

Stop crime save lives



Police Managers' Guild Trust 

from the President

This booklet – provided with the compliments of the Police Managers' Guild Trust – concentrates this year on personal safety, not only in our homes, but also in our neighbourhoods and communities.

Each of us has a duty to keep ourselves safe as much as we can. Although we can rely on the Police, they can't be everywhere, all the time.

We can assert our right to be safe in the street, to dress how we like, to leave our valuables in our car in full view of everyone who passes, to leave our doors unlocked and our windows open. We have that right. But criminals think differently, and they don't care about your rights.

If we're prudent about our personal safety, we lessen the chances of becoming a victim and a crime statistic. This booklet shows that there are many simple things we can do to keep us, our neighbours and communities safe.

Apart from providing common-sense tips that help to prevent physical harm, we have included up-to-date information and advice about the risks our children face with new technology.

According to Census 2001, 37 percent of New Zealand households have access to the net. More than half of households with children can go on the net. A survey of more than 2500 New Zealand school children, *The Net Generation: Internet Safety Issues for Young New Zealanders*, showed up a worrying trend of young people meeting, face-to-face, strangers they had "met" over the internet (Internet Safety Group and the Psychology Department of the University of Auckland).

The survey, of girls living in Auckland aged 11-19, yielded these figures:

- 68.5 percent used the internet most days
- 33.5 percent had met, face-to-face, someone they met on the net
- 60 percent had done at least one potentially unsafe behaviour (35.5 percent gave out personal information – for example, address/ phone number, 26.5 percent sent a photo of themselves to someone they had met, and 14.5 percent had posted a picture of themselves on the net)
- 95.5 percent used the internet at home; 75 percent said their net-use at home was only occasionally (37.5 percent) or never (37.5 percent) monitored by an adult
- 44.5 percent used the internet at school; 58 percent said their net-use at school was monitored only occasionally (28.5 percent) or never (29.5 percent) by an adult
- 22.5 percent reported having felt unsafe or threatened while using the internet (most commonly from sexual threats)

Parents, teachers and carers need to be watchful.



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"Creating Leaders"

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community support

We all want to be safe in our homes. The best way to reduce this kind of crime is for communities and the Police to work together.

Neighbours looking out for each other

Community support groups were introduced to New Zealand in 1979. They were aimed at reducing crime by encouraging people to look out for each other in their neighbourhood.

The success of the original Neighbourhood Watch scheme led to Neighbourhood Support and later Rural Support, all of which have come under the general term of “community support”.

These schemes recognised that, with the Police, communities could reduce crime and foster a feeling of security and well-being. It also recognised that crime was not just the Police’s responsibility.

Fewer homes have been burgled in the last five years because of community support groups. It’s that simple.

Neighbourhood Support New Zealand Inc was set up to help in and promote the neighbourhood support concept throughout New Zealand. With the Police, they can tell you if there is someone in your area who can help you to start a neighbourhood support group. Or a rural support group if you live in the country.

You can contact them on 0800 4 NEIGHBOURS or visit their website at www.neighbourhoodsupport.co.nz to see if they have a representative in your area.

By forming a group, you and your neighbours can support each other and combine your local knowledge to protect people and property.

The Police, with other community safety

organisations, can also give you new information and skills to help you in an emergency.

What are community support groups?

A support group helps to reduce local crime. It can respond quickly to emergencies and it can help to solve community problems. A support group is especially important for older people and those who live alone. They gain comfort from knowing that help is nearby. Older people can often contribute much knowledge and time. These groups don’t take a lot of time or entail a lot of work. That’s why they are so successful.

Commonsense-plus structure

A community support group can result in a better quality of life in your area. Everyone is encouraged to think ahead and to notice things. Group members learn to:

- Recognise the signs that a crime is being planned
- Report any suspicious events immediately
- Prevent burglaries
- Protect their property
- Keep people safe

Street signs and stickers

Signs advertising your community support group send a powerful message. Stick them on telephone poles, letterboxes and fences. When criminals see these signs they usually go away.

Know your neighbours

The most important step to a safer community is to know your neighbours. Know their routines. Know when your neighbours are going on holiday or business trips. Swap holiday addresses and phone numbers. Know when they expect visitors and trades people. And if you think something is wrong, phone your local Police station at once. For anything urgent, **dial 111**.

How to be a good neighbour

If your neighbours are away, you can help in

many ways. Offer to make their house look “lived in” by:

- turning on lights and television at night
- drawing curtains at night and opening them in the day
- mowing lawns
- clearing their mail, especially junk mail and newspapers
- using their clothesline or driveway sometimes

Be alert

Watch their home. Question strangers, but don't say the neighbours are away. Notice any strangers around your neighbourhood, including children. Write down their description, and note the time and date.

Write down the registration number of unfamiliar cars, vans, motorbikes or trucks. Report anything suspicious to your local Police station.

Starting a neighbourhood support group

It's easy. First, discuss the idea with a few neighbours. Together, decide how big you want your network to be. **The best size for effectiveness is six-12 houses.** Ask if there is a local Neighbourhood Support Officer in your area. The Police should be able to tell you who that is. Or you can contact Neighbourhood Support NZ Inc on 0800 4 NEIGHBOURS (0800 463 444) or email: carol@neighbourhoodsupport.co.nz to get the information. You'll learn lots of ways you might structure your group. Every group is different because every neighbourhood is different.

Groups appoint a group contact person and sometimes a street and/or area contact person. But you can do things your own way. Make sure that the work is shared.

Should you invite everyone in your neighbourhood to join your group? Start with the people you know. What if your neighbours include some people you don't trust? There's no need to invite them to join your group. But you might also consider this: good neighbours are often discovered through the process of meeting people they previously had little to do with and might have held misconceptions about.

Starting a rural support group

These are exactly like neighbourhood support

groups, except that in the country your “neighbourhood” is larger and probably sparsely populated. Most country districts already have a strong community network. A rural support group makes that network more efficient.

Discuss practical ways of calling for help – for example, sirens, car horns, fog horns, mobiles or flashing car-lights.

Avoid going alone when you respond to a call for help. If you do, at least tell somebody first, or call your local Police and let them know what you are doing. Your safety is most important.

Keep learning

Invite key people to meetings to advise or train your neighbourhood support group. This helps to keep the group alive. Having the occasional public meeting can get more people joining in, too. For example, you could invite:

- Your community constable or local Police to advise about safety matters.
- A Civil Defence officer to tell you what to do in a disaster.
- A qualified first aid trainer to teach you first aid including CPR.
- A self-defence instructor.

Community Patrols of New Zealand

Community Patrols of New Zealand (CPNZ) Charitable Trust was set up in May 2001. Local Community Patrol members are drawn from the community and help their local Police to reduce crime. A total of 150 communities have formed such patrols. Volunteers go out in two-person teams for a few hours during the night. They probably do their stint once a month. They are not Police volunteers. Patrollers not only help themselves and their community, but the Police, too, as “eyes and ears”.

Community Patrol groups are in all Police districts. Each patrol is organised and run by its members. Each has a Police liaison officer, generally the local community constable. The Police provide training, and CPNZ has training materials available.

A community without a patrol, and which wishes to form one, can contact either their local community constable or CPNZ, which will help to set up a group. Or, write to CPNZ's chairperson at Box 253, Katikati. E-mail: cpnz@clear.net.nz.

safety in the home

People expect to feel safe and secure in their own homes. Statistically, it's unlikely you will ever encounter an intruder in your home. However, you can lessen the chances of such an event by installing proper security devices and observing sensible security practices.

Lessening the risks

General security precautions

It is unwise to leave door keys under a flowerpot, mat, in a letterbox or similar hiding place.

Burglars find them. Be wary of leaving keys with trades people – keys can be copied.

Items left lying around such as ladders, tools, gardening implements, lawnmowers and bicycles can attract a criminal on to the property, and some of the items might be used to gain entry.

Open garage doors and open windows can also attract criminals. Windows should have security fittings, particularly if left open.

If you are at home and leave any exterior doors open or unlocked, consider that a prowler could take the opportunity to get in easily.

If you arrive home and you think there has been a burglary, don't go in. An intruder might still be inside. Go to a neighbour's and telephone the Police.

If you come home alone, it's a good idea to carry a personal or remote alarm for your car or house. If your safety is threatened you can easily sound your alarm. Have your house keys ready in your hand for quick entry if needed.

Include potential fire hazards when considering home security. Smoke alarms and fire

extinguishers are ways you can reduce the risk of a serious fire in your home.

Outside security

Prowlers can hide behind large shrubs, plants, or high fencing. Thorny plants along fence lines can discourage prowlers from climbing over, and having fully enclosed fencing with a gate creates a barrier. Prowlers are less likely to target a property that makes it hard for them to get into and out of.

