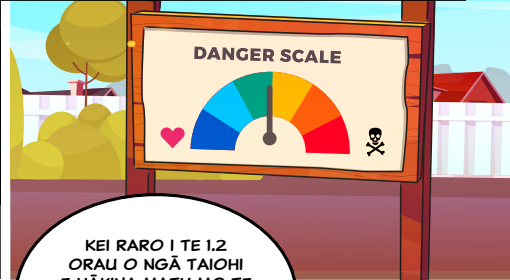


KIA MŌHIO KOE?

HĀKINA MATŪ

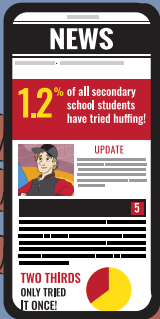
KIA MŌHIO KOE...
KO TE HĀKINA
E NGĀ MATŪ E
KIIA NEI KO TE
"HUFFING." E KORE
TE HAUMARU I NGĀ
WĀ KATOĀ! MĀ TE
HĀKINA KA MATE!

HE TOKOITI NGĀ TĀNGATA E MAHIA TE HUFFING I AOTEAROA.

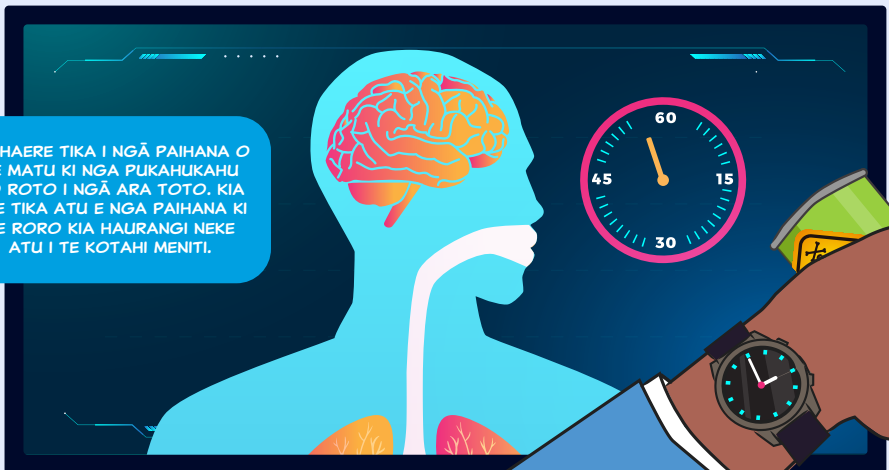


KEI RARO I TE 1.2
ORAU O NGĀ TAIOHI
E HĀKINA MATU MO TE
REHUTANGA ME ITI AKE KI
TĒRA E WHAKAMAHI KIA
KOTAHI TAIMA ANAKE.

HEOI
ANŌ, KA MATE I
NGĀ 25 TĀNGATA MĀ
TE HĀKINA MATU KEI
RARO I TE TEKAU MĀ
WHITU PAKEKE O ROTO
I TE TEKAU TAUI KO TE
TEKAU MĀ RUA PAKEKE
TE TAMAITI.



KA HAERE TIKA I NGĀ PAIHANA O
TE MATU KI NGĀ PUKAHUKAHU
NŌ ROTO I NGĀ ARA TOTO. KIA
TAE TIKA ATU E NGĀ PAIHANA KI
TE RORO KIA HAURANGI NEKE
ATU I TE KOTAHI MENITI.



KO TE NUNGA O NGĀ TĀNGATA KA MĀUIUI I MURI MAI TEKAI MATU. TĒNA PEĀ KO TE WHĀ HAORA TĀE ATU KI TE KOATAHI RĀ TE ROA O TE MĀUIUI.



KO TE MATE ME TE PORANGI NGĀ TINO AWENGA I AHU MAUI I TE HĀKINA MATŪ!



KO TE ĀHUA O TE REHUTANGA PĒRA I TE RERERANGI ME TE RANGIRUA. KAHORA ANŌ KUA TAU TE MAHI HINENGARO KI TE MAHI TINANA, ME TE KĀHA HAUNGA O TE HĀPUTA.



KO TE NUNGA O NGĀ MATU KA PIRI KI TE AHI!



NO REIRA, KIA MAHARA ATU

- KAHORE HE HAUMARUTANGA MĀ TE HĀKINA MATŪ!
- E KORE TĀEA TE KARO I TE MATE!
- TIĀKINA O 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

The Did You Know series is produced by
Te Puna Whakaiti Pōmanio Kai Whakapiri
New Zealand Drug Foundation
WHĀRAURAU

Developed in partnership with
ODYSSEY
AOD Provider Collaborative