

Ea'a te ka rauka iā koe i te rave?

Ka tupu te mamae, e te matakū na roto i to tatou au 'oire tangata, te kite ra i te turanga mākitakita. Me kua tukia'ia ana koe, to'ou 'ai taeake, me kore ra, kōpu tangata i te 'ākono'anga mākitakita, e mea pu'apinga i reira, te **turu**, te **rekōti**, e te **ripōti**.

1. Turu

'Akapāpu meitaki e, tei roto koe, e teta'i 'ua atu tei tukia'ia, i teta'i ngā'i ponuiā'au, tei mamao mei ko i te 'enemi. Me kua kite-mata koe, 'akatakataka meitaki kia kore te tangata/aronga tei tukia'ia e 'akarukena'ia koia/ratou anake 'ua, e te reira koe i te turu ia ratou.

2. Rekōti'ia te reira

Ka pu'apinga pa'a teta'i 'ua atu 'akairo tei rekōti'ia, me kore ra, tei tāporoporo'ia mei roto i te manamanatā, me rave'ia teta'i kimikimi'anga. Me ka rauka, rave'ia ki raro ake i te turanga ponuiā'au, ka rauka iā koe i te:

- Rekōti i teta'i vitiō, me kore ra, nene'i'ia te manamanatā.
- Tāporoporo i teta'i 'ua atu 'akairo
- Tātā i te 'akakitekite'anga no runga i te ora, te ngā'i, e te aronga (me kore ra, i te 'ākara'anga/tūtū-mata o te au tangata) tei roto i te manamanatā.

3. Ripōti'ia te reira

Ka rauka iā koe i te ripōti tika atu ki teta'i turanga tauturu (agency), me kore ra, ki te 'aka'aere waitata rava atu, me kore ra, ki teta'i tangata 'irinaki'ia - ko te 'aka'oro bus pa'a teia, te va'e'au tiaki (security guard), me kore ra, te turanga 'ārāve'i'anga tangata (reception). Ka rauka katoa iā koe i te 'akakite atu ki teta'i tangata ka rauka iā koe i te 'irinaki, i te turu e te tauturu iā koe i te ripōti'anga i te manamanatā.

Tāniuniu'ia te numero 111 me tei roto teta'i i te manamanatā.

Ka tauturu te ripōti'anga, i te 'ākono i to tatou au 'oire tangata kia ponuiā'au, kia mātūtū, e kia turu'ia.



Te Kāwanatanga o Aotearoa
New Zealand Government



Te Kāhui Tika Tangata
Human Rights Commission

Te tū'anga ta'okota'i i te tamaki i te mākitakita i roto i Aotearoa

Ka tutuki te mākitakita i teta'i 'ua atu, e ka 'akatupu i te mamae kia tatou pouroa, ki to tatou 'ai taeake, ki to tatou kōpu tangata, e ki to tatou au 'oire tangata.



Me te tarotokakā ra koe e, te ‘akakoro‘ia ra koe, teta‘i tangata kua kite koe, me kore ra, i teta‘i pupu tangata no runga i to ratou turanga basileia, ‘ākono‘anga pure, turanga tāne/va‘ine, turanga ‘inangaro tāne i te tāne/va‘ine i te va‘ine, mata‘iti, pakipakitai, me kore ra, no teta‘i ‘ua atu tu‘anga o to ratou turanga, e mea pua‘apinga kia ripōti‘ia teia.

E kite‘ia ana te mākitakita ki roto i te au tū ‘ākono‘anga/ rāvenga. Mei te ‘akakino na roto i te kapikipki‘anga ingoa tā‘akamā, te tākinokino, te ‘akakino‘anga na runga i te ‘ātuitui-roto-uira, te tākinokino‘anga ‘apinga, e te kika va‘ine/tane. Te ‘akakoro nei teia au peu, i te tāmamae, me kore ra, i te tāmātakutaku i te tangata (aronga), e na roto i te ‘oire tangata, no runga ‘ua nei i te ratou turanga.