Ensure your house number can be clearly seen from the road at all times. Visibility of a street number at night is important for the Police and other services responding to any emergency.

Many people display their names on letterboxes or doorplates. If you are a woman living alone, consider using your initials rather than identifying yourself by your first name.

Consider fitting exterior sensor lights to deter prowlers. If you're returning home at night, a sensor light installed near the front door will light up the surrounding area.

Joining Neighbourhood Watch and displaying Neighbourhood Watch, Beware of Dog and burglar alarm signs, can discourage criminal activity.

Internal security

Basic measures:

- Fit deadlocks to outer doors and internal access garage doors
- Fit lockable bolts to ranch-sliders and french doors
- Fit door-viewers and security chains
- Secure louver windows by gluing them into fittings or replacing with an alternative

Other measures:

- Install a burglar alarm
- Have a panic button for the burglar alarm in your bedroom

- Have a light switch within reach of your bed and a telephone with a list of emergency contact numbers
- Keep a dog for protection, or acquire an electronic barking device as a deterrent
- Replace any hollow external doors with solid-core ones fitted into sturdy framing, or install security screen doors on the outside

People at the door

DOORSTOP – an easy acronym to remember:

Don't open your door without using a doorstop code.

Observe first. Always check by looking through a window or door-viewer.

Only open your door partly with security chain connected.

Refuse entry if in doubt and telephone the Police or a neighbour.

Switch on outside lights when dark to see who is there.

Think suspiciously. Strangers might be thieves trying to get in.

Only open the door after examining identification and satisfying yourself it is genuine.

Protect your family, as well. Make sure children know the code.

If you are alone you can create the impression that someone else is present by shouting out that you will answer the door.

Ways people might try to get into your house:

- Asking to use the telephone
- Asking for a glass of water
- Asking for donations
- Conducting a survey
- Impersonating sales representatives, officials, trades people and others

Ways to respond can include:

- Saying NO
- Leaving the person outside and offering to make a telephone call for them
- Denying entry until telephoning their office to verify that they are legitimate

If you have advertised an item for sale and have arranged for a stranger to view it, a good idea

could be to have a friend or relative present in your home.

Prowlers

Check that all doors and windows are secure when you go out, and before you go to bed at night, to deter prowlers.

A woman by herself can put objects on a porch or other prominent place, suggesting the presence of another person at the address. A pair of big boots, for example.

Telephone the Police immediately if you see a prowler. Provide a description of the person, clothing, and direction of travel if the person has run away.

After telephoning the Police, remain quiet and do not alert the prowler, provided your safety is not being threatened. This will allow the Police a better chance of catching the prowler. If you think the prowler is about to break in, switch on the lights if it's at night, and make as much noise as possible.

It's best not to go outside even if you think the prowler has run away.

Going outside could expose you to danger if the person is still nearby or returns, and your presence could hamper the Police and their dogs.

Intruders

A safety plan will enable you to make the best decision for dealing with an emergency.

Making a safety plan entails considering:

- Whether you are alone or if there are children or other adults present in the home
- The internal layout of your home for access to any children and escape routes
- Proximity to neighbours and boundary features of your property
- An agreement with your neighbours on how they will respond
- Using an existing room as a safe area, which must have a telephone installed, window security, and a door able to be securely locked from the inside
- Choosing to use a safe room or to escape from the home. This will depend on the particular situation and personal circumstances.

Factors to consider might include:

- The risks of encountering an intruder inside

or outside the property during an escape

- Whether ground-floor windows are accessible if an exit door is blocked by an intruder, and physical agility to climb out and run to safety

Emergency action

- Try to avoid contact with the intruder
- Telephone the Police on 111 as soon as you safely can
- You must decide quickly either to secure yourself (children) in a safe room, or to escape from the home
- If you decide on the safe room, phone your neighbours, as well as the Police
- If you do encounter the intruder, try to get out of the way
- Call out to somebody else in the house to phone the Police, even if you are alone
- Make a noise – loudly. You can attract attention by breaking windows and shouting loudly things such as “Go away!”, “Get out of my home”, “Somebody call the Police”

If you cannot avoid the intruder, and shouting and making a noise has no effect, an alternative is to calm yourself, then firmly tell the intruder to leave.

Be assertive

Being assertive is an important self-defence technique.

- Show confidence – bravado even. Hold your head up. Pull your shoulders back. Stand tall. Even just that can force an intruder to have second thoughts – often the last thing they want is a battle with someone

- Be prepared to physically defend yourself. The most vulnerable parts of an attacker’s body are the eyes, nose and genital area

You are allowed to use force against your attacker when defending yourself. Be aware that if you use something as a weapon in self-defence, it could be turned against you. Find out about self-defence classes in your area.

During an emergency, activate any available, fitted, remote or personal alarm system when it is practicable and safe to do so.

Telephone security

Don’t give personal information to strangers or callers representing themselves as market research or telemarketing companies – they might not be genuine. It might be better to use “Hello” rather than reveal your name or telephone number.

Do not let strangers know that you are at home alone.

When it appears a caller has dialled your number by mistake, do not supply your name, address or telephone number. Ask the caller the number wanted, then tell them they have a wrong number. When recording an answer-phone or voice-mail message, do not indicate what times you will be in or out. Keep personal information to a minimum.

A woman living alone could consider using the term “we” on the message, or have a male friend record the message.

Mobile conversations can be scanned. People should be careful not to disclose any information that would help a criminal and threaten their safety.

burglars

Burglars usually enter through unlocked doors and windows. Or they take advantage of weak locks. Always lock up before you go out.

How to beat them

Security checklist

Before you go out

- all doors locked
- garage locked
- all windows shut securely
- tools and ladders locked in shed
- spare keys with neighbour (not “hidden”)
- doors clear (no notes on them)

Other security details

- change locks if you lose your key
- house number obvious
- trees and shrubs trimmed
- locks of hardened-steel (not aluminium)
- deadlocks (not simple mortise locks)
- anonymous letterbox (no name on it)

Optional

- loud whistle or personal alarm
- alarm system
- sensor lights (they go on automatically when somebody moves nearby)
- dog (burglars hate barking dogs)
- wide-angle door viewer in front and back doors
- smoke alarms
- plant prickly bushes or shrubs under windows

Before you go away

- tell your neighbour when and where
- cancel mail
- give your neighbour a phone number

- cancel paper, milk, other deliveries
- put a lamp on a timer
- curtains open, blinds up
- turn telephone sound down
- lock all doors, close all windows

Ask your neighbour to

- clear your letterbox
- close your curtains at night
- use your clothesline occasionally
- watch your home
- use your drive occasionally

- Install good-quality locks – and use them. Get hardened-steel deadlocks. Don't buy aluminium bolts – they are easy to cut. Use a reputable locksmith.

- Lock the front door if you're in the back garden.

- Lock your house if you are having a nap or doing something that needs a lot of concentration, such as studying or sewing.

- Lock away tools and ladders, because burglars could use them to break in.

- Lock garden sheds and your garage, if you can.

Keep windows secure

Burglars like to work in silence. They don't like breaking windows. So put good catches on your windows. Glue louver windows in place. Also glue windows to aluminium joinery. Another good idea is to strengthen windows with safety glass or shatter-resistant film.

Guard your keys

Don't have personal details on your keys (such as your name, phone number or address). Don't leave house keys with your car keys when your car is being serviced.

Don't invite burglars in

Never leave notes on a door saying that you are out. When you go away, make sure your home looks “lived in”.

children

Protecting your most precious assets

Your pre-schoolers

Young children have to be supervised all the time. They must never be left alone in a house. But they can learn family rules and routines. These can help even small children to protect themselves. Know exactly where your child is at all times. Talk to your caregivers, ask about their beliefs, ask for references, and visit them often without warning.

How can I tell if something is wrong?

Talk with your child often. Listen carefully to your child, and check their exact meaning. Never show alarm or panic. If you have any worries, contact one of the organisations (listed below).

How can I teach my child about personal safety without causing fear?

There are many good books written about this now. And there are programmes that train parents, too. Ask at your local pre-school, play centre, kindergarten, library or Citizens Advice Bureau.

What if I think someone else's child is being badly treated?

Contact the Child Youth and Family Service. In an emergency, **dial 111**. Don't hesitate to report your suspicions. It could be better to be wrong than too late. All information you give the Police is strictly confidential.

What about babysitters?

Your babysitter should be aged at least 14. It is illegal to leave children under 14 without reasonable supervision. Choose a family member or friend – somebody you trust, somebody your children feel happy with. Always leave emergency numbers by the phone: where you can be contacted, plus a doctor or relative. If you can programme commonly used phone numbers into your phone, show them to your babysitter. Tell the babysitter the exact bedtime routine. Provide any special information about your children – for example, their medicine. Tell the babysitter where to find a torch, clean bedding, clothes and nappies.

