



Know  
Before  
You  
Go

## NEW ZEALAND

# A Guide to Keep You Safe Abroad

Provided by Sexual Assault Support and  
Help for Americans Abroad (SASHAA)

*Updated June 2017*



**SASHAA**  
Sexual Assault Support &  
Help for Americans Abroad

Let's be perfectly clear, the number one way to prevent sexual assault is to **not rape**. While the responsibility of ending sexual gender-based violence is on the perpetrators, this guide will offer general safety tips, country-specific information, and resources to help prevent and prepare travelers for the possibility of sexual assault abroad.

## GENERAL SAFETY TIPS:

1. Use the **buddy system** and travel with friends!
2. Be aware of **social and cultural norms**. For example, looking at someone in the eyes when you speak to them is perfectly normal in the U.S., but in another country that could signify you're interested in the person.
3. **Recognize controlling behavior** when entering a relationship. Most rape survivors recall feeling "uncomfortable" about some of their partner's behaviors such as degrading jokes/language or refusal to accept "no" as an answer, whether in a sexual context or otherwise.<sup>2</sup>
4. **Avoid secluded places** where you could be more vulnerable. Meet new people in public spaces and let a trusted friend know where you'll be beforehand.
5. **Trust your gut**. Many victims have a "bad feeling" right before an assault takes place.



## ALCOHOL AND DRUG AWARENESS:

- Always be sure to watch your drink being poured and carry it yourself, even to the bathroom.
- Be aware of "drug-facilitated sexual assault drugs," also referred to as 'roofies' or 'club drugs,' which may turn your drink bright blue, cloudy, or slightly salty. Effects such as impaired judgment, lost sense of sight, sound, or consciousness can be felt within 15 minutes and up to 4 hours.<sup>3</sup>
- New Zealand's legal drinking age is 18 for beverages with 1.15% ABV or over. Persons under 18 may drink outside private residences or functions if accompanied by their parent or legal guardian.<sup>4</sup>

## CULTURAL INFORMATION:

**Major Religions:** Christian 47.65%, Not Affiliated 41.92%, Hinduism 2.11%, Buddhism 1.36%, Maori Christian 1.36%, Islam 1.18%.<sup>5</sup>

**Legal System:** The judicial system is based off several parliamentary papers and mandates that form one constitution. Judges and juries both hear criminal cases.<sup>6</sup>

**Social/Cultural Norms:** New Zealand is made up of multiple ethnicities, although English is the main everyday language, 15% of the population is predominately Maori culture. New Zealanders place importance on punctuality and personal space. It can be considered extremely rude to make loud noise; in most cities, honking a car horn is illegal from 10:30pm-7:30am. However, Kiwis have a reputation for being very friendly and open-minded.<sup>7</sup>

**Gender Equality:** A 2015 survey by the World Economic Forum ranked New Zealand 10th out of 142 countries in terms of gender equality. Men dominate politics, and women have been gaining power and status in recent years.<sup>8</sup>



## Sexual Assault and the Law: Kiwi Context

Under New Zealand Law, rape is defined as penetration of genitalia by a penis without consent, so by this definition, rape occurs between a man and a woman. However, “unlawful sexual connection” is defined as any sexual connection (including touches, oral sex, and manipulation of objects to sexually touch another) occurring without a person’s consent and is illegal regardless of gender orientation. Marital rape and sexual assault are also illegal in New Zealand.<sup>9</sup>

### If You Experience Sexual Assault...

Don’t blame yourself! **Sexual assault is never the fault of the victim.** You may be unsure of how to proceed, and that’s okay. First, consider taking the following actions:

1. If you are in a safe place, **call someone you trust** to be with you. If you are not safe, call someone you trust to come and get you.
2. Do **self-collection of evidence**. Put all of the clothes you were wearing, bed sheets, and so on in a paper bag. If you have any injuries, **take pictures**. If there is semen present, collect what you can in a hotel glass or cup and put it in the paper bag.
3. **Call a SASHAA advocate** internationally toll free, 24 hours a day, 7 days a week. They can help you through the ordeal, honoring your decisions. (See *Resources*)

