

the essential guide into adulthood

street

smarthandbook



NZ 2020

www.bluelight.co.nz





Blue Light brings police and youth together to provide young people with positive lifestyle alternatives and strategies to avoid becoming an offender or victim of crime.

Visit **www.bluelight.co.nz** for more info.

The underlying factors governing all Blue Light activities is that they must be:

- Free from alcohol
- Free from drugs
- Free from anti-social behaviour
- and FUN!



Kids, Cops, Community

www.bluelight.co.nz

New Zealand Blue Light Streetsmart 2020

GET IN TOUCH WITH US



0800 BLUELIGHT
0800 258-354
+64 (9) 475-9301



Blue Light Ventures Inc
PO Box 102199
North Shore
Auckland 0745



info@bluelight.co.nz



<https://www.facebook.com/nzbluelight/>



NZ BLUE LIGHT VENTURES
PO Box 102 199, North Shore, Auckland 0745
Registered Charity CC21948

www.bluelight.co.nz

WORKING TOGETHER

WHAT IS BLUE LIGHT?

Blue Light was initiated in New Zealand in the mid 1980s after Police members travelled to Australia and witnessed the Blue Light programme being used in Australian communities.

Blue Light is a community policing initiative whose goal is to reduce youth crime and to build positive police, youth and community partnerships. This is done by providing young people with a range of well organised and well supervised cultural, sporting, educational, social and entertainment events free from alcohol, drugs and violence.

Blue Lights work with young people children and young people up to the age of 24.

BLUE LIGHT AIMS:

1. To encourage better relations between young people and their parents, the police and the community
2. To prevent crime and anti-social behaviour, by exposing young people to positive experiences and a healthy socialisation process in a safe and supervised environment
3. To raise self-esteem amongst young people

PARTICIPANT OBJECTIVES:

- Reward young people for positive behaviour
- Encourage and assist the development of social skills
- Increase personal competence
- Enhance social responsibility
- Create trust, motivation and leadership
- Enhance police and youth partnerships and relationships
- Reduce youth crime
- Increase feelings of community safety

Sponsored by:



www.bluelight.co.nz

BLUE LIGHT PROGRAMMES

Traditionally Blue Light ran dances around the country for young people. While these continue, there are now a range of other events and activities also organised by Blue Light. They include:

- Sporting events and competitions such as triathlons and touch-rugby tournaments
- Holiday and after school programmes
- Behaviour Reward programmes
- Driver licencing programmes
- Leadership and Life Skills Camps
- Outdoor programmes such as camping, canoeing and rock climbing
- National events such as 'Kids Gone Fishin' fishing days, Rainbows End Fun Days and Police obstacle courses. (In 2017 over 5000 youth participated in these events)

WHAT IS INVOLVED?:

- Time
- Enthusiasm
- Funding
- Commitment
- Imagination

BLUE LIGHT PATRONS:

The Commissioner of Police – Mr Mike Bush

The Principal Youth Court Judge – Judge John Walker

TV Fishing Show Celebrity – Mr Graeme Sinclair

HOW DO I FIND OUT MORE?

To contact your local branch or to see what's happening in your area check out the Blue Light website on www.bluelight.co.nz, our facebook page at www.facebook.com/nzbluelight or email the Blue Light National Office on enquire@bluelight.co.nz.

www.bluelight.co.nz

Sponsored by:



MONEY	8
Accounts	8
Loans	10
Credit	11
Credit cards and store cards	13
Defaulting	16
Further information	19
BEHIND THE WHEEL	20
Learning to drive	20
Disabilities and driving	23
Buying a used car	23
Paperwork	26
Buying and selling	28
Information about the forms	29
Speed	30
Penalties	30
Safety belts and airbags	31
Suspension of licences	31
Driving offences	33
Driving and alcohol and drugs	34
At the scene of an accident	36
Reporting an accident	37
Motorcycles	38
Bicycles	39
Mopeds	41
Car insurance	44
Further information	48

LEGAL STUFF 49

My rights	49
Being sued	50
Changing your name	53
Leaving home	53
Marriage	54
Passports	54
Police	55
Sexual assault	57
Family violence	59
Tattoos and body piercings	60
Further information	61

LEAVING SCHOOL 62

Left school or about to leave?	62
Deciding on a career	62
The New Zealand tertiary education system	64
Student loans	65
Universities	67
Polytechnics	68
Wānanga	70
Industry training organisations	70
Private training establishments (PTE)	72
New Zealand apprenticeships	72

MOVING OUT	73
Moving out of home	73
Renting	74
Money – paying your rent and bond	76
Struggling to make ends meet?	82
Further information	82
HEALTHY BODY	83
What is a drug?	83
Drug effects	84
Drugs and the law	93
What is alcohol?	95
Cannabis	105
Benzodiazepines	107
'P' or meth	109
Ecstasy (MDMA)	111
Heroin	113
LSD	115
Synthetic cannabinoids	117
Synthetic cathinones	119
Smoking kills	120
Further information	127
SEXUAL HEALTH	128
All about sex	128
Sexual orientation and gender identity	132
Safer sex and contraception	134
Sexual diseases	138
Cervical screening	142
Pregnancy	143
Further information	144

EATING DISORDERS 1 4 5

Chaotic or restricted eating patterns	145
Possible warning signs	148
Myths about losing weight	150
What do you do if you think you have an eating disorder?	150
Further information	152

HEALTHY MIND 1 5 3

Becoming independent	153
Anxiety and depression	154
Self-harming, plus suicidal thoughts	155
Suicidal thoughts	156
Stress and relaxation	157
Self-esteem and confidence	165
Further information	168

PROTECTING YOURSELF 1 6 9

Out and about	169
Safety tips	172
Ten core concepts of personal safety	175
Further information	178

CYBER SAFETY 1 7 9

Your online life	179
Further information	192



You can open a bank account in your name over the phone, on the internet or by visiting your local branch.

ACCOUNTS

HANDLING MONEY

There are many different kinds of accounts available to you, from basic savings accounts that earn interest to transaction accounts with keycards for ATM access.

Many accounts incur fees, which are generally charged monthly. Since all banks and their accounts differ, it is a good idea to shop around for the most appropriate account type and 'deal' for you. You can contact a bank by phone or the Internet to find out about the accounts and fees they offer. Most banks cater for their younger customers with accounts suited to younger people's needs.

OPENING AN ACCOUNT

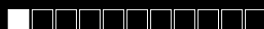
To open any new account the bank will require several important details from you. Apart from details like your name, address and your occupation, you'll need to supply the following information:

- The name you wish the account to be in
- The name and residential address of all people who will operate the account (signatories)
- Any other name that you or the account's other signatories may be known by (such as a stage name or maiden name).

IF THIS IS YOUR FIRST ACCOUNT WITH YOUR CHOSEN BANK

It's required that everyone who opens an account, along with all signatories to the account, must be identified, so if you're opening an account for the first time the following requirements apply to you.

You will be required to supply the bank with two forms of identification. These forms of identification have been divided into two categories:



Primary Identification – photograph identification i.e. driver's licence or passport.

Secondary Identification – non-photograph identification i.e. birth certificate, community services card.

You are required to supply at least one form of identification from each category. You will need to provide proof of your address when opening a bank account.

MINIMUM DEPOSIT

This varies from bank to bank. Most banks request that you deposit \$50 to open an account, however, some banks will allow a smaller deposit depending on your circumstances.

STUDENT ACCOUNTS

Most banks offer a student or tertiary banking package. This is of great advantage to a student as most banks offer:

1. No account fees
2. An interest-free overdraft of up to \$1000 with no set-up fee
3. A set term credit card with no account fees (you still pay the interest though).

Note: To apply for a tertiary overdraft or credit card you need to supply evidence of income such as a confirmation of student loan or allowances, a payslip or a letter from your employer.

Shop around the banks to see which offer is the best for you.

ACCESSING BANK ACCOUNTS

Today's banking is easier than ever. To access account information you can use any of the following:

- A visit to the bank and speaking to a teller
- The cash flow or ATM machines
- The telephone using telephone banking
- The internet and internet banking
- Smart Devices e.g. iPhone

How do I
open an
account?



You will require 2 forms of identification. One must be a primary ID & the other a secondary ID. You will need to provide proof of your address.

Note: To use telebanking and internet banking you must first register with the bank to gain your personal security codes, which will open access to your accounts. With internet banking you are able to check your bank balances, transfer money and pay bills from anywhere in the world.

For bank details and support services please refer to the end of this chapter.



MONEY / MONI

LOANS

MONI AWHINA

LOANS

NEEDING A LOAN

How do you know
what loan is
best for you?



Financial counsellors can advise you on the kind of loan best suited to your repayment ability and the time you have to pay it back. Ask for advice on fixed and variable rates of interest and consolidation loans.

The first thing to look at when deciding on a loan is whether a fixed rate of interest or a variable rate of interest applies.

Fixed interest rates will remain the same for a set period of time.

This should be stipulated in the credit contract. Variable interest rates will move up or down depending on the market.

Fixed interest rate loans will give you greater control over your finances because the repayment amount will remain the same for the fixed interest period. However, generally with fixed interest rate loans you will not be allowed to make more than the agreed repayments (pay off the loan quicker), without incurring a penalty. Check with the lender on any conditions that apply.

You can also choose to split the type of interest rate that applies to a loan. This can be done in two ways:

1. When a fixed interest rate applies to the loan for a period of time only and can then be changed to a variable interest rate.
2. Where part of the amount borrowed attracts a fixed interest rate and the remainder a variable interest rate.

CONSOLIDATION LOANS

Some lenders will offer consolidation loans.

These loans allow you to group together your smaller loans. The advantage of a consolidation loan is that you only have to make one repayment per month. The disadvantage is that you will usually be paying the loan off for a longer period of time.



PRINCIPAL AND INTEREST

When you use credit you are using someone else's money (the lender's). You will need to pay the amount you borrowed back — this amount is called the principal.

You will also be charged interest by the lender for using their money. The interest rate charged will usually be expressed as a yearly rate (the annual percentage rate), for example 14% p.a.

The total amount that you will need to pay back to the lender (the debt) will depend on the amount you borrowed, the interest rate charged and the length of time that you borrowed the money (the term of the loan).

Lenders will usually calculate interest charges on a daily basis. The interest is calculated by multiplying the debt that you owe each day by the annual percentage rate and then dividing it by 365. These interest charges are paid each month.

CREDIT

WHAT IS CREDIT?

You may want to go on a holiday or buy a new car but you haven't got the cash.

One way to get things you want now is with credit. Credit is the promise to repay, plus interest, money borrowed from another. Examples of credit include housing loans, credit cards, personal loans and store cards. Credit providers or lenders include banks, credit unions, finance companies and other businesses.

SHOPPING FOR CREDIT

Before shopping for credit you should ask the lender or credit providers for the following information:

- The interest rate(s) applicable
- How the interest is calculated and when it is charged
- The amount of fees and charges payable
- Details of any commission

You can use this information to compare different credit products.

How much
interest
will I
pay?



This will depend on whether your loan has a fixed or variable rate of interest.



MONEY / MONI

CREDIT

MONI TIKIA KIA UTU

When do you
have to pay
interest on
your loan?



*Interest is usually
charged every month —
check your loan account
statement.*

BUDGETING

Managing credit or simply covering expenses is not always easy.

A budget can help you plan for your expenses. It involves adding up your earnings each week (or fortnight or month) and subtracting the amount that you spend on essentials. Examples of essentials are rent, food, phone/electricity/water bills, petrol, fares and loan repayments. The amount of money that is left can be used to buy things that you want or you can save it.

You should include yearly expenses such as car registration and insurance in your budget. You can divide these totals by 52 for the amount to budget for each week (or divide by 26 for the amount to budget each fortnight or by 12 if your budget is calculated on a monthly basis).

BEFORE YOU SIGN A CREDIT CONTRACT

The law provides that lenders must give you the following written information before you sign a credit contract:

- The credit provider's full name and address
- A statement regarding your rights to cancel the credit contract
- A statement confirming that you will receive information and notices from the lender in electronic form (if you agree)
- The amount of credit that is to be provided
- The annual percentage rate(s)
- How interest is calculated and when it is charged
- The total amount of interest if the loan is paid within 7 years
- Any enforcement expenses that may become payable
- Credit fees and charges
- How you will be informed of changes to the contract
- Any default rate of interest and how this is calculated
- How often statements will be provided
- Commission charges
- Any related insurance that is financed under the contract



MONEY / MONI

CREDIT CARDS

PUKA NAMA

13



CREDIT CARDS AND STORE CARDS

CREDIT CARDS

Credit cards enable you to buy goods and services or borrow money up to a fixed dollar limit. They are one of the most easily obtained types of loans and share a common feature of all loan facilities — when you use them, you are borrowing money that you have made a commitment to repay.

CREDIT CARDS AT A GLANCE

- Banks and other financial institutions are not allowed to send you a credit card unless you ask for one
- A credit card comes with a credit limit, an amount that you can spend up to
- Credit providers are not allowed to increase your credit limit unless you agree to the increase
- Before entering into a contract, credit providers must give you details about fees and charges and your rights and responsibilities
- You will usually be financially penalised if you don't pay the minimum monthly repayment or are late in paying it
- Credit card interest rates are usually higher than those for personal loans, housing loans and car loans
- Merchants are now able to charge you a fee in addition to the cash price of the purchase when you pay by credit card

USING A CREDIT CARD

The advantage of using a credit card is that you don't have to carry large amounts of cash with you. The disadvantage of credit cards is that it makes impulse buying easier and you can spend more than you can afford before you realise.

General purpose credit cards include Visa and Mastercard. They allow you to purchase goods and/or services and get additional cash. You must repay at least a minimum amount back each month and this is normally a small percentage of the outstanding account balance. All credit card cash advances will attract interest from the time that the money is provided to you.

Are all credit cards the same?



No...shop around. There are different interest rates, bank charges and fees for different cards currently being offered.



MONEY / MONI

CREDIT CARDS

PUKA NAMA

APPLYING FOR A CREDIT CARD

When you apply for a credit card, the application form will list the terms and conditions of the credit. These may include information on fees and charges, how repayment will be calculated and other information about your obligations under the credit contract. Your credit card statement will provide further information on interest rates, and your credit limit.

MINIMUM MONTHLY REPAYMENTS

If you pay only the minimum monthly repayment, you'll end up paying more than you would with a standard loan. For example, suppose you have a credit balance of \$2,000 at 18.5% annual interest. If you pay only the minimum payments per month (usually 5% of the outstanding total), it will take two years to repay the \$2,000 and you'll pay \$410 in interest.

Interest-free periods

Some credit cards and store cards offer interest-free credit for up to 55 days. If you buy something using your card and pay the full amount by the due date, you have used the credit interest free. The exception is with cash advances, where interest accrues from the date you receive the money. Many retailers also offer interest-free loans. When you accept one of these deals, you sign a loan contract, often with a finance company.

These loans are usually interest free only if you pay off the entire amount within the time stated. If you don't, you'll probably have to pay high interest, often on the whole amount, backdated to the day you bought the goods.