Ka topa mai te mamae tei ‘akatupu‘ia e te mākitakita, me ripōti‘ia, na roto i te ‘o‘ora‘anga i te kino e tutuki nei te turanga mākitakita i roto i to tatou basileia. Ka ‘akamātūtū teia i te au turanga tauturu (agencies), i te āru, e te pāruru i teia au tu kino, ma te ‘ōronga katoa i te turu, kia ratou tei tukia‘ia.



Ripōti‘ia

Me kore koe e ripōti, kare i reira e rauka ‘ia matou i te turu.

Kua mārama matou, e ka ngatā rāi te tuatua‘anga no runga i teia au peu. E ma‘ata te au ‘iki‘anga na‘au, no te ripōti‘anga, e te kimi‘anga turu, pēra katoa te ngā‘i ponuiā‘au, e te kitea-kore‘ia, no te tuatua.

Te ‘Akavā

Me tei roto teta‘i i te manamanatā, me kore ra, te tupu nei te manamanatā i teia ‘ati‘anga [tāniuniu viviki i te numero 111](#).

Me kua tupu takere teta‘i manamanatā, e kare teta‘i e kino vave, [ripōti‘ia na runga i te ‘ātuitui-roto-uira](#) ki runga i te [105.police.govt.nz](#)

Netsafe

E putuputu‘anga ponuiā‘au i runga i te ‘ātuitui-roto-uira, kare e ma‘ani moni ana, e kare i raro ake i te kavamani, te Netsafe. Ka rauka iā koe i te ripōti i te au manatā mei te tākinokino i runga i te ‘ātuitui-roto-uira, te tāmātakutaku‘anga, e te ‘akakino tangata.

‘Ākara‘ia te [netsafe.org.nz/report](#)

Me kore ra, [tāniuniu‘ia te numero 0508 NETSAFE \(0508 638 723\)](#)

Te Tari Taiwhenua: Countering Violent Extremism Online

Na te Digital Violent Extremism Team, i ko i te DIA, te ‘anga‘anga pāruru i te iti tangata o Aotearoa kia ponuiā‘au, mei te mamae mei runga i te ‘ātuitui-roto-uira, na roto i te ‘ākara‘anga, e te pāruru‘anga i te toto‘a‘ia‘anga te au mea taukore te ‘akangāteitei‘ia nei, me kore ra, te ‘o‘ora nei i te au rāvenga kino rava atu.

‘Ākara‘ia te [dia.govt.nz/Countering-Violent-Extremism](#)

Crime Stoppers

E charity te Crime Stoppers, kare i raro ake i te kavamani, te ‘ōronga nei i te ‘iki‘anga ponuiā‘au, e te kite-kore‘ia, no te tuatua‘anga, e te ripōti.

Ka rauka ‘ia ratou i te pāti atu i ta‘au ‘akakitekite‘anga ki te putuputu‘anga tau, e ka ‘inangaro ratou kia mārama i ta‘au i kite, kare ra no runga iā koe ‘uā‘orāi.

‘Ākara‘ia te [crimestoppers-nz.org/report](#)

Me kore ra, [tāniuniu‘ia te numero 0800 555 111](#) no te komakoma atu ki teta‘i tangata tukatau i te pa‘u terepōni.

Te Kāhui Tika Tangata Human Rights Commission

E ‘ōronga ana te Kāhui Tika Tangata, i teta‘i turanga tauturu muna, e te tutaki-kore, no runga i te au uiui‘anga, e te au ‘aka‘apa‘anga no runga i te ‘akapae‘anga taukore i raro ake i te ture (unlawful discrimination), te ‘akakino no runga i te moe‘anga tāne/va‘ine, e te kai pākiri tangata (sexual and racial harassment), e te tuatua ‘akakino (harmful speech).