### Medical Care and Reporting Sexual Assault in New Zealand

Medical examinations are available for victims of sexual assault with or without a police report. However, following a police report, the police most likely will require a medical examination. The examination includes a gynecological exam, clinical exam, biological samplings, blood testing, and an evaluation of physical or psychological shock. An ultraviolet light may be used to help detect semen and other body fluids. You can ask specifically to be examined by a Doctor for Sexual Abuse Care, although they are not always available at every hospital.<sup>10</sup> If you decide to report an assault to the police, you will be required to give a testimony which will be recorded on DVD. Unless the DVD is played in court, it will be kept private by the police.<sup>11</sup>

#### LGBTQ VICTIM CONCERNS



It is safe for LGBTQ community members to report assault in New Zealand. New Zealand recognizes same-sex marriages and has banned discrimination based on gender or sexual orientation. Surgery is still required for a legal change of gender, however. Because of the gender-neutral wording of the laws regarding sexual assault, LGBTQ community members should be safe in reporting assault.<sup>12</sup>

#### POST EXPOSURE PROPHYLAXIS, EMERGENCY CONTRACEPTION, AND ABORTION

##### Q: Are post exposure prophylaxis and emergency contraception available?

**A:** Yes; emergency contraceptive and PEP should be offered to a victim during a medical examination. A victim might need to ask and/or discuss both of these options with the medical examiner, but both should be readily available.<sup>13</sup>

##### Q: Is abortion legal in New Zealand?

**A:** Yes, a woman in New Zealand can receive an abortion up to 20 weeks into the pregnancy if they receive a certification from two doctors referring the person to a clinic. Both medical and surgical abortions are available, depending on the length of gestation.<sup>14</sup>

## Resources

### SASHAA

#### SASHAA International Crisis Line:

To call our confidential, toll-free, International Crisis Line first dial the country specific AT&T access code for **New Zealand (000-911)**. Then, at the prompt, enter our phone number: **866-USWOMEN (866-879-6636)**.

#### Crisis Email:

To reach a SASHAA advocate, you can email us at [crisis@866uswomen.org](mailto:crisis@866uswomen.org). All crisis emails will be responded to within 24 hours. However, if you need to get in touch with us immediately, please call the international toll-free crisis line.

#### Live Chat:

SASHAA online chat services are available 24/7 at our website <https://sashaa.org>.

## ANTI-VIOLENCE ORGANIZATIONS

#### Auckland:

##### HELP: Support for Sexual Abuse Survivors

PO Box 10, 345 Dominion Road, Auckland 144  
Tel: 09 623 1700

#### Central North Island:

##### Abuse and Rape Crisis Support

Linton Court, 10 Linton St., Palmerston North  
Tel: 06 356 5868

#### Northland:

##### Mid North Family Support

123 Hone Heke Road, Kerikeri  
Tel: 09 407 7511

#### Tasman:

##### Rape and Sexual Abuse Support

PO Box 412, Westport 7866  
Tel: 03 789 7700

#### Southland:

##### Rape and Abuse Support Center

26 Nelson St, Invercargill  
Tel: 03 216 2079

#### Waikato:

Rape and Sexual Abuse Healing Center  
33A Clarence St, Hamilton  
Tel: 07 839 4433

#### Wellington:

Hutt Rape Counseling  
PO Box 31468, Lower Hutt  
Phone: 04 566 5517 or 24 hour crisis line 0800 22 66 94

## US EMBASSIES/CONSULATES

#### Wellington (Embassy):

29 Fitzherbert Terrace, Thorndon, Wellington  
Tel: +64 4 462 6000

#### Auckland (Consulate):

3rd Floor Citigroup Centre, 23 Customs St. East  
Private Bag 92022, Auckland  
Tel: +64 9 303 2724

## POLICE

The local equivalent to "911" in New Zealand is **111** for general emergencies. Police, medical, and fire response will be contacted as needed.

## HOSPITALS

#### Auckland:

##### Auckland City Hospital

2 Park Rd Grafton Auckland  
Tel: 09-367-0000

##### Auckland Southern Cross Hospital

9 St Marks Rd Remuera Auckland 1050  
Tel: 09-925-4700

#### Christchurch: Southern Cross Hospital

131 Bealey Avenue, Richmond  
Christchurch 8013, New Zealand  
Tel: +64 3 379 4433

#### Wellington: Wakefield Hospital Limited

Florence Street Newtown, Level 3, Wellington 6021  
Tel: +64 4 381 8100

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