WHAT TYPE OF CREDIT CARD IS RIGHT FOR YOU?

Before accepting a credit card you need to consider how you will use it. This will determine the type of card that would suit you best.

I need
some extra
money!



Credit providers can help you get what you want right away, but read the fine print carefully and be fully aware of all the fees and charges you are up for — on top of the amount you are borrowing.



MONEY / MONI

CREDIT CARDS

PUKA NAMA

15



Some credit cards will not have an interest-free period for purchases made in subsequent months if the balance owing is not paid in full by the payment due date. This date is shown on the credit card account statement.

If you plan to pay your purchases in full by the due date, the size of the credit card fees and interest-free period are more important than the interest rate charged.

If the credit card is to be used to pay for purchases over an extended period of time, the interest rate and how the interest charges are calculated are more important. It may be best not to have a credit card.

THE COST OF A LOAN IS CLEARER

How do you work out the cost of a loan in order to compare it with others?

Most people simply look at the interest rate. That's a start, but it's not the whole picture. While the interest rate is a major component, you also need to take into account other costs that will have an impact on a loan over the course of the loan term. Costs such as upfront charges and ongoing fees can obscure the cost of a loan because they can vary between loans and lenders.

STORE CARD

Store cards are issued by or on behalf of stores or retail groups. They offer a form of credit by allowing you to use the card to buy goods at the store. Contract conditions vary between providers. Some demand a minimum monthly payment and others a fixed payment by automatic payment or direct debit. You will normally pay interest if you don't pay back all you owe each month and there are often fees and charges.

DEBIT CARD

Debit cards can be linked to your savings account and allow you to withdraw or use your own savings to buy things. The amount of money that you can spend is limited to the savings in your account. You can use your debit card in the same way as a credit card.

Some debit cards can be linked to a line of credit. This is a personal overdraft to a specified limit. It means that you can overdraw your account up to the approved limit.

Are all credit cards the same?



No — they all have different interest-free periods and different conditions. You should read the fine print carefully.

CREDIT CARD PROVIDERS MUST GIVE YOU DETAILS ABOUT FEES AND CHARGES, AND YOUR RIGHTS AND RESPONSIBILITIES.



MONEY / MONI

DEFAULTING ON LOANS

NAMA | KIHAE | UTUA

DEFAULTING

DEFAULT NOTICES

I need some
credit advice!



If you need help with budgeting, calculating your repayment ability or to just get some advice on credit before you sign a contract, you can contact a financial counsellor.

Financial counsellors provide free, confidential services and are available through some local neighbourhood centres, church groups and some community legal centres.

If the borrower does not do what they promised to do in the credit contract (i.e. not repaying the debt), this is called a 'default'. A lender must give a borrower written notice before they take legal action if the borrower defaults. This notice is called a 'default notice'.

The types of legal action that lenders can take include:

- Repossessing the mortgaged property
- Applying to the Court for it to decide how much the borrower owes the lender (this is called a judgment)

The default notice must set out what you, the borrower, have not done and what you must do for the lender not to take legal action.

The lender must give you 30 days to fix your default. When you receive a default notice you should contact the lender immediately to try to come to some arrangement.

The lender does not have to give any notice that it intends to take legal action when:

- The Court has given permission
- The lender cannot find the borrower
- The lender believes the borrower:
 - deliberately gave false information when entering into the credit contract or
 - the borrower no longer has the mortgaged property.

WHAT HAPPENS WHEN LEGAL ACTION IS TAKEN?

Once a lender has obtained judgment against you for a debt (this is where a Court has decided the amount you, as the borrower, owe the lender) they can do any of the following:



DEFAULTING ON LOANS

NAMA | KIHAE | UTUA



• If the mortgaged property is on private property, the lender can only take it with the written permission of someone living on the property or the Court's permission. But they don't need anyone's permission if the mortgaged property is left on public property such as a public road.

When legal action is taken, they can:

- Garnishee your wages or bank account. This is where a notice is sent to your employer or bank that forces them to send part of your wages or savings to the lender
- Take and sell certain assets such as your TV, stereo and/or computer to cover your debt
- Force you to become bankrupt.

If you cannot afford to pay a judgment debt obtained in a Court by the lender, you can apply to the Court for an instalment order. If granted, the order requires that you repay the lender in instalments. This action will stop the lender from taking any immediate legal action unless you have had a previous instalment order for the same debt and you did not make the required repayments.

The Court will process your instalment application. If it's accepted, you must continue to make the required repayments to the lender. If you stop making the payments, the lender can take action against you.

Where judgement has been obtained against a debtor in default, in order to enforce the judgement the creditor can take a number of proceedings in Court including execution under a distress warrant against goods and chattels, garnishee proceedings, charging orders against property and attachment orders against salary or wages.

REPOSSESSION

Taking or repossessing property that has been mortgaged and selling it is one way that the lender can clear an outstanding debt. They will do this if the borrower stops making the required repayments. Generally, before the lender can take the property, they must send you, the borrower, written notice (a default notice) and you will have 30 days to fix the problem.



Generally, a lender will issue a default notice which gives you 30 days to sort out the problem before the lender takes legal action.



MONEY / MONI

DEFAULTING ON LOANS

NAMA I KIHAE I UTUA

If legal action is taken against you, what happens?



You can have a part of your wages sent directly from your employer to the lender. Your assets can be taken and sold to repay the debt or you can be declared bankrupt.

In some circumstances, the lender cannot repossess the mortgaged property unless they have the Court's permission. One of these circumstances is when you have repaid the majority of the debt and have only 25% of the amount borrowed (or \$10,000 whichever is less) left to repay.

Repossession of consumer goods is governed by the Credit (Repossession) Act 1997. It sets out the relevant rights and obligations, which include:

- Requirement of notice before repossession occurs
- The right of the debtor to seek relief in Court
- The rights and obligations of the creditor when taking possession, including entry to property.

VARYING THE CREDIT CONTRACT

The law allows for a variation in a credit contract on the basis of hardship but the following circumstances must exist:

- Your inability to make repayments must be due to unemployment or illness or some other reasonable cause
- By extending the term of the credit contract and reducing the amount of each payment, or by postponing the payments for a specified period, you will be able to repay the debt (see s56 CCCF Act)
- For unforeseen hardship (see s55 CCCF Act)

You should first contact the lender and try to come to some sort of written arrangement to vary the loan contract with them. This could involve reducing the repayments and extending the term of the loan or postponing repayments for a period of time or a combination of both.

You can also seek legal advice from YouthLaw or your local community law centre.

Experiencing problems with your credit provider or lender?

If you are having difficulty paying your debts, you should contact the lender as soon as possible. You and the lender may be able to come to some arrangement that will help you. For example, repayments could be deferred or reduced, the contract varied, or action taken to recover the debt postponed. If you cannot reach an agreement, your local citizens advice bureau or a financial counsellor may be able to help you.



MONEY / MONI

WHO TO CONTACT NGA KAIABHINA

19



FURTHER INFORMATION

CONTACTS

ASB

0800 803 804

www.asb.co.nz

Citizens Advice Bureau

0800 367 222

www.cab.org.nz

Kiwibank

0800 11 33 55

www.kiwibank.co.nz

Youth Law

0800 884 529

www.youthlaw.co.nz

Westpac

0800 400 600

www.westpac.co.nz

Sorted

www.sorted.org.nz

Bank of New Zealand

0800 275 269

www.bnz.co.nz

Consumer Protection

0508 426 678

www.consumerprotection.govt.nz

ANZ

0800 269 296

www.anz.co.nz

How do I
get my
repossessed
stuff
back?



- Pay the amount specified in the notice.
- Pay out the credit contract.
- Nominate someone who is willing to buy the property.



You must be at least 16 years old to get a learner licence

LEARNING TO DRIVE

GETTING YOUR LEARNER LICENCE

How old must I be?

You must be at least 16 years old to get a learner licence.

Three stages to get your licence

In New Zealand there is a graduated driver licensing system (GDLS) with three stages:

Stage 1 Learner licence

Stage 2 Restricted licence

Stage 3 Full licence

Each stage has a test you must pass. There's a theory test in Stage 1 and driving tests in Stages 2 and 3.

As you move from one stage to the next you're given a new licence, with different requirements and more responsibilities. Normal road rules apply at all times.

Where do I go?

Participating outlets of the following agencies handle driver licensing:

- Automobile Association (AA)
- Vehicle Testing New Zealand (VTNZ)
- Vehicle Inspection New Zealand (VINZ)
- New Zealand Transport Agency (NZTA)

Stage 1 — learner licence

Before you learn to drive on the road you must get a learner licence.

You need to:

- Fill out an application form.
- Present two documents that provide evidence of your identity, one must be photographic (birth certificate, passport etc.) All must be originals



BEHIND THE WHEEL / MURI ITE WIITRA LEARNING TO DRIVE AKONGA TARAIWA

21



- Book a time to sit the learner's test – this might be several weeks away.
- Pay the appropriate fees for the learner licence application and the theory test.
- Pass an eyesight check
- Provide a signature
- Have your photograph taken and provide a signature

BUT REMEMBER, YOU'RE NOT BULLET-PROOF

Did you know that young drivers are more likely to crash during their first six months of having their restricted licence than at any other time.

It's not because young drivers are bad drivers, it's because they lack the experience and knowledge of people who have been driving for many years.

Check out **www.drive.govt.nz**. Drive is packed full of helpful tools and content to make learning the road rules, and learning to drive, easy and fun. And it's free!

Learner licence conditions

- 1.** You must not drive on your own. When you're learning to drive you must be accompanied by a supervisor, who always sits in the front passenger seat beside you. A supervisor is someone who holds and has held a current full driver licence for at least two years.
- 2.** At all times when you're driving you must display 'L' (learner) plates on the vehicle. You can obtain 'L' plates from suppliers including participating outlets of the NZTA's driver licensing agents (listed earlier).
- 3.** If you're driving you must have your learner licence with you.
- 4.** If you're under the age of 20, the legal alcohol limit is zero. Consuming one drink will mean you can be charged with drink driving.

I have my
learners
licence.
When can
I get my
restricted
licence?

R

When you have held your learner licence for at least 6 months, feel able to confidently perform all the driving skills that are assessed, and have completed around 120 hours of driving practice – you can sit your restricted.



BEHIND THE WHEEL / MURI ITE WIITRA

LEARNING TO DRIVE

AKONGA TARAIWA

Stage 2 — Restricted Licence

After holding a learner licence for at least six months you can book a time at your driver licencing agent to take your restricted licence test.

The restricted licence test is a practical test of your driving.

Can I drive my
Mum's manual
car?



If you sat the test in an automatic vehicle, your restricted licence will say that you can only drive automatic vehicles.

To get your restricted licence, you must:

- Have held your learner licence for at least six months
- Produce identification (your learner licence)
- Pay the appropriate fees for the restricted licence application and theory test
- Pass an eyesight check
- Have your photograph taken and provide a signature
- Pass the restricted licence test

Restricted licence conditions

- You must always have your restricted licence with you when you're driving
 - You can drive on your own, but not between 10pm and 5am.
- Between these times you must have a supervisor in the front passenger seat who holds and has held a full car licence for at least two years
- If you sat the test in an automatic vehicle, your licence will say that you can only drive automatic vehicles

You cannot carry passengers without a supervisor with you unless they are:

- Your spouse or de facto partner
- Children who live with you and who are under your or your spouse/partner's care (you or your partner support them financially)
- Relatives who live with you and who are on a social security benefit
- Someone you look after as their primary caregiver.
- There is a zero alcohol limit if you are under 20. That means if you drive after consuming even one drink you can be charged with drink driving.
- If you're 20 or older, the legal alcohol limit is 250 micrograms per litre of breath or 50 milligrams per 100 millilitres of blood. If you have an alcohol level of more than 250 but not more than 400 micrograms per litre of breath, or more than 50 but not more than 80 milligrams per 100 millilitres of blood, you could be fined and given 50 demerit points. If your alcohol level is higher, you could be disqualified from driving and either fined or imprisoned.
- Your new restricted licence will be valid for five years. You now need to add the skills and experience you have to enable you to progress to a full licence. If you do not progress during the five year period, you will need to pass a theory test before your restricted licence can be issued for a further five years.



BEHIND THE WHEEL / MURI ITE WIITRA BUYING A USED CAR HOKO I TE WAKA NGUTURE

To get your full licence, you must:

- Book a practical driving test – you can do it online
- Pay the fees for the application and the practical test
- Produce identification (your restricted licence)
- Pass an eyesight check
- Have your photograph taken and provide a signature
- Pass the full licence test.

Where can I find out more?

For more information contact the New Zealand Transport Agency,
(www.nzta.govt.nz) or call 0800 822 422
or Drive (www.drive.govt.nz) or call 0800 772 284.

DISABILITIES AND DRIVING REQUIREMENTS

Most people with disabilities can get a driver licence, and most people who have a licence before they acquire a disability can continue to drive.

Vehicle technology advances (e.g. power steering and automatic cars) can make driving possible for people with disabilities, or a vehicle can be modified for you.

Please note that there are rarely any disabilities that would stop you from wearing a seatbelt. See nzta.govt.nz/getting-a-licence/medical-requirements/disabilities-and-driving/

BUYING A USED CAR TIPS AND CHECKLIST

Buying a used car, especially an older one, can be tricky. Getting a good deal is important, but so is getting the safest vehicle possible.

You should insist on a full professional inspection before buying any used car. When the inspection is complete, you and the seller will each get a report sheet showing what repairs, if any, the car needs.

When can I
get my full
licence?



You can apply for a full driver licence after 18 months on your restricted licence if you're under 25 years old, or after six months on your restricted licence if you're 25 or older, or even sooner if you've completed an advanced driving course.



Are there
any tips for
buying a
used car?



*Yes. Use our checklist
on these pages to help
you identify potential
problems.*

LOOKING OVER THE VEHICLE

Before you buy a car, take your time looking over it. Make sure you examine it carefully and see what you want to see, not just what the seller wants to show you.

When looking at a used car, take with you:

- This checklist
- A magnet to check for hidden rust repairs and a torch for looking under the bonnet
- A friend – preferably someone with some mechanical knowledge.

If possible, inspect a car on a dry, sunny day. There are lots of visual clues that can tell you what condition a vehicle is really in.

Generally speaking, the older and cheaper a car is, the more likely it is to have something wrong with it. Engine wear and rust are two things to be especially wary of.

Find out what needs fixing and how expensive it will be to have work done for you.

CHECKLIST

Checking the exterior of the car

• Rust

Structural corrosion (rust on the main structural supports) is dangerous. Look carefully for signs of rust on any of these weight-bearing parts, as well as on the steering mechanism mountings. Body rust can be a problem too. If the vehicle's paint is bubbling, rust is probably eating away at the inside.

• Paint

Does the car look a little too good? Has it been painted recently? This could mean that paint has been used to cover up recent repairs or rust. Again, use your magnet to check for rust.

