

# Māori values help to protect whānau

## COMMUNITY COHESION

### Supporting and looking out for each other

Living in communities with strong social cohesion has a protective effect and can reduce the risk of violence, even when other family risk factors are present.

Cohesive communities can:

- refuse to tolerate violence or abuse
- hold transgressing community members to account for their actions
- take a stand on issues such as alcohol and drugs
- look out (and stand up) for other community members
- provide informal support structures within their community.

### E Tū Whānau values that support community cohesion

- **Tikanga**
- **Mana / Manaaki**
- **Whanaungatanga**
- **Whakapapa**

Some of the things we do to build these values in our homes and communities:

- *We operate within tikanga to keep whānau well when dealing with sensitive topics that require open kōrero and hard decisions*
- *We stand together to provide strength and support*
- *Our tamariki are very clear about behaviour that is tika in our whānau and the wider community*
- *We utilise our marae to facilitate kōrero and debate*
- *There are clear roles and responsibilities within our whānau*
- *We are not afraid to stand up and speak out when whānau members transgress*
- *There are sanctions for those who transgress; we also support them to make positive change*
- *We give tamariki positive messages about themselves and how to feel good without drugs and alcohol*
- *We try our best to be good role models at home*
- *We grow the strength of our whānau members and help build leaders*
- *We feel connected with nature and the world around us and we respect this connection*
- *We connect regularly with whānau - we know one another and when things are going wrong or right.*

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