

What is abuse and violence?

Verbal Abuse:

This includes name calling, excessive yelling and threats

Restricting Freedom or Using Isolation:

Controlling what another person does or who they see

Physical Abuse:

Including shaking, pushing, restraining, slapping and punching

Sexual Abuse:

Imposing sexual contact on another

Emotional Abuse:

Putting people down, humiliating them or refusing to acknowledge them or their feelings

Using Male Privilege:

Including treating your partner like a servant, being “the boss”, making all the decisions

Other Services we offer:

Children’s and Teenager’s Programmes
Individual Counselling
Couples Counselling
Women’s Programmes
Other support

Respect is a community organisation based in Takapuna. Our main purpose is to facilitate breaking the cycle of violence against women, children and men.

We offer both group (20 weeks) and individual programmes. Online services are also available.

For Perpetrators of violence, we offer education programmes: Examining beliefs and actions that result in abusive behaviour. Learning ways to have non-abusive respectful relationships.

For Victims of abuse or violence, we offer support and education programmes: Education to recognise signs and effects of abuse. How to live lives free of abuse and violence.

We offer support and education programmes for children and teenagers affected by violence or abuse. Learning to deal with the effects of violence in healthy ways.

Member of:

National Network of Stopping Violence Services
Te Kupenga Whakaoti Mahi Patunga



Living Without Violence



A Programme for Men

Is anger, abuse or violence a problem in your relationship?

**Ph: 0800 426 437
or 489 3770**

www.respect.org.nz | admin@respect.org.nz

Is anger, abuse or violence a problem in my relationships?

Anger abuse or violence may be a problem in you relationship if:

- Your partner or children are scared of you when you are in a bad mood.
- You shout, swear or say things to your partner or children that you don't mean...
- You try to control your partner's movements or who your partner sees.
- You go for several hours without talking to your partner when you are angry.
- Your children are beginning to copy you when they are angry.

Most men want to have healthy and happy relationships. Despite this, conflict often arises in relationships. If this conflict involves excessive anger, or any abuse or violence then this anger, abuse or violence will erode the quality of your relationship.

I may have a problem with anger or abuse. What do I do now?

The first step in addressing issues with anger, abuse or violence is to contact us to arrange a free, confidential interview.

At this interview we will discuss some steps to overcome the problems you are facing. Usually this means enrolling in our Living Without Violence Group Programme, although if required we can provide individual counselling.

The topics covered include:

- The use of Power and Control in relationships
- Understanding the difference between Anger and Violence
- Anger Management Skills
- How to have an Equal Relationship
- Communication Skills
- Negotiation and Decision Making Skills
- And much more...

Is this an Anger Management Course?

Anger Management is one topic that we cover in this course, but we also discuss many other topics. Our Living Without Violence Course is designed to teach you ways to deal with all types of anger, abuse and violence.

You can get further information by contacting our office or arranging a time for an interview.

“This course helped me to understand that my actions were violent and that I needed help. It has helped me rebuild my marriage and changed how my kids react to me. They know now that the angry man I once was is no longer there.”

Course participant