• Shocks

Standing at a corner of the car, push it up and down to get a



BEHIND THE WHEEL / MURI ITE WIITRA

BUYING A USED CAR

HOKO I TE WAKA NGUTURE

rhythmic motion, then stop. The car should stop moving immediately. If it doesn't, you might have to replace the shock absorbers.

• Tyres

Check the tread of all the vehicle's tyres, including the spare. Good tyre tread is essential to maintain road grip, especially in wet weather.

• Panels

Open and shut all doors, the bonnet and the boot, making sure they are aligned properly and move smoothly.

• Exhaust

Look under the car to check out the muffler and exhaust system. Look for soft, brittle areas or use of putty. Use a rag on your hand and plug the end of the exhaust pipe with the engine running — the pressure should build up and blow your hand away from the pipe. If you can keep your hand there without much trouble, there is a leak somewhere in the exhaust system.

Looking inside

• Dashboard

Push, pull or twist all the switches and knobs, checking that they do what they're meant to. Have your friend stand outside and check that all the lights and indicators work, including the brake lights.

• Seats and safety belts

Make sure the driver's seat is comfortable and can be adjusted to where you need it. Are all the seats in the vehicle properly secured to the floor? Do they match? Look under seat covers, if fitted, for damage. Check that all the seats have seatbelts fitted and make sure the buckle and retractor mechanisms work. Check the webbing on the seatbelts — frayed or faded material can indicate damage from UV rays, which weakens the belts. They may need to be replaced.

• Pedals

Push on the brake pedal and the clutch. They shouldn't feel loose or spongy. Push the brake pedal hard. If it slowly drops down to the floor, there is a serious problem — dangerous to drive with and costly to fix.

• Leaks

Water leaks in a vehicle are a bad sign and can be difficult and expensive

What if
I want
to take
the car
on a test
drive?



Before you take any car for a test drive, ask about its insurance. You may be liable for damages if you crash an uninsured vehicle.



BEHIND THE WHEEL / MURI ITE WIITRA

PAPERWORK

TUHITUHINGA

to fix. They can indicate wear (especially rust) or poor care.

Under the bonnet

• Engine

Look for any frayed or burnt wiring, oil streaks and poorly attached or damaged hoses. Look carefully around the carburettor and fuel lines for petrol leaks. Check the engine oil. Black soupy oil is an indication of poor maintenance. Look under the vehicle for any oil leaks or other drips. Oil leaks eventually mean expensive repairs.

• Radiator

Check the radiator for leaks or coolant stains. Look closely for leaks in the radiator hose and where the cylinder heads meet the engine block.

When the engine is cool, take off the radiator cap and check the coolant.

TEST DRIVE

Warning: before you take any car for a test drive, ask about its insurance. You may be liable for damages if you crash an uninsured vehicle.

PAPERWORK

WARRANT OF FITNESS

First check the car has a current Warrant of Fitness (WoF). A vehicle for sale must have a WoF that is less than one month old, or you can opt for the 'as is, where is' option. To buy a vehicle this way, you must give the seller a written promise that you will only drive the car from where you buy it to a garage or inspection station to get a WoF.

CHANGE OF OWNERSHIP

If you're buying a vehicle privately there are some simple change of ownership procedures to follow.

Make sure you transfer ownership of the vehicle legally (you'll need to complete a change of ownership form) so you're not left with unpaid licence

I'm happy
with the
car and
want to
buy it!



It's also a good idea to check that the vehicle you're buying hasn't been stolen and doesn't have any outstanding debts attached to it — you could have your new car repossessed or end up liable for its debts.



BEHIND THE WHEEL / MURI ITE WIITRA PAPERWORK TUHITUHINGA

27



fees or other people's fines. This can be done online at www.nzta.govt.nz

DEBTS

It's also a good idea to check that the vehicle you're buying hasn't been stolen and doesn't have any outstanding debts attached to it — you could have your new car repossessed or end up liable for its debts. If the vehicle is diesel powered check that there are no Road User Charges owing (call the RUC Helpdesk, 0800 65 56 44, preferably with the vehicle's current speedometer, odometer or hubodometer reading).

If you think the car might be stolen, check with the Police.

Then check if money is owing on the vehicle. You can search the Personal Property Securities Register online (www.ppsr.govt.nz) if you become a registered user. Searches cost around \$3 and can be done by the vehicle's VIN (vehicle identification number, found on an aluminium plate on or near the engine block) or chassis number or registration plates.

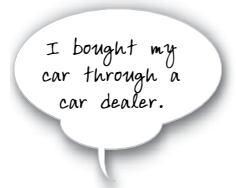
There are also services (e.g. LemonCheck www.LemonCheck.co.nz, AA Vehicle History report www.aa.co.nz, Vehicle Report www.motorweb.co.nz) that can tell you the vehicle's history since it was first registered, if anyone has money owing on the vehicle or if anyone else has a financial interest in it. You'll need the vehicle's registration plate and VIN. Reports cost about \$25.

You can also go to your nearest Court with the same details, pay a small fee and get a certificate confirming that the vehicle is clear of debt.

If you purchase a used car through a licenced motor vehicle dealer you don't need to check the ownership of the vehicle or whether any money is owed — licenced motor vehicle dealers check these details themselves.

Where can I find out more?

For more information contact the New Zealand Transport Agency via their



If you purchase a used car through a licenced motor vehicle dealer you don't need to check the ownership of the vehicle or whether any money is owed — licenced motor vehicle dealers check these details themselves.



BEHIND THE WHEEL / MURI ITE WIITRA BUYING AND SELLING HOKO MAI / HOKOATU

website (www.nzta.govt.nz) or call the helpdesk, 0800 69 90 00.

BUYING AND SELLING

HOW TO ADVISE CHANGE OF OWNERSHIP OF A VEHICLE

I want to
sell my car
privately.



Ensure the vehicle has:

*A. A Warrant of Fitness
that is not more than
one month old when the
buyer takes possession,*

*B. A current motor
vehicle licence, and*

*C. A current RUC licence
if the vehicle is subject to
Road User Charges.*

If you're buying or selling a light vehicle privately, follow these steps to ensure you don't get caught with unpaid vehicle licence fees, Road User Charges (RUC) or other people's fines.

If you buy or sell a vehicle from a dealer, he or she may complete some or all of the process on your behalf.

If you're SELLING a vehicle

1 Ensure the vehicle has:

- A Warrant of Fitness that is not more than one month old when the buyer takes possession,
- A current motor vehicle licence, and
- A current RUC licence if the vehicle is subject to Road User Charges.
- You must let NZTA know immediately when you've sold a vehicle.

The quickest and easiest way to inform NZTA that you've sold a vehicle is online (nzta.govt.nz). Otherwise you can complete a form at an agent: The Auto Association (AA), NZ Post, Vehicle Inspection New Zealand or Vehicle Testing New Zealand.

- Ask the buyer to give you a transfer receipt to show they are registered in respect of the vehicle before you hand it over.

If you're selling privately, you're still liable for the vehicle and the licencing fees until the buyer has completed the change of ownership notification and presented their ID to the agent. This card proves that the buyer has advised NZTA of the change.

We recommend that you make a note of the new owner's details (name and address) until the change of ownership is complete.



BEHIND THE WHEEL / MURI ITE WIITRA BUYING AND SELLING HOKO MAI / HOKOATU

29



What if I've lost my ownership papers?

You can apply for a replacement Certificate of Registration at any NZTA agent. However, if you're selling the vehicle, the new owner will automatically get a new certificate when the change of ownership form and relevant ID are presented.

*If you're **BUYING** a vehicle*

- Get the vehicle's Certificate of Registration form from the seller. Certificates of Registration issued after November 1995 have the form MR 13 (to notify the Transport Registry Centre of the ownership change) on the back. If the seller has an older style of certificate, or has lost it, you should get an MR 13B form from an NZTA agent.
- The quickest and easiest way to inform NZTA you've bought a vehicle is online (**nzta.govt.nz**) otherwise you can complete the Notice by person requiring motor vehicle form at: The Automobile Association (AA), NZ Post, Vehicle Inspection New Zealand or Vehicle Testing New Zealand.
- You'll need to provide ID that confirms your date of birth, full name and signature, and pay \$9.
- Request a receipt which you may need to give to the seller when you pick up the vehicle.



You can apply for a replacement Certificate of Registration at any NZTA agent.

INFORMATION ABOUT THE FORMS

WHO CAN SIGN THE CHANGE OF OWNERSHIP FORMS?

The buyer form (MR13/MR13B) must be signed by the new owner, because an NZTA agent will check the signature against the ID that's presented. The seller signs the seller form (MR13A). If you're selling on behalf of someone else, you sign as the 'disposer'.

Which NZTA agents process the forms?

You can present your MR13 or MR13B buyer forms to any branch of Vehicle Testing New Zealand, Vehicle Inspection New Zealand, New Zealand Post Shops or the Automobile Association.

www.bluelight.co.nz



BEHIND THE WHEEL / MURI ITE WIITRA

SPEED

TE HORO/TE TERE

What
are the
fines for
speeding?



Speeding fines progressively increase for speeds in excess of 10 km/h over the limit, with a maximum fine of \$630 for speeds up to 50 km/h over the limit.

SPEED

SPEED

We're tough on drivers who put other road users at risk by speeding or driving too fast for the conditions.

As well as substantial fines for speeding, if you're caught driving at more than 40 km/h over the speed limit you'll immediately have your licence suspended for 28 days.

Anyone who uses the road has a legal and moral obligation to know and obey the traffic regulations so that they don't endanger other people's lives.

PENALTIES

PENALTIES

Up to 50 km/h over the limit

Speeding fines progressively increase for speeds in excess of 10 km/h over the limit, with a maximum fine of \$630 for speeds up to 50 km/h over the limit. Anyone who speeds over 50 km/h over the limit can be charged with careless, dangerous or reckless driving.

More than 40 km/h over the limit

Anyone who speeds over 40 km/h over the limit can face fines of \$510 and an immediate 28-day licence suspension.

Demerit points

Demerit points are given for all speeding infringements other than speed camera offences. If you get a total of 100 or more demerit points within two years, you will be suspended from driving for three months.

Speed Demerit points

Exceeding speed limit by up to 10 km/h	10
Exceeding speed limit by 11–20 km/h	20
Exceeding speed limit by 21–30 km/h	35
Exceeding speed limit by 31–35 km/h	40
Exceeding speed limit by 36 km/h or more	50



BEHIND THE WHEEL / MURI ITE WIITRA SAFETY BELTS AND AIRBAGS TÁTAU ORANGA/PEEKE HAU

SAFETY BELTS AND AIRBAGS

Wearing a safety belt increases your chance of surviving a crash by 40%.

Who's responsible?

If you're the driver, the law says it's your responsibility to make sure that everyone under 15 years old is wearing a safety belt or sitting in an approved child restraint.

Children **under 7 years** must be properly restrained in an approved child restraint.

What are the fines for not wearing a safety belt?

If you don't wear a safety belt, or you allow a person under 15 years old to travel unrestrained, you can be fined \$150 for each belt not worn.

For further information, contact the New Zealand Transport Agency, (www.nzta.govt.nz) or freephone 0800 69 90 00.

SUSPENSION OF LICENCES AT THE ROADSIDE

If you are caught committing a serious driving offence, the Police can suspend your licence effective immediately for 28 days. This is called 'roadside licence suspension', but it can happen anywhere — at the roadside after you're pulled over for speeding, at a Police station or wherever the Police find you after they receive confirmation that your blood alcohol level significantly exceeds the legal limit.

I hate wearing
a seatbelt!



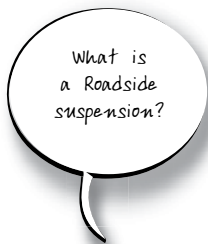
If you don't wear a safety belt, or you allow a person under 15 years old to travel unrestrained, you can be fined \$150 for each belt not worn.



BEHIND THE WHEEL / MURI ITE WIITRA

SUSPENSION OF LICENCES

RAIHANA WHAKATÁREWATIA



Roadside licence suspension is an instant and severe penalty for driving in a way that puts the lives of other road users at risk.

Roadside licence suspension is an instant and severe penalty for driving in a way that puts the lives of other road users at risk.

When is roadside suspension used?

Roadside licence suspension is only used in cases where serious traffic offences have been committed. Your licence will be suspended immediately for 28 days if you:

- Are caught drink-driving at more than double the legal alcohol limit
- Are caught speeding at more than 40km/h above any permanent speed limit (does not apply to speed camera offences), or
- Fail or refuse to supply a blood sample to be tested for excess blood alcohol.

What happens if my licence is suspended?

You're given a suspension notice by the Police, saying that the 28-day suspension of your licence takes effect immediately. You won't be able to drive home. The Police officer will take your licence from you.

What happens after the 28-day suspension period has expired?

If the Police handed your licence to the New Zealand Transport Agency (NZTA) your licence will be returned to you (unless it expired or you were disqualified from driving during the 28-day suspension period).

IF MY LICENCE IS SUSPENDED, DO I STILL NEED TO GO TO COURT?

Yes, if the offence you committed is serious enough to warrant a court appearance. In these cases your licence would be suspended for 28 days and you would have to make a separate court appearance, where disqualification and a fine could also be imposed.



BEHIND THE WHEEL / MURI ITE WIITRA
DRIVING OFFENCES
KAI TARAIWA HARA

33



DRIVING OFFENCES

SOME SERIOUS DRIVING OFFENCES

Reckless driving

Reckless driving is when a person deliberately ignores the fact that his or her driving is likely to cause someone else's death or serious injury and when a driver seriously fails to take the amount of care that it would be reasonable to expect him or her to take in the circumstances.

The maximum penalties for reckless driving not involving injury or death are losing your license for a minimum of 6 months and be fined up to \$4,500 and/or be imprisoned for up to 3 months.

Dangerous driving

Dangerous driving is when a person drives at speed, or in a manner, that is dangerous to the public in the circumstances.

The penalties for dangerous driving not involving injury or death are the same as for reckless driving.

Careless driving

Careless driving is a very broad offence and it is common for drivers to be charged with it in situations where they fail to exercise reasonable care and attention.

The maximum penalties for careless driving not involving injury or death are a \$3,000 fine and 35 demerit points or a license disqualification period.

If you are convicted of careless driving while you are on your L-plates, you could also have your licence suspended and your probationary licence period extended by at least 6 months.

What is
reckless
driving?



Reckless driving is when a person deliberately ignores the fact that his or her driving is likely to cause someone else's death or serious injury.



DRIVING AND ALCOHOL AND DRUGS

DRIVING WHEN YOU'RE OVER THE LIMIT

Different blood alcohol limits apply to different people. It is an offence to drive if the amount of alcohol in your blood is over the limit that applies to you.

Blood alcohol limits — which one applies to me?

If you are a learner or on a restricted licence, the zero blood alcohol limit applies — in other words you must have no alcohol at all in your blood while you are driving. You could be fined and possibly lose your licence if you break this law. In some cases you might have to take part in a drink-driving education programme before you can get your licence back.