Help in the phone book

- Child, Youth and Family
- Child Abuse Team (through Police)
- Special Education Service

Safety for pre-teens

Work out family rules and routines to help your child keep safe. Children aged under 14 must not be left alone unless there is reasonable supervision. If a child at home alone has an accident or causes damage, the parents are responsible and can be prosecuted.

Keep an up-to-date list of numbers by the phone, so children can get help if necessary. If you can programme commonly used numbers into the phone, show them to your children. Train children to answer the phone politely and briefly. Teach them how to take messages and how to deal with “wrong number” calls. Teach them not

to chat with strangers on the phone and not to let strangers into the house.

Spend time with your child and listen carefully to what they say. Praise them and hug them every day. Why? Because high self-esteem protects them from many dangers.

Safely home

Teach your child how to get safely to and from school – whether they walk or bike or go by bus. Make some firm, clear family rules. Go to school with your child so that you can show them the safest route. Train them to deal with hazards such as narrow footpaths or busy roads. If they walk, make sure they always use pedestrian crossings. Who does your child walk home with? Meet the parents of children in your area, and keep in touch. Train the children to walk home together in twos or small groups and not alone. If someone is away, make other arrangements.

It is the parents' responsibility to teach their children about keeping themselves safe. There are good books and videos available. You don't want to frighten your child. Ask the teacher about programmes provided by the school – schools teach many safety programmes, including Keeping Ourselves Safe.

Visiting friends after school

Always arrange this. Check with the friend's parents before school. In country schools, tell the teacher, too.

Drug abuse

Can you prevent your children from abusing drugs? How can you prepare them to face such problems? Won't drug education just arouse their interest? Many parents are concerned, and want to do the right thing. Ideally, drug education starts long before children are faced with temptation.

Drug Abuse Resistance Education (DARE) can help. You or your neighbourhood support group can ask the DARE Foundation to run a workshop for parents.

To help a child with a drug problem, contact

- The teacher or principal of your child's school
- The Youth Aid officer at your nearest Police station
- Child Youth and Family Service
- DARE 0800 32 73 69

child sex abuse

Sexual abuse of a child might be verbal, visual (the production or viewing of pornographic images, any form of exhibitionism) or entail sexual contact. Incest, acts of paedophilia, pornography with children and exhibitionism are all forms of child sexual abuse.

It's a crime

Child sexual abuse is difficult to identify. Child and abuser often know each other because they are related to each other or are family friends. The abuser is usually a person who is trusted, or holds what is expected to be a position of trust.

Paedophilia

Sexual desire directed at children is called paedophilia. People who display that are paedophiles. Not all adults who abuse children sexually are necessarily paedophiles. In 90-95 percent of reported cases, paedophiles are men. Paedophiles might be heterosexual, homosexual or bisexual. Finding the right balance between awareness and paranoia of paedophilia could be the key to protecting your child from sexual abuse. The abuse often begins gradually and increases over time.

Children are naturally trusting and dependent, so physical force is not often used to engage them in sexual activity. They want to please others and gain love and approval. Many children are taught not to question authority and to believe that adults are always right.

Child sexual abusers know this and take advantage of these vulnerabilities in children. Sexual abuse is an abuse of power over a child and a violation of a child's right to normal, healthy, trusting relationships.

KOS - Keeping Ourselves Safe

You could suggest that your child's school implements programmes such as Keeping Ourselves Safe.

KOS is a positive personal safety programme aimed at equipping children and young people with the skills to cope with situations that might entail abuse. It will help them keep themselves safe when they meet other people.

KOS was developed by teachers and the Police, in consultation with community groups, to protect young people from abuse. It is for school children. Different programmes have been prepared so that at each level of their schooling, children learn new skills to keep safe with other people.

Your local Police education officer introduces KOS to your school and helps teachers prepare for teaching. They provide all the teaching materials the school needs. Your child's teacher then takes the lessons in class. This teacher is the person most likely to notice a child who needs help. The Police education officer might be invited to come in for some lessons.

What happens if a child talks about abuse?

Your school will have a policy spelling out how reports of abuse will be handled. You should ask to see this policy so that you know what will happen if information about abuse comes to notice in your school.

The success of Keeping Ourselves Safe in your school requires the total involvement of young people, teachers, parents and whanau.

Signs of sexual abuse

Most children cannot or do not tell about being sexually abused. It is up to concerned adults to recognise the signs. Physical evidence of abuse is rare, so we have to look for behaviour signs. Unfortunately, there is no one behaviour that definitely determines a child has been sexually abused.

Children who have been frequently sexually

abused can have these specific symptoms:

- Copying adult sexual behaviour
- Persistent sexual play with other children, themselves, toys or pets
- Displaying sexual knowledge, through language or behaviour, that is beyond what is normal for their age
- Unexplained pain, swelling, bleeding or irritation of the mouth, genital or anal area, urinary infections; sexually transmitted diseases
- Hints, indirect comments or statements about the abuse

The silent problem

Often children do not tell anyone about sexual abuse because they

- Are too young to put what has happened into words
- Were threatened or bribed by the abuser to keep the abuse a secret
- Feel confused by the attention and feelings accompanying the abuse
- Are afraid no one will believe them
- Blame themselves or believe the abuse is punishment for being “bad”
- Feel too ashamed or embarrassed to tell
- Worry about getting into trouble or getting a loved one into trouble

Silence enables sexual abuse to continue. Silence protects sexual offenders and paedophiles and hurts the children.

To protect children, teach them:

- To feel good about themselves and know they are loved, valued and deserve to be safe
- The difference between safe and unsafe touches
- The proper names for all body parts, so they will be able to communicate clearly
- That safety rules apply to all adults, not just strangers
- That their bodies belong to them and nobody has the right to touch them wrongly or hurt them
- That they can say “no” to requests that make them feel uncomfortable – even from a close relative or family friend
- To tell you if any adult asks them to keep a secret
- That some adults have problems
- That they can rely on you to believe and protect them if they tell you about abuse
- That they are not bad or to blame for sexual abuse
- To tell a trusted adult about abuse even if they are afraid of what might happen

If you have any concerns about a child or children you know, please phone your local Police station.

the internet

Children and teenagers in particular are proving adept at discovering and exploiting the possibilities of the internet. But they can be targets of crime and exploitation in this as in any other area. They need parental supervision and common-sense advice on how to stay safe.

Combating cyber-abuse

There have been some highly publicised cases of abuse via computers. But like most crimes against children, many go unreported, especially if the child is doing something that he or she does not want to discuss with a parent.

Children can learn how to be “street smart” to better safeguard themselves if they run into trouble.

What are the risks?

Teenagers often use the computer unsupervised and because they are more likely than younger children to chat about companionship, relationships or sexual activity.

Some risks are:

- Exposure to sexual or violent material
- Physical assault – a child might give details information or arrange a meeting that could risk his or her safety or the safety of other family members. In a few cases, paedophiles and child-abusers have used the net to gain a child’s confidence and then arrange a face-to-face meeting
- Harassment – a child might encounter e-mail or other messages that are harassing, demeaning, or belligerent

Reduce the risks

Most on-line services and internet providers allow parents to limit their children’s access to certain services and features such as adult-oriented chat rooms and bulletin boards. Check for these when you first subscribe. There are now programs designed specifically to enable parents to block children’s access to “adult” materials on the internet. These programs, while not foolproof, help parents control children’s access.

However, they cannot take the place of parental supervision.

The internet has areas designed specifically for adults who wish to post, view or read sexually explicit material. Most site operators who post such material limit access to people who attest that they are adults. But be aware that there will be cases where adults fail to enforce them or children find ways around them.

Stay in touch with what your children are doing on-line. Spend time with them while they’re on-line. Have them show you what they do and ask them to teach you how to get access to the services they use.

While children and teenagers need privacy, they also need parental interest and supervision in their daily lives. If you have cause for concern about your children’s on-line activities, talk to them. Also seek out the advice and counsel of other computer users in your area and become familiar with literature on these systems.

Guidelines for parents

Make it a family rule to:

- Never give out identifying details – home address, school name, or telephone number – in a public message such as chat, bulletin boards or instant-messenger programs. Be sure you’re dealing with someone you and your child know and trust before giving it out via e-mail. Be careful about revealing any personal information such as age, marital status, or money details.
- Get to know the services your child uses. If

you don't know how to log on, get your child to show you. Find out what types of information it offers and whether parents can block objectionable material.

