

He aha ka taea e koe?

Ki te pā mai te kino ka nui pea te rere o te whakamamae me te matakū i roto i ō tātau hapori. Mēnā kua pāngia koe, ō hoa, tō whānau rānei e ngā mahi kino, he mea nui te **tautoko**, **tāhopu**, me te **tuku pūrongo**.

1. Tautoko

Me mātua whakarite kei tētahi wāhi haumarū koutou ko ētahi atu kei te pā kinotia, kia tawhiti atu i te nanakia. Mēnā he kaiwhakaatu koe, me mātua whakarite kāore te tangata/tāngata rānei kua pā kinotia i te noho tōtahi, ā, kei reira koe ki te tautoko.

2. Me hopu

He mea nui pea ngā whakaaturanga ka hopukia, ka puritia rānei mai i te raruraru mēnā ka tūhuratia. Mēnā ka taea, kia haumarū te mahi:

- Hopukina tētahi ataata, whakaahua rānei o te raruraru
- Puritia ngā whakaaturanga ōkiko
- Tuhia ngā taipitopito o te wā, te wāhi, me ngā tāngata (whakaahuatanga rānei o ngā tāngata) i roto.

3. Te tuku pūrongo

Ka taea e koe te tuku pūrongo tōtika ki tētahi tari, me kōrero atu rānei ki tētahi tangata whai mana tūtata, tētahi tangata rānei he mana ōna - arā ko tētahi kaitaraiwa pahi pea, he kaupare māhie, he taupaepae rānei. Me kōrero hoki ki tētahi atu e pono ana koe ka taea e ia koe te tautoko me te āwhina ki te pūrongo i te raruraru.

Me waea atu ki 111 mēnā kei te noho mōrearea te tangata.

Ka āwhina te tuku pūrongo kia noho haumarū, kia pakari, ā, kia tautokona ō tātau hapori.

Te tū takitahi ki te kino i Aotearoa

Ka whai pānga te kino ki te tangata ahakoa ko wai, ā, ka whakamamae i a tātau katoa, ō tātau hoa, o tātau whānau, me ō tātau hapori hoki.



Te Kāwanatanga o Aotearoa
New Zealand Government



Te Kāhui Tika Tangata
Human Rights Commission



Mēnā e whakapae ana koe kei te mahi kinotia koe, he tangata e mōhio ana koe, he rōpū rānei nā te mātāwaka, whakapono, tuakiri ira tangata, tuakiri hōkakatangana, taipakeke, hauātanga, tētahi atu wāhanga rānei o tōna tuakiri, he mea nui te tuku pūrongo mō tēnei.

He rerekē te āhua o ngā tūmomo mahi o te kino. Mai i te tāwai, te nonotitanga, te kanga tuihono, te tūkino taihara, te patu, me te koeretanga. Ko te pūtake o ēnei mahi he whakamamae, he whakamataku rānei i te tangata me ngā hapori whānui nā tō rātau āhua.

Mā te pūrongo ka whakaiti i te mamae ka puta i te kino mā te hopu i te tirohanga whānui o te āhua o te kino ki tō whenua. Mā tēnei ka taea e ngā tari te whaiwhai me te ārai i aua whanonga, me te tuku tautoko, ki ērā kua pā kinotia.



Pūrongo

Ki te kore koe tuku pūrongo, tē taea e tātau te tautoko.

Kei te mōhio mātau ka uaua pea te kōrero mō ēnei āhuatanga. He maha ngā kōwhiringa ki a koe ki te tuku pūrongo me te rapu tautoko, tae atu ki te wāhi e haumarua ai, e kirimuna ai tō kōrero.

Ngā Pirihimana

Mēnā kei te noho mōrea te tangata, kei te pā mai he raruraru i tēnei wā tonu, [me wawe te waea atu ki 111](#).

Mēnā kua pā mai he raruraru, ā, kāore he tangata i te noho mōrea, [me pūrongo tuihono i 105.police.govt.nz](#)

Netsafe

Ko Netsafe te whakahaere haumarua tuihono motuhake, huamoni-kore o Aotearoa. Ka taea e koe te pūrongo ngā raru tae atu ki te tūkino tuihono, te whakaweti me te nonotitanga.