If you have a full licence and are under 20 years of age your alcohol limit is zero (0.00). If you are over 20 years of age then your limit is 50 milligrams of alcohol per litre of blood. Different penalties apply depending on how much over the limit you are, and whether it is your first drink-driving offence or not. You could be fined, lose your licence and even be imprisoned.

ON-THE-SPOT (ROADSIDE) LICENCE SUSPENSION

Your licence will be suspended on the spot if you refuse to have a blood test or if, following an evidential breath or blood test, you are found to have significantly exceeded the legal limit.

Your licence will be suspended for 28 days and you will still have to face court-imposed penalties.

REPEAT OFFENCES

The penalties described above may be increased substantially for repeat offences. In addition, if you commit two alcohol-related offences within a five-year period and one of those offences involves:

- Refusing to go with a police officer
- Refusing to give a breath or blood sample
- Driving under the influence of alcohol or drugs
- Having a breath-alcohol level above 1000 micrograms
- Having a blood-alcohol level above 200 milligrams per 100 millilitres of blood

Then you will be:

- Disqualified from driving for an indefinite period, **and**
- Required to attend an approved alcohol assessment centre.

What is
careless
driving?



Careless driving is a very broad offence and it is common for drivers to be charged with it in situations where they fail to exercise reasonable care and attention.



BEHIND THE WHEEL / MURI ITE WIITRA DRIVING AND ALCOHOL KAI TARAIWA ME TE WAIPIRO

BREATH TESTS

The Police have the power to ask you to have a breath test if you are driving a motor vehicle, or if they have a reasonable belief that you were the driver of a motor vehicle that was involved in an accident no more than 3 hours ago. (If the Police are not sure who the driver of a vehicle involved in an accident was, they can ask anyone they reasonably believe was in the car at the time to have a breath test within 3 hours of the accident.)

If the breath test shows that there is alcohol in your blood, the Police have the power to arrest you and take you to a police station for the purposes of giving you a breath analysis.

DRIVING UNDER THE INFLUENCE

It is an offence to drive while you are under the influence of alcohol. The Police will look particularly at the way you are driving and will charge you if they think that you are so affected by alcohol that you cannot control the vehicle properly. You can be charged with driving under the influence in addition to other drink-driving offences, such as driving when you're over the limit.

DRIVING UNDER THE INFLUENCE OF DRUGS

It is against the law to drive while you are under the influence of drugs. The Police will look particularly at the way you are driving and will charge you if they think that you are so affected by drugs that you cannot control the vehicle properly.

I'm on my
restricted
licence.
Can I drink
alcohol?



If you are a learner or on a restricted licence, the zero blood alcohol limit applies — in other words you must have no alcohol at all in your blood while you are driving.



BEHIND THE WHEEL / MURI ITE WIITRA

AT THE SCENE OF AN ACCIDENT TE WÁHI O TE AITUA RORI

I was caught
driving under the
influence!



*You can be charged
with driving under the
influence in addition
to other drink-driving
offences, such as driving
when you're over the
limit.*

AT THE SCENE OF AN ACCIDENT

WHAT SHOULD YOU DO AT THE SCENE OF
AN ACCIDENT?

You must do the things set out below as soon as possible at the scene of an accident:

Stop • Remove debris • Assist • Call the Police • Give and get details

You must also give information to any Police officer present at the scene of the accident.

You do not have to work out who is to blame for the accident at this stage. You also do not need to make or accept any offers of payment for damage caused.

Stop

You must stop immediately after you have had an accident, no matter how minor it may seem.

Remove debris

If you are the driver of a vehicle that has been involved in an accident, you should try to remove anything that has fallen from your vehicle on to the road that may cause injury or damage to other people or vehicles.

If you are unable to do this because of injuries you have suffered in the accident, then the person who removes your vehicle from the scene will be responsible for clearing the debris.

Assist

If you are driving a car or riding a motorcycle that is involved in an accident, you have a legal obligation to stop and to give any assistance that you are capable of giving to anyone who has been injured in the accident. This is required by the law, regardless of whether the accident was your fault or not.

If you deliberately fail to stop, or give assistance, after an accident in which someone has been killed or seriously injured, you could be fined heavily or even imprisoned. Even if no-one has been killed or injured, you could still be fined or imprisoned for failing to stop after an accident.



BEHIND THE WHEEL / MURI ITE WIITRA AT THE SCENE OF AN ACCIDENT TE WÁHI O TE AITUA RORI

Call the Police

The Police do not always have to be called to the scene of an accident. However, they should be called if someone has been killed or injured.

Give and get details

If you are a driver or rider involved in an accident in which someone has been injured or any property (including an animal) has been damaged or destroyed, you have a legal obligation to give the injured person or the owner of the property (or their representative):

- Your name and address
- The registration number of your vehicle, and
- The name and address of the person who owns the vehicle (if you are not the owner).

REPORTING AN ACCIDENT

REPORTING TO THE POLICE

If you are a driver involved in an accident, you must report it as soon as possible to the police station nearest the scene of the accident:

- If someone has been killed or injured, and the police have not been called to the scene, or
- If property (including an animal) has been damaged or destroyed and neither the owner of the property (nor a representative of the owner) nor the police are at the scene of the accident.

If someone is injured or killed in an accident you must report to Police as soon as possible and within 24hrs. You could be fined for failing to make such a report. See contacts at the end of the chapter.

If there is debris strewn all over the road, do you leave it?



No, you remove anything that might be a hazard to others.



BEHIND THE WHEEL / MURI ITE WIITRA MOTORCYCLES

MOTORCYCLES

HOW TO GET YOUR LICENCE

You must be at least 16 years old before you can apply for a motorcycle licence.

To ride a motorcycle on the road you need a Class 6 (motorcycle) licence. Riding requires skills that you can only gain by spending time riding a motorcycle. For this reason you can't legally ride a motorcycle on the road using a car driver licence.

THREE STAGES TO GETTING YOUR LICENCE

New Zealand's graduated driver licencing system (GDLS) has three stages:

Stage 1 — learner licence (6L)

Stage 2 — restricted licence (6R)

Stage 3 — full licence (6F)

As you graduate from one stage to the next, you're given a new licence with different requirements and responsibilities. Normal road rules apply at all times, and you must always carry your licence with you when you're riding.

BASIC HANDLING SKILLS TEST

Before you can apply for a learner licence you must first pass a 'Basic Handling Skills Test' conducted by an approved motorcycle riding instructor or an approved testing officer.

Before your test you can practise basic motorcycle handling skills on your own private property or at a motorcycle training school.

For more information on the riding exercises required in the test see the latest version of ***The official New Zealand Road Code for Motorcyclists*** (available online at nzta.govt.nz)

Do I need
to report an
accident?



If you are a driver involved in an accident, you must report it as soon as possible to the police station nearest the scene of the accident.



BEHIND THE WHEEL / MURI ITE WIITRA
BICYCLES
PAHIKARA

BICYCLES

SAFETY FEATURES AND SAFETY RULES

Cyclists share the roads with motor vehicles. For their own safety and the safety of other road users, cyclists and their bicycles have to comply with certain safety requirements.

In addition to ordinary road rules, cyclists are also obliged to obey some road safety rules specific to bicycle riders.

Do I have to wear a helmet?

Most serious bicycle injuries involve the head. Head injuries can have serious and long-lasting or permanent effects. For this reason helmets are compulsory.

Fitting and adjustment

The helmet must be worn at all times, it must be securely fastened, of an approved type and it must be produced on demand for inspection by an enforcement officer.

Helmet safety standards

All new helmets must be certified to a standard approved by the NZTA (see nzta.govt.nz).

WHAT MUST MY BICYCLE HAVE?

You can't ride a bicycle on the road **at any time** unless it has:

- A red or yellow rear reflector that is visible from a distance of 200m when light shines on it
- Good brakes on the front and back wheels



You must be at least 16 years old before you can apply for a motorcycle licence.



BEHIND THE WHEEL / MURI ITE WIITRA

BICYCLES

PAHIKARA

Are there
any
rules for
riding a
bicycle?



Yes. In addition to ordinary road rules, cyclists are also obliged to obey some road safety rules specific to bicycle riders.

You can't ride a bicycle on the road **during the hours of darkness** unless it has:

- A steady or flashing rear-facing red light that can be seen at night from a distance of 200 metres
- A steady forward-facing white or yellow light that can be seen at night from a distance of 200 metres
- Pedal retroreflectors on the forward and rearward facing surfaces of each pedal, or, the cyclist must be wearing reflective material.

It's your responsibility to make sure your bicycle is fitted with lights and reflectors that comply with the law

SAFETY RULES FOR CYCLISTS

In addition to wearing a helmet, cyclists must also follow these rules:

- Bicycles must be ridden on the road unless there's an adequate cycle lane. Only riders delivering newspapers, mail or leaflets are allowed to ride on the footpath.
- At intersections riders must follow the road rules for motor vehicles, or get off the bicycle and walk across.
- Cyclists can only ride alongside another cyclist or a moped (i.e. they can't ride alongside a car, truck or any other sort of vehicle).
- Cyclists passing another vehicle must ride in single file.
- Cycles cannot be towed by another vehicle.
- Cycles can only tow a trailer. Towing any other sort of vehicle (like a person on a skateboard or rollerblades) is illegal.
- Passengers can only be carried if the bicycle has a pillion seat and footrests. The pillion seat must protect children's legs from the wheels.
- If you ride during the hours of darkness you must have the bicycle lights on.



MOPEDS

TWO OR THREE WHEELS

A moped is a motor vehicle running on two or three wheels. A moped can have an engine as long as it does not exceed 50 cc or a two kilowatt power output.

Mopeds can have a power source other than a piston engine but they must not have a maximum speed exceeding 50 km/h.

If it does go faster than 50 km/h, it isn't a moped — you'll need a Class 6 (motorcycle) driver licence.

IS A MOPED A MOTOR VEHICLE?

In most circumstances, yes. A motor vehicle is defined as a vehicle that is drawn or propelled by mechanical power. This definition clearly applies to mopeds.

When it's used on a road, a moped is considered a motor vehicle.

Does a moped need to be registered and licenced?

If it's used on a road, yes. The moped must have a clearly visible registration plate fitted to the rear and must display a moped class licence panel.

Does a moped rider have to hold a driver licence?

Yes. This can be any class of driver licence valid in New Zealand, including learner licences and international driving permits.

If you're on a learner license you must display an L plate and only ride the moped between the hours of 5am and 10pm.

Is a
moped
a motor
vehicle?



In most circumstances, yes. A motor vehicle is defined as a vehicle that is drawn or propelled by mechanical power. This definition clearly applies to mopeds.



BEHIND THE WHEEL / MURI ITE WIITRA

MOPEDS

WHAT EQUIPMENT AND COMPONENTS DOES A MOPED NEED?

To ride my moped, do I need to have a licence?



Yes. This can be any class of driver licence valid in New Zealand, including learner licences and international driving permits.

To be used on a road, mopeds must meet the relevant equipment and component requirements of the *Traffic Regulations 1976*, which include:

- A white surface area on the rear of the moped, at least 75 cm² (including the area taken up by a rear reflector), or at least 50 cm² of red reflective tape
- A rear red reflector
- A white light headlamp powerful enough to see clearly 30m in front of you (if the moped is ridden during the hours of darkness)
- A red light rear lamp that can be seen from 100m away (if the moped is ridden during the hours of darkness)
- A lamp for the registration plate (if the moped is ridden during the hours of darkness)
- An audible warning device, like an electric horn (bells, sirens and whistles are not permitted)
- Steering gear and associated mechanisms which are in a safe and efficient working condition
- An efficient brake on each wheel
- Tyres with clearly visible tread across at least 3/4 of the tyre around the whole circumference
- Mudguards covering each road wheel (if practicable)
- A strong structure, adequate to withstand the demands of road use, and which has not been weakened by corrosion
- No dangerous fittings or ornaments
- An effective silencer (muffler)
- Adequate footrests or pedals.



BEHIND THE WHEEL / MURI ITE WIITRA MOPEDS

43



Does the rider have to wear a helmet?

Yes. It must be an approved motorcycle helmet. You can't wear a bicycle helmet when you're riding a moped.

Are there restrictions on where a moped can be ridden?

Yes. You can't ride a moped on a footpath, or on any lawn or garden forming part of a road, unless delivering newspapers, mail or other printed material to letterboxes.

Are there restrictions on how a moped can be ridden?

Driving carelessly or driving while intoxicated is as unacceptable on a moped as it is in a car.

Can passengers be carried on a moped?

A passenger is allowed only if they are carried on a pillion seat designed for that purpose and footrests are provided for that person. If the passenger is an infant, they must be carried in a container or seat designed to prevent their legs coming in contact with the wheels of the moped. All passengers must also wear an approved motorcycle helmet.

Where can I find out more?

For further information, contact the New Zealand Transport Agency, (www.nzta.govt.nz).

BICYCLE HELMET SAFETY STANDARDS



S mark - complies with
NZS 2063:1996 and NZS 5439



Complies with standards
AS2063:1996 or AS 2063.2



The "E4" and "CE" marks may indicate the helmet meets the European Standard EN 1078 but they are not definitive. All helmets must comply with European Standard EN 1078.



Snell standard
There is no one official label for US Consumer Produce Safety Commission compliant cycle helmets. However, helmets that have been approved will have a label inside saying the helmet complies with the US Standard.



BEHIND THE WHEEL / MURI ITE WIITRA

CAR INSURANCE

CAR INSURANCE

WHAT IS CAR INSURANCE AND HOW DOES IT WORK?

Car insurance protects you financially if you are involved in an accident. When you buy an insurance policy you pay a price (insurance premium) to an insurance company then if you have an accident you will only need to pay a portion of the cost (known as an excess) and your insurance company will cover the remainder of the cost of repairing or replacing your car. It is important that the car you drive is insured because if you don't buy insurance and have an accident or your car is stolen you will have to pay to repair or replace it out of your own pocket. Even more importantly, if you don't have insurance and you crash into someone else, you'll have to pay for their car to be repaired too. These repairs to other people's cars could cost a lot and if you are not insured you could find yourself with a huge debt which could take many years to repay.

What is an insurance policy?

An insurance policy is a contract, or agreement, between an insurance company and the person taking out insurance (policyholder). It sets out what the policyholder is covered for, what the insurance company will provide and how much it costs for one year.

What can car insurance cover?

- Damage caused to your car
- Damage you accidentally cause to another person's car or property
- Your car if it is stolen, vandalised or damaged by fire

What types of car insurance are available and what do they mean?

Third Party

If you cause damage to someone else's vehicle or property and you are not insured then you have to pay for the accident out of your own pocket. But, if you have third party insurance then your insurance company will cover some of these costs. For example, if you crashed into a car and then through someone's fence you would have to pay for the damage to your car, their car and to the fence. Third party insurance would cover you for damage to the other person's car and the fence but not for damage to your own vehicle.



