

Nau mai, haere mai ki

# Press Pause

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



## What can I learn?

Use Press Pause to grow your confidence 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](https://presspause.co.nz)

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## 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.

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## Our traffic light framework

You’ll find this in the ‘recognise’ section.  
It provides a framework for recognising harm.



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.

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## Need further support?



Sometimes, sexualised behaviour can be complex. If you need further support, feel free to get in touch.

**STOP**  
03 353 0257

**WellStop**  
04 566 4745

**Safe Network**  
09 377 9898

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