



NZ

New Zealand

"What if I choose to make a report, or seek forensic medical evidence or a claim?"

Specialist Responses to Sexualised Violence

[My Dignity - My body is mine](#) hosts national contacts for support services. In addition this directory hosts information for Aotearoa – New Zealand (NZ) about specialist responses to sexualised violence from police, women’s legal services and victim services. The directory is not exhaustive. Victims of sexualised violence may choose other options for support.

Legal Services

Community Law

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Community Law can help with all kinds of legal problems, and the list includes help with domestic violence and other forms of violence.

<https://communitylaw.org.nz/free-legal-help/>

The Community Law website hosts information on Sexual crimes: Rape, sexual violation and other sexual assaults.

Quick Exit: The Community Law website has a quick exit (leave quickly) button



New Zealand Police Force

Adult Sexual Assault - New Zealand Police Force (NZPF)

What can I do if I have been sexually assaulted?

The New Zealand police force website answers this question (and more) at this link, including guidance if the sexual assault has or hasn't happened recently.

<https://www.police.govt.nz/advice-services/sexual-assault-and-consent/what-can-i-do-if-i-have-been-sexually-assaulted>

What can I do if I don't want to report it to Police or I need more support?

There are a number of sexual assault support services that can provide specialist help for victims of sexual assault. If you feel you need more information and /or support before you speak to Police, then there is an agency near you that can help. NZPF provide this link <https://rpe.co.nz/find-your-local-support-service/> Quick Exit: The rpe.co.nz website pages does not have a quick exit button

Contacting NZPF for advice

If you just want to find out what your options are and how to get help, you can talk to NZPF. You do not have to make a formal complaint. NZPF can help you with advice and put you in touch with agencies that can offer support and counselling. The website clarifies responses to these questions:

- What happens when you contact the police?
- Who decides if I make a formal complaint?
- Will the offender be charged?

Quick Exit: The NZ Police force website pages does not have a quick exit button

Domestic and Family Violence - New Zealand Police Force (NZPF)

Find out how to get help for family violence (domestic violence) and learn about Protection Orders and Police Safety Orders. For the NZPF latest safety information, see the Be Safe, Feel Safe booklet: [Safety information from New Zealand Police](#) (PDF 818KB)

www.police.govt.nz/advice/family-violence/help

Quick Exit: The NF Police force website pages does not have a quick exit button



New Zealand Support Services and Victim Services

Support Services – Sexual Assault – Rape Prevention Education

Rape Prevention Education - Get Help - Kia Tautoko/Awhina

Rape Prevention Education hosts a list of support services for survivors of sexual assault at this link:

<https://rpe.co.nz/find-your-local-support-service/>

The support services include Auckland services, followed by services in the rest of Aotearoa New Zealand, in geographical order. The support services are listed by region/powini.

Please note that most sexual assault services are posted in the Personal Emergencies section of the Telecom White Pages. In emergencies call 111.

If you need help dealing with sexual harm you can also contact <https://safetotalk.nz/> for free, confidential and non-judgmental support from trained specialists. Available 24/7 with interpreters for 44 languages, free call **0800 044 334** or free text **4334**.

Quick Exit: The Rape Prevention Education website a does not have a quick exit button.

Help for victims of sexual assault - Sexual Violence – Victims Info

Sexual Violence – Victims Info

<https://sexualviolence.victiminfo.govt.nz/>

This website was developed by the Ministry of Justice to help support victim-survivors of sexual violence through the court process and to help them make informed choices about the actions they take after they've experienced sexual violence.

The website has information on: Being safe | Getting support | Helping someone else | Telling Police | The Court Process | Rape Myths

The website and its video resources are available in English and Te Reo Māori.

Quick Exit: The Sexual Violence Victims Information website has a quick exit button





MY DIGNITY
MY BODY IS MINE

“ Just because I couldn't stop it
doesn't mean I let it happen. ”

A resource for people who have experienced sexual violence or people
who would like to learn more. *Contains examples of violence and abuse.

[My Dignity - My body is mine](#)



Use the QR Code to
open the My Dignity
landing page on
Insight Exchange

www.insightexchange.net

*The Insight Exchange website
has a safe exit button.*