

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

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 whakawāhia 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 kaiwhiu 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 whiu

- 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 mōu anō ka taea te tono kia uru tētahi whakahau whakamarutanga ki roto i te whiu.

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