



# stop

A community free  
from sexual harm



## **Note from Brendan**

Kia ora koutou,

If I focus too much on current global events, and their impact on New Zealand and New Zealander's, this often makes me feel unsteady and uncertain. However, I am reminded that while uncertainty may shift the ground beneath us, it is also why our work matters: because people need connection, compassion, and consistency more than ever. Like many of your services, the local impact of these global events does impact our clients and kaimahi at Stop. Many of our clients already face practical challenges with travel and accessibility – plus they may be more vulnerable to adverse emotional impacts from uncertainty and instability. Our clinical kaimahi at Stop endeavour to remain one of the most reliable aspects of our clients' lives. Like your services, when we show up, we create pockets of stability. When we keep going, we prove that hope is not fragile. Our community is stronger because of the care we choose to give, especially in moments when the path ahead isn't perfectly clear. And together, we'll keep building something steady enough to carry us all – despite individual, local, or global setbacks and challenges!

Kia kaha,

**Brendan Anstiss**

Stop Chief Executive

## Press Pause Featured Internationally in NOTA News

# Press Pause: Helping adults understand, recognise and respond to adolescent concerning sexualised behaviour



Stop is thrilled to have Press Pause featured in Issue 100 of NOTA News, the magazine of the National Organisation for the Treatment of Abuse (NOTA) – a leading organisation supporting professionals working to prevent sexual violence, abuse and exploitation.

Being included in this milestone issue is a significant acknowledgement of the work being undertaken here in Aotearoa New Zealand. It shines an international light on Press Pause and connects this practitioner-built resource with clinicians, researchers and services across the UK, Ireland and beyond.

Press Pause was developed by Stop to help adults understand, recognise and respond to concerning sexual behaviour in rangatahi. The website offers practical tools, traffic light guides, videos, scripts and conversation starters across topics including boundaries, online behaviour, pornography, sexualised images, sexualised language and unwanted sexual touch. A key focus is supporting adults to respond confidently to “Orange” level behaviours – the “messy middle” that may not require specialist intervention but still need a calm, informed and ethical response.

This international recognition reflects the strength of collaboration behind Press Pause, which was co-designed by Stop’s prevention team, clinicians, community advisors and digital partners. It also reinforces the importance of giving professionals, whānau and communities practical, shame-reducing tools that can help prevent harm before it escalates.

We are incredibly proud to see Press Pause recognised on an international stage and grateful for the opportunity to share this mahi more broadly.

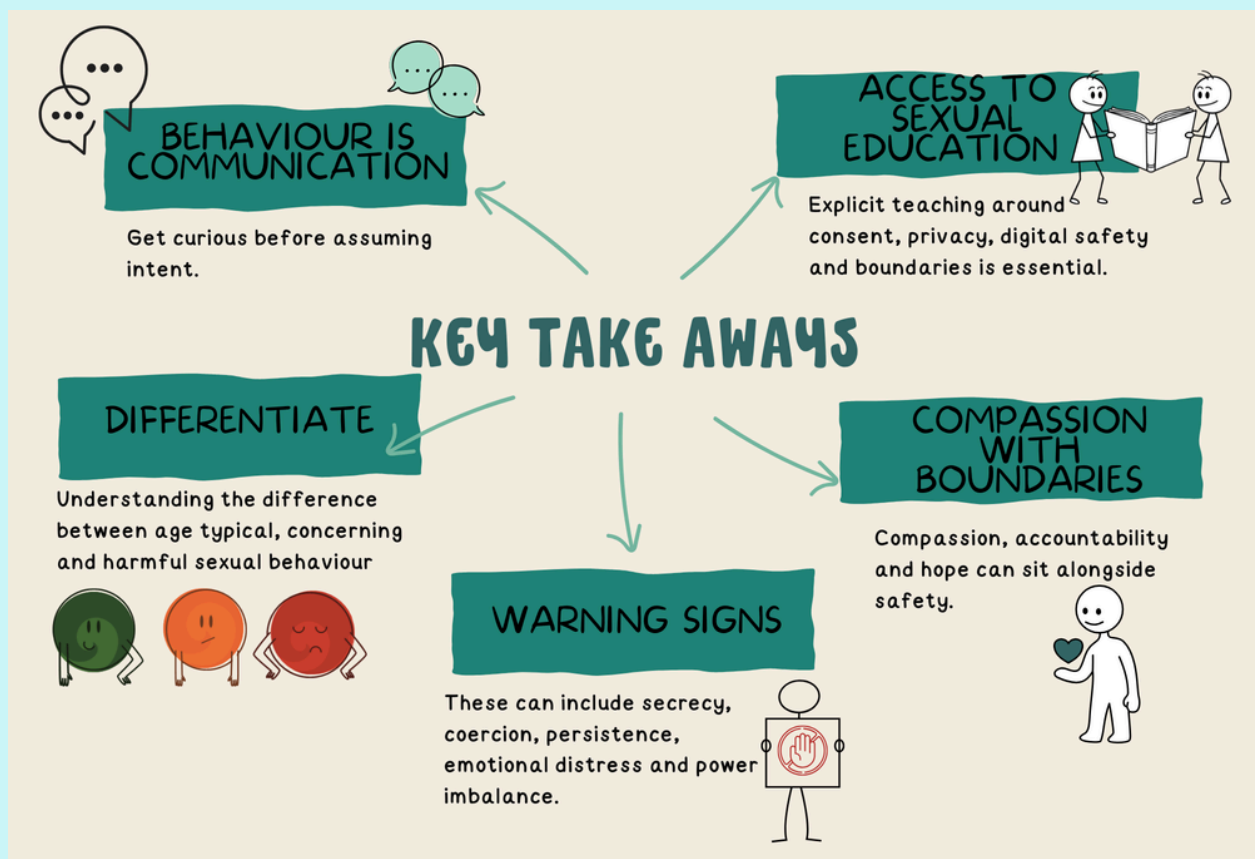
# Neuro-affirming responses to concerning sexualised behaviour displayed by Rangatahi

