

TE ŌHANGA MARORE A MANUNUI

The delicate nest of Manunui



KO TE RONGO TAKETAKE
TE KŌHANGA TANGATA

Great peace is the environment that nests humanity



Whanaungatanga

Stay connected, spend quality time together, celebrate your relationship with and for each other, do things together.

Mana Ōrite

Equity removes the illusion of discipline, power and authority within the home. Respect each other by listening carefully and speaking thoughtfully.

ALCOHOL DURING LOCKDOWN

WHAT'S THE PROBLEM?

- Alcohol during lockdown is easily accessible, and can add fuel to already stressful whānau situations.
- Alcohol is a leading cause of violence and accidental deaths
- Increasing frequency and volume of alcohol will cause long term health problems

TIPS TO KEEP SAFE

- Reach out to friends and whānau if you feel your drinking is becoming harmful
- Have food before or while drinking
- Reduce the amount of alcohol purchased at one time
- Aim to only drink later in the evening



HĀPAI TE HAUORA



TĀTAIHONO