

Kia Haumaru, Noho Haumaru



Ngā mōhiohio haumaru
mai i ngā Pirihimana o
Aotearoa



NEW ZEALAND
POLICE
Ngā Pirihimana o Aotearoa

Kia Ora!

He wāhi haumarū, mārie
hoki a Aotearoa hei
nōhanga, hei toronga hoki.
Engari he whai take tonu
kia mōhio koe me pēhea
te noho haumarū, kia
rongo koutou kō ētahi atu i
te haumarutanga.

Kia maumahara, i te ohotata, me waea atu ki 111 i
ngā wā katoa.

Ngā Ihirangi

Ngā Hapori Haumarū ake mā te mahi Ngātahi

Kia mōhio ki ō hoa noho tata - ko te hapori
tūhonohono he hapori haumarū.

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Ngā Aituā me ngā Ohotata

Whakarite i a koe anō mō te tūpono
whakaratanga o ngā ratonga waiwai

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Ngā Rawa me ngā Taputapu

Whakaritea kia haumarū ake tō kāinga me
ō rawa hei ārai atu i te whānakotanga, te
tūkinotanga rānei.

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Haumarū Whānau, Whaiaro hoki

Kia noho haumarū koutou ko tō whānau ahakoa
kei te kāinga koe, kei waho e pātata ana rānei.

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Haumarutanga Tuihono, Tuakiri hoki

Kaua e tāwaretia e te hara tuihono, te mahi
tinihanga, te whakaweti, te whakatīwheta rānei.

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Mōhiohio me te Tautoko

Kāore e tika ana kia noho tahanga koe. E
wātea ana he tautoko i ngā wā katoa

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Te Whakapā atu ki ngā Pirihimana

He maha ngā huarahi e whiwhi mōhiohio anō
ai koe, te whāki rānei i tētahi hara.

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Ngā Hāpori Haumaru ake mā te mahi Ngātahi

Ko te hāpori tūhonohono he hāpori haumaru. Whakaritea kia haumaru ake tō hāpori mā te whakahoahoa atu ki ō hoa noho tata.

➤ Āwhinatia ō hoa noho tata ina haere atu ana rātou, hei tauira, mā te kōhi i ā rātou mēra, te tapahi i ā rātou otaota, te whakatū waka rānei i ō rātou ara kuhunga. He iti ake pea te tūponotanga o te mahi whānako i ngā kāinga “e nōhia ana”

➤ Kimihia he huarahi e tūhonohono ai, e whakakotahi ai ō hoa noho tata. Kōrerotia ngā take e pā ana ki tō hāpori.

➤ Tiakina ō hoa noho tata, ā, toro atu tō ringa atawhai ki te hunga kāore pea e whai hononga tautoko ana.

➤ Mēnā e āwangawanga ana koe ki te oranga o tētahi tangata i tō hāpori, kia wawe mai te whakamōhio atu i ngā Pirihimana.



Mēnā ka whakatumatia ā-kanohi koe, i runga ipurangi rānei, ā, ka pā te wehi ki a koe, ki ētahi atu, tēnā whakapā atu ki ngā Pirihimana. Kei roto pea i ēnei ngā raru e ahu mai ana i te taraweti ko te kaikiri, te tae o te kiri, te mātāwaka, te momo hāhi rānei te pūtake.

Kia mahara ki te whāki atu ki ngā Pirihimana ngā raru e māharaharatia ai koe kua pā ina tata nei. Whakamōhio hoki ngā Pirihimana ki ō whakaaro mō taua maiki - mā tērā ka taea e mātou te whakarite kia whai tūhono koe ki te tautoko e hiahiatia ana.



Ngā Āpiha Takawaenga Mātāwaka, Porinīhia hoki

He āpiha takawaenga motuhake ā ngā Pirihimana e mahi ana i ngā hāpori puta noa i te motu. E hari ana rātau ki te whakarongo ki ngā māharahara me te mahi tahi ki a koe ki te whakapai ake i te haumarutanga i roto i ō hāpori.