- Never allow a child to arrange a face-to-face meeting with another computer-user without parental permission. If a meeting is arranged, make the first one in a public spot, and be sure to accompany your child.
- Never respond to messages that are suggestive, obscene, belligerent, threatening, or make you feel uncomfortable. Encourage your children to tell you if they encounter such messages. If you or your child receive a message that is harassing, sexual or threatening, forward a copy of the message to your internet service provider and ask for their help.
- If you become aware of the transmission, use or viewing of child pornography while on-line, immediately report this to the Department of Internal Affairs: censorship@dia.govt.nz. You should also notify your service provider.
- People on-line might not be who they seem. It is easy for people to lie about themselves. A "12-year-old girl" could be a 40-year-old man.
- Everything you read on-line might not be true. Any offer that's "too good to be true" probably is.
- Be careful about offers that entail going to a meeting or having someone visit your house.
- Set reasonable rules and guidelines for computer use by your children (see "My rules for on-line safety" as an example). Discuss these rules and post them near the computer as a reminder. Remember to monitor their compliance with these rules, especially when it comes to the amount of time your children spend on the computer. A child or teenager's excessive chatting, especially late at night, might be a clue that there is a problem. Personal computers and the internet should not be used as electronic babysitters.
- Be sure to make this a family activity. How about keeping the computer in a family room rather than in a child's bedroom? Get to know their "on-line friends" just as you get to know all of their other friends.

We suggest you print out the following on-line safety rules and post them by your computer:

'My rules for on-line safety'

- I will not give out personal details such as my address, telephone number, parents' work address/telephone number, or the name and location of my school without my parents' permission.
- I will tell my parents or those caring for me immediately if I come across any information that makes me feel uncomfortable.
- I won't agree to get together with someone I "meet" on-line without first asking my parents or those who care for me. If they agree to the meeting, it will be in a public place and I'll bring one or both of them along.
- I will never send a person my picture or anything else without first checking with my parents or carers.
- I will not reply to any messages that are mean or make me feel uncomfortable. If I do get a message like that I will tell my parents or an adult who cares for me immediately so that they can contact the internet service provider.
- I will talk to my parents or care-givers so that we can set up rules for going on-line. We will decide when I can be on-line, for how long, and areas I may visit. I will not break these rules without their permission.

(Based on material supplied by the National Center for Missing and Exploited Children, 2101 Wilson Boulevard, Suite 550, Arlington, Virginia 22201-3052, USA.)

In New Zealand, the Department of Internal Affairs, and the Police enforce the Films, Videos and Publications Classification Act, 1993.

Internal Affairs investigates New Zealand internet web-sites and news-groups and enforces censorship laws.

Mobiles and the internet

Mobile text-messaging is presenting similar challenges to internet chatting and instant-messaging. Young people have taken to mobiles eagerly. They have turned text-messaging into an art - it's cheaper than regular calls, it's cool and it's fun. Another factor might be that they "own" their means of communication. *The Net Generation* survey showed that 46 percent of students who had mobiles were using them to talk to or text strangers. Soon, many people in New Zealand will have access to mobile chat rooms and mobile dating services.

illegal drugs

Most young people face temptation from illegal drugs. How can you help them to cope? They need credible scientific information and they need special skills.

Resisting the temptation

They also need adults who can give sensible advice. Keep talking to your children and listen to what they say. And if you think they have a problem, get professional help.

Many teenagers suddenly start to behave badly. This might be part of growing up, but it might sometimes be a sign of drug abuse.

Watch out for:

- personality changes, moodiness, withdrawal, forgetfulness, confusion
- lying, loss of control, sudden anger, hysteria
- loss of interest in school and sports, falling grades, truancy, rudeness
- unexplained changes in behaviour, dress, friends, places they visit
- red eyes, loss of appetite, weight loss, constant tiredness, hyperactivity



- 1 - Bag of cannabis
- 2 - Cannabis cigarette
- 3 - Cigarette papers
- 4 - Photograph of cannabis plant
- 5 - Cigarette-rolling machine
- 6 - Knife with blackened tip
- 7 & 8 - Pipes
- 9 & 10 - Safety-pin and pin with blackened tips
- 11 & 12 - Cannabis in tinfoil
- 13 - Tinfoil with cannabis oil spots
- 14 - Rolled tubes of card or bank notes
- 15 - Capsules of cannabis oil
- 16 - Sheets of LSD
- 17 - Set of scales
- 18 - Cannabis in tinfoil
- 19 - Packet of powdered narcotics
- 20 - Syringe and cap

Illegal drugs used by young people

These include cannabis, solvents and medicines. Watch out for:

- cigarettes or brown paste wrapped in foil
- tablets, capsules, pills, white or yellow powder, crystals or chunks
- marijuana plants (they have long, pointed, serrated leaves arranged in a fan)
- tubes or cans of solvent (glue, petrol, silver paint), plastic bags
- little stickers, gelatine, small pieces of blotting paper
- unusual mushrooms (fresh or dried)
- datura leaves (a tall plant with a trumpet-shaped white flower hanging downwards)

To help a child, contact:

- The teacher or principal of your child's school
- Your nearest Police station
- CYF (Child, Youth and Family)
- DARE 0800 32 73 69

If you think your teenager has a drug or alcohol problem, contact:

- **111** for an ambulance if the child is unconscious or vomiting continuously
- Your nearest Police station
- Alcohol Helpline 0800 78 77 97
- Relationship Services (to improve communication with your teenager)
- *555 (for traffic emergencies - mobiles only)

Alcohol

Most young people are exposed to alcohol. Many use alcohol to deal with stress, frustration and conflict. Yet too much alcohol only makes these problems worse. Parents have a hard job, too. You know the dangers of too much alcohol – fights, car crashes and casual sex with strangers. But teenagers often reject your advice.

For best results, respect your teenager's opinion, but be honest and firm. Discuss alcohol with your teenager, set some clear rules together, and stick to them. A moderate approach is best – not too strict and not too easy-going.

Parties are a danger time. Check details including adult supervision, transport, food, time and place, and the handling of gatecrashers. State clearly that you trust your child, but are concerned for their safety. Control is easier when all the parents co-operate. Teach your teenager how to cope with stress. Walking, sport, music and talking about problems can all be effective.

Safety for teenagers

Teenagers are learning to be responsible for their own safety. It's important to set guidelines and the parameters for your child's behaviour. Clear, consistent guidelines show you care.

Talk to your teenagers and be sure you always know what they are doing and who they are with. Your teenagers are meeting new situations all the time. So it's essential to keep talking to them.

Make sure you can contact each another at any time. Know when your children are applying for a job or answering advertisements. Set curfews, for example, "*Be home by 10 o'clock.*"

Tell your children to refuse invitations from people they don't know. Tell them not to get into a stranger's car. Hitch-hiking is risky, but if they do hitch-hike, tell them: "*Never go alone, and try to get into a car with a family.*"

If your child does babysitting, meet the employers and check all arrangements carefully.

Road safety

Teenagers might know how to drive, but they lack experience. Protect them by setting clear rules for when they drive. Set a good example with your own driving habits. DARE runs an excellent programme for senior secondary school students called Drive to Survive. To inquire, phone DARE or your local Police station. Encourage your teenagers to join Students Against Drunk Driving (SADD).

When your children go out, check transport arrangements. If necessary, take your children and bring them home – no matter how inconvenient to you or how "uncool" they think it might look in front of their friends. Teach them never to ride with a driver who has been drinking. Give them taxi chits if necessary.

older people

Living without fear

Don't be afraid – be aware. Life is much more enjoyable when you know how to keep safe, and you gain peace of mind.

- Get a phone by your bed
- Make an arrangement with a neighbour who can see your bedroom window. For example, if your curtains are still drawn at 8am, that neighbour will phone or visit you
- Get a personal or medical alarm that you can press in an emergency. These are very clever devices and they need not cost a lot
- Never admit to anyone you don't trust that you are alone in the house

Life Tubes

You can get a Life Tube from Age Concern or your local Police station. A Life Tube is a plastic cylinder containing your medical and other important information that is kept in the fridge. A big red sticker is provided that you can put on the fridge door. The sticker will alert the Police or emergency services called to the house that vital information is in the fridge. This can also help a neighbour or other person who might find someone in difficulty and who is unable to communicate effectively.

The NZ Police endorse and promote the use of Life Tubes. They are particularly useful for older people or people of any age who live alone. These can be bought for a small charge, or if you want to have a look at one, contact your local Age Concern.

Don't be tricked at the door

Don't open the door to strangers. Some criminals specifically target older people. They knock on the

door and say they're house painters or charity collectors, or ask to use your phone. They're often very persuasive.

Suspect anyone who offers cheap goods and services. If someone you don't know asks to make a phone call from your home, get the phone number and offer to make the call. They don't need to enter your home and you don't need to open the door.