Stop's own Samantha Taylor, Psychologist, recently delivered an engaging webinar hosted by Whāraurau on practical neuro-affirming responses to concerning sexualised behaviour.

The session offered practical, compassionate guidance for professionals, and caregivers supporting neurodivergent rangatahi. Sam shared how easy it can be to jump to judgement or labels when concerning sexual behaviour appears, but reminded participants that behaviour is communication and that neurodivergence does not predict sexual harm. In fact, many neurodivergent young people are more likely to have experienced harm themselves.

The webinar explored how neurodivergent rangatahi can miss out on accessible sexuality and relationship education, and why standard approaches are not always effective. Instead, neuro-affirming practice means slowing down, getting curious about the function of behaviour, using clear and direct language, and creating safe opportunities to learn about consent, boundaries, privacy and respectful relationships.

## Some key takeaways from the session included:



It was an inspiring and thought-provoking kōrero that highlighted the depth of expertise within Stop's Adolescent Team and the important work they do every day to support rangatahi, whānau and professionals across our communities.

If you or your organisation would value resources, consultation or guidance around concerning or harmful sexual behaviour, please get in touch with our awesome team at Stop. We are always willing to support professionals, whānau and communities to respond with confidence, compassion and safety

[Get in Touch](#)

## **Working together for Prevention - Stop & The Canterbury Initiative**



# **The Canterbury Initiative**

WORKING BETTER TOGETHER · ME MAHI TAHI TĀTOU

GP's and primary health care providers are often one of the first professionals people come into contact with when they are experiencing stress, anxiety, depression, relationship difficulties or other mental health concerns. For some people, these underlying struggles can sit alongside concerning sexual ideation (CSI) or problematic pornography use, making primary care an important opportunity for early identification and support.

Stop in partnership with The Canterbury Initiative recently presented to Canterbury GP's and health professionals on how to recognise and respond safely to these presentations. The session highlighted that most people experiencing concerning sexual thoughts have not acted on them and do not want to. Many are distressed, ashamed and fearful of judgement, which can make it difficult to ask for help.

The presentation also explored the role of problematic pornography use,

including compulsive use despite harm, increasing distress, desensitisation to escalating content and the reinforcement of coercive sexual scripts. For some people, escalating pornography use can intensify concerning sexual thoughts and reduce both internal and external barriers to offending.

### Key take aways

- CSI often sits alongside anxiety, depression, relationship difficulties, sleep issues, addiction, sexual dysfunction and work or financial stress.
- Most people experiencing concerning sexual thoughts are distressed by them and want support.
- Problematic pornography use can contribute to emotional dysregulation, shame and escalating risk.
- Clear, direct and non-judgemental questions can help identify concerns early.
- Asking about sexual thoughts or pornography use can be as important as asking about suicide, family violence or substance use.
- Visible posters and messaging in GP clinics can act as a “silent intervention”, helping people know that it is safe to seek confidential support.
- Messages that are clear, hopeful, non-shaming and explicit about confidentiality are most likely to encourage help-seeking.

By increasing awareness and confidence within primary care, we can create more opportunities for early intervention, strengthen referral pathways and support people before harm occurs.

Reach out if you want to find out more about our Concerning Sexual Ideation programme.

Contact us

## April - Sexual Assault Awareness Month



During Sexual Assault Awareness month, we acknowledge the strength and courage of survivors and recognise the importance of creating communities where people feel safe, supported and listened to. To all survivors, we see you, we stand with you and we believe you.

In support of SAAM, there will be an event held in Christchurch on 2nd May 2026, - Sexual Violence Needs to Stop - Hikoī for Prevention. For more details, please see the [Facebook](#) group that has been set up in support of this event

## Show your support - donate now



Donate to our  
Give A Little Page

Help us achieve our vision

A community free from  
sexual harm



Help us to achieve our vision of 'He hapori wātea taitōkai – A Community Free from Sexual Harm'. Please show your support by donating today.

One in four girls and one in six boys in Aotearoa experience sexual harm before age 18, with lifelong impacts on individuals, whānau, and communities. At Stop our vision, drives our prevention-focused work with community professionals. Your donation directly helps us to:

- Deliver prevention training and workshops to community-based professionals across Te Waipounamu.
- Provide resources and guidance to those working with tamariki, rangatahi, whānau and tāngata whaikaha.
- Build the confidence and capability of frontline kaimahi to respond early to concerning or harmful sexual behaviours.
- Strengthen community safety through integrated prevention, education, and therapeutic support.
- Together, we can reduce sexual harm, support recovery, and create safer communities for future generations.

Support Stop today and make a meaningful difference.



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