

Ko te tuku pūrongo, te tūhuratanga me ngā whakahaere o te kōti mā ngā pārurenga koeretanga

Mō ētahi atu tohutohu, ataata, rauemi hoki haere ki [sexualviolence.victiminfo.govt.nz](http://sexualviolence.victiminfo.govt.nz)



Mā te hunga e pāngia ana e te koeretanga  
For people affected by sexual violence

**Pā mai ai ngā koeretanga**

Kei a koe te tikanga mēnā ka kōrero atu koe ki ngā Pirihimana mō ngā āhuatanga i pā ai ki a koe, kāore rānei.



**Whākina te koeretanga ki ngā pirihimana**

Ka taea te mahi tēnei mā runga waea, mā te haere rānei ki te teihana pirihimana.



**Te tūhuratanga a ngā pirihimana**

Kāore e tino mōhio e hia te roa o te tūhuratanga, engari ka whakapā haere ngā pirihimana ki a koe.

Ka hopukia te tangata hara, ka hāmenehia hoki i runga i ētahi āhuatanga, pērā i ngā whakaaturanga katoa me ētahi atu take.

**Te hopu me te hāmene**



Ka hipa pea ētahi marama, he tau rānei i waenga i te hopukanga me te whakawātanga

Ka kī te whakapaenga mēnā kua hara ia, kāore rānei

I roto i te whakawātanga ko te tangata e whakapaetia ana mō te taihara ko ia te whakapaenga

**Kāore i hara**

Ka taea e te whakapaenga te kōwhiri mēnā ka whakawāhīa ia e te hunga whakawā, e te kaiwhakawā anake (i te nuinga o te wā mā te hunga whakawā).



1 tau (neke atu rānei)



**Whakawātanga**

- Ka taea te tono kia kite i te kōti, kia tūtaki hoki i te kaiwhiui i mua i te whakawātanga.
- He 2-4 rā te roa o te whakawātanga i te nuinga o te wā.
- Me tuku whakaaturanga koe ki te kōti.



Mā te hunga whakawā, kaiwhakawā rānei e tuku te whakataunga (i roto i ētahi haora)



**Whakataunga**

**Kāore i hara mō ngā whakapae katoa**

- Ka wātea te whakapaenga ki te haere

**Kua tārewa te hunga whakawā**

- Kua kore te hunga whakawā e whakaae tahi
- Ka tū anō pea he whakawātanga

**Kua hara**

- Kua hara mō ētahi, mō ngā hara katoa rānei



4+ wiki



**Whakatau whiui**

- Mā te hunga whakawā e whakatau ka ahatia te whakapaenga, e whai whakaaro ana ki ētahi āhuatanga, tae atu ki te pānga ki a koe.
- Mā tō tauākī pānga pārurenga e mōhio ai te kaiwhakawā i te pānga ki a koe. Ka āhei pea koe ki te pānui i tō tauākī ki te kōti.
- Mēnā kei te māharahara koe mō anō ka taea te tono kia uru tētahi whakahau whakamarutanga ki roto i te whiui.

**Ka pira pea te whakapaenga**

**I muri i te whiunga**

Mēnā kei runga koe i te Rēhita Whakamōhio Pārurenga, ka whakamōhioia atu koe mō te tukuhere, aha atu aha atu