Other tips:

- Never do business with strangers who come to the door – not until you've checked them thoroughly
- Never talk to strangers about your financial affairs
- Plan all your house repairs, maybe with a three-year plan
- For all repairs, ask for several quotes
- Use tried and trusted trades people. Ask your family to recommend someone, or contact Age Concern

If you are cheated

Don't be ashamed – it's not your fault. Tell the Police. You could help them to catch the criminal and stop other people from being cheated. If you suspect an older person is being cheated or abused, contact one of the agencies listed below.

Help for older people

See the "Personal Help" page near the front of your phone book for:

- Citizens Advice Bureau
- Age Concern – www.ageconcern.org.nz
- your community constable or local Police

safe on the streets

Plan safe routes and routines. To keep safe in the street, think ahead. Develop the habit of judging each new situation – am I safe? If not, what will I do?

Street safe is street smart

Talk with your friends or your neighbourhood support group about dealing with dangerous situations. Discuss the following situations and do the checklist together. Use your common sense and develop routines for personal safety.

Self-defence courses are useful and not only for women. Like defensive driving courses, they teach you to think ahead and avoid danger. For information about courses phone the YWCA, Citizens Advice Bureau or local school.

Remember: your life is more important than your money or possessions.

If you often go home alone after dark . . .

Plan the safest way to go. For example, in the daytime you might walk through a park. At night or in the winter, you might change your routine, and walk around the park on a well-lit path. If you take a taxi, sit in the back. Ask the taxi driver to wait until you are safely inside your home.

Make a noise

For emergencies, whistles are cheap and loud. If you can afford it, consider carrying a personal alarm in your pocket. They cost about \$25-\$30. They make a huge noise. Keep your keys separate from your bag. If your bag is stolen or snatched, at least you have your keys.

If you think someone is following you

Keep looking ahead and walk briskly. Cross the road and see if they follow. If they do, go to the nearest place where there are people. This might be a takeaway bar, a service station or a house

with lights on. Call the Police immediately. Or, if you have one, use your mobile. If a driver stops and asks for directions, be polite but stay out of reach. If you don't trust them, walk away quickly in the opposite direction. Don't accept a lift from a stranger.

Personal safety checklist

Do you have a plan for

- Returning home alone safely
- Using automatic teller machines
- Walking and jogging safely
- Using lifts and elevators

Have you practised

- Walking briskly and confidently
- Making a loud noise

If you are out at night, do you always

- Keep your handbag close to your body
- Walk close to the gutter, not doorways
- Keep keys in your pocket
- Walk facing the traffic
- Avoid dark and lonely places

Do you know what to do if you are attacked

- At home
- At work
- In your car
- If you are threatened in the street
- If you are being followed

Be safe in your car

Keep your car in good working order and always keep the petrol tank at least half-full so you'll never run out of petrol somewhere unsafe. Lock the car whenever you park it. Park in well-lit, busy areas – don't park in lonely places. Have your keys ready in your hand when you approach your car, so you can open it quickly. Check front and back seats before you enter. Keep the windows up and doors locked when you're driving.

rape & sexual assault

Drug rape is happening to women, men and children in New Zealand. It is one of the fastest-growing crimes. The victim is drugged by sedatives, tranquillisers and antihistamines and then sexually assaulted. A person cannot consent to sexual activity when under the influence of these drugs.

A growing crime

Sexual activity without consent is illegal. These drugs can be injected, “snorted” or swallowed (most often the assailant has spiked the victim’s drink). Drugging not only occurs in bars and nightclubs. It happens in workplaces, gang residences, parties, and in the victim’s or perpetrator’s house. Drug rapes are planned – the perpetrators carry the drugs with them. Perpetrators can work alone or with others. The victim is often seen acting drunk (whether or not they have been drinking alcohol) and being escorted “home” by one or more people who might be known to the victim.

Prevention

Always be aware of the danger that, wherever you are, someone might try to spike your drink.

- Never leave a drink unattended. If you go to the toilet, take it with you if you can. If you have left it unattended, do not drink it.
- Do not accept a drink offered by a stranger. Even if workmates or acquaintances offer you a drink, make sure you see it either poured or opened. Ensure that no one but the barperson touches it before you drink it.
- If a group of you go out together, nominate someone who will not be drinking (for example, the designated driver), to keep an

eye on the group’s drinks.

- These drugs are tasteless and odourless. Rohypnol has a blue dye added to it, but that doesn’t show up for almost 20 minutes. Nor does it show up in red wine, in cola or any other dark drinks. It cannot be seen in a coloured bottle, such as beer and some wine bottles.
- Where possible, drink out of a bottle or can. It is much more difficult to spike a bottle or can than it is to drop a drug into a drink in an open glass.
- Not drinking alcohol doesn’t necessarily make you safe. Tea, coffee, milk, milkshakes, soft-drinks and “energy” drinks can be spiked, too.

How to tell if your drink has been spiked

We’re usually aware of our tolerance to alcohol. If you feel odd, nauseous, slightly drunk or wasted after only a couple of drinks, and you know that you should not be drunk, your drink might well have been spiked. If you are with friends or relatives, tell them of your worries. Ask them to get you out of the place as soon as possible and to get you home either in their car or by cab. Once safely home, ask them to stay with you until the drugs’ effects have worn off in the morning. Be very sure that you implicitly trust the person or friend you’re asking. Overseas, victims have been raped by people they knew – workmates and colleagues, friends of friends or acquaintances, and the date they went out with that night.

Get to a safe place

If you are alone or with a stranger, go and tell the bar manager. It is important to get to a safe place quickly. Ask the manager to put you in an office while they ring a taxi or a friend, or your parents to get you home safely. If possible, always make sure that you are accompanied by a trusted friend.

Don't ever let a stranger offer to help you or take you anywhere – the stranger could be the

potential rapist.

These drugs can be legal or illegal. They take effect within 15-30 minutes and usually induce a blackout period of between 6-12 hours.

- The drugs' effect is often magnified when combined with alcohol.
- The drugs are metabolised and excreted from the body by urine over time.
- Often the victim cannot remember what happened.
- Victims of drug rape might wake up feeling dizzy and disoriented or clear-headed and fresh – different sedatives have different after-effects.
- Occasionally the victim has flashbacks, or a brief memory of some part of the rape and might recall being unable to move.
- They might wake up naked and/or with tenderness signifying sexual activity. Bruising and tenderness can be recorded as evidence in a forensic medical exam.
- Victims might feel that because they don't know what has happened they cannot get help or report the crime. The Police say that the presence of such drugs in a victim's blood is admissible as evidence.

Testing for drugs

- Most of these drugs remain in the body for 48-72 hours after the victim regains consciousness (this time period varies from drug to drug).
- The Police have test-kits and the sexual assault medical examination kit.
- If a victim does not want to report the rape to the Police, she or he can still get a blood test through a GP. Rape crisis groups recommend that a Doctor for Sexual Abuse Care-trained doctor or Police surgeon in your area be contacted for advice as soon as possible.

If you are attacked or raped

Most people know their attacker. The risk of being attacked by a stranger is small. You can reduce this risk even further by thinking ahead. Be careful and use your common sense – then you're unlikely to be attacked by a stranger. If attacked, what should you do? There's no simple answer – except that your main aim should be to escape and get to safety. You usually have several options. Self-defence courses train you to think fast and practise all the following skills. One or

more will feel right for you.

- Try to calm your attacker by talking quietly and reasonably. Then escape.
- Scream an angry scream (not a frightened one). Shout or swear at your attacker. Then escape.
- Hit your attacker with a simple self-defence action. For example, bend your attacker's fingers back, stamp on their foot, poke their eyes, knee their groin or jab your elbow in their face. Then escape. (These need to be practised. You will probably get only one chance, so make it good.)

After an attack, dial 111

Don't blame yourself. It's not your fault. **Dial 111** immediately and ask for the Police. Your evidence is important. It could save other people from being attacked.

After a sexual attack or rape

Don't blame yourself – blame the rapist. You need help. If you can, get yourself to a safe place as quickly as possible. Don't have a bath or shower. **Dial 111** immediately and ask for the Police, even if you know the attacker. Then ask someone to come and support you. You need someone with you while you talk to the Police. The Police prefer you to have that support. Call a friend, or one of the organisations that help women in crisis. These groups are experienced at handling rape crisis. They can help you to make sensible decisions and to start healing.

Help after being attacked or raped

See the "Personal Help" Blue Pages near the front of the phone book, for:

- Victim Support
- Help Foundation (Auckland only: 24-hour rape and sexual abuse support)
- Rape Crisis centre
- Women's Refuge centre
- Groups that support Maori or Pacific Island women
- Your community constable or local Police

How you can fight back

Do a self-defence course. They teach you how to keep out of danger – and they're fun. Most women feel more confident after this training. Contact the Citizens Advice Bureau or the Police for information about courses in your area.

fire safe

The Fire Service says in its 2000-2001 Annual Report that it went to 21,290 fires in the year ending June 30, 2001. The fires ranged from motor vehicles (2875) to blazes in houses (3570). Sixteen people died and 327 more were injured.