E kite ai koe i ngā taipitopito hoapā mō tō Āpiha Takawaenga Mātāwaka, Porinīhia rānei, haere ki:

www.police.govt.nz/advice/personal-community/new-arrivals/ethnic-liaison-officers



Tautoko Takiwā

Ka mahi tahi a Tautoko Takiwā ki ngā Pirihimana ki te whakakotahi i ngā hāpori pātata ki te hanga hāpori haumaru, mārohirohi, tūhonohono hoki

Ki te ako i ētahi atu kōrero mō te whakarite, te tūhono atu rānei ki tētahi rōpū TautokoTakiwā, toro atu, waea atu rānei ki:

www.neighbourhoodsupport.co.nz
0800 4 NEIGHBOURS

Ngā Aituā me ngā Ohotata

Ka pāngia pea ngā ratonga waiwai e ngā aituā, ā, ka whakararutia tō āheinga ki te hāereere, te whakawhiti kōrero rānei ki ō hoa aroha. He take nui tonu te noho takatū, ā, me te whai i ngā mea katoa e puta ai tō ihu.

Waihangatia tētahi Mahere Ohotata

Whakaae tahitia tētahi mahere ohotata ā-kāinga. Mā tēnei koe e āwhina ki te urupare wawe ake i te pānga o tētahi aituā. Me whai wāhi ēnei:

- Te wāhi e tūtaki ai koe ki ngā hoa aroha
- Te wāhi e puritia ana ngā taputapu whai oranga ohotata
- Ko wai te tangata hei whakapānga atu ina hiahia āwhina koe.

Whakaritea ētahi Rauemi Whai Oranga Ohotata

Rokia ngā rauemi e ora ai koe mō te toru rā, neke atu rānei. Me auau te tirotiro mēnā e tika ana te mahi o ngā mea katoa, ā, kāore hoki i tawhito rawa. Me rokiroki hoki koe i ngā rauemi whai oranga ohotata waiwai i tō wāhi mahi me ngā waka haere.

Whakaritea tētahi Kete Rerenga

I te wā o te ohotata, ākene pea me hohoro tō wehenga atu. Me whai kete rerenga te katoa, kua oti kē te whakarite, ā, e māmā ai te tiki atu, i tō kāinga me tō wāhi mahi, ā, kei roto pea:

- Ngā kākahu mā
- Ngā taputapu wharepaku
- Te wai māori
- Ngā rauemi whakaora whawhati tata
- Ngā tuhinga hira
- He rama parewai, reo irirangi me ētahipūhiko anō
- He kai, māmā, kore-pirau hoki pēnei i ngā pihi patahua, huarākau maroke rānei.

Whakawāteatia ngā Pūmate

I ngā wāhi e taea ana, e haumarua ana hoki, whakawāteatia ngā pūmate huri noa i tō kāinga me ō takiwā pātata e whakawhara tangata ana pea - hei tauira, mā te whakapai ake i ngā ara hīkoi, te tango rānei i ngā rākau pirau me ngā peka e tata ana ki ngā huarahi, ngā whare rānei.



Ngā Rawa me ngā Taputapu

He pānga whakarihariha pea tō te taihara rawa. Anei ētahi huarahi māmā ka taea e koe te whaie haumaruru ake ai tō kāinga me ō rawa:

1

Me raka i tō motukā, motupaika, pahikara me ētahi atu waka i ngā wā katoa. He āraitanga tāpiri pai hoki te pūoho motukā, te maukati urungi, ngā mekameka kaha rānei. Ko te painga atu mēnā kei rō karāti ngā waka katoa, kāore rānei e tino kitea ana.

2

I te wā e toro haere ana koe, me haumaruru te puri i ō taputapu, ā, me tata ki a koe. Whakawehea ō kī whare me ō kī motukā, ina koa he wāhinoho tōu i runga i te rīngi kī.

3

Kaua e whakarato wāhi huna mā ngā kaitāhae - me pai te kutikuti i ngā tipu me ngā rākau.

4

Kaua e whakatuwhera i te kūaha ki tētahi rāwaho, tētahi tangata kāore rānei koe e hiahia ana kia uru ki tō kāinga. Pātai atu mō tētahi tautuhitanga mēnā rātou e kī ana nō tētahi kamupene rātou. Mēnā kei waho koe mō tētahi wā roa, hei taurira, i tō māra, me raka i tō kūaha o mua.

5

Kaua e waiho i ngā taonga i tētahi wāhi e kitea ana - ina kitea, ka whānakhia pea. Puritia ngā rihīti, ngā kī taurangi, ngā wāriutanga, me ngā tau rangatū i tētahi wāhi haumaruru. Tango whakaahua, ataata rānei o ngā taonga whakapaipai, mahi toi me ētahi atu taonga.