BEHIND THE WHEEL / MURI ITE WIITRA

CAR INSURANCE

45



Third party is the most affordable type of insurance, however, it won't cover any damage caused to *your* car. If your car isn't worth very much, but you'd like to protect yourself from a big repair bill for someone else's car or property, then third party is a good idea.

Third Party, Fire and Theft

Third party, fire and theft offers the same protection as third party insurance but it will also cover the cost of replacing or repairing your own car if it is stolen or damaged by fire.

Comprehensive or full cover

This type of insurance covers damage to your car, damage you may cause to other people's cars or property, as well as fire and theft.

If you cause an accident your insurance will cover the damage to your car, other cars and any property damaged. If someone else causes damage to your car your insurance company will deal with them so you don't have to. It is usually the most expensive kind of insurance and is a good idea if your car is worth a bit more.

What information do I need to provide to the insurance company

Your insurance company will need to know certain things in order to work out the details and cost of your policy. It is important you give them full and correct information – if you don't they may refuse to insure you, or if they do insure you they could decline any claim you might make.

You should provide the following information:

- Your age, your full name and address and the type of licence you hold
- The make, model and value of your car
- Your driving record, any fines you may have received or any convictions you may have had
- If the car has any modifications (this includes stereos, mag wheels - anything that was not on the car at the time of manufacture)
- Whether or not the car is already damaged
- If you have made an insurance claim before
- The names and ages of other people who will drive the car
- Where your car is normally kept overnight



BEHIND THE WHEEL / MURI ITE WIITRA

CAR INSURANCE

Where can I buy car insurance?

There are a few places you can buy car insurance – online directly from insurance companies, banks, insurance brokers and car dealers. If you buy your car from a dealer it is not compulsory to also purchase the insurance they may offer. You should shop around and compare how different policies will protect you. It is important to get the right insurance, which might not necessarily be the cheapest.

Is it harder to insure a car with modifications?

Not necessarily, but as we mentioned earlier, you must tell your insurance company if your car has been modified. If you don't and you have an accident, your claim may be declined.

Are some cars more expensive to insure than others?

Yes. A car the insurer considers higher risk or more expensive will cost more to insure. "Risky" cars include those which are more attractive to thieves and performance-related cars such as those with turbochargers and four-wheel drive capability. Expensive cars include those which are more costly to repair and source parts for, such as European cars or modified cars. If you are buying a car and are not sure how much the insurance will cost, a good idea is to get an idea of the insurance premium from an insurance company before you buy it.

Is there a way to make insurance more affordable?

Some insurance companies may offer you a discount based on your driving history, this is usually called a 'no claims bonus'. Each insurer will calculate the discount you're entitled to differently, some will look at your previous insurance history or others may ask about how many accidents you've been involved in. Some insurers will also offer a discount if you have an alarm installed on your vehicle, so it's a good idea to ask each insurer what discounts they can offer when you call.

How do I make an insurance claim?

If you have an accident or find your vehicle damaged, you must tell your insurance company and the police as soon as possible – it is best to do this by telephone rather than email or text message. Get the details of the other driver (if the accident involves another car) such as full name,



BEHIND THE WHEEL / MURI ITE WIITRA CAR INSURANCE

47



address, phone numbers and drivers licence and registration number. This is best done at the scene of the accident, or as soon as possible afterwards.

Do not admit liability (that you were at fault) to the other driver at the scene. Let the insurance company judge the rights and wrongs based on the information you provide. Instead, tell the other driver you will have to talk to your insurance company.

You should contact your insurer as soon as you can after the accident as most policies have a time limit within which the insurer should be informed. Besides, you will need to document what happened and this is best done while it is still fresh in your memory.

You'll need to provide your insurer with complete details of the accident/ damage. You must be accurate and truthful in the information you provide – if you are not the company could decline your claim.

Your insurer will explain the next steps to you, review the repairs needed and normally agree on a repairer. If the damage is more serious they may want their motor claims assessor to inspect the damage and work out what the costs will be.

Are there times when my insurance would not cover me?

Yes. If you break the conditions of your drivers licence you will not be covered under your insurance policy. For example, if a driver on a restricted licence has an accident while carrying passengers without a supervisor.

Also, if you drive someone else's car regularly, your name should be on their policy. If you have an accident in your parents' vehicle and your name is not on the policy, the damage might not be covered under insurance. Anyone under the age of 25 who is going to drive the car needs to be named on the policy.

If you have any questions about taking out insurance or are unsure of what information you need to provide, staff at any of the major insurance companies would be able to help.



BEHIND THE WHEEL / MURI ITE WIITRA

WHO TO CONTACT

NGA KAIABHINA

FURTHER INFORMATION

CONTACTS

NZTA – New Zealand Transport Agencywww.nzta.govt.nz**NZTA — Motor vehicle registration** 0800 10 88 09**NZTA — Driver licencing** 0800 82 24 22**Drive — Young driver programme**

0800 77 22 84

NZTA — Road User Charges 0800 65 56 44**Your Local Police Station** Refer to phone book or police.govt.nz**Consumer Protection**0508 426 678 www.consumerprotection.govt.nz**Accident Compensation Corporation (ACC)**ACC — claims enquiries 0800 10 19 96 www.acc.co.nz**DISCLAIMER***"All information is correct at the time of printing.**Please visit www.NZTA.govt.nz for updated information about driving in New Zealand."*



MY RIGHTS

At what age can I:

- **Stay home alone** – it is an offence to leave a child aged under 14 without reasonable supervision. Generally the law allows parents to leave a young person without supervision from age 14. However, leaving a child unsupervised for an unreasonable period of time in a way that puts them at risk of harm could be considered neglect
- **Babysit** – from age 14 a young person can babysit for younger children but only if they're capable of providing 'reasonable supervision and care'
- **Leave school** – at 16 a young person can leave school or be expelled from school
- **Start work full time** – from age 16 a young person can start full-time work and earn minimum wage or the starting out wage - see the NZ at Work webpage for more details
- **Choose which parent to live with** – at age 16 a young person can usually decide which parent to live with if their parents are separated, and decide whether/when to visit the other parent
- **Choose to leave home** – at age 16 a young person can leave home without their parents' consent. But until 17, Oranga Tamariki can send the child home if they believe they're at risk
- **Get married or enter into a civil union with parents' consent** – age 16
- **Be legally independent of guardianship** – age 18



LEGAL STUFF / TIKANGA A TURE

BEING SUED

WHAKAPAE-A-KÓTI

At what age can a child or young person be held criminally responsible?

- A child under the age of 10 cannot be charged with a criminal offence.
- A child aged 10 or 11 cannot be prosecuted for a criminal offence, except for the offences of murder and manslaughter.
- A child aged 12 or 13 can be prosecuted for murder or manslaughter and can also be prosecuted for other very serious criminal offences (e.g. robbery with another person. This is called “aggravated robbery”).
- A young person between the ages of 14 and 17 can be brought before the Youth Court on criminal charges. If the charges are very serious they can be transferred to the adult court for trial or sentencing.
- A person who is 17 or older is currently dealt with as an adult in the District Court or the High Court.

For more information see:

YouthLaw

www.youthlaw.co.nz 0800 884 529

The Office of the Children’s Commissioner

www.occ.org.nz 0800 224 453

BEING SUED

CIVIL LAW

If you injure someone or damage their property you may be sued. The area of law that applies in this situation is called ‘civil law’.

The difference between criminal law and civil law

The Police are responsible for enforcing criminal law. This means the police can charge you if you break the law.



LEGAL STUFF / TIKANGA A TURE BEING SUED WHAKAPAE-A-KÓTI

51



Being convicted of a criminal offence

Apart from criminal law, 'civil law' says that people who negligently (carelessly) or intentionally injure someone or damage their property can be sued for damages. 'Damages' means money that is paid to compensate a person for their injuries. However the Accident Insurance Scheme (ACC) can help if you are injured by providing you with 'rehabilitation' (time to get well) and 'compensation' (money to cover costs). This means that you do not have the right to sue someone who's hurt you if you are covered by the scheme. Though you can be sued for injuring someone or damaging their property at any age. However the person must have been so careless about your safety that the court thinks they should be punished by paying compensation. If the person has already been punished in the criminal court (e.g for dangerous driving that injured you) you can still get compensation in the civil court. A person who has been injured or had their property damaged will not usually consider suing you unless you have enough money to pay damages.

What is negligence?

All people are expected to act with 'reasonable care'. What is 'reasonable' depends on how old you are and how capable you are of understanding the consequences of your actions. Each case will be different depending on the maturity of the young person involved. If you did not exercise reasonable care, you are said to have been negligent. If you are found to have been negligent and your negligence caused injury or loss to another person, you may have to pay damages to that person.

Is there a minimum age below which you cannot be sued?



No. Everyone is expected to act with 'reasonable care'.

FOR MORE
INFORMATION ABOUT
YOUR RIGHTS IN
CRIMINAL LAW, SEE
OUR SECTION ON
POLICE.



LEGAL STUFF / TIKANGA A TURE

BEING SUED

WHAKAPAE-A-KÓTI



No, not usually, unless their child's unlawful activity is done with their consent.

IF YOU HAVE INJURED SOMEONE, DAMAGED THEIR PROPERTY OR NOT FULFILLED YOUR OBLIGATIONS UNDER A CONTRACT YOU SHOULD GET LEGAL ADVICE.

FOR DETAILS PLEASE SEE CONTACTS FOR LEGAL ADVICE

What is contributory negligence?

In some cases it is difficult to say that one person is entirely responsible for the injury or damage caused.

The Court may decide that there is 'contributory negligence', in other words, that both the person being sued and the person who suffered the injury or damage were responsible.

In such a situation, the Court may order both to pay damages according to their share of the responsibility.

Your parents are not usually responsible for paying damages if you have injured someone or damaged their property. However, your parents may be responsible if you acted on their behalf or with their consent, or your parents did not properly supervise you and their failure to supervise you led to the injury or damage.

Breach of contract

A "contract" is just the word for an "agreement" that you intend to be legally bound by. There has to be an agreement on both sides, for example, one person agrees to sell something for a particular price and the other person agrees to buy it. However, although you can make a contract at any age and can hold the other person to their side of the deal, there are special rules to protect children and young people and stop them being bound by contracts that are unfair and unreasonable. If you are under 18 and unmarried, the other party cannot make you stick to your side of the agreement unless they make an application to the Court and the Judge agrees that the terms were fair and reasonable. If the Court comes to that conclusion then it may enforce the contract against you. If it doesn't then it will generally cancel the contract or make an order letting you cancel it. If you are married you are treated as an adult regardless of your age and all contracts are enforceable against you.

Consumer Protection

www.consumerprotection.govt.nz

cpinfo@mbie.govt.nz

Ph: 04-474 2750



LEGAL STUFF / TIKANGA A TURE
CHANGING YOUR NAME
HE INGOA HOU

CHANGING YOUR NAME

WHEN AND HOW

You can get your friends and family to call you by a different name at any time without any need for legal change.

Changing your name on your birth certificate

If you are 18 and over, and you were born here or are a New Zealand citizen, you can change your name by applying to the Department of Births, Deaths and Marriages.

(You do not need your parents' permission)

If you are under 18 and have not been married, in a civil union or a de-facto relationship, you will need both your parents or in some cases one parent to apply to change your name.

If you are aged 16 to 18 your parents or guardian can't change your name unless you agree in writing to it being changed.

Births, Deaths and Marriages

www.govt.nz/organisations/births-deaths-and-marriages

Ph: 0800 22 52 52

LEAVING HOME

MOVING OUT

When you are 16 you can leave home without your parents permission. Though if you leave home before you turn 17, and someone thinks you are at risk, they can report this to Oranga Tamariki. If Oranga Tamariki is concerned for your safety, they can ask the Court to make an order to protect you. The order can say where you will live and with whom you will live.

The parents/caregivers can also apply to the Court to place you under the Court's guardianship.

If there are serious problems at home and you don't want to go back, **you should not be forced to return home.**

How do I
change my
name?



*You must be over 18 years
of age and apply to the
Department of Births,
Deaths and Marriages.*



LEGAL STUFF / TIKANGA A TURE

MARRIAGE MÁRENA

MARRIAGE

AND CIVIL UNIONS

At 16 you can get married or enter a Civil Union with the consent of your parents (or if your parents are separated, with the consent of the parent you live with.) If they won't give you permission you can apply to the Family Court for consent or wait until you are 18. You will have to show that it is unreasonable for your parents not to give their consent. Once you are 18 you are allowed to marry without your parents consent.

Department of Internal Affairs

www.dia.govt.nz

Ph: 0800 25 78 87

PASSPORTS

PERMISSIONS

You can apply for a passport at any age

However, if you're under 16, you will not be able to get a passport unless you have permission in writing from each person who has 'caring responsibility' for you, i.e. usually your parents or guardian(s), or anyone who has a parenting order (e.g. a residence order) in relation to you under the Children, Young Person's & their Families Act.

(Residence Orders are not permanent and only enforceable while the Order is active.)

The process of getting a passport is very clear and can be done online at **www.passports.govt.nz**



If you wish to leave home before you turn 17, you should talk to Oranga Tamariki or get legal advice.

IF YOU ARE IN THE CARE OF ORANGA TAMARIKI, OR IF YOU ARE SUBJECT TO A YOUTH COURT ORDER, THE LAW IS DIFFERENT FOR YOU.



POLICE

WHAT TO DO

When dealing with the police it is important to try to stay calm and polite. Don't resist or be abusive or violent.

Anything you say to the police, no matter when or where you say it, might be used by them. The police may use what you say to decide whether or not to arrest or charge you or it might be used against you in court.

If you are questioned about an offence or taken to the police station and questioned or arrested you have the right to speak to a free lawyer. If you are under 17 you also have the right to talk to a free lawyer, a parent or a supportive adult of your choice at the police station. You have the right to remain silent. You don't have to answer questions, except those about your name and address.

What if the police ask for identification?

You must give your correct name and address and in some cases your date of birth if asked by the police.

The police must tell you why they want your name and address.

If the police stop you when you are driving you must give them your identification details and the details of the owner of the vehicle if they ask you. If you are in a pub and a Police Officer asks you, you must tell him or her your name, address, and date of birth. If they have reasonable grounds to believe those details are false they can require you to provide evidence like an 18+ Card, driver licence, birth certificate or other document showing your age or date of birth. If you refuse or provide false information you may be committing an offence.

It is a criminal offence to refuse to give your name and address, or to give false details to police.

The police
want to talk
me... what do
I do?



SOME THINGS TO REMEMBER:

- *Try not to panic if the police want to talk to you.*
- *It is a good idea to give your name and address and to be polite. If you are rude and swear they may be able to charge you. If you are under 17, it is also in your interest to give your date of birth to the police*
- *It is an offence to give a false name and address to the police.*



If
arrested
can you
just walk
away?



If you struggle with or run from the police once they have arrested you, you risk being charged with resisting arrest or escape lawful custody.

YOU CAN ASK TO
CALL THE LEGAL
AID DUTY SOLICITOR
NUMBER AVAILABLE
AT THE POLICE
STATION.

What if the Police want to Search Me?

