged, even if a child is not present when the violence occurs.

Impact of family violence on child's development

When a child's developing brain is exposed to a pattern of abusive and controlling behaviour, or they are living in an environment of fear, the effects can be carried with them the rest of their life.

As a child grows older, the trauma of an unsettling home life can cause them to have difficulty controlling their own anger and struggle to develop healthy relationships.

There is a strong link between witnessing family violence as a child and growing up to repeat violent behaviors in their own relationships.

But with the right help, children can overcome their experiences. Teaching children that violence is wrong from a young age is a positive way to break the cycle of family violence.

Is family violence hurting your child?

Family violence doesn't always involve physical violence; it can include emotional, financial or sexual abuse. It can be experienced directly or witnessed.

Do you recognise any of these signs of possible family violence in your child, or a child you know?

Anxiety disorders; excessive fears; nightmares	Yes / No
Cruelty to animals or other people	Yes / No
Attention seeking behaviours	Yes / No
Suppressed feelings and failure to relate well to others	Yes / No
Isolation and withdrawal	Yes / No
Self-harm or suicide attempts	Yes / No
Frequent sickness; failure to thrive	Yes / No
Inability to concentrate	Yes / No
Disruptive behaviour; tantrums; bullying	Yes / No

If a child you know is showing any of the above behaviours, they may need support.

Call 0800 AVIVA NOW (0800 28482 669) to talk about whether they might be experiencing family violence. Support is free and available 24/7.

“As the weeks went by, we could see visible changes in her, especially her awareness that she was not alone in having a family with family violence issues. That insight brought her a great sense of relief.”

Robyn* (on her foster daughter Cathy's* experience on Tamariki RISE)

“Thank you for teaching me how to keep myself safe.”

Alice* 8-year-old child

Breaking the cycle of family violence

Children rely on the adults in their world to stop the cycle of family violence. By putting your children first and getting them support, you are claiming a violence-free future for your child.

Tamariki RISE Programme

Our 10-week Tamariki Relationship and Individual Safety Education (RISE) Programme offers family violence education for children aged 5-12.

The course content is delivered in a fun, child-centred way, and is designed to be a positive experience for each child. Children will:

- Develop their own plans to stay safe
- Learn about healthy relationships
- Be supported to build their self-confidence
- Have positive, trusting experiences with others
- Find appropriate ways to deal with their anger
- Learn what to do when they recognise abuse

Rangatahi Programme

Our youth equivalent programme, He Pito Mata, offers family violence education and support for young people aged 13-18.

Aviva's Tamariki and Rangatahi programmes can be delivered individually or in a group education setting during school terms.

Support is available in Christchurch, Selwyn, Ashburton, and North Canterbury. Assistance with transport may also be available.

To find out more about how Aviva can support your children, contact enquiries@aviva.org.nz or 0800 AVIVA NOW (0800 28482 669).