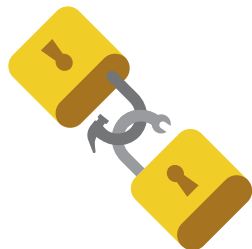
6

Whakahaumarutia ō kuaha, ō matapihi, ō hēte me ō karāti ki ngā maukati pai rawa. Whakamaua ngā maukati haumaruru ki ō matapihi, inarā ngā mea kei te papanga o raro.



Tiakina Ō Utauta

Kaua e waiho i ō utauta, ō taonga rānei i roto i tō waka i te pō. Engari me puri ki tētahi wāhi haumarū, kāore hoki e kitea. Me hoko i ō utauta mai i ngā pakihi whai mana anake - mēnā he utu moemoeā te utu, he teka pea.



Whakairotia

Whakairotia ō utauta ki tō tau raihana taraiwa - hei reira, mēnā ka kitea, he ngāwari ake te whakahoki atu ki a koe

Tuhia

Tuhia ngā tau rangatū o ō utauta ka puri i te rārangi tau i ētahi wāhi haumarū.

Me puri haumarū

Me puri haumarū i ō utauta i ngā wā katoa ki ētahi maukati pai rawa, kaha hoki.

Whākina

Whākina ngā mahi ohiti ki ngā Pirihimana.

Haumarū Whānau, Whaiaro hoki

Te Waipiro

He pānga tō te waipiro ki ngā tūkinō ā-pāpori i ō tātou hapori. Nā te kaha rawa o te inu ka whakararu pea i ō whakataunga, ā, ka taka iho pea koe ki te hē, ka noho rānei hei pāpurenga o te taihara. Anei ētahi mahi hei whai māhau pea e noho haumarū ai koe.



▶ Whakamōhiotia atu tētahi atu ki wheakoe haere ai.

▶ Me noho ki ngā huarahi matua me ngā wāhi whai rama.

▶ Me tiaki tētahi i tētahi, kia tae ora ai te katoa ki te kāinga.

▶ Kia mahara kia hihiko katoa tō waea i mua i tō putanga ki waho.

▶ Kia kaha te kai i mua i te inu waipiro.

▶ Me whakarite i tō hoki ki te kāinga i temutunga o te mahi ngahau o te pō.

▶ Kia kaha te inu wai.

▶ Me whakarite kia haumarū ō taonga mā te waiho kia tata, ā, ki tētahi wāhi tē kitea hoki.

▶ Whakaritea he wāhi tūtakitaki ina wehe koutou ko ō hoa.

▶ Haria he moni, tētahi atu tikanga utu rānei hei utu i tō waka hoki ki te kāinga.

▶ Me noho mataara ki te mōreareatanga o te whakapūroi inu. Kaua e waiho noa i tō inu, kaua rānei e inu i ngā inu nā tētahi atu i hoatu māhau, inarā te hunga kāore koe e mōhio.

Te Whakahaumaru i Ā Tātou Tamariki

Nō tātou katoa te haepapa kia noho haumaru ai ā tātou tamariki i roto i ō tātou whānau me ngā hāpori. He mea nui hoki kia mōhio ngā tamariki me pēhea te tautuhi i ngā whanonga haumaru-kore, ā, me aha rātou mēnā kāore ia i te noho haumaru. E whakahau ana mātou i ngā mātua me ētahi atu kaitiaki ki te kōrero ki ngā tamariki mō te āhua o ngā whanonga hē, ā, me te āhua o ngā mahi hei whai, kua mō te “momo tangata” tērā ka kino ki a rātou.

Tohutohu mā ngā whānau, me ngā kaitiaki:

