

Change starts with you!

We all have a part to play in creating positive change. E Tū Whānau can support your work to strengthen your families and communities.

IDEAS FOR DIVERSE COMMUNITIES:

- Use the E Tū Whānau values – *aroha, whakapapa, mana manaaki, tikanga, whanaungatanga, kōrero awhi* – as a starting point to reflect on your own heritage, traditions, values and rituals
- Open up dialogue within your community about what these values mean within the New Zealand context and how they can be used to strengthen and protect families
- Discuss the following E Tū Whānau messages (and the resources) and how they might be meaningful within your community:

Your ancestors sit on your shoulders to keep your feet on the ground

The world and all things in it are treasures; but the most treasured of all is your mother

Leave big footprints for your children to follow

Becoming a father is easy; being a dad isn't

- Find creative ways to express these messages and values in a way that is meaningful for your community
- Pass on family histories and stories within your families and communities (talk about them and write them down) to keep important traditions and cultural strengths alive for the next generations
- Use your cultural strengths and heritage as a foundation to create new memories and a positive future here in Aotearoa – ***what have we bought with us that make us strong and resilient and will pave a bright pathway forward for the next generation?***
- Find ways to celebrate and share stories of inspiration, courage and success from within your community
- Raise and address difficult family issues in a way that works best for your particular community
- Find partners and allies to support your community to find your own solutions to community issues
- Join the online community at etuwhanau.org.nz & [facebook.com/etuwhanau](https://www.facebook.com/etuwhanau)
- Sign the E Tū Whānau Charter of Commitment online (as individuals and / or as a group or community) to make a stand against violence.