



Kia ora smartname

Autumn greetings! Hope you're keeping well and safe. As we all continue to navigate the shifting states of normality, one thing that's here to stay is the rise of digital communications and media to become the dominant way for people to stay informed and stay connected.

Information is being spread faster and farther than ever before. But the opportunities to share helpful and reliable knowledge are up against an increase in misinformation reaching our communities and loved ones.

We believe the way forward is through conversation and collaboration. By discussing issues out in the open and working together across organisational, cultural and age-related boundaries, we can better ensure that people are getting good information.

This is true especially in the face of sexual violence and abuse. A culture of silence has shattered the lives of many people impacted by sexual abuse, and created high-risk and unsafe environments that enable sexual abuse to occur unchecked.

Scroll on to read about our recent media coverage and collaborations, updates in the legislative space and a couple other projects we've found for you to explore.

All of this is helping to break the silence and create change so that future generations can be protected from sexual violence and abuse.

And a reminder that our Do Something HELPful campaign is just around the corner. If you can join the challenge this May, please do so and [sign up here](#) as soon as you can.

Funds raised from this campaign will go towards providing vital therapy to survivors of sexual abuse, and supporting HELP's other programmes, including Dear Em, a safe space online for young people.

Even if you can only make a donation or share our posts on social media, we greatly appreciate it.

Ngā mihi nui and thank you for your wonderful support.

- Kathryn McPhillips, Executive Director



Call 0800 623 1700, open 24/7, if you need help

A graphic banner for Massey University's Student Wellbeing initiative. The top half has a green background with the text 'STUDENT WELLBEING' in large white letters, and 'TE PAKIAKA TANGATA' in smaller white letters below it. On the left side, the words 'LET'S TALK' are written vertically in large, blue-outlined letters. The bottom half has a dark blue background featuring the Massey University crest (a shield with a sunburst and a bird) on the left, and the text 'MASSEY UNIVERSITY' in large white letters, 'TE KUNENGA KI PŪREHUROA' in smaller white letters below it, and 'UNIVERSITY OF NEW ZEALAND' in white letters at the bottom.

## **MISSED THE RECENT WEBINAR COLLAB WITH MASSEY UNIVERSITY?**

Last month, HELP's Community Liaison for our Crisis Service, Angelo Libeau, along with members of the NZ Police Adult Sexual Assault team, collaborated with Eliza Melling, the Sexual Harm Prevention Advisor at Massey University to present a webinar as part of the Let's Talk series about consent, sexual harm and prevention to university students and the public.

It was an informative and engaging presentation, where topics such as sexual harm myths and barriers to disclosure were explored, as well as the different roles that HELP and the police have in supporting survivors.

[Watch the webinar](#)



## AMBASSADOR LAURA EUSTACE SPEAKS TO DO SOMETHING HELPFUL

You may have seen the recent coverage of HELP and our ambassador for this year's Do Something HELPful campaign, Laura Eustace, on Newshub a couple of weeks ago.

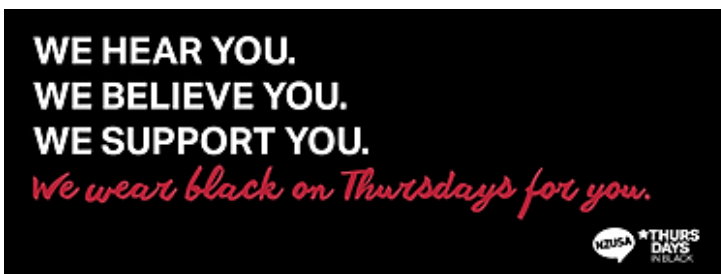
Laura shared her story of survival so that others can know that they're not alone. She was also featured in the NZ Herald.

Look out for updates on Laura's Flourish Project activity for Do Something

HELpful [@flourishprojectnz](#) on Instagram, launching this May.

Watch and read the Newshub story here

Or check out the NZ Herald article here



## DEAR EM AND THURSDAYS IN BLACK

The first week of May is Rape Awareness Week. Dear Em, our digital and leadership programme for young women, will partner with Thursdays in Black to host a 'Kōrero and Kai' session at AUT.