- ▶ Āta whakarongo ki tō tamaiti - tirohia ngā rerekētanga, ā, ka kōrerotia mēnā ka pā mai anō taua āhuatanga.
- ▶ Kia mōhio i ngā wā katoa kei hea tō tamaiti, ā, ka waiho i a rātou i te taha o te hunga e pono ana anake. Whakaarohia te pātai i ngā kaitiaki mō ētahi kōrero taunaki.
- ▶ Whakaatu ki tō tamaiti me pēhea te haere haumaru ki te kura, te hoki mai anō, ā, me te haere ki ngā wāhi e toro whānuitia ana. Ākona rātou ki te hīkoi i te taha o ō rātou hoa, kua e haere takitahi.
- ▶ Me rite tonu te whakapā atu ki ngā mātua noho tata, ā, me mōhio ko wai ngā hoa hīkoi o tō tamaiti.
- ▶ Tukuna ki tō tamaiti he rārangi hoapā whaipain-ga me ngā tau waea ohotata.
- ▶ Kōrero ki tō tamaiti me pēhea te tautuhi me te whāki i ngā whanonga haumaru-kore.
- ▶ Ākina tō tamaiti ki te kōrero ina e manawarau ana, e haumaru-kore ana, e matakū ana rānei ia - ka taea pea e ia te kōrero ki tētahi pakeke, kaiako, āpiha Pirihimana rānei e whakawhirinaki ai ia.

Tohutohu mā ngā tamariki:

- ▶ Kōrero ki tētahi mēnā ka pā mai te manawarau, te haumaru kore, te matakū rānei ki a koe.
- ▶ Mēnā e manawarau ana koe, me wehe atu i reira.
- ▶ Me whakapono anō ki tō rongo 'ā-puku'.
- ▶ Ki te kore te tangata tuatahi ka pātaitia e koe e āwhina, ngana tonu kia kitea rā anō tētahi māna koe e āwhina.
- ▶ Ina kite koe i tētahi āhuatanga ohiti, kia wawe te waea atu ki 111.



Te Whakahaumaru i Ā Tātou Taiohi

He tokomaha ngā taiaohi e ako tonu ana ki te noho hae-papa mō tō rātou ake haumarutanga, oranga hoki. He whai painga hoki ngā aratohu mārama me ngā whakawhitin-ga kōrero auau mō te akiakii tō taiohi ki ngā whakataunga pai me te karo i te kino. He mea nui tonu āu tohutohu, ahakoa i ōu whakaaro tē manakohia i ngā wā katoa.

Tohutohu mā ngā whānau, me ngā kaitiaki:

- Me mōhio koe ki ngā nekeneke a tō taiohi me te whakarite anō kia taea e kōrua te whakapā anō ki a kōrua anō i ngā wā katoa.
- Tautokohia tō taiohi ki te whakahaere i te hēmanawatanga - he huarahi whai painga te kori tinana, waiata me te kōrerorero i ngā raruraru.
- Ākina tō taiohi ki te whakaware i te pēhanga hoa ina kore rātou e hiahia ki te mahi i tētahi mahi e manawarau ai ia.
- Kia mataara ki ngā tohu o te tūpono whakawetihia o tō taiohi - mēnā he māharahara ōu, whakapupūhia ake ki tētahi kaiako kura, kaiārahi rānei.

Te Taiohi me te Waipiro

Tērā ētahi mahi hei whai māhau ki te āwhina ki te whakaiti i ngā mōreareatanga waipiro mā ō taiohi. Kia mahara ake, ko te whiringa haumaruru rawa ko te kore e inu waipiro. Anei ētahi atu mea hei whai whakaarotanga:



1 Takaroa

Ko te nuinga o nga taiohi ka whiwhi waipiro i tētahi mātua, kaitiaki, whanaunga rānei. E whakaatu ana ngā rangahau, ko te tamarikitanga ake o tō tīmatatanga inu waipiro, ko te nui ake pea o tō tūpono inu ūtonga i tō pakeketanga.

2 Kia Iti Tonu

He tere ake, he kaha ake te urupare a te tinana taiohi ki te waipiro. Ina whakatau koe ki te hoatu waipiro ki tō taiohi, me iti noa te hoatu, ā, me hoatu kē ngā inu waiwaihā-iti.

3 Kia Āta Kōrero

Kia āta kōrerorero i runga i te pono mō te waipiro me ngā pūroi, i a koe e whakarite ana i ētahi tepenga me ngā tūmanakohanga e mārama ana.

4 Āta Tiroiro

Whakaarotia tētahi pāti waipiro-kore mēnā kei reira ētahi taiohi. Me āta tiroiro tētahi pakeke i ngā taiohi mēnā e inumia ana te waipiro. Mēnā kei tētahi pāti tō taiohi, ā, e inumia ana te waipiro, me whai rawa ngā kaihautū pakeke i tō whakaaetanga ki te hoatu waipiro ki a ia.

