




PREVENTION. CARE. RECOVERY.

Te Kaporeihana Awhina Hunga Whara

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Helping young people to have healthy relationships

**MATES &
DATES**

What is Mates & Dates?

Mates & Dates is a healthy relationships programme for students. ACC is delivering Mates & Dates in secondary schools around the country. If you have received this brochure, your son or daughter's school has agreed to deliver the programme.

Mates & Dates will teach young people:

- how to have healthy relationships based on respect, negotiation and consent
- how to identify inappropriate behaviour
- how to get help if they, or someone they know, are in an unhealthy relationship
- how to safely intervene in situations that could lead to harm.

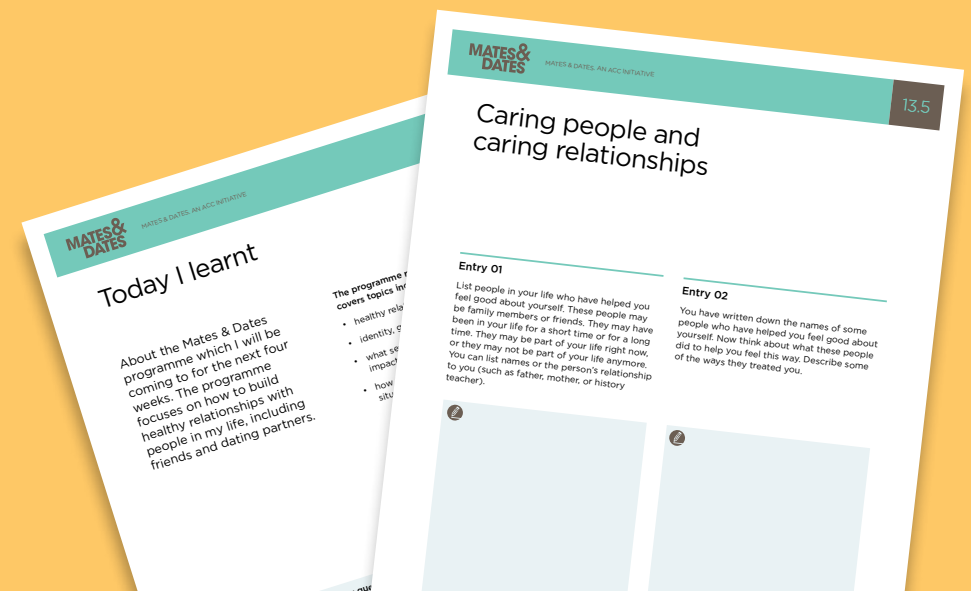
Mates & Dates is not a sex education programme but will include materials and discussions about sexual and dating violence, consent, dating, relationships, pornography and other related subject matter. We will not be showing any explicit materials.

We'll discuss what consent is, how to seek and give it, how to recognise coercion and what to do if someone feels pressured to do anything sexual that they don't want to do. We will also provide information about the law.

The Mates & Dates programme is based on the best possible research, evidence and experience of what works both here and overseas. Mates & Dates has been fully evaluated by an independent research company.

Its aim is to help to prevent sexual and dating violence by teaching young people relationship skills and behaviours they can carry with them throughout their lives.

MATES & DATES



Q Why do we need Mates & Dates?

A Sexual and dating violence is a big issue for young people. Research shows:

- 15-24 year olds are the group most at risk from partner violence involving current and ex-partners.
- 1 in 5 female and 1 in 10 male secondary students says they've had unwanted sexual contact or been made to do unwanted sexual acts.
- 57% of those who experience this tell no-one.

Research shows that working with young people is one of the most effective ways of preventing sexual and dating violence. Young people need the right information and they need to hear it in lots of different ways.

Q What is sexual and dating violence?

A **Sexual violence** is anything sexual that happens to someone without their consent. It includes rape, the threat of rape, attempted rape, sexual harassment, sexual coercion and sexual contact with force.

Dating violence is controlling, abusive, and aggressive behaviour in a romantic relationship. This includes verbal, emotional, physical, or sexual abuse or a combination of those including stalking. It can happen in person, online or via text, and can occur in straight or gay relationships.

Q Why is ACC delivering this programme?

A A key role for ACC is supporting people dealing with the effects of sexual abuse or assault.

Mates & Dates is part of a new area of work that will see ACC start to play a greater role in helping to prevent sexual violence and the injuries that can result from it.

By putting more resources into prevention, we hope to help reduce the incidence of sexual violence and the huge personal, social, and economic costs that result from it.

Q How will the Mates & Dates programme run?

A Mates & Dates will be taught in selected secondary schools this year.

It is a multi-year programme that will be taught across years 9-13 in one 50-minute session each week for five weeks. Each year's content will be appropriate for that age group.

Trained specialist facilitators will teach Mates & Dates using a range of tools and activities.

Teachers will be present at each session.

ACC is currently working on how Mates & Dates can be turned into an ongoing programme that can be made available to all secondary schools.

Q Do I need to do anything?

A Your son or daughter's school has agreed to deliver this programme. However, if you do not want them to participate in the programme please contact the school secretary/their form teacher and let them know your decision.

If you do not want your son or daughter to participate in the programme, you can sign an 'opt out form'.

How to talk to your son or daughter about sexual and dating violence

Your son or daughter may want to talk to you about what they learn during Mates & Dates, or it may give them the courage to talk to you about either their own experiences, or experiences their friends have had.

If that happens, the following guidance will help you to have what could be a difficult conversation:

- Stay calm – your son or daughter may be very anxious about sharing this information with you, or fearful of your reaction.
- Let them know that you take them seriously.
- Listen to them and ask them what they'd like to do next. They might want you to go with them to talk to a specialist service or counsellor, or they might just want to know you believe them.
- Stay open-minded. They might feel judged or guilty. It's important to show you're not blaming them.
- Tell your son or daughter you understand how hard it must be for them to talk to you about this, and thank them for being brave.
- Ensure their safety – if there is an immediate risk from someone at school or nearby, make sure the right authorities are contacted to keep your son or daughter safe.

Where to go for help

- For more information on where to seek help about **sexual violence**, including local specialist services, go to the TOAH-NNEST website www.toah-nnest.org.nz
- For more information about where to seek help about **dating violence**, including local specialist services, go to It's not OK at <http://www.areyouok.org.nz/home.php>
- Following **sexual assault or abuse**, you can contact ACC's Sensitive Claims Unit confidentially on **0800 735 566** or go to www.findsupport.co.nz
- For more information about Mates & Dates please visit www.acc.co.nz/matesanddates



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Mates & Dates. An ACC initiative.