Police can only search you, your bag, your house or your car under the following circumstances;

- If you give them permission
- They have placed you under arrest
- They have obtained a search warrant
- They have reasonable grounds to suspect you have stolen goods, drugs or dangerous weapons.

Being arrested by the police

The police can only arrest you if they suspect you have broken a law.

If the police take you into custody, you should always ask the police officer, 'Am I under arrest?' and 'What am I under arrest for?'

Police interviews and questioning

If the police have arrested you or taken you into custody, before any formal questioning begins they must let you telephone a lawyer from a private space. Private space means somewhere that the police can't hear you.

If you are under 17, the police must not formally question you unless your parents or guardian are there, unless you don't want them there. If they are not available, the police must arrange for an independent person to be with you during questioning.

The independent person is there to make sure you and the police understand each other and that you understand your rights. Either you or the police can suggest who will be the independent person.

If an independent person is not with you during questioning, the information you give the police can't be used as evidence in court.

You're right to complain about police mistreatment.

If you believe police have acted unfairly, you can make a complaint. You can complain to the officer-in-charge, the Ombudsman or it can be dealt with through the Independent Police Conduct Authority. You can get a lawyer to help you with the complaint.



SEXUAL ASSAULT

WITHOUT YOUR CONSENT

If someone threatens to hurt you, touches you in a sexual way without your consent or forces you to take part in any sort of sexual activity against your will, this is a criminal offence and you could complain to the police.

If the police decide there is enough evidence, they will charge the offender and the offender will be dealt with through the court system.

Forced sexual activity is a criminal offence whether the person who hurts you is someone you know or is a stranger. It is a criminal offence to have a sexual connection with any person under the age of 16 years old (a person under the age of 16 is lawfully unable to give consent). If you are under 18, then a person who is caring for you (e.g. a youth worker, foster parent) is not allowed to have sex with you, even if you agree to it.

SEXUAL HARASSMENT

Firstly what is harassment?

Harassment is a pattern of behaviour directed at someone which makes that person feel distressed or unsafe.

- Someone watching, loitering near or preventing access to or from your home or any other place you spend time at;
- Someone going into or interfering with property that is yours or is in your possession;
- Someone contacting you verbally or in writing;
- Someone giving you offensive material, whether it is left where you will find it or it will be brought to your attention or
- Someone doing anything which causes you to fear for your safety and which would cause any reasonable person in your position to do so.



Is it a crime to
force someone into
having sex?



***Forced sexual activity
is a criminal offence
whether the person who
hurts you is someone you
know or is a stranger.***

***It is unlawful to have sex
with an under 16 year old
under section 134 of The
Crimes Act.***

**YOU HAVE THE RIGHT
TO BE SAFE FROM
SEXUAL ABUSE OF
ANY KIND.**

What should I do?

If you feel that your personal safety is under threat, call the Police. You can also apply to the District Court for a restraining order. To receive help under the Harassment Act you need to have been harassed at least 2 separate times within 12 months. It is helpful if you have kept a diary or record of the incidents with when it occurred, who did it and were there any witnesses.

WHAT IS SEXUAL HARASSMENT?

Sexual harassment is a form of sex discrimination. Sexual harassment includes any sexual actions that make you feel uncomfortable, offended, intimidated or humiliated. This can include things like unwelcome sexual advances, requests for sexual favours, sexual jokes, staring, leering and wolf whistling, as well as actual physical contact (e.g. unwanted touching).

Sexual harassment can happen to anyone at any age. Sexual harassment can happen to you at school or work or when you are purchasing goods or services or looking for accommodation. You do not have to put up with sexual harassment.

Sexual Harassment is any unwelcome or offensive sexual behaviour that is repeated or serious enough to have a harmful effect, or which contains an implied promise of preferential treatment or the threat of detrimental treatment. For example:

- Any unwelcome touching
- Offensive sexual remarks or jokes in your workplace or school
- Staring and wolf whistling
- Implied or actual threats of being overlooked for work opportunities if you say no to your boss's advances
- Intrusive questions about your sex life

The Harmful Digital Communications Act 2014 (HDC Act) makes sexual comments or behaviour in digital form (online) unlawful.



LEGAL STUFF / TIKANGA A TURE
SEXUAL ASSAULT
RAWEKE/TAITOKAI



What should I do?

At first you may want to confide in someone you trust who will keep the information confidential. It is helpful to keep a record of incidents you find offensive. You can also get help from a sexual harassment contact person at work, a school counsellor, Community Law Centre or helpline like Safe to Talk (www.safetotalk.nz 0800 044 334). You can also complain directly to :

- **The Human Rights Commission**

(0800 496 877) – you have at least 12 months from when the harassment happened

- **The Ministry of Business, Innovation and Employment**

(0800 20 90 20) – if you lodge a grievance you must do so within a 90 day period from when the harassment happened.

If the sexual harassment involves assault or violence, you can get help from the Police

It's important to act – sexual harassment is unacceptable.

The Human Rights Commission has an excellent resource available online

'Sexual Harassment: What you need to know'.

FAMILY VIOLENCE

Family violence can be physical, sexual or psychological or abuse of any type, perpetrated by one family member against another.

Anyone can be affected by family violence, regardless of their age, gender, sexual identity, cultural background, ability, religion, wealth, status or location.

Family violence includes child abuse, partner abuse and elder abuse.

Family violence is a crime and the police take it seriously. **If you, or someone you know, is in immediate danger please call 111.**

If you do not want to report it straight away, you can seek help from the following organisations. You have a right to be safe.

Visit <http://www.areyouok.org.nz/> or <https://womensrefuge.org.nz/> or call the 0800 Family Violence Information Line (0800 456 450).



Sexual assault is a serious issue. If you have been assaulted or know of someone who has been sexually assaulted, it is important to speak to someone about it.



TATTOOS AND BODY PIERCINGS

SAFETY

Council by-laws and the Tattoo Artists Association of New Zealand (TAANZ) require you to be at least 16 years of age to get a piercing (other than ear lobe) and 18 to get a tattoo without your parent or guardian's consent. It's your body, so make an informed choice.

Any breaking of the skin means a risk of infection. Some blood-borne infections you can get with tattooing and body piercing include: hepatitis C and hepatitis B (immunisation available) – both can cause long term illness, liver damage and cancer of the liver, HIV (virus that causes AIDS), STIs – genital piercings may increase your risk.

Ask to see the equipment – do they sterilise it?

They should follow Ministry of Health Guidelines for safe piercing of the skin.



LEGAL STUFF / TIKANGA A TURE
WHO TO CONTACT
NGA KAIWAHINA

61



FURTHER INFORMATION

CONTACTS

Support Services

Consumer Protection

0508 426 678

www.consumerprotection.govt.nz

**Department of Internal Affairs
(DIA)**

www.dia.govt.nz

Births, Deaths and Marriages

0800 225 252

www.govt.nz/organisations/births-deaths-and-marriages

Identity and Passports

0800 passport (225050)

www.passports.govt.nz

NZ citizenship

0800 225 151

www.govt.nz/citizenship

**Oranga Tamariki – Ministry for
Children**

0508 326 459

Children's Commissioner

0800 224 453

www.occ.org.nz

**VOYCE - Voice of the Young and
Care Experienced**

www.voyce.org.nz

Employment Relations Authority

www.era.govt.nz

Office of Ethnic Communities

04 494 5784

www.ethniccommunities.govt.nz

Ministry of Youth Development

0508 367 693

www.myd.govt.nz

Ministry of Justice

Fines: 0800 434 637

www.justice.govt.nz

YouthLaw

0800 884 529

www.youthlaw.co.nz

Human Rights Commission

0800 496 877

www.hrc.co.nz

Legal Aid

0800 4529

www.justice.govt.nz/courts/going-to-court-legal-aid

For a list of your local providers or
contact your local District Court

Wills

www.sorted.org.nz

LEAVING SCHOOL

WEHE MAI ITE KURA



Check out careers.govt.nz to plan your career, explore jobs, find courses and start job hunting.

- *Free text Career to 434 and get sent a free career planning workbook.*

LEFT SCHOOL OR ABOUT TO LEAVE?

There are so many choices out there today, figuring out what you want to be in life can be a challenge – especially if you're still at school or have recently left school. Even when you know what to do, there may be a variety of ways you can get there.

The following websites have information and links to help you choose a pathway that's right for you. This might involve some further study or exploring work – both full and/or part-time.

- Schoolleaver.co.nz
- School-leavers-toolkit.education.govt.nz

FIND OUT MORE ON STUDY AND CAREER INTERESTS

Visit the website: www.careers.govt.nz/ click on Where to Next from school.

Or you could chat online with a careers' advisor in real time. Call free on 0800 222 733. If you are still at school you can also chat to your school career advisor.

DECIDING ON A CAREER

CAREERS SERVICES AND INFORMATION

Most tertiary institutions have a careers service and a variety of resources that enable students to research career information. These services are sometimes available to prospective students as well. Contact the prospective students office at the institution you wish to apply to for details.



LEAVING SCHOOL / WEHE MAI ITE KURA DECIDING ON A CAREER WHAKAARO MAHI

63



CAREERS

Careers contains extensive information on individual occupations. For each entry there is a job description, personal qualities required, education and training requirements, the pay range, expected demand for the job and sources of further information. Also included is advice on career choice, applying for a job, post-secondary education and training in New Zealand and government help.

www.careers.govt.nz

NZ CAREERS

Tearaway is a youth magazine created by youth for secondary school and college students and young adults. It covers youth entertainment articles and stories as well as different careers and course information relevant to senior students and school leavers.

Read online at www.tearaway.co.nz

SEEK

Seek is a large online jobs database. It also has career advice, employment trends and resources and templates to help you create professional CV's and cover letters.

www.seek.co.nz

OCCUPATION OUTLOOK

Occupation Outlook is a mobile app for apple and android. It has extensive information on labour supply and demand in over 100 occupations in NZ. The app outlines how to enter each role, how many are studying in related fields, how many are employed and what the average incomes are.

www.occupationoutlook.mbie.govt.nz

DEFENCE CAREERS

Information about careers in New Zealand's Navy, Army and Airforce

www.defencecareers.mil.nz



OCCUPATION
OUTLOOK

www.bluelight.co.nz



THE NEW ZEALAND TERTIARY EDUCATION SYSTEM

OVERVIEW

What do I need
to get into
university?



*Each university course
is different, check out
the course criteria on the
universities website or
information line.*

The term 'tertiary education' in New Zealand describes all post-school education and training. Tertiary providers include 8 universities, 16 institutes of technology and polytechnics, and 3 wānanga.

There are also 3 industry training organisations, 5 government training organisations and some 300+ private training establishments, which include English language schools.

In addition, there are many adult and community education providers.

Qualifications offered range from levels 2, 3 and 4 to level 10 on the New Zealand R register of Quality A assured Qualifications. The register has 10 levels. Levels 1–3 are approximately the same standard as senior secondary education and basic trade training.

TERTIARY STATS

- Over 87,000 young New Zealanders are not in employment, education, or training.
- Five years after finishing study, the median earnings of young people who completed a bachelor's degree was 53 percent above the national median earnings.
- New Zealand has one of the worst student retention rates of any developed nation.
- Taking a year off between school and starting university significantly improved the likelihood of passing most courses for students with lower school achievement scores.
- Between August 2017 and February 2018, there were 232,700 apprenticeship starts.
- 146,000 domestic students including 16,200 Māori students (11% of domestic students) and 11,400 Pasifika students (8% of domestic students) studied at a NZ University in 2015.



LEAVING SCHOOL / WEHE MAI ITE KURA STUDENT LOANS PUTEA AWHINA ÁKONGA

65



STUDENT LOANS

WHAT ARE THEY FOR?

Under the Student Loan Scheme you can borrow money interest-free from the government to help pay for tertiary study, and repay the loan once you finish studying and start earning over a certain amount. If you move overseas after studying however, you will be charged interest on your student loan.

Students loans aren't 'means tested', so what you or your parents earn or own doesn't affect your ability to get a student loan.

Students under 18 will need parents' consent to get a student loan.

Find out whether you qualify for a student loan, and to apply online, visit the StudyLink website www.studylink.govt.nz.

It's important to only borrow what you need – the more you borrow, the more you have to pay back!

How much can I borrow?

There are three parts to a student loan. You don't have to borrow all three parts.

Compulsory fees – Fees are paid directly to the institution by StudyLink.

- If you're studying part-time for less than 32 weeks, your course needs to have at least 0.25 EFTS Equivalent Full-time Students. Usually 0.125 EFTS is equivalent to 15 credits or points at your education provider.

Course-related costs – A lump sum for things like stationery, textbooks, childcare, travel or computer equipment. This is paid directly to your bank account.

- You need to meet the criteria for a Student Loan and be studying full-time and under 55.

Living costs – You can borrow up to a set amount each week for living expenses, which is then direct credited to your bank account. If you receive a student allowance this will reduce the amount you can borrow.

- You need to meet the criteria for a Student Loan and be studying full-time and under 55.

Is there any financial assistance available?



Yes.... you can apply for a student loan.



LEAVING SCHOOL / WEHE MAI ITE KURA

STUDENT LOANS

PUTEA AWHINA ÁKONGA

STUDENT ALLOWANCE

A Student Allowance is a weekly payment that can help with your living expenses while you're studying. **You don't have to pay the money back.**

What you can get depends on your circumstances – it's best to check the StudyLink website.

FEES FREE

From 1 January 2018 all New Zealand students who finish school in 2017, or will finish school during 2018, qualify for a year of free provider based tertiary education or industry training.

This policy will also benefit those who aren't school leavers. Adults who have previously studied for less than half a full-time year of tertiary education or industry training also will qualify for fees free.

Find out whether you are eligible on the fees-free website

www.feesfree.govt.nz



Depending on your age, living circumstances, financial assistance maybe available through work and income in New Zealand.



LEAVING SCHOOL / WEHE MAI ITE KURA
ENTERING UNIVERSITY
TOMO KI TE WHARE WANANGA

UNIVERSITIES

UNIVERSITY CONTACT DETAILS

The University of Auckland

Auckland

0800 61 62 63 www.auckland.ac.nz

Auckland University of Technology (AUT)

Auckland

0800 AUT UNI (0800 288 564) www.aut.ac.nz

University of Waikato

Hamilton and Tauranga

0800 WAIKATO (0800 92 45 28) www.waikato.ac.nz

Massey University

New Zealand's largest university offering relevant research and leading edge qualifications at 3 campuses, online and extramurally.