‘Ākara‘ia te [tikatangata.org.nz](#)

Me kore ra, [tāniuniu‘ia te numero 0800 496 877](#)

CERT NZ

Na te CERT NZ e rave ana i te ‘anga‘anga no runga i te cyber security threats i roto i Aotearoa. Ka turu ratou i te aronga tei tukia‘ia i te au manatā cyber security, ma te ‘ōronga i te ‘akakitekite‘anga, e te arataki‘anga.

‘Ākara‘ia te [cert.govt.nz/report](#)

Turu

‘Auraka e manako e, ko koe anake ‘ua.

Te vai ‘ua nei te turu.

Te Turu Tangata-tākinokino‘ia (Victim Support)

Me kua tākinokino‘ia koe, noātu te pakari o te kino, te vai nei te turu. Ka rauka i te Victim Support, i te tauturu no runga i te turanga ngākau mamae, e te au manatā no runga i te tākinokino‘ia‘anga, ma te ‘ōronga i te ‘akakitekite‘anga tauturu iā koe, kia mārama i te au rāvenga i raro ake i te ture.

‘Ākara‘ia te [victimsupport.org.nz](#)

Me kore ra, [tāniuniu‘ia te numero 0800 842 846](#)

Te turu no runga i te Maki-manako (Mental health support)

Te vai nei te au tū rāvenga, e te au tū turanga tauturu, pērā katoa te au turanga terepōni, e te ātuitui-roto-uira, e te ‘akakitekite‘anga, e te turu‘anga mata-ki-te-mata.

[Depression Helpline](#)
[Tāniuniu‘ia te numero 0800 111 757](#)
[Patapata‘ia te numero 4202](#)
[‘Ākara‘ia te depression.org.nz](#)

[1737](#)
[Tāniuniu‘ia me kore ra, patapata‘ia te numero 1737](#)
[‘Ākara‘ia te 1737.org.nz](#)

[Suicide Crisis Helpline](#)
[Tāniuniu‘ia te numero 0508 TAUTOKO](#)

[The Lowdown](#)
[Tāniuniu‘ia te numero 0800 111 757](#)
[Patapata‘ia te numero 5626](#)
[‘Ākara‘ia te thelowdown.co.nz](#)

[Lifeline](#)
[Tāniuniu‘ia te numero 0800 LIFELINE](#)
[Patapata‘ia te HELP me kore ra, te numero 4357](#)
[‘Ākara‘ia te lifeline.org.nz](#)

Te turu i roto i te ‘Oire (Community support)

[Neighbourhood Support](#)
E ‘anga‘anga ta‘okota‘i ana ki roto i te ‘Akavā, i te ta‘okota‘i‘anga i te au matakeinanga i te ‘akatupu i te au ‘oire tangata ponuiā‘au, mātūtū, e te ‘ātuitui‘ia.

‘Ākara‘ia te [neighbourhoodsupport.co.nz](#)

Me kore ra, [tāniuniu‘i te numero 0800 4 NEIGHBOURS](#)

Police Liaison Officers

[Iwi Liaison Officers](#)
E ‘anga‘anga pu‘apinga ta ratou i te ‘ākara‘anga meitaki i te kaveinga o te ‘ākono‘anga Māori, e te ‘akamātūtū‘anga i te piri‘anga i rotopu i te ‘Akava, e te Māori.

[Ethnic and Pacific Liaison Officers](#)
Te ‘anga‘anga nei ki roto i te au ‘oire tangata, na roto i te basileia, ka ‘akarongo ratou ki to‘ou au manatā, ma te tautā i te ‘akapu‘apinga i te turanga ponuiā‘au i roto i to‘ou au ‘oire tangata.

[Diversity Liaison Officers](#)
Te ‘ōronga nei ratou i te ‘ātui‘anga i rotopu i te ‘Akavā, e te aronga i roto i to tatou ‘oire tangata, te karanga‘ia ana ē, e gay, lesbian, bisexual, transgender, intersex e te queer.

No te ‘ārāvei atu i to‘ou Liaison Officer, [‘ākara‘ia te police.govt.nz/contact-us/local-contacts](#)