

# RESPECTFUL RELATIONSHIPS AND INTERACTIONS

IN AOTEAROA NEW ZEALAND



THE UNIVERSITY OF  
**WAIKATO**  
*Te Whare Wānanga o Waikato*



# RESPECTFUL RELATIONSHIPS AND INTERACTIONS

Aotearoa New Zealand is a diverse nation made up of people with a range of ethnicities, race, religious beliefs, sexual orientations, gender identities, disability, and ages. All people have a right to live safely without discrimination or violence. All people are equal here.

## WHAT ARE HEALTHY RELATIONSHIPS AND INTERACTIONS?

People have many different relationships throughout their lives – friendships, family relationships, whānau relationships, romantic relationships, sexual relationships, platonic relationships, work relationships, situationships, acquaintances and so on! Within these, everyone deserves to be safe and respected.

Healthy relationships and interactions consist of respect, consent, honesty, safety, support, accountability, trust, allyship (recognising and respecting someone's background) and non-threatening behaviour.

Whether it is strangers, someone you're dating, family, friends, whānau, or acquaintances in a lecture - everyone deserves to be safe and respected in their interactions with others!

## WHAT SHOULD I LOOK FOR IN MY RELATIONSHIPS AND INTERACTIONS?



### Do you...

- have a good friendship?
- have freedom to do your own thing?
- have time and space to see your friends?
- respect each other's opinions?
- disagree with each other in respectful ways?
- go at your own pace sexually?
- make decisions together?
- talk through an argument?
- have fun and feel safe together?



### Are you...

- arguing/bickering more often?
- becoming more jealous and less trusting?
- spending less time together?
- not talking like you used to?
- avoiding conversations together?
- being made to feel guilty for spending time with other people?
- sometimes worried about how your partner might react?



### Are you...

- angry and jealous if you talk to someone?
- verbally or physically threatening?
- calling each other bad names?
- putting each other down?
- making each other feel bad?
- forcing or threatening to do things?
- harming family, friends, pets or property?
- being kept away/isolated from people?
- scared of how your partner might react?

# INTERPERSONAL VIOLENCE

Interpersonal violence means violence used against another person, group or community that has the potential to cause harm.

Interpersonal violence is an umbrella term that is divided into Family & Intimate Partner (close personal relationships) and Community (people known and strangers). Ableism, ageism, biphobia, homophobia, racism, sexism, transphobia, and xenophobia can contribute to interpersonal violence.

Interpersonal violence is not okay and is not acceptable in Aotearoa New Zealand.

**If you're concerned about the immediate safety of you or someone else, please call 111.**

## FAMILY VIOLENCE

The Family Violence Act 2018 defines family violence as violence against a person by any other person with whom that person is, or has been, in a family relationship. The violence is used to coerce, control, or harm another. Family violence can be harming someone physically, psychologically, sexually, financially and/or spiritually.

A family relationship may include:

- A partner or spouse or ex-partner or ex-spouse
- Any family member, e.g., grandparent/grandchild, nephew/aunt, siblings, etc.
- Someone who ordinarily shares a household, e.g., flatmates
- A carer or support person

Family violence is not okay and is not acceptable in Aotearoa New Zealand. If you or someone you know is experiencing family violence, there is support available and there are options for reporting the violence.

See page 10 for more information.

## SEXUAL VIOLENCE

Sexual violence is sexual activity or behaviour that a person **does not** or **cannot give consent to**.

If you or someone you know has or is experiencing sexual violence, there is support available and there are options for reporting the violence. Sexual violence can also meet the criminal threshold.

## HATE CRIMES & INCIDENTS

A hate **crime** is an offence perceived by the victim, or any other person, to be motivated by hostility or prejudice towards a person's race, religion, sexual orientation, gender identity, disability, or age (Source: New Zealand Police Website)

A hate **incident** occurs when behaviour is motivated by, or demonstrates hostility or prejudice towards, a person's race, religion, sexual orientation, gender identity, disability or age but does not cross the criminal threshold.

