



Kia ora koutou,

Welcome to the Stop quarterly newsletter! I want to start by acknowledging the incredible efforts of each of our partner social sector organisations across Te Waipounamu. It is by us continuing to work together that really makes a difference for clients, whanau and community. The work we do together has a profound impact on the lives of so many across Aotearoa New Zealand, and it is your passion, dedication, and resilience that makes it all possible. Kia kaha!

In this edition of our newsletter, we'll be recognizing and celebrating some of the mahi that happens day-in day-out, sharing stories that remind us why we do what we do, and looking ahead to the opportunities and challenges that lie before us in helping communities be free from harmful sexual behaviour.

I encourage you to take pride in the difference you're making, not just in the lives of those we serve but in shaping the culture of generosity and support that defines our teams.

Ngā mihi nui, and let's continue to make a difference—together.

Please feel free reach out to me at anytime:

Brendan.anstiss@stop.org.nz / 021 769 467

Warm regards,

Brendan Anstiss
Chief Executive Officer



A visit from Minister Hon. Karen Chhour

On Wednesday 16th April 2025, Stop was honoured to welcome Hon. Karen Chhour, Minister for Children and for the Prevention of Family & Sexual Violence.

This visit provided a valuable opportunity for our Children, Adolescent, and Prevention Education Services to share the impactful work being carried out in the Harmful Sexual Behaviour (HSB) sector. We were proud to demonstrate how our work is centered around the wellbeing of Tamariki, Rangatahi, their families, and wider communities in an effort to 'break the cycle' of sexual violence in Aotearoa.

We were also heartened by the Minister's intended approaches for the sector, including:

- Investment in the social services workforce, caregivers, and other adults in positions of responsibility—ensuring they are well-equipped to recognise and respond effectively to concerning and harmful sexual behaviours.
- Supporting specialist-led training and education within the Sexual Violence and Family Violence (SVFV) and HSB sectors.

We are grateful for the opportunity to engage in these meaningful conversations and remain committed to working collaboratively towards safer, more informed communities.





Press Pause

Press Pause has enjoyed a great 8 months of being live, sharing with our networks and community as much as possible since we launched on August the 8th 2024. There have been many who have directly contributed to the development and delivery of Press Pause, and we thank our advisory group and clinicians for their expertise and contributions.

Boundaries

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

Online Behaviour

Pornography

Sexualised Images

Sexualised Language

Unwanted Sexual Touch

We've tackled six key areas:



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



Concerning Sexual Ideation (CSI) Programme

Concerning Sexual Ideation (CSI) refers to intrusive and distressing sexual thoughts or fantasies that, if acted upon, would cause harm to others, such as contact sexual harm or the viewing/downloading of Child Sexual Abuse Material (CSAM).

About Our CSI Support Programme

CSI is an internal and often private experience that is not visible to others. Our programme is designed to provide a safe, accessible, and non-judgmental space for individuals experiencing concerning sexual thoughts. The goal is to offer support before these thoughts adversely affect their mental health or put them at risk of moving on to a desire to engage in harmful sexual behaviour (HSB).

While CSI often involves unwanted, distressing sexual thoughts some individuals report that their experiences of CSI are intertwined with problematic pornography use.

As Bailey et al. (2022) note, problematic pornography use may act as a pathway to online sexual offending, especially when individuals feel out of control or unable to access help early. Over time, escalating patterns of adult pornography consumption—especially when it becomes compulsive or begins to lose its arousing effect can lead some individuals to seek out more extreme or deviant material. In some cases, this can increase the risk of crossing into illegal content, such as CSAM, or intensify thoughts related to CSI.

This highlights the importance of early, judgment-free intervention not only to support the person's mental health, but to prevent possible harm to others.

Key features of our service:

Self-referral: Clients can access help on their own terms.

No waitlist: Immediate support is available.

Free service: Removing financial barriers to access.

Specialized service: Interventions specifically designed to address concerning sexual thoughts and problematic pornography use.

Please feel free to contact us - 03 353 0257 / www.stop.org.nz



Learning through partnership

In March 2025, Stop hosted a two-day full agency hui. This event provided a valuable opportunity for our staff from across Te Waipounamu to come together, kanohi ki te kanohi and strengthen connections beyond their day-to-day mahi.

A central focus of the hui was professional development.

We were privileged to host a range of knowledgeable individuals and organizations who generously shared their expertise, contributing significantly to the professional growth of our team. Thank you

- Catherine Gallagher and Betty Gallagher from [Start](#) shared their experience supporting victims of sexual harm, reinforcing the importance of keeping the victim in mind when working with those who have caused harm.
- Andy Baynes (Anaru) and Henare Manawatu from [Barnardos – Te Poutama](#) offered valuable bicultural insights and reflections drawn from their extensive practice.
- Rachel Marcarian joined us via Zoom from Wales, providing expert guidance on working with complex cases through a trauma-informed lens.
- Dr. Jacinta Cording from the [University of Canterbury](#) psychology department presented findings from her research into the first-ever mixed-risk group facilitated by Stop's adult service. The results were positive, with no evidence of cross-contamination among participants.



Regional News

Stop delivers services across Te Waiponomou, in addition to Christchurch, our amazing regional staff support West coast, Nelson, Invercargill, Dunedin, & Timaru.



Stop has trialed its first online emotional regulation programme with great success. This group was an initiative developed by our Dunedin Adult Specialist Clinician Karyn Chalk as a creative response to deliver intervention across regions.

Participants were located throughout the South Island and all completed with 100% attendance. Content covered recognising body sensations and emotions for different states, build resilience, calming/soothing difficult emotions and challenging/changing problem thinking patterns.

Participants stated they found it useful to realize that others also experience anxiety and overwhelm. They shared with each other strategies they had found useful over the week and proactively practiced regulation strategies in the moment as a group when difficult emotions arose.



OUR YEAR IN REVIEW

stop



Responded to
802 enquiries

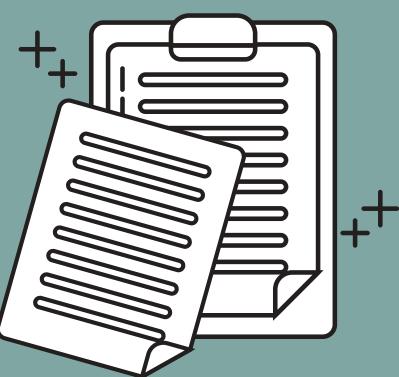
11,000 views & 4.9k user
count for Press Pause



Saw 147
children for
help with CSB

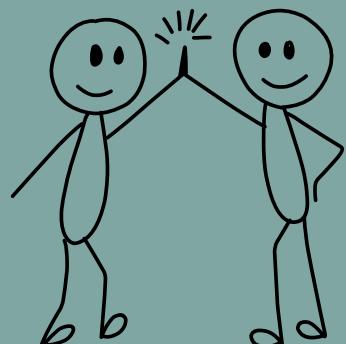
Saw 59
adolescents for
help with HSB

Saw 88 adults
for help with
HSB



Ran 41
prevention
training sessions

Completed 180
assessments



Trained 1263
professionals in
prevention
education