

# Press Pause

Hand-drawn black arrows: one points to the end of 'Press', one to the start of 'Pause', and two others point to the right from the end of 'Pause'.

Helping adults understand,  
recognise and respond to  
concerning sexual behaviour  
of rangatahi.

[presspause.co.nz](http://presspause.co.nz)



# Ko Wai Māua?

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- **Ko Bex Fraser ahau**

Stop Prevention Education Project Manager

- **Ko Lyn Jansen ahau**

Stop Prevention Education Lead Manager

Ko wai a  
Stop?



**stop**  
He hāpori wātea  
taitōkai

# Press Pause Project Whakapapa

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# Press Pause

Helping professionals understand, assess and respond to concerning social behaviour

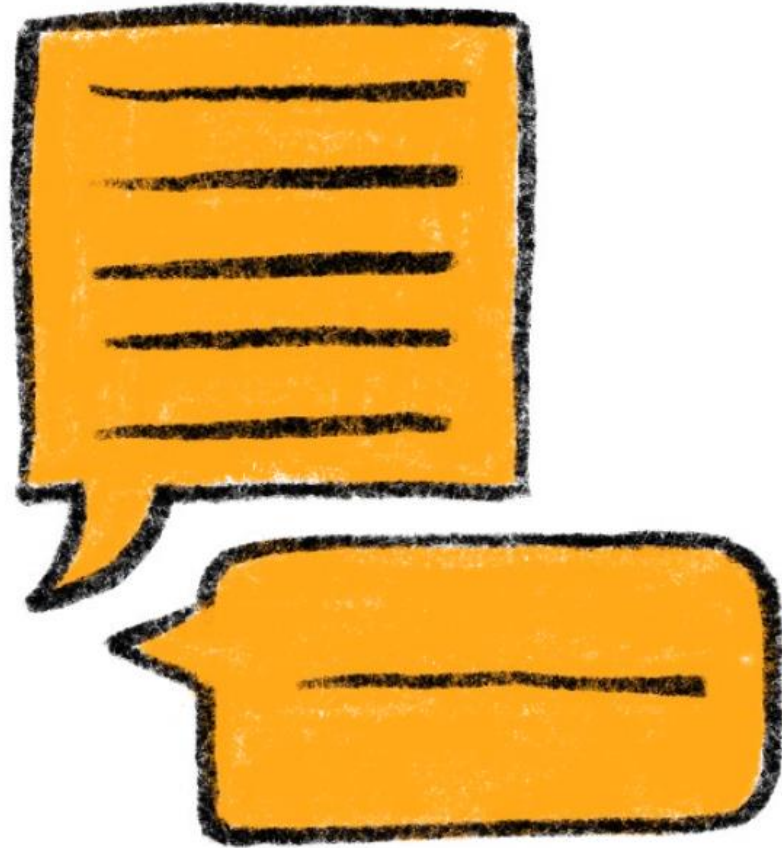


# Goal:

- Equipping adults in positions of responsibility (AIPOR) to confidently and carefully have conversations with rangatahi about Concerning Sexualised Behaviour (CSB).
- Support the 'how' of journeying with rangatahi who have gotten it wrong... walking alongside well.

# Audience

- 4. Who are the primary audiences for this programme?  
If we could reach no one else, who should we be reaching?



School staff	Pastoral staff: Deans, School counsellors, Health & PE Teachers	Teachers	Parents
Whānau	Professionals / Health Professionals	Secondary schools	Adults in positions of responsibility (AIPOR)

ADVOCATES:  
AIPOR

# Press Pause Advisory Rōpu

<b>Maggy Tai-Rakena</b> (Clinical Director - START)	<b>Amanda Gillespie</b> (Counsellor – Burnside High School)	<b>Julia Field</b> (Counsellor – Christchurch Girls High School)	<b>Michelle King</b> (Service Manager – Youth Culture Development)
<b>Catherine Gallagher</b> (Psychologist - START)	<b>Simi Desor</b> (Psychologist – Private Practise)	<b>Neihana Goodrick</b> (Social Worker - Haeata Community College)	<b>Katie Daly</b> (Counsellor – Avonside Girls High School)
<b>Nadine Schroeder</b> (Counsellor - Avonside Girls High School )	<b>Brett Harvey</b> (Time 2 Talk – Community Educator)	<b>Jude Murray</b> (Counsellor – Hillmorton High School)	<b>Mike Miller</b> (Counsellor - Shirley Boys High School)
<b>Justin Makinson</b> (Counsellor – Christchurch Boys High School)	<b>Scott Howell</b> (Counsellor – Shirley Boys High School)	<b>Sue Ingle</b> (Counsellor – Te Aratai College)	<b>Daniel Mataki</b> (Kaimahi – Y.C.D)