Palmeston North, Auckland, Wellington

0800 MASSEY (0800 6350 5701) www.massey.ac.nz

Victoria University of Wellington

Wellington

0800 VICTORIA (0800 4472 1000) www.victoria.ac.nz

University of Canterbury

Christchurch

0800 VARSITY (0800 82 77 48) www.canterbury.ac.nz

University of Otago

Dunedin

0800 80 80 98 www.otago.ac.nz

Lincoln University

Christchurch

0800 10 60 10 www.lincoln.ac.nz



LEAVING SCHOOL / WEHE MAI ITE KURA TERTIARY STUDIES

POLYTECHNICS

POLYTECHNIC CONTACT DETAILS

The Open Polytechnic of New Zealand

Lower Hutt

050 8650 200 www.openpolytechnic.ac.nz

Toi-Ohomai Institute of Technology

Bay of Plenty

www.toiohomai.ac.nz

Tai Poutini Polytechnic

Multiple locations

0800 800 411 www.tpp.ac.nz

Waikato Institute of Technology

(Wintec) Hamilton

0800 294 6832 www.wintec.ac.nz

Western Institute of Technology at Taranaki (WITT)

Taranaki

0800 948 896 www.witt.ac.nz

Southern Institute of Technology (SIT)

Southland

0800 4 0 FEES (0800 403337) www.sit.ac.nz

SIT is the only tertiary provider in NZ to offer a no tuition cost education to NZ students for every study year at all levels.

Whitireia Community Polytechnic

Auckland, Kapiti, Wellington

0800 944 847 www.whitireia.ac.nz

Otago Polytechnic

Dunedin, Cromwell, Auckland

0800 762 786 www.op.ac.nz

www.bluelight.co.nz

What shall I
do?



*Check out the websites of
these learning institutes
to see which courses they
offer.*

**Northland Polytechnic (North Tec)**

Northland

0800 162 100 www.northtec.ac.nz**Nelson Marlborough Institute of Technology (NMIT)**

Nelson, Marlborough, Auckland

0800 003 687 www.nmit.ac.nz**Manukau Institute of Technology (MIT)**

Auckland

0800 62 62 52 www.manukan.ac.nz**New Zealand Institute of Education (NZIE)**

Auckland

09 489 3520 www.nzie.ac.nz**Universal College of Learning (U COL)**

Multiple Locations

0800 468 265 www.ucol.ac.nz**Wellington Institute of Technology (WELTEC)**

Lower Hutt & Wellington

0800 WELTEC (0800 935 832) www.weltec.ac.nz**Eastern Institute of Technology (EIT)**

Napier, Auckland, Gisborne

0800 22 55 348 www.eit.ac.nz**Ara Institute of Canterbury**

Christchurch

0800 242476 www.ara.ac.nz**Unitec Institute of Technology**

Auckland

0800 10 95 10 www.unitec.ac.nz



LEAVING SCHOOL / WEHE MAI ITE KURA TERTIARY STUDIES

WĀNANGA

Wānanga deliver tertiary programmes grounded in kaupapa Maori. Maori knowledge and principals are key components of the academic programmes, teaching delivery, and student experiences.

Which school
shall I choose?

Te Whare Wānanga O Aawanuiarangi

Bay of Plenty

0508 92 62 64 www.wananga.ac.nz

Te Wānanga Raukawa

Otaki

0800 WANANGA (0800 364 901) www.wananga.com

Te Wānanga o Aotearoa

Multiple Locations

0800 353 553 www.twoa.ac.nz

INDUSTRY TRAINING ORGANISATIONS

INDUSTRY TRAINING ORGANISATION

CONTACT DETAILS

Mito

Industry training for NZ's automotive, transport, logistics, textile fabrication, and extractive industries.

0800 88 21 21 www.mito.org.nz

Service IQ

Industry training for the service industry including in aviation, tourism, travel, hospitality, museums and retail.

0800 863 693 www.serviceiq.org.nz

Building and Construction Industry Training Organisation (BCITD)

Industry qualifications for the building and construction sector.

0800 422 486 www.beito.org.nz

*Contact each school to
see what courses they
offer, the costs involved
and the qualifications
you require to get in.*



LEAVING SCHOOL / WEHE MAI ITE KURA TERTIARY STUDIES

71



The Skills Organisation

Workplace skills provider in Trades, Real Estate, Government, Emergency response and Business.

0508 SKILLS (0508 754 557) www.skills.org.nz

Competenz

Facilitates apprenticeships in a wide range of industries .

0800 526 1800 www.competenz.org.nz

Primary Industry Training Organisation (Primary ITO)

Industry training in the dairy, horticulture, meat and fibre, seafood and primary services.

0800 20 80 20 www.primaryito.ac.nz

Connexis

Infrastructure Industry Training for the civil, energy, telco and water industries.

0800 486 626 www.connexis.org.nz

NZ Marine and Composites Industry Training Organisation (NZ MAC ITO)

Industry training in the marine and composites industries.

0800 600 242 www.nzmacito.org.nz

HITO - NZ Hair and Beauty Industry Training Organisation

Hairdressing, barbering and makeup artistry apprenticeships

04 499 1180 www.hito.org.nz

Skills Active Aotearoa

Industry training for sport, recreation, exercise and the performing arts.

0508 4SKILLS (0508 475 4557) www.skillsactive.org.nz



How do I find
out more?



The careers advice line
 0800 22 733 or chat online
www.careers.govt.nz

PRIVATE TRAINING ESTABLISHMENTS (PTE)

PRIVATE POLYTECHNICS

Private Training Establishments are private polytechnics which offer courses with a focus on practical learning in a wide range of areas including tourism, I.T and design. There are over 300 PTES currently operating in NZ. For an extensive list see StudySpy www.studyspy.ac.nz

NEW ZEALAND APPRENTICESHIPS

New Zealand Apprenticeships are work based education initiatives to enable people to earn as you learn, gain professional and practical skills, and gain one or more Level 4 national certificates, depending on the programme and industry.

They are designed to give people not just a job, but access to quality workplace learning that offers them the start of a new career.

Check what kind of apprenticeships are available on the Tertiary Education Commission website - under 'Information for Apprentices' www.tec.govt.nz

At the time of writing there were over 200 apprenticeships available in 68 industries.

NZ Apprenticeships have been designed to complement and build on existing workbased industry training and other pathways into tertiary education.

MOVING OUT

KUA WHAKAWATEA

73



MOVING OUT OF HOME

Before you move out of home make sure you've thought through your options and are prepared for the move.

You'll have to consider whether you want to move into an existing set-up as a flatmate or set up a flat with your friends. You might also want to board which is when you rent a room in a private home or boarding house such as a hall of residence.

Make sure you understand your rights prior to signing up to any agreement and you might want to run any paperwork past your parents or guardians before signing.

If you have been **forced to move out from home or evicted** from your flatting situation this link may be helpful <https://www.workandincome.govt.nz/housing/nowhere-to-stay/index.html>

Reproduced from the Ministry of Business, Innovation and Employment's Tenancy Services guide for landlords and tenants - Renting and You





RENTING

The bottom line for renting a place of your own is simple. Get an agreement in writing with your landlord so there is no doubt as to what has been agreed to. Keep receipts of payments. Know your rights and obligations as a tenant.

GET A TENANCY AGREEMENT

A tenancy agreement outlines what the landlord and tenant have agreed to. The landlord and tenant must sign the tenancy agreement and the landlord must give the tenant a copy before the tenancy begins. This is a legally binding contract. It is important this is completed accurately and carefully.

TYPES OF TENANCY AGREEMENTS

Periodic tenancy – lasts until either the tenant or the landlord gives the required notice to end it.

Fixed-term tenancy – the tenancy lasts until the date specified on the tenancy agreement.

ENDING A TENANCY

A tenant must write to the landlord stating that they want to end the tenancy at least 21 days before they want to leave.

A landlord should give the tenant 90 days' notice in writing. However, the landlord can give 42 days' notice if:

- The owner requires the property for themselves or their family member, as a principal place of residence
- The property is being sold, the sale is unconditional, and the buyer requires the place vacant
- The landlord requires the rental home for occupation by employees (and the tenancy agreement clearly states the landlord uses or has acquired the premises for this purpose)

But I
cleaned
last
week!



*In a 'shared house'
all the work has to be
shared.*



MOVING OUT / KUA WHAKAWATEA GETTING STARTED TÍMATANGA

75



Can a fixed-term tenancy be ended early?

Not unless both the landlord and tenant agree, but contact Tenancy Services about your options.

Does everyone living in the rental home sign the tenancy agreement?

If one tenant signs, the law says that person is legally responsible for the place. If everyone signs, they are usually all responsible.

This means that if one tenant doesn't pay their share of the rent or damages the property, the landlord can seek the money owed from any or all of the tenants, regardless of which tenant didn't pay the rent or caused the damage.

PROPERTY INSPECTIONS

Doing a property inspection at the start of the tenancy can help prevent any problems that may occur when the tenancy ends. The landlord and tenant should do this together before the tenant moves in and write down what the stove, the carpet, and chattels (such as the curtains) are like.. Make sure anything that is old or damaged is written down. As an extra safeguard, record the condition of the rental home with a digital camera. If damage is written down when a tenancy starts, a tenant can't be blamed for it when they move out. It is also easy to see if there is any new damage.

KEEP ALL OF YOUR RECORDS

Keep all records, papers and documents about your tenancy, even after the tenancy is over. These records will include

- Your tenancy agreement
- Rent records and receipts
- Water, power and phone bills
- Letters from the landlord
- Copies of letters you have sent to the landlord

Can the landlord charge what he likes for a bond?



The Bond must not exceed 4 weeks rent money.



MOVING OUT / KUA WHAKAWATEA

GETTING STARTED

TÍMATANGA

MONEY – PAYING YOUR RENT AND BOND

BOND

Bond – money the tenant pays at the start of the tenancy to cover anything they might owe at the end. Usually the equivalent of four weeks' rent (this is the most the landlord can ask you for).

What happens to the Bond?

By law the landlord must give the bond to the Tenancy Services to look after and you should receive a letter confirming payment. For any questions about the bond call 0800 737 666.

Do I get my bond back?

If the house is ok and no money is owed to the landlord at the end of the tenancy, then yes.

How do I get my bond back?

When the landlord and tenant agree about what will happen with the bond they need to fill out a Bond refund form.

What if we don't agree? Apply to the Tenancy Tribunal as soon as possible. A mediator will help you sort it out. www.tenancy.govt.nz

RENT

Rent – A landlord can ask for one (or no more than) two weeks rent in advance (depending on whether you are paying weekly or fortnightly. Rent is usually paid directly to the landlord by automatic payment but you can also pay by cash or cheque. It is a good idea to keep your own rent records.

YOU MUST PAY YOUR RENT ON TIME



When leaving, if the house is okay and you owe no money then yes, you will get your Bond back.



MOVING OUT / KUA WHAKAWATEA GETTING STARTED TÍMATANGA

77



Am I paying the right rent?

Landlords can charge 'market rent' – what a landlord might reasonably expect to receive and a tenant might reasonably expect to pay for a comparable properties of a similar type, size and location. The Tenancy Services website has a section on current market rents for different parts of the country which is updated monthly.

Can the landlord put up the rent?

Yes, but they must write and tell the tenant 60 days before they put the rent up. The landlord can't put the rent up again for another 180 days. In a fixed term tenancy, the rent can go up only if this is written in the tenancy agreement.

Other situations where the rent may be increased is if the landlord has: substantially improved the premises, increased or improved facilities or services, or if both parties have consented to vary the agreement to the tenant's advantage. In these situations the tenant has to agree to the rent increase. If the tenant does not agree to the rent increase, the landlord may apply to the Tenancy Tribunal for an order increasing the rent.

What if I can't pay the rent?

Contact Tenancy Services to discuss your options. Talk to your landlord to see if you can sort something out.

What can the landlord do if I don't catch up?

If things can't be sorted the landlord can:

- Give you a letter giving you ten workdays to pay.
- Apply to the Tenancy Tribunal for an order that you pay what you owe.
- Apply to the Tenancy Tribunal to end your tenancy.

You should always turn up to Court because the Tenancy Tribunal can make a decision without you being there. You could be made to pay money – and if you don't the debt could follow you around for years and make it very hard for you to get credit in the future.

The landlord can't physically throw you out. But a Court bailiff may evict you by order of the Tenancy Tribunal.

I can't pay my
rent this week.
What do I do?



***Talk to Tenancy Services
or your landlord about
what you can do to see if
you can sort something
out.***



WARMER, DRIER, SAFER RENTAL HOMES

Landlords must ensure that smoke alarms are installed legally and correctly. Tenants are required to replace expired batteries if required. Tenants must not damage, remove or disconnect a smoke alarm, which includes removing the batteries unless it is to immediately replace expired batteries.

From July 2016 all new tenancy agreements must contain a signed Insulation Statement from the landlord disclosing the location, type and condition of insulation in the rental home. From July 2019 ceiling and underfloor insulation must be installed in all rental homes where it is reasonably practicable to do so, and a form of heating must be provided in any living room.

WHO DOES WHAT?

Some of the things you have to do – and things the landlord has to do.

You must:

- *Pay the rent*

Even if you're unhappy about something to do with the place you still have to pay the rent. It is important that you always pay the rent on time.

- *Keep the place reasonably clean.*

It doesn't need to look perfect, but it does need to be reasonable.

- *Tell the landlord if something needs to be fixed.*

If something breaks down or goes wrong tell the landlord straightaway. It is the landlord's responsibility to repair and maintain the place. It is your responsibility to tell the landlord about any problems. It's a good idea to put it in writing for the landlord as well, and keep a copy.

The
landlord
wants to
enter my
home...



The landlord is entitled to come inside only at certain times, after giving you notice or with your permission.



MOVING OUT / KUA WHAKAWATEA GETTING STARTED TÍMATANGA

79



IT'S YOUR HOME!

The landlord owns the place, but while you rent it, it is your home. This means the landlord has to respect your peace and privacy (quiet enjoyment).

When can the landlord enter your home?

The landlord can come inside, but only at certain times. These are:

- *To inspect the place*

The landlord can inspect the place, but no more than once every four weeks and they must give you 48 hours' notice that they are going to do an inspection.

- *To fix something*

If the landlord needs to fix something then they can come inside to do the repairs after giving you 24 hours' notice.

- *In case of emergency*

If the landlord wants to come inside for some other reason then they need your permission, otherwise they may be breaking the law. If it happens to you talk to Tenancy Services.

House for sale?

If the place is being sold, they've got to let you know as soon as it's put up for sale. Once it is sold the landlord may give you 42 days' notice to leave (except if you have a fixed term agreement).

You must let the landlord show buyers through the place, but you can have a say about when that happens. Work it out with your landlord.

It's time to
move out



Make sure you've given the right amount of notice or if asked to move out, the landlord has given you the right amount of notice.



What about pets?

If you have pets, check with the landlord if it's OK. Write it in your tenancy agreement.

When you move out

Make sure the place is completely clear of everything you own and is left clean and tidy. Remove all rubbish and give all the keys back to the landlord.

The landlord's jobs

The landlord needs to look after the place and keep it reasonable. That means keeping the plumbing, electrical wiring and anything to do with the structure of the house safe and working properly.

If the landlord is not doing some of their jobs talk with Tenancy Services about what you can do.

The landlord can't legally

- Come inside whenever they like
- Interfere with the power, gas or water
- Charge you more than two weeks' rent in advance
- Charge you more than four weeks' rent as bond.

