

KIA MŌHIO KOE?

NICOTINE

I MŌHIO RĀNEI KOE HE KAI WHAKAPIRI I TE NIKOTINI KEI TE TUPEKA ME TE NUINGA O NGĀ HUA MOMIREHU

MOMINGIA AI KI RŌ HIKARETI, ENGARI KA TAEA ANŌ TE MOMI Ā-MOMIREHU, TE NGAU, TE WHAKANGĀ RĀNEI HEI TUPEKA KONATU. HE WARANGA TE NIKOTINI, Ā, HE UAUU TE WHAKAKORE I TE MEA KA WAIA TŌ TINANA KI TŌNA ĀHUA. HE NUI TE TŪKINO KI TŌ HAUORA I NGĀ MATŪ MANOMANO KEI ROTO I TE HIKARETI.

INA WHAKANGĀTIA TE NIKOTINI, KA WHAKAOHO I TŌ TINANA, KA PIKI TE HOTO MANAWA ME TE PĒHANGA TOTO.

I AOTEAROA HE TAIHARA TE HOKO HUA NIKOTINI, TAE ATU KI NGĀ MOMIREHU, KI TE HUNGA KEI RARO I TE 18 TĀU, HE TAIHARA HOKI TE HOKO A TE PAKEKE MĀ TĒTAHI ATU.

KA WHAKAOHO TE NIKOTINI I NGĀ WĀHANGA O TE RORO, E RONGO AI I TE REKAREKA.

INA MOMI, MOMIREHU RĀNEI KOE, TĒRĀ PEKA KA MAURI TĀU, KA WHAKAMAHURU, KA HĀKOAKOA, KA WHAKAHOAHOA HOKI TE NOHO.

KO TE HUA O TE MAUNUWARA NIKOTINI KO TE KUMAMA, KO TE ANIPĀ ME TE KŪRARURURU.

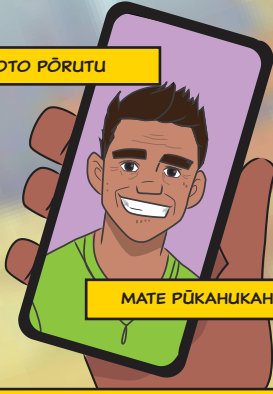
TĒRĀ PEKA KA TAKAĀNINI, KA ĀNINI, Ā, KA MAMAE TE KOROKORO.

♥ 150 BPM



TOTO PŌRUTU

KO NGĀ HUA O TE MOMI HIKARETI KA WAWE TE KAUMĀTUATIA, KA KŪREHEREHE TE KIRI



MATE PŪKAHUKAHU

MATE MANAWA, ME TE

MATE PUKUPUKU



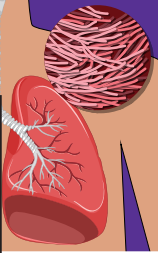
KĀORE TONU I TE MŌHIOTIA NGĀ PĀNGA TAUROA O TE MOMIREHU.

HE UTALUTA PAI NGĀ HAUMANU WHAKAKAPI NIKOTINI PĒNEI I TE KŌPURE, TE HĀPIA ME NGĀ RARE HEI ĀWHINA KI TE AUKATI HAERE, TE WHAKAMUTU RĀNEI. KA ĀTA TUKU ĒNEI I TE NIKOTINI HEI PATU I NGĀ KUMAMATANGA.

EHARA I TE MEA HE KINO-KORE TE MOMIREHU I TE NIKOTINI, ENGARI HE ITI AKE PEĀ TE KINO I TE HIKARETI. KĀORE I TŪTOHUA TE MAHI MOMIREHU MĒNĀ KĀORE KOE I KAI HIKARETI.



I TE WĀ TUATAHI KA MUTU TŌ KAI HIKARETI, KA KITE PEĀ KOE KUA NUI AKE TE HŪWAREWARE KA MAREMARETIA E KOE, INARĀ E WHAKAWĀTEA ANA TŌ TINANA I TE HŪWAREWARE I Ō PŪKAHUKAHU.



KO ĒNEI MAHI E WHĀ TĒTAHI ATU HUARAHI KI TE WHĀKATAU I NGĀ KŪMAMA:

TE INU WAI



TE PŌTATUTATU



TE WHAKANGĀ



TE WHAKATŌMURI



KIA MAHARA AKE, HE PAI KĒ ATU TE KARO I TE NIKOTINI ENGARI KI TE HIAHIA KOE KI TĒNEI KAI

- MĀ NGĀ HAUMANU WHAKAKAPI NIKOTINI PEĀ KOE E ĀWHINA KI TE WHAKAHAERE I NGĀ KUMANUTANGA ME TE WHAKAKORE.
- EHARA I TE MEA HE KINO-KORE TE MOMIREHU, ENGARI HE ITI AKE PEĀ TE KINO I TE HIKARETI.
- Ā, KIA MAHARA AKE, ME TIAKI I Ō HOA

E hiahia ana ki te kitea te tautoko mo te tangata taitamariki i roto i Aotearoa?
Karangatia te Alcohol me Drug Helpline ki runga ki 0800 787 797

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