



**"Thank you for teaching me
how to keep myself safe."**

-Alice*
Tamariki RISE Participant

Who is Aviva?

Aviva is a Canterbury-based specialist family and sexual violence support agency. We are available 24/7 to provide advice, advocacy and support to people overcoming the enduring harms of family and sexual violence.

Who does Aviva support?

Aviva supports people of all ages, genders, sexualities, ethnicities, and experiences of violence.

Go to www.aviva.org.nz for more information on Aviva programmes and services.

**Not their real names.*

"I went through the programme four years ago and it changed my life. I believe the course taught me what I am allowed to do and the rights others have, and that it has opened me up to support others in the same situation. I would like to thank all those in the organisation working to help others in need as it does leave a positive impact on our lives."

-Jacob*
Tamariki RISE Participant

TAMARIKI RISE
CHILDREN'S FAMILY
VIOLENCE EDUCATION



 **aviva**
live free from violence

Tamariki **RISE** 
RELATIONSHIP & INDIVIDUAL
SAFETY EDUCATION

Every child deserves a life free from violence. Getting the right support now is so important to their future.

Family violence hurts everyone in the family, especially children. Experiencing, or even just seeing or hearing violence, can severely damage a child's emotional and psychological wellbeing.

Aviva offers Tamariki Relationship and Individual Safety Education (RISE) to help children who have experienced or witnessed violence move toward a safe and healthy violence-free future.

Tamariki RISE offers support to children aged 5-12. The course is delivered in a fun, child-centred way, and is designed to be a positive experience for each child.

Children will:

- Develop their own plans to stay safe
- Learn about healthy relationships
- Be supported to build their self-confidence
- Have positive, trusting experiences with others
- Find appropriate ways to deal with their anger
- Learn what to do when they recognise abuse
- enjoy snacks, games and fun

When is Tamariki RISE held?

The 10-week groups are run during school terms. The programme can also be delivered individually by a professionally qualified Family Support Worker.

Where is Tamariki RISE held?

It is run in locations across Christchurch, mid-Canterbury, Selwyn and North Canterbury.

How can my child get to the programme?

Assistance with transport may be available. Aviva can offer pick-up and return from the child's school.

How do I sign my child up for Tamariki RISE?

If you are already engaged with a family support worker at Aviva or another organisation, please express your interest with them.

If you are not currently engaged with a family support worker, contact **0800 AVIVA NOW (0800 28482 669)** or enquiries@aviva.org.nz to discuss whether the programme is right for your child. Or you can find our referral forms on our website.

The youth equivalent, Rangatahi RISE is also available individually for young people aged 13-18.

"The whole thing was so good for Madeline. She'd gone from being a confident kid to being so anxious and frightened to take risks. I saw her carrying herself differently. But going through the education programme and learning her safety plan made such a difference. She's got so much of her confidence back."*

-Rachel
Mother of Tamariki RISE Participant*

