Women's Refuge

10%

FACT SHEET: **POWER AND CONTROL WHEEL**

A-TINANA TŪKINO À-TAERA

MANA

KAHA ME TE

MANA

PUPURI

RĀKAU

SORRAN

NGĂ MAHI AKIAKI ME TE WHAKATUMA

Te whakatuma i a ia, te whakatuma rönei kötohi ka whakamamae i a ia te whakotuma ka whakorerea ia e kae, kia whakamomori ia i a ia, ka whäkina a ia e koe ki te hunga tako i te ora te whokahau i a ia kia tukuna ana kupu whakapae • te mea i o io kia takahi i te ture

WHAKAMAHI I TE TÜKINO TAONGA OHAOHA

Te orai i a ia i te whiwhi, ki te puri mahi • te whakahau i a ia kia inci moni • te hootu he tõpoenga moni mõna • te tango i ona moni • te waiho i a ia kia noho kūare ana e pā ana ki, te whai wāhi atu rönei ki, ngö whiwhingo moni ö-whönau

WHAKATUMA

TE

Te whakamataku i a ia mā tā titiro, o mohi, o tohu ô-tinona mö te tukituki taputapu
te tukituki i àno rawa • te túkino i ngô môkoi • te whokootu rákou potu

TE WHAKAMAHI I TE MAHI TÜKINO **ARONGANUI HEI** RĂKAU

Te whakoiti i a ia • te mea i o io kio whakaaro he wahine kino ia • te whakapapa i étahi ingoa kino môna • ki te mea i a ia kia whakapono kua pôrangi kê ia · te whokotinihanga i te hinengaro, te whokomôroro i a ia • te mea i o io kia whakaaro nõna tonu te hê.

MÅ TE WHAKANOHO WEHE

Te pupuri: i åna mahi • ko wai hei

kitengo hei kõrerotango otu mõno

i ngà mea hei pănuitanga măna

 i ngà wàhi hei hoerengo màno kia iti ana whakapāpātanga atu

toroweti hei whokomono i

ona mahi.

TE WHAKAMAHI I TE TÛ WHAKA RANGATIRA

Ki te whokamökoi i a ia • mõu anake engõ whakarite nunui e whakatau • te tù me te mea nei ko koe tonu te kingi o tõ pä maiore mou e whokarite ngà mohi hei mohinga mā kārua • te whakaiti i a ja në runge i tana mome tangata, WHAKAMAHI ira tengeta, houotango à TAMARIKI HEI tinana rônei, kia môhia

ai ia ki te wàhi kua Te mea i a ia kia whakoaro whakaritea e kua hara ia ki ngè tamariki • koe môno te whokomohi i ngô tomoriki hei koikowe kôrero • te whokomohi i ngö torongo-kite-tamariki hei whakat iwheta i a ia • te whakatuma ka tangohia mai ngà tamariki i e ia.

ki waho. • Te whakamahi i te WHAKAITI. WHAKAKAHORE

ME TE WHAKAPAE Te whokohouworeo i te tükinatanga me te kore äro atu ki ona méharaharatanga • te ki kõore i tüpono te tükinotonga + te tápoe i te kawenga o te whanonga tűkino te ki otu nono kë te hë.

E āhua rite ana ki te tauira a: Domestic Abuse Intervention Project Duluth, MN 218/722-4134

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To contact your local Women's Refuge look under "W" in the White Pages, call the Police, or check out the website www.womensrefuge.org.nz. In an emergency call 111. For further information, contact Women's Refuge National Office at info@refuge.org.nz, or PO Box 11074, Wellington. To donate \$20 to Women's Refuge call 0900 REFUGE (0900 73384).

A.TINANA TŪKINO A.TAERA