**PRESS PAUSE  
WEBSITE  
SHOWCASE VIDEO  
(Click Picture)**







# Content Topics

Boundaries  
Online Behaviour  
Pornography  
Sexualised Images  
Sexualised Language  
Unwanted Sexual Touch



Sexualised Images



Unwanted Sexual  
Touch



Sexualised Language



Pornography



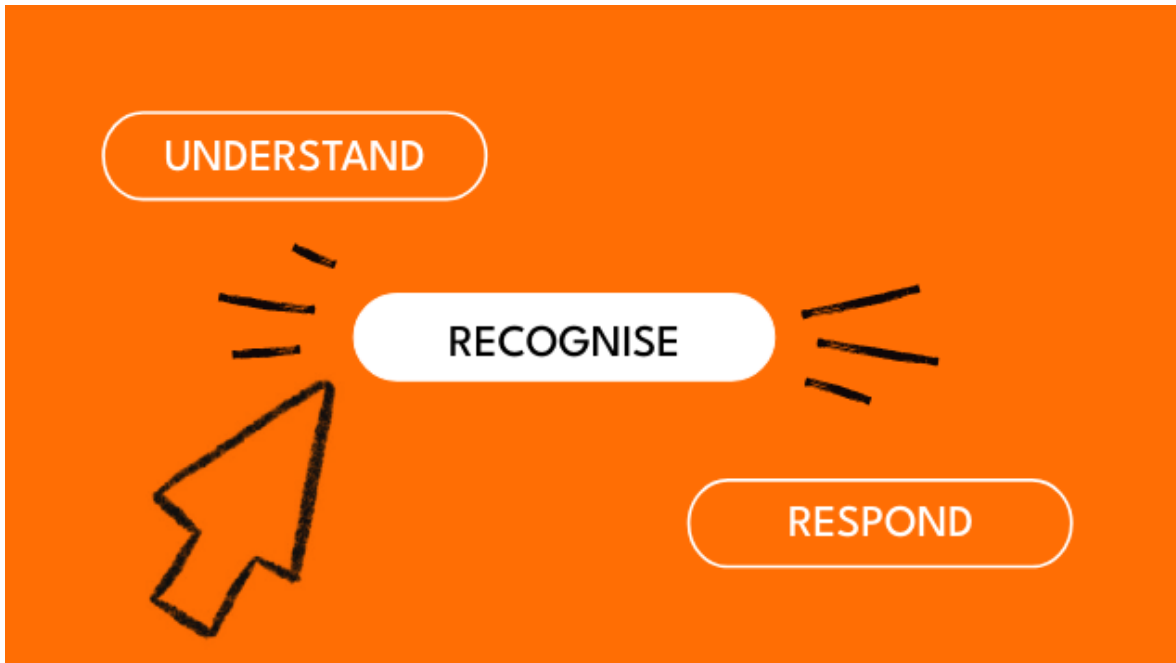
Boundaries



Online Behaviour

# Website Structure

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# Understanding Common Behaviours



## Key themes

SEXTING

REVENGE PORN

NON-CONSENSUAL CONTENT CREATION

SEXTORTION

AI PORN

## Sextortion

### WHAT IS IT?

Sextortion is the act of using explicit images to blackmail or coerce someone. The holder of the images will usually threaten to share private material with peers or the internet, asking for money or specific actions in exchange.

### POSSIBLE DRIVERS

- Revenge and retaliation
- Power and control
- Financial gain
- Exploitation and manipulation
- A lack of empathy or awareness

### IMPACTS

Sextortion can cause a lot of emotional distress and damage to a person's reputation and wellbeing. It is a serious breach of trust, consent, and privacy. In the case of sextortion, it's important for rangatahi to get help from legal and supportive resources.

# Recognising Harm and Indicators for Concern

Rangatahi is aged:

UNDER 18



## Green

Green behaviours are considered typical for your rangatahi's age and sexual development. They are spontaneous, mutual, enjoyable, often driven by curiosity, and occur between equals. These behaviours are balanced with other interests and aspects of life.

- Sending consensual flirty messages, emojis, and selfies
- Posting images that do not show nudity
- Consensually sharing images that do not show nudity
- Consensually creating videos that do not include sexual activity nor show nudity under the age of 18.



## Orange

Orange behaviours are those we consider concerning. They may not match the age and development of your rangatahi, and can be recognised through persistence, inappropriate knowledge and discomfort to others involved. In these situations, you may also notice an imbalance (in age, size, power or development) between the parties involved.