If you, your friends or whānau have experienced abuse, violence, threats, or intimidation motivated by hostility or prejudice, you **can** seek support and you **can** report it.



## ONLINE BULLYING & IMAGE-BASED ABUSE

**Online bullying** (or cyberbullying) is when a person uses digital technology to send, post or publish content with the intention to harm another person or a group. This behaviour is often aggressive, is repeated and involves some kind of power imbalance between the people involved. Online bullying can take many forms like:

- name calling
- repeated unwanted messages
- spreading rumours or lies
- fake accounts used to harass people
- excluding people from social activities
- embarrassing pictures, videos, websites, or fake profiles (source: Netsafe)

If you, your friends or whānau have experienced online bullying, you can report or block the content, or Netsafe can provide support and let you know how the Harmful Digital Communications Act may apply to you.

**Image-based** abuse (including deepfakes and sextortion) is the non-consensual sharing of intimate images. It is a type of online sexual harassment and can be an offence under the Harmful Digital Communications Act (source: Netsafe).

- If someone sends you intimate content that is intended for only you - keep it that way. If you do share someone's nudes this is classed as image-based abuse, and it may be an offence under NZ Law.
- Once you send intimate content, it's harder to control. Make sure you're into it and consider keeping identifiable features out of any photos.
- If someone shares your intimate content or you see that someone else's intimate content has been shared - screenshot it, report it on the platform it's on, report the account it was shared on, and contact Netsafe about options.

Online bullying and image-based abuse is not okay. If you or someone you know is experiencing online bullying or abuse, there is support available and there are options for reporting the violence.

See page 10 for more information.

# EXPECTATIONS AT THE UNIVERSITY OF WAIKATO

The **Interpersonal Violence Policy** outlines that the University of Waikato does not tolerate any form of interpersonal violence - such as violence within family or community relationships - by promoting an environment in which diversity is celebrated and all members of the University community feel safe to study and work at the University of Waikato.

The **Sexual Violence Policy** outlines that Sexual violence is prohibited at the University of Waikato and will not be tolerated.

These policies can be accessed on the University of Waikato website.



# LOOKING OUT FOR OTHERS/ BYSTANDER INTERVENTION

You can intervene before, during, or after a concerning event. It is important to always consider the safety of the person/people being targeted, yourself, and any other person present.



## Noticing the situation

Paying attention to what is going on nearby.



## Deciding if it is a problem

Considering whether someone might need help and checking with people around if unsure.



## Accepting responsibility to take action

Not assuming someone else will do something.



## Making a plan

Intervene and engage others if possible to ensure a safe and effective intervention.



## Prosocial bystander intervention

Can be enacted by delegating, documenting, directly intervening, delaying intervention, or distraction as follows:

- **Delegation** is asking a third party for help with intervening/empowering others to intervene. This could be making a plan with others of how to intervene, advising a person of authority, or calling Police (with consent if safe to do so).
- **Directly intervening** can be enacted by starting a conversation, directly saying something.
- **Documenting** the incident by recording or taking notes and then providing it to the person who was targeted for them to decide what to do.
- **Creating a distraction** by attempting to disrupt a situation, but not engaging with the situation directly.
- **Delayed intervention** by checking-in with the victim and providing comfort and support following the harmful situation.



## Enacting self-care

Do something you enjoy, talk to friends and whānau, or contact a professional.

# CONSENT 101

Consent operates in our everyday lives and isn't just related to sexual acts.

Some examples of consent in our everyday lives are asking for consent when we want to borrow something from someone, when we want to hug someone, before taking or posting a photo of someone on social media, when we want to be sent email marketing, and when we engage in a new service like a doctor.

## WHAT IS SEXUAL CONSENT?

- Consent must be given actively, freely, voluntarily, enthusiastically, and consciously without you being pressured into it. You must be informed about exactly what is it that you are consenting to and just because you consent to one thing, doesn't mean you consent to another.
- Consent is a continuous process - even if you said 'yes' initially, you can still change your mind at anytime.
- Sexual acts (including sexting) that happen without consent from all people involved are illegal and never okay.