5 Hautū Waka

Ko te tepenga waipiro mō te hunga i raro i te 20 tau, ko te kore. Ina inu waipiro me te hautū waka tō taiohi, tērā pea ka hāmenetia ia.

Whara ā-Whānau

He maha rawa ngā whānau i Aotearoa ka pāngia e te Whakarekerekere ā-whānau me ōna kino katoa, me ngā mutunga whakamōtī.

Ko te ārai me te urupare pai ki te whakarekerekere ā-whānau tētahi whai wāhitanga nui whakaharahara ki te whakapai ake i te oranga me te hau-marutanga o ō tātou hāpori, ā, he mahi tā tātou katoa ki te whakatutuki i tērā.

Koinei ētahi tohu e whara ana tētahi i tētahi mema whānau:

- Te whakahaere whanonga
- Te whakaweti
- Ngā kapatau whakamate
- Te nanati me te rāoa
- Te whakarekerekere ā-tinana, ā-ai rānei
- Te pūhaehae, te tarahae rānei
- Te whakamomoka.

Ka kitea pea i ngā tamariki e noho ana i ngā kāinga kei reira te whakarekerekere ā-whānau:

- Te wehi
- Te wahangū, me te whakatōngā
- Te pukuriri
- Te whanonga pai ahua rerekē
- Ngā tohu o te whakarekerekere, marūtanga rānei
- Ngā panonitanga ohorere o te whanonga
- Te nui ngā ngaronga i te kura.

Tērā pea ko te hunga kua pāngia e te whakarekerekere ā-whānau:

- E wehi ana, e āmaimai ana
- E mokemoke ana, e mohoa ana
- E pōuri ana, e riri ana rānei
- E iti ana te manawanuitanga
- E whakatōngā ana
- E māharahara ana mō te whakautu a tētahi hoa aroha.

Mēnā e whakapae ana koe ko tētahi o ō hoa tata he pāpurenga o te whakarekerekere ā-whānau, he pai tonu ki te whakauru atu - tērā pea ka whakaora koe i tētahi. Ka taea pea e koe te pātai ake:

- E pai ana koe?
- E whakakinotia ana koe e tētahi atu?
- He mea anō hei mahi māku?

Ko ētahi atu mahi āwhina:

- Me waea atu ki ngā Pirihimana i ngā wā katoa ina whakaaro koe e mōrearea ana tētahi
- Kōrero mō te whai mahere haumaruru
- Me whakarongo, ā, me te āta whai whakaaro ki tāna e kōrero ana
- Kaua e tohutohu i a rātou - tukuna rātou ki te whakatau i ō rātou ake take, ahakoa pēhea te roa
- Tuku tautoko, kaua e tohutohu.

Haumarutanga Tuihono, Tuakiri hoki

He mātāpuna hira te ipurangi o te mōhiohio me ngā tikanga pāhekoheko ā-pāpori ki ngā tamariki, ngā taiohi me ngā pakeke hoki. E tika ana kia maharatia ake, tērā anō ngā mōreareanga, pēnei i te hara tāware ā-tuihono, ngā tinihanga, ngā whakaweti me te tūkino.



Pāpāho Pāpori

- ▶ Āta pānuitia ngā whiringa matatapu me te whakarite kia mārama pai koe ki ō mōtika, me ngā āhuatanga e pā ana ki ō raraunga. He rite anō hoki tēnei mō ngā whakahoutanga taipānga.
- ▶ Tautuhia tō kiwhaiaro kia matatapu ai, ā, me whakaae anake ngā tono hoa mai i te hunga e mōhio ana koe.
- ▶ Kaua e pōhi i tō wāhitau, tau waea, ētahi atu mōhiohio whaiaro rānei ki te ipurangi.



Ngā Tinihanga, Hara Tāware, Paraurehe

- ▶ Me tuku anake i ō mōhiohio whaiaro ki ngā tāngata me ngā rōpū e whakaponotia ana e koe.
- ▶ Kia mahara ake e kore rawa ngā pakihi tūturu e tuku ki a koe tētahi īmēra whai hononga hei whakaurunga atu.
- ▶ Kaua e whakautu ki ngā karere tinihanga, ahakoa tō pākiki.
- ▶ Ki te āwangawanga koe ki tētahi tono mō ō taipitopito, whāia ētahi hihiratangā ngāwari i te tuatahi. Haere tōtika ki te pae tukutuku a te kamupene, tē whai ai i te hononga ipurangi īmēra, waea hāngai atu ki te tari, toro atu rānei ki tētahi tari tata.
- ▶ Whakamahia tētahi kōwhiringa rapunga haumarū, ā, ka tautuhi anō i ō rorohiko ki te whakamahi i te Quad9 DNS hei āwhina ki te ārai atu i ngā kaitāhae mai i ō mōhiohio.

