



Shine provides a range of effective, practical and innovative services to achieve our mission to stop family violence in New Zealand.

Founded in 1990 as a crisis helpline for people experiencing family violence, we directly help more than a thousand adults and children every year to become safer.

Our services:

- Free 24/7 helpline 0508 744 633. We also have a 24/7 live webchat service through our website 2shine.org.nz.
- Advocacy and safety programmes – Shine Advocates help support victims and children’s safety and wellbeing, and advocate on their behalf.
- Emergency accommodation – for women and their children including refuge.
- KIDshine - supports children to be safe and helps with recovery from exposure to family violence.
- Non-violence programmes - No Excuses positive-change programmes to motivate and support people who use violence. These are delivered in groups or individually for men, women and non-binary adults. We motivate and support people to change their behaviour so they can have respectful, non-violent relationships.

Shine is an acronym that stands for Safer Homes in New Zealand Everyday.

This name – and our aims in addressing family violence – are hopeful, positive and optimistic. We want people to feel that there is a light shining on family violence in New Zealand and by bringing it into the open, we can address it to give some brightness ahead.

Shine is part of the Presbyterian Support Northern group of social services, which also include Family Works and Lifeline.



Statistics

Shine directly **helps more than a thousand adults and children** every year to become safer, and indirectly helps thousands more through our professional training programmes and our health sector partnerships.

Police recorded **174,788 family harm investigations** in 2023/2024.¹

Gay, lesbian, or bisexual adults are more than **twice as likely** than the NZ average to experience intimate partner violence (IPV) and/or sexual violence.³

One in three New Zealand women are physically or sexually abused by an intimate partner in their lifetime (Fanslow et al, 2019).



This figure increases to more than half (55%) when psychological and emotional abuse are included in the definition of 'violence'. Approximately half of all homicides in New Zealand are also family violence-related.²



New Zealand Police respond to a family violence episode...

EVERY 3 MINUTES²

Of 4212 firearms-related occurrences in New Zealand in 2021, nearly 500 were related to family harm (496 or 11.8%), with 31 victims suffering violent firearm-related assault.

¹174,788 family harm investigations in latest 2023/2024 Police Report. ²2023/2024 Police Report p.16 ³2021 Ministry of Justice New Zealand Crime and Victims Survey.

Here's some of the feedback from Shine's No Excuses programme:

No Excuses Corrections referral: The programme, it's really awesome, I have my partner who's keen to do the programme as well. It's given me loads more tools, clarity, understanding and confidence within myself that I can be a good and healthy respectful partner, and still be a man, and be a good dad as well.

No Excuses Ministry of Justice referral: I thought the program was great and a helpful program, that's helped me grow and see life so much different now. Pity I never got to stay a bit longer for some more skills, but this program has honestly helped me kick start my journey in becoming the best I can be for myself and my family. THANKS, ALOT SHINE!!

No Excuses self-referral: My tutor helped me with a lot of tools, to help me with any situation that I will face in my life. I know now, not to make the same mistake again. My tutor helped me change my life. Thank you, I enjoyed every class.

Here's some of the feedback from KIDshine:

"I really appreciate you just always being there for us and your advice, helps me know what is the best thing to do to support them... had helped a lot"
– **Caregiver.**

"It helped to talk about my emotions and how to calm myself down if I get upset or worry" "And prepare myself if I need help"
– **Child (14).**

"These sessions have helped create a safety plan so I know I am safe and there's a plan to help me."
"I worry less and less, having a safety plan helps"
– **Child (12).**

"I have felt a lot safer now. I haven't had these worries and I have learnt how to deal with them now. There was no plan set up before but there is now so I know what to do. It is a lot more clear now"
– **Child (12).**

(Mum) feels that (Youth, 15) is in a much better place right now. "Even though he still worries about things he has a new spark in him"
– **Caregiver.**