[Haere ki netsafe.org.nz/report](#)

[Waea rānei ki 0508 NETSAFE \(0508 638 723\)](#)

Te Tari Taiwhenua: Te Ātete i te Angahāruki Whakarekerekere Tuihono

Kei te Rōpū Angahāruki Whakarekerekere Matihiko te kawenga kia noho haumarua te iwi o Aotearoa mai i ngā whakamamae tuihono mā te urupare me te ārai i te hōrapa o ngā rauemi whakarihariha e hāpai ana, e whakatenatena ana rānei i te angahāruki whakarekerekere.

[Haere ki dia.govt.nz/Countering-Violent-Extremism](#)

Crime Stoppers

He kaupapa aroha motuhake a Crime Stoppers e tuku ana i tētahi kōwhiringa haumarua me te kirimuna hei kōrero me te pūrongo.

Ka tukuna e rātau ngā mōhiohio ka tukuna atu e koe ki te whakahaere tika, ā, e hiahia ana kē rātau ki te mōhio he aha ōu mōhio, ehara ko wai koe.

[Haere ki crimestoppers-nz.org/report](#)

[Waea atu ki 0800 555 111](#) ki te kōrero ki tētahi kaikorero ā-waea matatata.

Te Kāhui Tika Tangata

E whakarato ana a Te Kāhui Tika Tangata i tētahi ratonga koreutu, matatapu hei āwhina me ngā uiui me ngā amuamu mō te whakahāwea poka noa, te mahi whakaaito me te kaikiri, me ngā kōrero takakino.

[Haere ki tikatangata.org.nz](#)

[Waea rānei ki 0800 496 877](#)

CERT NZ

E urupare ana a CERT ki ngā tuma haumarutanga ā-ipurangi i Aotearoa. E tautoko ana rātau i te hunga e pā kinotia ana e ngā āhuatanga haumarutanga ipurangi, me te tuku mōhiohio me te tohutohu.

[Haere ki cert.govt.nz/report](#)

Tautoko

Kāore e tika ana kia noho tahanga koe.

E wātea ana he tautoko i ngā wā katoa.

Tautoko Pāpurenga

Mēnā ko koe te pāpurenga o tētahi taihara, ahakoa pēhea te nui, e wātea ana ngā tautoko. Ka taea e Victim Support te whakarite ngā pānga kare ā-roto, whaikiko hoki o te taihara me te tuku mōhiohio hei āwhina i a koe kia mārāma ki te hātepe ture.

[Haere ki victimsupport.org.nz](#)

[Waea rānei ki 0800 842 846](#)

Ngā tautoko hauora hinengaro

Kei reira ngā tūmomo rauemi me ngā ratonga rerekē e wātea ana hei āwhina, tae atu ki ngā ratonga waea, tuihono hoki me ngā mōhiohio, me ngā tautoko kanohi ki te kanohi.

Depression Helpline

[Waea 0800 111 757](#)

[Patowaea 4202](#)

[Haere ki depression.org.nz](#)

1737

[Waea, patowaea rānei ki 1737](#)

[Haere ki 1737.org.nz](#)

Suicide Crisis Helpline

[Waea 0508 TAUTOKO](#)

The Lowdown

[Waea 0800 111 757](#)

[Patowaea 5626](#)

[Haere ki thelowdown.co.nz](#)

Lifeline

[Waea 0800 LIFELINE](#)

[Patowaea HELP tērā rānei 4357](#)

[Haere ki lifeline.org.nz](#)

Tautoko hapori

Neighbourhood Support

Ka tautoko me ngā Pirihimana ki te whakakotahi i ngā takiwā noho kia haumarua, kia tū pakari, kia honohono tahi ngā hapori.

[Haere ki neighbourhoodsupport.co.nz](#)

[Waea rānei ki 0800 4 NEIGHBOURS](#)

Ngā Kaitakawaenga Pirihimana

Ngā Kaitakawaenga ā-Iwi

He wāhanga hira mō te whakarite i ngā take tikanga Māori me te mahi kia pai ake ngā hononga o ngā Pirihimana ki te Māori.

Ngā Kaitakawaenga Mātāwaka me Te Moananui-a-Kiwa

Te mahi tahi me ngā hapori puta noa i te motu, ka whakarongo rātau ki ō māharahara me te mahi kia pai ake te noho haumarua i roto i ō hapori.

Ngā Kaitakawaenga Kanorau

He takawaenga i waenga i ngā Pirihimana me te hunga e kī ana rātau he tāne moe tāne, wahine moe wahine, taeraru, takatāpui, ira tangata tauwhiti me te irakē.

Hei whakapā atu ki tō

[Kaitakawaenga o tō rohe, haere ki police.govt.nz/contact-us/local-contacts](#)