



# Ngā mea hei tūmanako māu i te Kōti Whānau

He nui pea te ahotea o te haere ki Kōti Whānau i muri i tētahi wehenga, ina rerekē rānei te āhuatanga o te whānau. He āwhina pea kei roto i te kōrero ki tō rōia, tētahi kaiārahi rānei i te tuatahi.

Me rapu koe i ngā mōhiohio me pēhea te whakapā atu ki tētahi kaiārahi kei te whārangi o mua.

# Te takatū mō te kōti



## Ngā mea hei tiro tiro i mua i te haere ki te kōti

- Te whakarite kia tiakina te tamaiti**  
Kāore te kōti e tiaki tamariki, nō reira māu anō tēnei e whakarite.
- Me whakamōhio atu ki te kōti mēnā kei te hiahia kaiwhakamāori koe**  
Mēnā kei te hiahia kaiwhakamāori koe, tae atu ki te reo Māori me Te Reo Rotarota o Aotearoa, me wawe tonu tō whakamōhio atu ki te kōti. Ka taea e ngā kaimahi kōti te āwhina i a koe me tēnei.
- Ka āhei koe ki te heri i tētahi kaitautoko**  
Ka āhei tō kaitautoko ki te tatari i tō taha i ngā wāhi tūmatanui, engari mēnā kei te hiahia koe kia uru mai ia ki te kōti me pātai koe ki te kaiwhakawā. Ka taea e koe tō rōia, ngā kaimahi kōti rānei te āwhina me tēnei.
- Ngā kuhunga ka taea e te katoa me te hangarau i rō kōti**  
He kuhunga ō te kōti ka taea e te katoa, he hangarau rongo me ngā tūru kē i roto i ngā rūma kōti. Me whakamōhio atu ki te Kōti mēnā kei te hiahia tautoko urutanga koe kia taea e rātau te whakarite mai.
- Ngā āpiha whakamaru kia noho haumarau ai te katoa**  
Kei te kōti ngā āpiha whakamaru kia noho haumarau ai te katoa. Mēnā me whiwhi tautoko whakamaru koe, me wawe tonu te whakamōhio atu ki te Kōti ina tae atu. Ka taea anō e koe te kōrero ki tō rōia, ngā kaimahi kōti rānei.

## Te tae atu ki te kōti

Ina tae atu koe ki te kōti, ka tiro tirohia haumarutia koe i tō kuhunga atu. Arā, ka kuhu koe mā tētahi mīhini kimi maitai, ā, ka tiro tirohia āu mea ake pea e ngā kaimahi whakamaru. Ka tangohia pea ngā mea whakamōrea i te haumarau, te haumarutanga rānei, ā, ka whakahokia ki a koe ina wehe koe.

Ka arahina koe e ngā tohu i roto i te whare kōti me haere koe ki hea. Mēnā kei te hiahia āwhina koe, me pātai atu ki te kiripaepae, kōrero ki ngā kaimahi rānei.

## Ko wai kei roto i te kōti





## Ngā whakahaere i roto i te kōti

Kei te katia te Kōti Whānau ki te iwi whānui. Ko te tikanga o tēnei ko ngā tāngata anake kei roto i te hui, te whakawātanga rānei, rātau rānei i whiwhi whakaaetanga mai i te kaiwhakawā, ka āhei ki te haere atu.

Ko te tikanga ka haere atu koe ki tētahi hui, ki tētahi whakawātanga rānei i te Kōti.

### Ka āwhina te kaiwhakawā ki te whakarite i te whakahēnga

I tētahi hui kēhi, ka hui ngā tāngata katoa kei roto i te whakahēnga tiaki tamariki me te kaiwhakawā me ngā rōia ki te kōrero mō ngā mahi whai ake.

I tētahi hui whakataunga, ka āwhina te kaiwhakawā i ngā tāngata katoa kei roto ki te whakarite i te whakahēnga tiaki tamariki.

### Ka tuku whakataunga te kaiwhakawā

He ōkawa ake te whakawātanga. Ka tirohia e te kaiwhakawā ngā whakaaturanga, hei tauria, ngā kōrero whakaoati, te whakarongo rānei ki ngā kaiwhakaaatu, hei tuku whakatau mō te whakahēnga tiaki tamariki.

Mā te kaiwhakawā koe e whakamōhio atu mō āhea koe kōrero ai. Mēnā he rōia tōu, ka kōrero ia mōu hāunga mēnā kei te tuku whakaaturanga koe.

He mea nui kia mārama koe kei te aha. Ka āhei koe ki te tuku pātai i rō kōti, engari me kōrero koe ki tō rōia, te pātai rānei ki te kaiwhakawā mō āhea koe ka kōrero.

