

Change starts with you!

We all have a part to play in creating positive change.
What can you do to strengthen your whānau?

IDEAS FOR WHĀNAU:

- Raise the issues, talk about them openly and encourage others to do the same – problems and family violence flourish where there is secrecy and shame
- Develop your own tikanga for today – talk with whānau around what you can do together to keep safe and strong
- Identify and talk about the values and behaviours that are important
- Get whānau together to discuss the E Tū Whānau values and what they mean for your whānau
- Agree on ways of dealing with issues of violence if they arise – establish some rules around what is ok and what is not, and what to do about any transgressions
- Talk about your whakapapa and instil pride in your whānau – share your stories, write them down
- Make your home a sanctuary for your tamariki and mokopuna – clean, warm, loving and safe
- Openly show your children the love and respect you have for your partner – be good role models
- Praise your whānau for the good things that they do
- Establish clear boundaries – with every right comes a responsibility
- ‘Think big’ for your whānau – have dreams for the future and build a clear pathway to achieve these
- Focus on your whānau strengths – talk about what they are, celebrate them and build on them
- Put up the E Tū Whānau posters, pass along the cards and talk with your whānau whenever you can (at the dinner table or at special events)
- Look at the messages on the E Tū Whānau resources – many of these include actions that will help to make your whānau strong
- Sign the E Tū Whānau Charter of Commitment
- Join the online community at etuwhanau.org.nz & facebook.com/etuwhanau.