- Engaging in consensual sexting
- Curiosity-driven image sharing
- Sending explicit images from the internet
- Requesting explicit images from someone under 18
- Persistent requests for someone to send nudes.



## Red

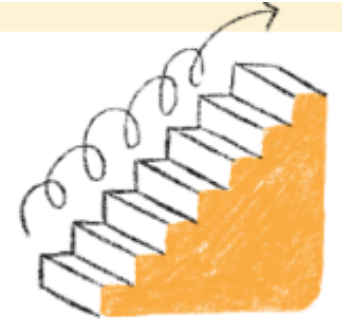
Red behaviours sit outside of a young person's age and sexual development, tending to cause distress and harm to themselves or others. They may involve forceful, degrading and manipulative actions or even bribery, trickery, and blackmail. It's also possible that red behaviours break the law.

- Engaging in non-consensual sexting or showing nudity under the age of 18
- Collecting and storing explicit images
- Non-consensual sharing of explicit images
- Engaging in or being targeted for online grooming
- Participating in or consuming AI-generated sexual content
- Ignoring or disrespecting the boundaries, privacy, and consent of others

*\*If any of the behaviours are against the law or organisational policies, are of concern to others, place a rangatahi (or others) at risk or are life-threatening; you, as a safe adult with information, have a duty of care to take action. Contact STOP, WellSTOP, SAFE Network and/or seek Police advice. More information on making contact in our Respond section.*

## Escalating your assessment

Sometimes behaviours can move from green to orange, or from orange to red. This depends on context, intent, impact, and power dynamics between individuals. These questions should help you understand when the situation needs escalating.



### Has the rangatahi taken part in this kind of activity before?

If this is repeated behaviour or the young person has not responded to past correction, this is a sign you may need to escalate.

### Is this behaviour age-expected among peers?

Ask yourself what the expected knowledge and experience for the age may be. If the situation does not match their expected development, it may need to be escalated.

### Was there mutual consent?

It's important to understand whether all rangatahi involved were consensually doing so. Images being shared and/or received with the knowledge of rangatahi may require escalation.

### Did the behaviour cause distress?

Was any individual in this situation significantly impacted. If other individuals were harmed, consider escalating this situation.

### Was there an imbalance of power?

Imbalance of power can involve age, development, authority or physical difference. It can be helpful to consider the dynamic between the individuals involved.

# Responding Effectively

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## Staying Safe

Safety is a priority when discussing sexualised behaviour. This can mean addressing any urgent safety concerns, but also creating an environment where rangatahi feel supported. In this section, we describe what safety means, now and later, for each party.



### I need to Create Safety for

RANGATAHI

THOSE IMPACTED

MYSELF

WHĀNAU

### Rangatahi

Creating a safe space for open communication is crucial for rangatahi to feel comfortable discussing their behaviour, feelings or concerns. By responding in a thoughtful manner, you can establish a foundation of trust while promoting their healthy wellbeing.

#### NOW

- Have a CALM, non-judgemental attitude throughout
- Avoid discussing the concern in front of others where possible
- Make active listening your best friend
- Avoid jargon or technical language
- Be sensitive to their cultural background
- Communicate the limits of confidentiality so they're not blindsided
- Remember to ask for consent before talking about sensitive topics
- Respect the boundaries of rangatahi
- Recognise when the situation needs to escalate to another professional

#### LATER

- Seek permission / inform before involving their whānau, where possible
- Check for any well-being concerns that might result from informing their whānau
- Keep to the agreed confidentiality, where possible
- Clarify boundaries before communicating with other parties
- After discussing any behaviour, refrain from referring to it casually
- If needed, make a clear time to follow up and discuss

# Tools & Tips

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## **The Cs of Responding**

- Be CALM, no matter what you learn
- CONNECT and be CURIOUS with rangatahi opposite you
- Have COMPASSION and remember growing up is challenging
- Consider CONTEXT to ensure you have all the needed information
- CORRECT and COACH rangatahi to help them find healthy paths towards green behaviours

## **PACE**

Playfulness - Acceptance - Curiosity - Empathy

- If appropriate, use your relationship with rangatahi to engage in a way that is playful
- Demonstrate acceptance by engaging non-judgmentally with rangatahi
- Have curiosity, by enquiring and encouraging self-exploration
- Be empathetic, considering the experience and perspective of rangatahi



# Inviting Reflection

Use these prompts to dive deeper. This is a good time to build on the topics that came up during Inviting Conversation.