Mō ētahi atu mōhiohio, haere ki:

www.quad9.org



Ō Pūrere me ō Raraunga

- ▶ Tāutatia tētahi papatono haumarutanga ki tō rorohiko hei pare i ngā whakatumatutanga me ngā wheori.
- ▶ Tāutatia tētahi pūārai-whakatairanga hei pare i ngā pānuitanga kino. Kaua e pāwhiri i ngā pānui whakatairanga kei ngā pae tukutuku tauhou, whakaponokore rānei.
- ▶ Tautuhia ngā kupuhipa kaha me te whakamōtuhēhēnga āhua-maha
- ▶ Kia whai mahara ki ngā pūmanawa e tīkina ake e koe, ā, he aha ngā whakaaetanga e tukuna ana e koe ki ngā taipānga.
- ▶ Kia auau te pūrua i ō raraunga.
- ▶ Kia tūpato ina whakamahia ngā whatunga Wi-Fi tūmatanui - me karo ngā mahi rauangi i a koe e whakamahi ana i ēnei, pēnei i ngā mahi pēketanga tuihono



Haumarutanga Tamaiti

- ▶ Me mōhio ko wai ngā hoapā a tō tamaiti i runga ipurangi. Mēnā ehara rātou i ngā hoa ake o tō tamaiti, pātaitia tō rātou hononga ipurangi.
- ▶ Me mōhio he aha ngā pae hononga pāpori kei runga nei tō tamaiti, ā, he aha ngā kōrero e pōhitia ana e ia.
- ▶ Kōrero ki tō tamaiti mō ngā mōreareatanga o te tuku mōhiohio whaiaro tuihono.
- ▶ Kaua e tukua tō tamaiti ki te whakamahi i te rorohiko ki ngā wāhi muna o tō kāinga.
- ▶ Mēnā e ōhiti ana koe, kōrua ko tō tamaiti rānei, ki tētahi tangata i runga ipurangi, me haukotu wawe te whakapānga atu.

Mōhiohio me te Tautoko

Kāore e tika ana kia noho tahanga koe. E wātea ana te tautoko i ngā wā katoa

Tautoko Pārurenga

Mēnā ko koe te pārurenga o tētahi taihara, ahakoa pēhea te nui, e wātea ana te tautokotanga. Mā mātou koe e āwhina ki te whakahaere i ngā pānga pūkare, ōkiko hoki o te taihara, me te tuku mōhiohio hei āwhina i a koe kia mārama ai ki te tukanga ā-ture.

Rapua ētahi atu kōrero mā te toro ki:
www.victiminfo.govt.nz



Hauora Hinengaro

Waea Āwhina Depression

0800 111 757
Pātuhi 4202
www.depression.org.nz

1737

1737 — Waea me te pātuhi
www.1737.org.nz

Waea Āwhina Suicide Crisis

: 0508 TAUTOKO

The Lowdown

0800 111 757
Pātuhi 5626
www.thelowdown.co.nz

Lifeline

0800 LIFELINE
Pātuhi HELP, 4357 rānei
www.lifeline.org.nz

Ngā Tamariki me ngā Taiohi

Oranga Tamariki

0508 326 459 — 24 hāora
www.orangatamariki.govt.nz

Kidsline

0800 KIDSLINE

Bullying Free NZ

www.bullyingfree.nz/students

Youthline

0800 376 633
pātuhi 234
www.youthline.co.nz

Whakarekerekere Whānau

Women's Refuge crisis line
0800 733 843 — 24 hāora
www.womensrefuge.org.nz

Waea Mōhiohio Whakarekerekere Whānau
0800 456 450
www.areyouok.org.nz

Waea Āwhina ā-Motu o Shine
0508 744 633 — 9am ki te 11pm
www.2shine.org.nz

Shakti
Mā ngā wāhine o ngā hāpori manene me te rerenga
0800 742 584 — 24 hāora

Hononga ā-Motu o te whakamutu whakarekerekere
+64 03 391 0048
www.nnsvs.org.nz

Waea Āwhina Tūkino Kaumātua
0800 32 668 65 - 24 hāora

Koeretanga

Safe To Talk National Sexual Harm Helpline
0800 044 334 — 24 hāora
www.safetotalk.co.nz