SEX WITHOUT CONSENT ISN'T SEX. IT'S SEXUAL VIOLENCE AND IT ISN'T OKAY.



**CONSENT**  
Think of 'fries'

**F**

**FREELY GIVEN**

**R**

**REVERSIBLE**

**I**

**INFORMED**

**E**

**ENTHUSIASTIC**

**S**

**SPECIFIC**



## CONSENT CANNOT BE GIVEN BY SOMEONE WHO IS

1. under 16 years of age (the legal age of consent in Aotearoa New Zealand)
2. being forced or threatened (physically, emotionally or in any other way)
3. unable to understand what they are consenting to, e.g., they are drunk or high, asleep/unconscious or are affected by an intellectual, mental, or physical condition
4. mistaken about the other person's identity
5. mistaken about what sexual stuff will be happening

## THERE ARE 3 KEY STEPS IN GETTING CONSENT

1. **Ask:** Be direct and straight up. Try "What do you want to do?", "Would you like to do ...?", "Are you sure you want to do ...?", "Is this ok?", "Are you liking this?" It is also important to have discussions about birth control and protection for sexually transmitted infections before engaging in sexual activity.
2. **Listen:** Consent is when both people say and show an enthusiastic 'yes!' to an activity. Some people find it hard to say 'no', so you need to listen to spoken and unspoken messages, like body language.
3. **Respect:** Don't let your eagerness to be sexual with someone overcome the need to respect that person's right to say 'no'. If there is any uncertainty about consent, show respect and stop what you are doing.

## CONSENT MAY SOUND OR LOOK LIKE

- "Yes!"
- "I really want to..."
- "This feels great!"
- "Do it this way"
- "I want you/this/that"
- "Can we do more of that?"
- "This feels right/good"
- "Don't stop"
- Undressing
- Direct eye contact
- Laughter and/or smiling
- Responding to you with their body, including kissing or touching you.
- Sounds of enjoyment eg. Moaning
- Nodding yes

## NO CONSENT MAY SOUND OR LOOK LIKE

- "No"
- "Maybe"
- "I don't know"
- "I don't like that"
- Shaking head no
- Looking sad
- Not making eye contact
- "Stop"
- "I feel scared"
- "I'm not sure I want to do this"
- "That hurts"
- Silence
- "I want to, but not right now"
- Slurred words
- "This feels wrong"
- Frozen, rigid or tense body
- Moving away
- Crying
- Putting clothes back on

# FOR MORE INFORMATION

Thank you to the following organisations for informing this resource. We encourage you to research these for more information.

**Healthify**

**Ministry of Justice**

**Netsafe**

**BodySafe**

**Police**

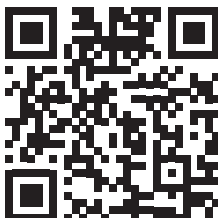
**Hohou Te Rongo Kahukura**

The Student Health Service and Violence Prevention are here to help and provide more information. Scan the QR codes below (or search for us on the University of Waikato website) for more information on these topics and options for support and reporting.

**Violence Prevention**



**Student Health Service**



## GLOSSARY

**Ableism** - prejudice and discrimination against disabled people based on disability

**Ageism** - prejudice and discrimination against individuals based on their age

**Biphobia** - prejudice and discrimination against people who identify as bisexual

**Deepfake** - as defined by Netsafe, "a form of image-based abuse that refers to images or videos that have been digitally manipulated to either remove clothing from a non-sexualised image, making the individual appear naked, or to alter the facial identity in an existing intimate image."

**Homophobia** - prejudice and discrimination against people who identify as homosexual

**Racism** - discrimination against individuals based on race

**Sexism** - prejudice and discrimination against individuals based on sex

**Sexortion** - a scam that is a type of blackmail where a person threatens to share sexually explicit content of you online unless you pay them or provide more content

**Transphobia** - prejudice and discrimination against individuals because they are trans or non-binary.

**Xenophobia** - prejudice or discrimination against individuals seen as strangers or foreign





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KO TE TANGATA  
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