



**“When you’ve been let down by the system, it’s really hard to trust again. I didn’t expect this to work.**

**“Then after a few meetings and some suggestions from my youth worker that were really helpful, I felt really hopeful. I knew what I wanted and where I wanted to go, but I didn’t know how to get there.**

**“My youth worker was the first person to just listen and they were able to challenge me when I needed to be challenged. They were able to help me in ways I never knew anyone would, or could.**

**“I felt safe here.”**

**Serenity\***

## **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](http://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](http://www.theloftchristchurch.org.nz).



**Address:** The Loft, Level 1  
Eastgate Shopping Centre  
PO Box 24 161, Christchurch 8140  
**Phone:** 0800 28 48 26  
**Email:** [enquiries@aviva.org.nz](mailto:enquiries@aviva.org.nz)

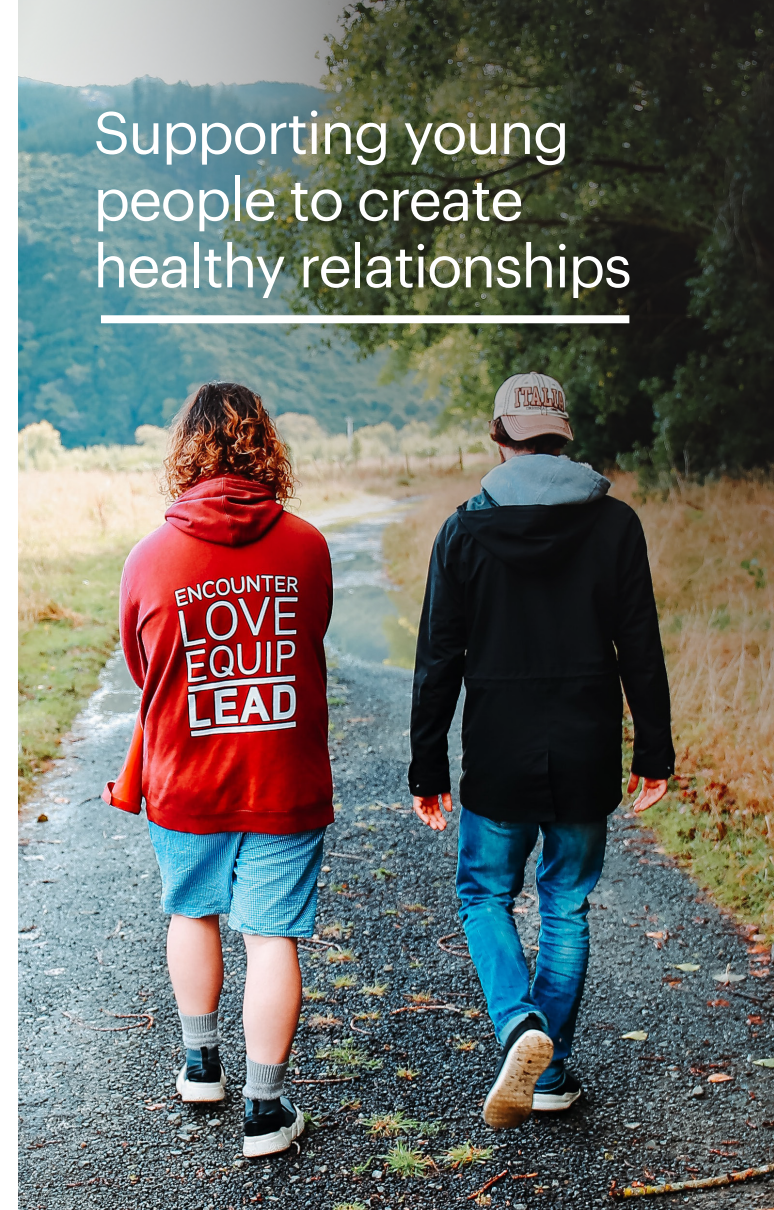
**[www.aviva.org.nz](http://www.aviva.org.nz)**

**Find us on Facebook and LinkedIn — @AvivaNZ**  
**Find us on Instagram — @violence.free.aotearoa**

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**\*Not their real names.**

# Supporting young people to create healthy relationships



Everyone deserves a life free from violence. If you have been exposed to family or sexual violence, or are struggling with your own anger, getting the right support is important. The journey to a violence-free future does not have to be travelled alone. Aviva offers support to young people and their whānau — every step of the way.

Aviva Rangatahi Services provide support that is led by you. We work alongside you to recognise and respond to harmful behaviors. By learning and practicing healthy boundaries, you can proactively manage your wellbeing, your right and responsibility to be safe, and build healthy relationships.



**“I thought what I was used to seeing was normal until my support worker showed me the difference between healthy and unhealthy behaviors.”**

**Manaaki\***

### **Do you recognise yourself, or someone you care about, in any of the following questions?**

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<b>Is someone in your life using violence, or the threat of violence, against you or those you care about?</b>	<b>Yes / No</b>
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<b>Do you, or does someone you know, use controlling behaviours?</b>	
• Suspicion of phone calls, texts, emails, friends or family	<b>Yes / No</b>
• Becoming jealous	<b>Yes / No</b>
• Trying to control who other people see and where they go	<b>Yes / No</b>
• Controlling access to money and how it is spent	<b>Yes / No</b>
• Being isolated from friends or family	<b>Yes / No</b>

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<b>Are you, or is someone you know, being emotionally abusive?</b>	
• Using put-downs or name-calling	<b>Yes / No</b>
• Making others feel useless	<b>Yes / No</b>
• Showing little or no regard for the other person's thoughts or feelings	<b>Yes / No</b>

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<b>Are you, or is someone you know, sometimes forced, intimidated or pressured into sexual activity?</b>	<b>Yes / No</b>
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<b>Are you, or is someone you know, being psychologically abusive?</b>	
• Using intimidating and threatening behaviour	<b>Yes / No</b>
• Playing mind games	<b>Yes / No</b>
• Causing fear	<b>Yes / No</b>

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<b>Do you become angry easily and take it out on others?</b>	<b>Yes / No</b>
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If you answered yes to any of these questions, now is a good time to reach out.

**“They didn’t pass judgement about what I had done in the past. They helped me make changes and encouraged me to look after myself better.”**

**Mitchell\***

### **How we can support you**

Our Rangatahi Programme He Pito Mata offers education and support for young people aged 13-18. You will be supported to:

- Develop your own plans to stay safe
- Learn about healthy relationships
- Build your self-confidence
- Have positive, trusting experiences with others
- Find appropriate ways to deal with anger
- Learn what to do when you recognise abuse
- Know where to get support that works for you

Our supportive programme 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 you, contact 0800 28 48 26 or [enquiries@aviva.org.nz](mailto:enquiries@aviva.org.nz).**