National Collective of Rape Crisis
Waea Āwhina ā-Motu 24-hāora
0800 883 300

Women's Refuge
Waea Mōrearea ā-Motu 24-Hāora
0800 733 843 (0800 refuge)

Korowai Tūmanako
027 422 6282 (waea mōrearea 24-hāora)
027 370 2091 (waea mōrearea 24-hāora)

Waipiro me te Pūroi

Waea Āwhina Waipiro me te Pūroi
0800 787 797
Pātuhi 8681
www.alcoholdrughelp.org.nz

Te Hiringa Hauora
www.alcohol.org.nz

Te Tūāpapa Tarukino o Aotearoa
www.drugfoundation.org.nz

Haumarutanga Tuihono

Netsafe
0508 638 723
www.netsafe.org.nz

Ngā Aituā

Te Rākau Whakamarumarū
04 830 5100
www.civildefence.govt.nz

Get Thru
www.getthru.govt.nz

Te whakapā atu ki ngā Pirihimana

He maha ngā huarahi ka taea e koe te whiwhi mōhiohio anō, te whāki rānei i tētahi hara.

111

Tahi-Tahi-Tahi (111)

Waea atu ki 111 ina hiahia koe i tētahi urupare wawe mai i ngā Pirihimana, Kaipatu Ahi, Waka Tūroto rānei.

105

Tekau-Rima (105)

Waea atu ki Tekau Kore Rima (105) ki te whāki i ngā āhuatanga kāore e hiahia te āwhinatanga wawe a ngā Pirihimana.

*555

Whetū-Takitoru-Rima (*555)

Waea ki Whetū Takitoru Rima (*555) ki te whāki i ngā hauata huarahi kōhukihuki engari kāore he tūponotanga mate.

0800 555 111

Crimestoppers

Waea ki Crimestoppers ki te whāki muna i tētahi taihara. He rōpū mahi aroha motuhake a Crimestoppers.

Te whāki taihara ā-tuihono

Ka taea hoki e koe te whāki taihara pēnei i ngā ngarohanga taputapu, taputapu i tūkinohia, ringa kamakama me te mahi whānako i runga ipurangi mā te toro atu ki: 105.police.govt.nz

I te wā e whāki ana i te taihara

I te wā e whāki ana i te taihara, he mea nui tonu kia mahara ake kia kaua e pā atu ki tētahi mea ka noho pea hei taunakitanga, ā, mēnā e whai pānga ana, tango whakaahua (hei tauira, o ngā tūkinotanga, o te whakararutanga taputapu rānei).

Te whāki ā-kanohi i te taihara

Ka taea e koe te whāki taihara i tō whare Pirihimana tata mā te kōrero ki te tangata kei te taupaepae, māna koe e whakamōhio atu he aha ngā whakanekeke. Ka taea pea e koe te kōrero tika ki tētahi āpiha, ā, e wātea ana koe ki te mau atu i tētahi hoa tautoko.

Ki te rapu i tō whare Pirihimana tata, toro atu ki:

www.police.govt.nz/contact-us/stations

Puka Community Roadwatch

Ki te whāki i ngā hauata kōhukihuki-kore o te hautū waka koretake i te wā kāore koe e hiahia ana kia hāmenetia te kaihara, tēnā whakakīhia tētahi Puka Community Roadwatch kei te pae tukutuku pirihimana, ki tētahi whare Pirihimana tata rānei.

www.police.govt.nz/about-us/publication/community-roadwatch-form

**Kia Haumarū, Rongo Haumarū
Ngā Mōhiōhio Haumarū a ngā
Pirihimana o Aotearoa**

I whakaputaina i te © 2019

Te Pirihimana o Aotearoa
180 Tiriti o Molesworth,
Thorndon 6011
Te Whanganui-a-Tara

Tirohia ētahi atu mea:

Facebook / Twitter: @nzpolice

Instagram: @newzealandpolice

Paetukutuku: www.police.govt.nz/



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