## Attitudes and Beliefs

- What is important to you in intimate relationships? How does watching porn fit with this?
- How do you handle seeing things in porn that make you feel uncomfortable or confused?
- How do you think porn influences your attitudes towards sex and relationships?
- Have you ever discussed pornography with your mates? What are their views on it?
- Where else could you find out about mutually healthy sex and relationships?
- Does porn portray diverse or vulnerable groups positively or negatively? What do you think about this?

## Exploring Consent

- How would you describe consent?
- How well does pornography emphasise mutual care and enjoyment?
- What roles do you think communication and consent should play in relationships?
- How do you think pornography reflects mutual consent and communication in relationships?
- How can you ensure communication and consent are part of your relationships?
- How do you think porn influences your understanding of consent?
- What responsibility does the pornography industry have to accurately portray consent on screen?

## Fantasy vs

- What do you think helps in real-life
- How is porn different
- Do you think porn
- What strikes you
- Porn actors often
- How might this affect
- and self-esteem?
- What do you think
- are often injured
- porn?
- What do you think
- have sex? How is
- screen?

Please check ethical boundaries and professional body codes before asking any questions. Consider if someone else would be better suited to have these conversations.

# Inviting Change

Use these prompts to explore opportunities for change. This is a good time to collaboratively explore how to move forward from the issue.

## Dreams and Aspirations

- What would you like to be known and liked for?
- What do you think others want to be known and liked for?
- What kind of relationships would you like for the future?
- Are you proud of who you are becoming?
- Does porn fit with your hopes and dreams for the future?

## Personal Ethics

- Beyond sexual gratification, why else might you be viewing porn?
- Are there more positive, less harmful ways of approaching these issues?
- A side effect of porn use can be isolation. How can you reduce this risk?
- What things are you missing out on or sacrificing because of porn?
- Do you know the difference between R18 and objectionable material?
- What are your strategies to stay away from objectionable material?
- If you continue to use porn, how can you ensure you and others aren't harmed?

## Personal Responsibility

- What would people say about you if asked?
- Do you have positive role models and influences to help you make good choices moving forward?
- What do you need to do to keep yourself and others safe going forward?
- How can you uphold your own and others' mana?
- Urges to watch porn aren't permanent. If you practice self-restraint (delay, distract, do something else) the urge will fade over time and lessen.

# Conversation Themes

## Inviting Conversation

Use these tips and prompts to invite kōrero with rangatahi. This section isn't about investigating the issue too deeply rather inviting rangatahi to open a dialogue with you.

## Naive Enquiry

Naive enquiry uses open-ended and non-judgmental questions that don't assume any prior knowledge or information. These are designed to understand rangatahi better without overwhelming them:

- I'm curious...
- I'm wondering...
- I'm interested in hearing...
- Tell me about...
- Help me to understand...

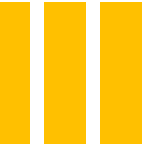
## PACE

Playfulness - Acceptance - Curiosity - Empathy

- If appropriate, use your relationship with rangatahi to engage in a way that is 'Playful' and relaxed.
- Demonstrate 'Acceptance' by engaging non-judgmentally with rangatahi.
- Have 'Curiosity' by enquiring and encouraging self-reflection.
- Be 'Empathetic', considering the experience and perspective of rangatahi.



# Understanding Pornography Video -



# Printable PDF For kaimahi whānau, and services.

Nau mai, haere mai ki

## Press Pause

Press Pause is a digital resource that exists to help professionals understand, recognise and respond to the concerning sexual behaviour of rangatahi.



### What can I learn?

Use Press Pause to grow your confidence in working with rangatahi by:



Understanding common behaviours.



Learning to recognise harm.



Using tools to help you respond effectively.

Each module on our site is full building blocks that compile advice, resources, tools, scenarios and research to help you.

[presspause.co.nz](http://presspause.co.nz)

### The topics we cover

While the term 'concerning sexual behaviour' includes a wide range of topics, we've tackled six key areas.

The key areas are:

- boundaries
- online behaviour
- pornography
- sexualised language
- sexualised images
- unwanted sexual touch.

### Our traffic light framework

You'll find this in the 'recognise' section. It's here to help you understand the context.



We want to guide rangatahi towards the green light, where safe and mana-enhancing behaviour exists.



The orange light is when something's not right and needs a pause for reflection and change.



Occasionally, behaviour escalates to the red light, where your response requires more action and support.

### Need further support?



Sometimes, the nature of the behaviour can be really confronting. If you need further support, feel free to get in touch with us.