A panel of experts and change-makers will be invited to discuss transformative change across various areas, and the different barriers

and opportunities they see to achieving a society that upholds justice for survivors.

Following the panel, attendees can participate in workshop-style discussions focusing on what tangible actions may look like to create change in their university communities.

The event will also be livestreamed to enable Thursdays in Black clubs across the motu to join in and host their own satellite workshops.

If you would like more information or want to support Dear Em, please contact Miriam Sessa at [dearem@helpauckland.org.nz](mailto:dearem@helpauckland.org.nz)

---

## MORE RECENT HIGHLIGHTS



Thank you to our small Round the Bays Virtual team for giving it their best!

*Anti-clockwise from top left: Roanna, Sophie and Annabelle*

Angelo and Elvira at the Albany Students Association of Massey University's Sex Ed Quiz at Mama Loco





Photo credit: Vitaly Sacred on Unsplash

## CHANGES FOR BETTER TO THE HARMFUL DIGITAL COMMUNICATIONS ACT

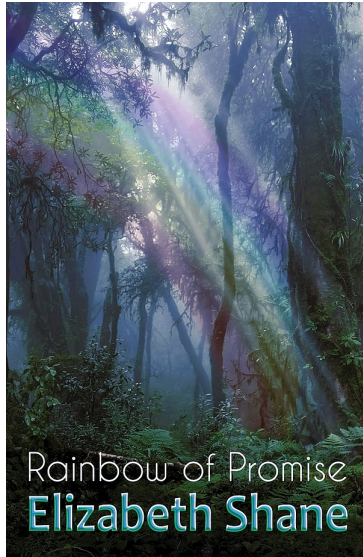
At the beginning of March, the Harmful Digital Communications (Unauthorised Posting of Intimate Visual Recordings) Amendment Bill sponsored by MP Louisa Wall was passed with support from all parties in Parliament.

The changes are significant as the law now acknowledges that Image-Based Sexual Abuse (IBSA) is a crime and is inherently harmful. IBSA is the preferred term for what the media often refers to as 'revenge

porn'. However, IBSA may have nothing to do with 'revenge' or be classified as pornography.

The burden of proof has also been placed on the offender to prove they had explicit consent before posting intimate images or videos online.

[Read more about the changes here](#)



## NEW POWERFUL POETRY FROM ELIZABETH SHANE

Poet and childhood sexual abuse survivor Elizabeth Shane brings us the sequel to her first book, *Silhouette of a Songbird*, in her recently released second poetry book, *Rainbow of Promise*.

Elizabeth draws on the world around her for inspiration in her wonderful and thought-provoking poems, as she continues to use the power of poetry to explore the mental health struggles she faces because of past trauma.

Elizabeth hopes her poetry will resonate with and empower people coping with their own trauma so they can find healing and a brighter future.

Buy Rainbow of Promise at  
Mighty Ape

Buy Rainbow of Promise on  
Amazon/Kindle



Image credit: Stuff

## TELL ME ABOUT IT : AGE OF CONSENT

Full of frankness and witty banter, *Stuff's* weekly [Tell Me About It podcast](#) offers, in their words, "an intimate and expert look at the messy complexities of... simply trying to survive as a woman in a world built for men."

Hosted by journalists Kirsty Johnston and Michelle Duff, and produced by broadcaster Noelle McCarthy. Available to listen to on various podcast platforms. New episodes every Thursday.

[Check out Episode 8 - Age of Consent, and accompanying story from Stuff writer Kevin Norquay.](#)

[Donate to support survivors of sexual abuse](#)

Follow us for more updates



HELP provides professional and specialised support services to survivors of sexual abuse and assault.

Supporting the Auckland community since 1982, HELP works to empower women and children recovering from the effects of abuse and educates the community on preventing sexual abuse in the future.

Copyright © 2021 Auckland Sexual Abuse Help Foundation Charitable Trust, All rights reserved.

HELP is a registered charity. Donations \$5 and over are tax deductible.  
Charities commission no. CC23863

**Our mailing address is:**

PO Box 10345, Dominion Road, Auckland 1446

Want to change your subscription preferences?

You can [update your subscription here](#).

No longer want to receive emails from HELP?

You can [unsubscribe here](#).