Living with fire

Fire is fast. House fires burn rapidly because of home insulation and modern building and furnishing materials. Even if the fire service arrives within three minutes of a 111 call it can be too late to save people. That's why it is so important to prevent fires from starting, to use smoke alarms, and to have a home escape plan.

By taking some common-sense precautions we can reduce the risk of fire destroying our homes, injuring, or even killing us. We can also prepare ourselves so that we know what to do in a fire.

Matches and lighters are tools, not toys

- Keep all matches and lighters up high, out of children's sight and reach
- Teach children to take matches or lighters to an adult straight away
- Use only child-resistant lighters and safety matchbox holders

Child-resistant lighters are not child-proof

Cooking – the No 1 fire danger in your home

- Never leave cooking unattended
- Always watch the pan or pot when cooking with oil or fat
- If oil or fat is smoking, turn off the heat
- Snuff out a fat fire with a pot-lid or oven tray. Never carry it outside

- Don't cook when you've been drinking

Alcohol and cooking don't mix.

Butt out

- Smoking in bed is dangerous
- Use a solid ashtray to stub out butts – soak butts with water before throwing them out
- Check behind cushions for butts and ashes before you go to bed

Use candles with care

- Use candles in a secure candle-holder with a wide, flat base
- Keep candles away from paper, curtains, bedclothes and anything that will burn easily
- Put out candles before you go to sleep or leave a room
- Don't allow children to play with candles or be unsupervised in a room with a lit candle

Ashes

- Ashes can take *up to five* days to cool. Put them in a metal container, well clear of your home.

Power points

- Don't overload power points or multi-boxes – use multi-boxes with circuit-breakers.

Heating

- Remember the heater-metre rule – keep furniture, clothes and curtains at least one metre away from heaters and fire-places.

Electric blankets

- Always turn off your electric blanket at the wall before getting into bed. Have blankets checked annually by a competent service person.

Get out alive with smoke alarms and an escape plan

- Work out an escape plan to suit your home and talk about it with everybody in the house.

- Practise EDITH (Exit Drills in the Home) – your escape plan – at least every six months.

Remember, you need to:

1. Have working smoke alarms.
2. Know two ways out of every room if possible.
3. Make sure that doors and windows are clear and easy to open. And that there is a safe way to reach the ground, including from upper floors.
4. Keep keys in deadlocks when you're home.
5. Have an outside meeting-place, such as a letterbox or a special tree.
6. Make special plans for young children and older people.

What to do in a fire

- **Shout 'Fire! Fire! Fire!' to warn others.**
- Crawl low and fast to escape smoke – *Get Down, Get Low, Get Out.*
- Shut doors behind you to slow the spread of fire.
- Meet at the planned *meeting-place*.
- Once out, stay out – *never go back inside.*
- Phone the fire service from a safe phone.

Dial 111

Tell the Fire Service your:

- House number
- Street
- Nearest intersection
- Suburb and city
- Rural ID number if you have one

Wait for the Fire Service to arrive and tell them where the fire is and if anyone is still inside

Smoke alarms give early warning

- Fires start quietly and grow quickly. If you are asleep you are unlikely to smell smoke and detect a fire. More than half of all fire deaths occur in homes, mainly while people are sleeping. Sound is the best way to wake a person from a deep sleep.
- Smoke alarms alert you when the fire is still small. The smoke particles break a circuit in the smoke alarm, which triggers a loud warning signal, and keeps sounding until the smoke clears.
- Install a smoke alarm in every hallway, bedroom and living area and on every level of

your home.

- Install smoke alarms on the ceiling at least 300mm from any corner or wall. If they are wall-mounted place them 150mm from the ceiling. Smoke rises and moves along the ceiling. It will move up stairwells and vertical openings. When it can't rise anymore it will build up, working its way down again. So it's important to put the smoke alarms on the ceiling to get the earliest warning. If you must position it on the wall, put it 100mm away from the ceiling – away from dead-air pockets.

Not in the kitchen

Don't put them in the kitchen, garage or bathrooms unless they are specially designed for those areas. Heat detectors are available for the kitchen.

The right alarm

The Fire Service recommends only those smoke alarms that have certification under the following manufacturing specifications:

ANSI/UL217

BS 5446

ULC S531

AS 3786

Check the packaging to make sure you are buying an alarm with a recommended Standards symbol displayed.

Are your smoke alarms working?

- **Dust** in the smoke alarm can stop it working and cause nuisance alarms. Gently dust the alarm with a vacuum-cleaner brush every six months.
- **Test** smoke alarms each month by pushing the test button to ensure it beeps. You might need to use a broom handle. Change the battery when required.
- **Replace** smoke alarms that don't work or are over 10 years old. A smoke alarm constantly monitors the air 24 hours a day. At the end of 10 years it has gone through over 3.5 million monitoring cycles. After this much use parts might become less reliable. This means that as the alarm gets older the potential of failing to detect a fire increases.

What is available for people who are deaf or have hearing loss?

Two types of models are available. One has an

extra-loud alarm and the other has a strobe flashing light and sound.

My smoke alarm goes off when I cook. How can I stop that?

One way is to replace the alarm with one that has a button to silence it for a few minutes.

You could move the alarm further away, giving the smoke more time to dissipate. Or use a heat detector. To stop an alarm sounding you need to clear the air in the sensor chamber. Fanning the alarm with a paper or tea-towel is the best method and the alarm will stop automatically.

Do not try to disable the alarm by removing the battery.

Call your local fire station for advice on where to install the smoke alarms. Personnel from most fire stations in New Zealand will come to your house, advise where to place the smoke alarms, and help elderly and disabled people with installation.

Smoke alarms save lives

Smoke alarms gave warnings of fires more than 200 times in 2000-2001. Smoke alarms are in 81 percent of households, the Fire Service says.

Other FireWise tips

- Do you regularly clear away household rubbish and keep it away from the house?
- Do you always use a spark guard or fire-screen with an open fire?
- Are heaters kept at least one metre away from curtains, furniture and bedding?
- Do you avoid overloading power points and multi-boxes and use multi-boxes with circuit-breakers?
- Are the keys kept in the deadlocks on your doors and windows when you are at home?
- Is your house number easy to see so emergency vehicles can find you?
- Do you have a fire extinguisher in your home and do you keep the garden hose connected?

Fire checks every night before you turn out the light

- Are kitchen appliances turned off and safe?
- Are heaters turned off and furniture and clothes one metre from heaters or the fire place?
- Has the ashtray been emptied into a metal bin outside?

- Have you turned the TV off using the power switch on the set and not the remote control “standby”?
- Are all candles out before you go to bed?
- Have you closed kitchen and living-room doors to slow a fire from spreading to bedrooms?
- Is the house secure with keys in deadlocks?
- Are the passageways clear for a clear escape?
- Have you turned off all electric blankets before getting into bed?

Sleepouts and caravans

More and more New Zealanders are using caravans and sleepouts as extra sleeping and living areas. The fire danger in these is much higher than in a home.

The following tips will help keep you safe.

- For lighting, use proper lights or torches. ***Do not use candles. They are too dangerous.***
- Used fixed heaters only, and make sure furniture and fittings are at least one metre from the heater. Fan heaters with a cut-off switch are the safest.
- Fit a smoke alarm and test once a week (use a photo-electric alarm). Velcro the alarm to the ceiling so it can be removed when cooking.
- Identify and discuss with everyone other ways of escaping – for instance out of windows – in case the door can’t be used in a fire. Practise your escape plan. Keep a clear path to the door and escape windows.
- Make sure gas and electrical appliances are turned off before going to bed. Turn gas off at the cylinder. Check gas cylinder (if fitted) and hose fittings to ensure they have been correctly fitted, are tight and undamaged. If gas is not required, remove the cylinder to a safe place.
- Discard cigarette butts into a metal container or ashtray. Never smoke in bed.
- Never leave children alone in your caravan. Keep matches and lighters out of their reach.
- Check electrical appliances for frayed cords and other damage. Caravans should also have a current warrant of fitness.
- Have a fire extinguisher or fire blanket near the exit and make sure you know how to use it.

firearms

Firearms safely stored and in the hands of fit and proper people with the right knowledge and skills hurt no one. The risk of injury or death is remote. Injury from violence is more likely the result of a knife or fist attack.

Guns in the house

Injury from firearms is certainly less likely than that resulting from a motor accident. Even so, everyone needs to be aware of common-sense firearms storage and what to do if they are concerned about someone in their household or neighbourhood who should not have access to firearms.