Call us at STOP  
03 353 0257

[presspause.co.nz](http://presspause.co.nz)

# Contact & Directory

## Directory

Always Dial 111 in an emergency or if you or someone you know is in immediate danger

During your journey working with rangatahi, you might need support from other services. Here is a list of agencies, helplines and support services to help you along the way.

### START HEALING

START provides early intervention, counselling and support for those who have experienced sexual violence or other trauma.

CALL  
[\(03\) 355 4414](tel:(03)3554414)

EMAIL  
[admin@starthealing.org](mailto:admin@starthealing.org)

WEB  
[starthealing.org](http://starthealing.org)

LOCATION  
18 Queenswood Gardens,  
Christchurch, 8052

### CAF, CHILD, ADOLESCENT & FAMILY EMERGENCY TEAM

CAF provides specialist community and inpatient mental health services in Canterbury.

CALL  
[0800 218 219 - Press 2 \(business hours\)](tel:0800218219)

### 1737 NEED TO TALK?

Support from a trained counsellor

CALL  
Free call or text 1737

### YOUTHLINE

Counselling and support services for rangatahi in NZ

CALL  
[0800 376 633](tel:0800376633) or free text 234

EMAIL  
[talk@youthline.co.nz](mailto:talk@youthline.co.nz)

### LIFELINE

A confidential crisis helpline for brief intervention counselling support for all areas of concern.  
(24 hours, 7 days)

CALL  
[0800 543 354](tel:0800543354) or text: [HELP \(4357\)](tel:0800543354)

### CRISIS RESOLUTION

Crisis Resolution provides 24 hour advice for people presenting crisis associated with a known or suspected mental health problem.

CALL  
[Freephone 0800 920 092 - \(after hours, 7 days a week\)](tel:0800920092)

### ARE YOU OK?

If someone is witnessing or experiencing violence or want to change their own behaviour

CALL  
[0800 456 450 \(9am-11pm daily\)](tel:0800456450)

WEB  
[www.areyouok.org.nz](http://www.areyouok.org.nz)

### 0800 WHAT'S UP

Phone counselling from Monday to Friday, midday-11pm and weekends 3pm-11pm

CALL  
[0800 942 8787 \(5-18 year olds\)](tel:08009428787)

## Contact us

If you need support in responding to concerning sexualised behaviour or want to discuss a referral for harmful sexual behaviour, Press Pause encourages you to call Stop, Safe Network or WellStop. Our enquiries team are available to talk and help find a way forward.



1. PRESS PAUSE

2. DIRECTORY

## Press Pause

Always Dial 111 in an emergency or if you or someone you know is in immediate danger

### STOP

South Island

CALL  
[\(03\) 353 0257](tel:(03)3530257)

EMAIL  
[info@stop.org.nz](mailto:info@stop.org.nz)

WEB  
[www.stop.org.nz](http://www.stop.org.nz)

LOCATION  
South Island, NZ

### WELLSTOP

Lower North Island

CALL  
[\(04\) 566 4745](tel:(04)5664745)

WEB  
[www.wellstop.org.nz](http://www.wellstop.org.nz)

LOCATION  
Lower North Island, NZ

### SAFE NETWORK

Upper North Island

CALL  
[\(09\) 377 9898](tel:(09)3779898)

EMAIL  
[info@safenetwork.org.nz](mailto:info@safenetwork.org.nz)

WEB  
[www.safenetwork.org.nz](http://www.safenetwork.org.nz)

LOCATION  
Upper North Island, NZ



# podcast

... We're LIVE!

## Next Steps:

- Please come and **talk to us** if you have any queries, concerns, thoughts and ideas. We hope to grow this work.
- Share amongst your **networks** and **colleagues** and the **community**.
- Share **with whānau** you work with

# Kōrero – Q&A

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- What are you observing in your mahi?
- Where is the need the greatest?
- How can Stop support your mahi?
- What kind of training would assist?



# Mauri ora!

- STOP – 03 353 0257
- [info@stop.org.nz](mailto:info@stop.org.nz)



**Press  
Pause**

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recognise and respond to  
concerning sexual behaviour  
of rangatahi.

[presspause.co.nz](http://presspause.co.nz)

The banner features the text 'Press Pause' in large, bold, white letters on an orange background. There are several hand-drawn black arrows: one pointing up and right from the end of 'Press', one pointing down and left from the start of 'Pause', and three pointing outwards from the end of 'Pause'. To the right of the text is a white rounded rectangle containing the website address 'presspause.co.nz' in orange text. Above this rectangle is a line of smaller white text explaining the organization's purpose.