### Ka whakamāramahia mai e te kaiwhakawā ka aha ā muri ake

Ina mutu tō hui, whakawātanga rānei, ka whakamāramahia mai e te kaiwhakawā ka aha ā muri ake. Arā, ka mate pea koe ki te hoki mai ki te kōti i tētahi atu rā.

## Ka taea e koe ngā āwhina tohutohu ahakoa te wā

He pai tonu pea te kōrero ki tētahi rōia ina whakarite ana i tētahi wehenga, ina rerekē rānei te āhuatanga o te whānau. Mēnā kāore koe i te mōhio ki hea timata ai, me haere ki tō Community Law Centre, [communitylaw.org.nz](http://communitylaw.org.nz) rānei.



## He tika tōu kia noho haumaruru

Ka taea e koe he āwhina mēnā ki ōu whakaaro kāore koe, tētahi atu rānei i te noho haumaruru.

- Mēnā kei te tino noho mōrearea koe, tētahi atu rānei, me waea atu ki 111
- Haere ki [justice.govt.nz/family-violence](http://justice.govt.nz/family-violence)
- Haere ki [areyouok.org.nz](http://areyouok.org.nz)
- Waea koreutu ki 'Are You Ok' i 0800 456 450



# Ki hea tiki tautoko

## Kei tō hapori

Ka taea e ngā Kaiārahi, Ngā Kaiwhakarite Kōti Whānau me ngā kaimahi kōti te ārahi i a koe ina whakariterite ana i ngā whakaritenga tiaki tamariki, engari kāore e taea te tuku tohutohu ture.

Ka taea anō e te Kaiārahi te hono i a koe ki ngā ratonga tautoko hapori i tō rohe.

### Whakapā:

- Haere ki te kōti o tō rohe
- Īmēra kaiarahi@justice.govt.nz
- Waea atu ki Te Tāhu o te Ture i 0800 224 733

## Ngā whakahaere hei āwhina i a koe

### Ngā Pou Whakawhirinaki o Aotearoa

Ka āwhina i a koe kia mārāma koe ki ō tika me te whakakī i ngā puka.

- Waea koreutu 0800 367 222
- Haere ki [cab.org.nz](http://cab.org.nz)

### Community Law Centre

E whakaratoa ana ngā āwhina ture koreutu, matatapu takitahi mā ngā tāngata puta noa i Aotearoa. Haere ki [communitylaw.org.nz](http://communitylaw.org.nz)

### Family Services Directory

He rārangi ratonga tautoko tā rātau e āwhina ana i ngā whānau puta noa i Aotearoa. Ko ēnei ratonga mai i ngā whare noho ki ngā tumu kōrero.

- Waea koreutu 0800 211 211
- Haere ki [familyservices.govt.nz/directory/](http://familyservices.govt.nz/directory/)

## CCS Disability Action

Ko tā rātau he tuku mōhiohio me ngā tautoko ki te hunga hauā me ō rātau whānau.

### Whakapā:

- Waea koreutu 0800 227 200
- Īmēra [info@ccsDisabilityAction.org.nz](mailto:info@ccsDisabilityAction.org.nz)

## Te Tari Mātāwaka

He rārangi ratonga tautoko ta rātau, tae atu ki ngā whakahaere whakapono, hei āwhina i ngā hapori mātāwaka.

- Waea koreutu 0800 656 656
- Haere ki [ethniccommunities.govt.nz](http://ethniccommunities.govt.nz)

## Tumu kōrero

Mō ngā tautoko ngaio mō te hauora hinengaro, ētahi atu raru rānei, whakapā atu ki:

- Need to Talk – Waea koreutu, patowaea rānei ki 1737, haere rānei ki [1737.org.nz](http://1737.org.nz)
- Lifeline – Waea koreutu ki 0800 543 354, patowaea rānei ki 4357
- Skyline – Waea koreutu ki 0800 299 100, haere rānei ki [skyline.org.nz](http://skyline.org.nz)

## Mā ngā tamariki me ngā taiohi

- What's Up – Waea koreutu ki 0800 942 8787
- Youthline – Waea koreutu ki 0800 376 633, patowaea rānei ki 234

## Ki te kore koe e haumarū

- Haere ki [areyouok.org.nz](http://areyouok.org.nz)
- Waea koreutu ki 'Are You OK' i 0800 456 450



- Haere ki [justice.govt.nz/care-of-children](http://justice.govt.nz/care-of-children)
- Waea atu ki Te Tāhu o te Ture i 0800 224 733