A licence is a must

You must be 16 and over and have a Police-issued firearms licence to own or possess a firearm in New Zealand. You cannot walk into a gun shop and buy a pistol, for instance, over the counter without a licence or permit. And only fit and proper people who hold a firearms licence should have access to firearms. You have a responsibility to report to the Police any concern about that.

Consider these:

- Do you have a firearm in the house?
- Does the owner have a firearms licence?
- Is anyone in the house prone to violence or unstable mentally?
- Does anyone outside the family know a gun is in the house?
- Do you know anyone who has had their firearms licence revoked and still has possession or easy access to firearms?

- Is the firearm stored under lock and key, with the firearm disabled or the ammunition stored separately?

Safe firearms storage

The Arms Regulations require these minimum standards:

- A firearm must not be put in any place where a young child has ready access to it.
- Ammunition must be stored separately **or** the firearm made incapable of firing (the bolt should be removed or the firearm fitted with a trigger-locking device). It is sound practice to do both.
- Licence-holders must take “reasonable steps” to secure firearms against theft. Some of those “reasonable steps” are spelt out. You must have somewhere to lock away firearms. It could be: a stout, lockable cabinet, container or receptacle (“stout” means strong enough to stop a child or casual opportunist thief getting access); a display cabinet or rack that locks in and immobilises firearms so they can’t be fired; or even a steel-and-concrete strongroom.

At home, unless your firearms are under the immediate supervision of a licence-holder, you must keep them unloaded and locked away.

For owners of pistols and MSSAs (military-style semi-automatics), and for collectors there are additional security requirements, which they are advised of when they apply for their special endorsements.

The Arms Act puts duties on firearms owners and users, and can lead to prosecution if contravened. Most of these provisions are common-sense, but if you are in any doubt, or require more information, you should contact a solicitor, the Police, or obtain a copy of the Arms Act and Regulations.

family violence

The insidious crime

Violence in the home is a crime.

The Domestic Violence Act

Recognising that, Parliament in 1995 passed the Domestic Violence Act. It is the primary legal weapon for fighting family violence. The Act overhauls the Domestic Protection Act, 1982, and sets out how victims of family violence can obtain protection orders. It amends the Guardianship Act, 1968, tightening guardianship and custody, giving children greater safety, particularly if allegations of violence are made in custody and access cases.

Protection orders

A protection order is precisely that. It is a court-issued shield for an applicant from the attentions of the violent person. The Act broadens the scope of who can apply for legal protection from domestic violence, as well as the behaviour recognised as domestic violence. It sends a clear message that domestic violence is unacceptable and that people have the right to be protected from violence in their families and close personal relationships.

You can apply for a protection order if you and the violent person are or have been:

- in a heterosexual or same-sex relationship
- family or whanau members
- flatmates or sharing accommodation
- in a close personal relationship

You do not have to have lived together or have had a sexual relationship to be covered.

As well as getting protection from the violent person, you can apply for protection from another person (an associate) whom the violent person encourages to use violence against you.

A protection order automatically covers any children of the applicant's family. You can also ask for the order to cover other people who are in danger from the violent person and their associates because of their relationship with you – for example, adult children, new partners, neighbours, friends and family.

The violence defined

The Act defines as domestic violence:

- Physical abuse – for example, hitting, punching, kicking or in any way assaulting another person.
- Sexual abuse – any unwanted sexual contact.
- Psychological abuse – for example, intimidation, threats, mind games and harassment; damaging property to hurt someone; allowing children to see or hear any domestic violence; controlling someone's money, time, contact with friends or family as a way of having power over them.

A protection order automatically includes non-violence conditions. The violent person must not:

- physically, sexually or psychologically abuse the protected person;
- damage or threaten to damage the protected person's property;
- encourage anyone else to physically, sexually or psychologically abuse or threaten the protected person.

Non-contact conditions

A protection order will include non-contact conditions if the parties are not living together. These are that the violent person must not: go to the home or workplace or onto the property of the protected person without his or her consent; intimidate or harass the protected person; hang around the protected person's neighbourhood or workplace; follow the protected person, phone, write, fax or in any way contact the protected person.

The exceptions to the non-contact conditions are when contact is:

- Reasonably necessary in an emergency.
- Permitted under a written access and custody agreement.
- Permitted under a special condition of the protection order.
- Necessary because of an invitation to a family group conference under the Children, Young Persons and their Families Act.

The non-contact conditions of the order are suspended if the protected person agrees to live with the violent person. If they stop living together the non-contact conditions come back into effect without having to reapply to the court. The non-violence conditions apply all the time and are not affected by living together.

Temporary protection order

Such an order means that the violent person must hand any firearms or weapons to the Police within 24 hours (earlier in some instances). Their firearms licence will be suspended. Once the order is final their firearms licence will be revoked unless the court is satisfied that the protected person will be safe.

A lawyer will ask an applicant for a protection order whether the violent person has any weapons or firearms.

Special conditions can be included in a protection order that are necessary to protect the applicant, such as excluding the violent person from attending the same church as the protected person, or that the violent person must pay the mortgage for a certain period of time, or conditions necessary to ensure safe access to the children.

How to apply for a protection order

Contact a lawyer. Make sure the lawyer specialises in family law and is experienced in domestic violence law. A women's refuge will have a list of experienced domestic violence lawyers.

The lawyer will ask questions to prepare an application asking for a protection order and an affidavit or sworn statement setting out why the applicant needs the order. The lawyer will prepare all the papers. They will be signed by the applicant. Then the lawyer will get the papers to the Family Court.

Legal Aid

Legal Aid is available for protection orders. If the applicant is eligible (depending on income) they can receive free advice and representation from a lawyer. There is no \$50 initial charge or charge on any property to cover the bill.

Even if someone thinks they might not qualify for legal aid, they should still check with a lawyer to be sure.

If legal aid is not available, the lawyer's costs will depend on how much time is entailed and how complicated it is. You could expect to pay from \$400 to \$900.

Ask the lawyer how much it is likely to cost. There are no other costs such as court fees.

If custody and access matters are involved, it definitely pays to see a lawyer.

Someone can apply for a protection order without a lawyer. This could be suggested where a person cannot get legal aid and the application is reasonably straightforward and children and property are not involved.

Find out whether any community organisations offer a service to help you apply. Contact a women's refuge or community law centre and find out how they can help. Contact the Family Court for copies of the forms and for advice about how to fill in the application forms and what other information is needed.

Penalties for breaches

A breach of a protection order is a criminal offence. The Police can arrest the violent person and hold them for 24 hours before releasing them on bail. If charged with a breach, the violent person will have to appear in the criminal court.

If convicted, the maximum penalty is six months in prison and a fine up to \$5000. If the order is breached three times in three years, the violent person could go to jail for up to two years, as well as be fined.

Some examples of breaches are:

- Ringing work or home
- Coming around to the house
- Sending presents or flowers
- Visiting the children at school
- Threats
- Damage to property
- Physical violence

In other words, a breach is anything the protection order's conditions prohibit.

Report the breaches

It is important to report all breaches to the Police, even what appear to be minor ones. If the Police know about a series of minor breaches it builds up a picture of what is happening. One incident on its own might not look serious enough to take action, but a lot of similar incidents over a time could have a serious effect on the protected person. Encourage people to keep records of any breaches and also contact their lawyer or women's refuge if the order is breached.

Staying in your home

Someone applying for a protection order should also consider applying for orders to give them the right to stay in their home and keep or take some of the furniture and household items.

An occupation order gives the protected person the exclusive right to stay in the family home.

A tenancy order gives the protected person the sole tenancy of the rented house or flat.

An ancillary furniture order can accompany a tenancy or occupation order. This allows the protected person the right to keep particular furniture and household items.

Even if the protected person decides not to apply for an occupation or a tenancy order, they can apply for a furniture order that gives the protected person the right to take with them specified furniture and household items. The Police can be asked to help the protected person to collect and remove furniture and household goods.

The Police policy

The Police have a policy of arresting family violence offenders. Domestic incidents are treated as family violence complaints.

Police policy recognises that the protection of the victim is priority. Their aim when they are called is to stop the violence, ensure the safety of any children who might be present and organise support for the victims.

Offenders will be held accountable for the violence by bringing them into the criminal justice system.

When they investigate a case of family violence, Police will intervene immediately to stop any

violence.

This contrasts with earlier Police practice of prosecuting only if a complaint was laid.

The Police will check the house for firearms and other weapons. Where there are grounds for applying for a protection order, the Police will consider seizing any firearms or other weapons the offender owns or has access to, and also revoking his or her firearms licence.

If the offender has breached a protection order, any weapons or firearms in their possession or control will be seized.

Once the victim's safety is established, the Police will normally arrange for help agencies to be called, whatever the hour. In most areas, Women's Refuge and Victim Support have 24-hour crisis lines that the Police can call. It means that a trained helper will call on the victim immediately to help calm the victim and advise what ongoing support is available.

Offender taken to court

The Police will take the arrested offender to the local Police station to be charged.

The offender will appear before a judge as soon as practicable. At the first appearance the offender will be asked to plead guilty, not guilty, or enter no plea. If the plea is guilty the judge might sentence immediately or call for a probation or psychiatric report before sentencing. The accused person will be remanded in custody or given bail to wait for the report and a second hearing.

The victim might be called to give evidence at a hearing, although the Police might have enough evidence without the victim having to appear.

If you are in this position, make sure you take a friend or relative for support if you do have to attend. Court volunteers, Victim Support groups and Women's Refuge workers also offer practical help.

The offender might be sentenced to supervision – where he or she must report regularly to a probation officer – and sometimes comply with special conditions such as attending a non-violence programme. Or the penalty could be a suspended sentence, periodic detention, or even a jail term.

Be prepared: the offender, whether it is your partner, flatmate or whoever, might well resent the sentence.

te rito

Te Rito is a five-year Government plan to tackle violence in New Zealand families.

Ending the violence in our homes

It is based on the family violence prevention plan of action released in September 2001. It was developed by government and non-government agencies. Te Rito covers all forms of family violence – partner abuse, child abuse/neglect, elder abuse/neglect, sibling abuse and parental abuse.

Te Rito is the core, the heart of the harakeke/flaxplant. If the rito is plucked or severely and frequently abused the plant will wither away and perish.

If the rito is nurtured and shielded from adverse conditions it will grow and the plant will flourish with it.

Te Rito stems from the whakatauki/proverb:

Hutia te rito o te harakeke,

Kei hea to komako e ko,

He aha te mea nui o te ao,

He tangata,

He tangata,

He tangata.

(If you pluck the central root of the flaxplant it would die,

Then where would the bellbird go,

What is the most important thing in this world,

It is people.)

Why Te Rito?

Family violence is controlling behaviour. It includes hitting, beating, pushing, pulling. It can include forcing someone else to engage in unwanted sexual activity. Family violence is non-physical – mind-games, manipulation, emotional and physical neglect.

Some people even get killed.

Its purpose is to control and dominate others and make them do what the bully wants – or else.

It happens in what we understand as families and whanau – partners, parents and children, siblings, and in other such relationships.

Family violence is rarely a singular or random event. Research shows that it punctuates the life of a relationship and that it gets worse as it goes along.

Common forms of violence in families/whanau include:

- Spouse-partner abuse (violence among adult partners).
- Child abuse/neglect (abuse/neglect of children by an adult).
- Elder abuse/neglect (of older people aged 65 and over, by a person with whom they have a relationship of trust).
- Parental abuse (violence perpetrated by a child against a parent).
- Sibling abuse (violence among siblings).

In all cultures, classes, backgrounds

How much violence, and what sort of abuse, is hard to know. There just isn't hard information.

Common themes from official records and studies suggest that:

- Family violence exists in all cultures, classes and backgrounds.
- Perpetrators of the most severe and lethal violence are mainly male, although women are as likely as men to assault children.
- Victims of the most severe and lethal violence are mainly women and children.
- Maori people figure prominently as victims and perpetrators of violence in families/whanau.
- Violence is often deliberate, used by perpetrators as a means of asserting domination, power and control over others.
- The effects of family violence on individuals, families/whanau, communities and society are wide-ranging.
- Violence in families/whanau adds to and continues violence in families/whanau and in society in general.

What are the effects of family violence on children?

It harms them. In general, studies show that children in violent families/whanau:

- Develop behavioural problems.
- Become violent as adolescents.
- Continue the cycle of violence – they go on to abuse as they have been abused.

Therefore children's needs and interests must be given priority in any effort aimed at preventing violence in families/whanau.

What causes family violence?

- No one theory gives an adequate explanation, although there are many factors.

Why don't people seek help?

They don't for various reasons: they might not know to, or know how to. They might believe that their seeking help will shame the family name. They might believe that family violence is normal. They might think that they won't be believed. That they might not get the help they need. People who tend to have trouble getting help include:

- Young children – they're powerless
- Older people – often they feel powerless, and simply frightened of making things worse.
- Rural women – often they feel isolated

- Migrant and refugee women and children – family violence might be normal where they have come from
- Lesbians and gays
- Women in gangs
- People with disabilities.

Often, other people know or suspect what is happening.

Clues can be picked up from:

- Non-specific complaints
- Depression that can't be explained
- Taking more drugs or alcohol than seems normal
- Bruising or difficulty moving
- Excessive concern with housework or the relationship
- Tiredness
- Isolation from people close to them
- Making last-minute excuses not to see people closer to them

The signs of abuse in children can include:

- Moodiness, irritability, excessive crying
- Loss of appetite and change in eating habits
- Changes in behaviour at school or towards other people, regularly missing school
- Personality changes
- Dirty appearance, wearing clothes not adequate for the climate
- Withdrawing into themselves
- Being afraid to go home, running away
- Undernourished and not taken to the doctor when ill
- Inability to concentrate
- Having unexplained fears – of the dark, of being alone, of specific people (relatives and friends), and of places such as the toilet or bedroom
- Sleep disturbances – nightmares, fear of going to bed or sleeping alone
- Being unsupervised for long spells

Emotional abuse doesn't wear bruises

Emotional abuse is more difficult to see, and because emotional abuse doesn't wear bruises or broken bones, we might not treat it as seriously as

we do physical violence.

Emotionally abused children might:

- Tend to believe they're bad and worthless
- Have problems getting on with others or be hard to live with
- "Shut off" or become too good
- Have difficulty controlling their anger

What works to prevent family violence?

This includes:

- Preventing family violence from occurring in the first place by educating people about it
- Greater emphasis on early intervention and prevention
- Having crisis intervention and treatment services available
- Ensuring approaches are culturally relevant
- Recognising and providing for diverse needs and circumstances
- Developing healthy public policy aimed at fostering equality, reducing poverty and providing adequate support for families/whanau
- Staying focused and committed to preventing violence in families/whanau

So Te Rito has five main goals

1. Change attitudes. Encourage people to be intolerant of violence in families/whanau
2. To achieve an effective response to violence in families/whanau and to ensure that quality services are available and accessible to all
3. To prevent violence by providing children, young people and their families/whanau with education and support, and by identifying violence early
4. To ensure that approaches to family violence prevention are culturally relevant and effective for whanau, hapu, iwi, Pacific Islanders and other ethnic groups
5. To ensure a consistent and continuing commitment to family violence prevention



d.a.r.e.

DARE programmes were developed after schools, the Police and the community realised that young people needed protection from drug misuse and needed to know the problems associated with that misuse.

Drug Abuse Resistance Education

Fifty DARE societies have been set up throughout New Zealand. They consist of parents/caregivers, teachers, sponsors and concerned citizens. They are people determined to do their part in making communities healthy and safe for young people.

The work of local DARE societies is co-ordinated and supported by the DARE Foundation of New Zealand. A registered charitable trust, the foundation facilitates research and development, sponsorship, promotion and the administration of DARE in New Zealand. The DARE Foundation of New Zealand was established in 1989, helped by the Auckland West Rotary Club. It represents the partnership between the Police and community and is managed by a board of trustees.

Research and evaluation

Independent and credible research and evaluation are important parts of the development of all DARE programmes in New Zealand.

Dare to Make a Choice

A drug education programme for years 5-8 (Std.3-F.2) pupils. *Choice* prepares them to make

responsible choices about drug use and shows them how to do it. It is taught by the teacher and Police education officer.

Tena Kowhiria

A Maori-language version of *DARE to Make a Choice*. It's designed to be used in kura kaupapa schools and Maori-language classes. It is taught by Maori-language teachers and Maori-speaking Police officers.

Dare to Drive to Survive

A programme to help young people make informed and responsible decisions about alternatives to driving after drinking. It is aimed at secondary students in years 11-13 (Forms 5-7). It is taught by a teacher and a Police education officer.

Dare to Support Your Kids

A drug education programme for caregivers of 9-12 year-olds. Parents/caregivers attend workshops to help them support their young people as they begin to make sensible choices about their use of drugs. It is taught by a trained community facilitator and administered by local DARE societies.

The DARE Report

A short programme to help students who have completed *DARE to Make a Choice* or *Tena Kowhiria* revise what they have learned. They see how much they're applying what they've learned.

Dare to Make Change

This is a positive personal change programme for adolescents. A facilitator works with a small group of young people who need the programme. It uses the book *Gem of the First Water* by Ron Phillips, as a resource.

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