The landlord must have an *order of the Tenancy Tribunal* before they can:

- Take or throw away any of your gear
- Ask the court *bailiff* to evict you.



MOVING OUT / KUA WHAKAWATEA
GETTING STARTED
TÍMATANGA

81



IF YOU HAVE HASSLES – WHAT TO DO IF...

... you've got a hassle with the landlord.

- Call Tenancy Services – find out your rights.
- See if you can talk it out with the landlord.

When you can't agree

If it's still no good, go back to Tenancy Services and ask about applying to the *Tenancy Tribunal* for help to sort it out. It costs \$20 to apply. If your claim is successful you can also claim back the application fee.

The first step is mediation – it's great

A Tenancy Services *mediator* helps you and the landlord both talk about the issues that need sorting out. *Mediators* don't take sides. You and the landlord decide what happens — no-one else. Anything agreed between you there can be legally binding – no need to go to Court.

Taking it to Court

If for some reason it can't be sorted out at mediation then you go to the *Tenancy Tribunal* and an *adjudicator* makes the decision.

So one way or the other the problem gets sorted, but it's best to try and clear it up as early as you can.



WHILE WE HAVE
TRIED TO MAKE
THIS EDUCATIONAL
INFORMATION AS
ACCURATE AS
POSSIBLE IT DOES
NOT COVER EVERY
SITUATION AND
SHOULD NOT BE
REGARDED AS
LEGAL ADVICE. IF
YOU WISH TO GET
ADVICE SPECIFIC
TO A PARTICULAR
SITUATION, PLEASE
PHONE TENANCY
SERVICES ON
FREEPHONE 0800
83 62 62 (0800
TENANCY).

STRUGGLING TO MAKE ENDS MEET?

If you are on a low income or not working, finding it hard to gain housing, or need help to gain skills for a job the Ministry of Social Development has many supports that might work for you.

<https://www.workandincome.govt.nz/index.html>

FURTHER INFORMATION

CONTACTS

<http://schoolleaver.nz/accommodation>

<https://www.workandincome.govt.nz/housing/index.html>

TENANCY SERVICES

The Tenancy Services website has clear and thorough information on tenancy matters and all tenancy forms you will need.

Phone: 0800 TENANCY (0800 83 62 62)

www.tenancy.govt.nz

Got a question about your bond?

Phone: 0800 737 666

OTHER LINKS

Consumer Protection

0508 4 CONSUMER (0508 426 678)

www.consumerprotection.govt.nz

Citizens Advice Bureau

0800 FOR CAB (0800 367 222)

www.cab.org.nz

You can also get advice live on line.

HEALTHY BODY

TINANA ORA

83



Much of the following information is taken from the NZ Drug Foundation, a registered charitable entity that aims to prevent and reduce drug-related harm in New Zealand. The NZ Drug Foundation is safety focussed and takes a harm reduction approach in all its work. Visit www.drugfoundation.org.nz

WHAT IS A DRUG?

WHAT IS A DRUG?

A drug is any substance, solid, liquid or gas that brings about physical and/or psychological changes in a person's body.

The drugs that cause the most concern, to parents in particular and to the wider community generally, are those that affect the central nervous system. They can change the way a person thinks, feels or behaves. These are the psychoactive drugs.

WHERE DO DRUGS COME FROM?

Drugs come from a range of sources. Many are found in plants, for example nicotine in tobacco; caffeine in coffee; and cocaine from the cocoa plant. Morphine and codeine are derived from the opium poppy, while heroin is chemically manufactured from morphine. Marijuana is the leaf, buds and seed heads of the cannabis plant, and hashish and hash oil are the plant's resin.

Alcohol is a product of the natural process of fermentation, which happens when fruit, grain or vegetables decompose. Fungi, such as magic mushrooms, and some types of cactus plants are considered drugs because of their hallucinogenic properties. Medicines are manufactured from both natural and artificial chemicals.

Is it better for someone to take naturally occurring drugs than man-made ones?



All drugs whether natural or synthetic can cause harm.



DRUG EFFECTS

TYPES

There are three main types of drugs, classified according to the effect the drug has on the central nervous system: depressants, stimulants and hallucinogens.

Depressant drugs

Depressant drugs or 'downers' don't necessarily make a person feel depressed. They slow down the functions of the central nervous system. In small quantities they can cause the user to feel more relaxed and less inhibited. In larger quantities they may cause unconsciousness, vomiting and, in some cases, death. Depressants affect a person's concentration and co-ordination.

They slow down a person's ability to respond to unexpected situations. Depressant drugs include:

- Alcohol, or 'booze', 'grog'
- Barbiturates, including Seconal, Tuinal and Amytal
- Benzodiazepines (minor tranquillisers), or 'benzos', 'tranx', with brand names such as Rohypnol, Valium, Serepax, Mogadon, Normison and Euhypnos
- Cannabis, or 'pot', 'mull', 'dope'
- GHB (Gamma-hydroxybutyrate), or 'GBH', 'fantasy'
- Opiates and opioids, including heroin, or 'H', 'smack', and morphine, codeine, methadone, and pethidine
- Some solvents and inhalants, or glue, 'chroming'.



THERE IS NO 'SAFE'
LEVEL OF DRUG USE.



HEALTHY BODY / TINANA ORA

DRUG EFFECTS

ÁHUATANGA O TE REHU

85



Stimulant Drugs

Stimulants or 'uppers' act on the central nervous system to speed up the messages going to and from the brain. Stimulants can make a person feel more awake, alert or confident. Stimulants increase the heart rate, body temperature and blood pressure. Other physical effects include reduced appetite, dilated pupils, talkativeness, agitation, and sleep disturbance.

Certain quantities of stimulants can 'over-stimulate' the user, causing anxiety, panic, seizures, headaches, stomach cramps, aggression and paranoia.

Prolonged or sustained use of stimulants can also cause these effects. Strong stimulants can mask some of the effects of depressant drugs, such as alcohol, making it difficult for a person to judge exactly what effects the drugs are having on him or her.

Mild stimulants include:

- Caffeine in coffee, tea and cola drinks
- Ephedrine used in medicines for bronchitis, hay fever and asthma
- Nicotine in tobacco is also a stimulant, despite many smokers using it to relax.

Stronger stimulants include:

- Methamphetamine, P, amphetamines, including illegal amphetamines, or 'speed', 'crystal meth', 'ice', 'shabu', pure
- Cocaine, or 'coke', 'crack'
- Party Pills, speed, P, Pure, Ecstasy, or 'E', 'XTC'
- Slimming tablets such as Duromine, Tenuate Dospan.

How can a person predict how a drug will affect him or her?



People can never be sure how a particular drug will affect them as effects can vary from person to person. And effects can be even more unpredictable when more than one drug is used.



HALLUCINOGENIC DRUGS

Hallucinogens affect a person's perception. Someone taking them may see or hear things that aren't really there, or what he or she sees may be distorted in some way. The effects of hallucinogens vary greatly. It is impossible to predict how they will affect a particular person at a particular time.

Other effects of hallucinogenic drugs include dilation of pupils, loss of appetite, increased activity, talking or laughing, a sense of emotional and psychological euphoria and wellbeing, jaw clenching, sweating, panic, paranoia, loss of contact with reality, irrational or bizarre behaviour, stomach cramps and nausea.

Hallucinogens include:

- MDMA, Ecstasy
- Datura
- Ketamine, or 'K', 'Special K'
- LSD (lysergic acid diethylamide), or 'trips', 'acid', 'microdots'
- Magic mushrooms (psilocybin), or 'gold tops', 'mushies'
- Mescaline (peyote cactus)
- PCP, or 'angel dust' (phencyclidine).

Cannabis is a depressant as well as a hallucinogen.
Ecstasy can also have hallucinogenic qualities.

As well as the effect the drug has on the central nervous system (depressant, stimulant, hallucinogen), there are a number of factors that will determine how a particular drug will affect an individual including:

How much of the drug is used

Generally, if a large amount of a drug is used, there will be strong effects. A lesser amount taken may cause weaker effects. Overdose occurs when too much of the drug is taken and the user's body cannot cope.



YOU CANNOT
'CANCEL' OUT THE
EFFECTS OF ONE
DRUG BY TAKING
ANOTHER DRUG.



HEALTHY BODY / TINANA ORA

DRUG EFFECTS

ÁHUATANGA O TE REHU

87



Physical characteristics

The height, weight and gender of the user also influence drug effects. The proportion of body fat, rate of metabolism, and the menstrual cycle can all affect the intensity and duration of drug effects.

Mood and environment

How a person is feeling can have a significant impact on the effects of drugs, as can the social setting of drug use. For example, a person is more likely to have a negative experience if he or she uses a drug in a threatening environment.

Tolerance to the substance

The first time a person uses a drug, he or she will have a very low tolerance to it and usually will feel the effects very strongly. The more often the drug is used, generally the less intense the effects will be. This results in a user needing to take larger amounts in order to obtain the desired effect.

Polydrug use (using more than one drug)

Often people who use drugs have one preferred drug, but they may use other drugs to increase or reduce the effects of their preferred one. They can also substitute other drugs. However, combining drugs can increase or alter the usual effects, often in unpredictable ways.

Is it true
that illegal
drugs are
harmful and
legal drugs
are OK?



Different drugs produce different effects and pose different risks. The legal status of any given drug is not necessarily a reliable indicator of its potential for harm.



WHAT PROBLEMS CAN DRUG USE CAUSE?

What concerns the community most about the harm caused by drugs is the death toll.

Since July 2017 at least 45 people have died from synthetic cannabis.

In the previous five years there were two confirmed deaths.

A common concern is that if a person uses drugs he or she will become dependent on them and become a 'drug addict'.

People often hear alarming stories that give the impression that illegal drugs are instantly addictive and are the drugs that cause the most harm.

While illicit drugs cause many deaths, in New Zealand society most drug-related deaths are caused by alcohol (between 600-800 people per year) and tobacco (around 5,000 people per year).

Regardless of the drug used, there are many problems related to drug use such as:

Family/relationship problems

Drug use may lead to conflict with a user's family or friends. The people closest to him or her may be very frustrated and concerned when they are manipulated or pressured for money or possessions.

Conflict also arises when someone using drugs can't or won't see that his or her drug use is causing problems.

Work/school problems

A person who takes drugs may need to take more sick days and be unable to work properly.

Accidents

Drug use may affect a person's ability to respond appropriately to a given situation, or affect his or her ability to think clearly and to maintain attention. Their drug use may cause physical symptoms such as blurred vision, cramps, and nausea. Such effects can increase the risks of car accidents or drownings, and reduce their ability to cross roads safely.



THE LAW SEES ANY
DRUG TRAFFICKING
AS A SERIOUS
OFFENCE AND
PENALTIES ARE
HARSH.



HEALTHY BODY / TINANA ORA
DRUG EFFECTS
ÁHUATANGA O TE REHU

Legal problems

There are laws governing the manufacture, possession, distribution and use of drugs. The four main types of offences related to illegal drugs are: use, possession, cultivation and trafficking of drugs. If a person uses drugs, it may also lead to other legal concerns such as crimes committed in order to raise sufficient money to support ongoing drug use, and violent assaults.

Financial problems

The cost of ongoing drug use may mean that the user does not have enough money left to pay for other necessary things. This may include regular bills, food and clothing, and things that may increase his or her quality of life, such as entertainment and leisure activities.

Health problems

Tobacco, alcohol and illegal drugs can all have serious health effects if used over a long period of time. Lifestyle changes such as poor eating habits and inadequate sleep can increase the chances of the user experiencing a variety of health complications. If someone injects drugs, he or she is at risk of contracting Hepatitis B, Hepatitis C and HIV (the virus that causes AIDS).

Sexual problems

Certain types of drugs may lead a person to feel sexually aroused, but can actually reduce their ability to perform sexually.

WHAT IS DRUG DEPENDENCE?

There are degrees of dependency, from mild dependency to compulsive drug use (often referred to as addiction). *It is impossible to say how long or how often a person must use a drug before he or she becomes dependent on it.*

Dependence can be psychological or physical, or both.

If a person is psychologically dependent on a drug then in different situations he or she feels that they have to use that drug in order to function effectively or to achieve emotional well-being.

Physical dependence is when a person's body adapts to a drug and becomes used to functioning with the drug present.

How long can
drugs be
detected in a
person's body?



It varies from person to person as well as from drug to drug. Some drugs may only be detectable for a few days. Cannabis may remain detectable for weeks in.



HEALTHY BODY / TINANA ORA

DRUG EFFECTS

ÁHUATANGA O TE REHU

If a person is physically and/or psychologically dependent on drugs and suddenly stops taking them, he or she may experience withdrawal symptoms as their body readjusts to functioning without the drug. Withdrawal symptoms are different for different types of drugs and for each person. There are many types of withdrawal symptoms that may be experienced, such as depression, irritability, cramps, nausea, sweating and sleeping problems.

If someone is physically dependent on a drug, he or she usually develops a tolerance to it. This means that he or she needs to take more and more of the drug to get the same effect.

TREATMENT

There are lots of different treatment options. Some people who have used drugs aim towards achieving a drug-free lifestyle. Other people use individual counselling techniques, or group therapy, while other users take pharmaceutical medicines to assist them to give up drug use altogether.

DRUGS AND DRIVING DON'T MIX

An increasing number of road crashes involve drivers who are under the influence of drugs. In fact, drugs are found to contribute to driver fatalities as often as alcohol. Both medicines and illegal drugs can impair driving and increase crash risk. This situation is of considerable concern to employers, seeking to protect staff from injury in the workplace and beyond.

Like alcohol, drugs reduce a person's ability to operate any piece of machinery safely, particularly if more than one drug is used, or if other drugs are mixed with alcohol.

Many prescribed medicines carry labels warning of possible drowsiness and advising the user not to drive or operate machinery if they are affected.

Illegal drugs come with no such warning. However, it is always unsafe to drive after using any illegal drug because of the effects they have on mental and physical capacities.

Between 2014-2016 in New Zealand, 29% of all fatal crashes were caused by alcohol/drug-affected drivers.



DRUGS AND DRIVING
CAN BE A LETHAL
COMBINATION.



HEALTHY BODY / TINANA ORA
DRUG EFFECTS
ÁHUATANGA O TE REHU

HOW DO DRUGS REDUCE DRIVING ABILITY?

Drugs (whether medicinal or illicit) can decrease a driver's:

- Mental alertness
- Vigilance and concentration
- Physical co-ordination
- Ability to react quickly and appropriately to what's happening on the road.

Driving and medicines

Both prescription and over-the-counter medicines (i.e. medicines a person can buy from the pharmacist without a prescription) can impair driving ability. This includes medicines used to treat common conditions like allergies, arthritis, diabetes, blood pressure, stress, and strong painkillers (particularly those containing codeine).

To help protect those taking them, medicines that cause drowsiness must display one of the following warning labels: 'This medicine may cause drowsiness and may increase the effects of alcohol. If affected, do not drive a motor vehicle or operate machinery', or 'Medicine may affect mental alertness and/or co-ordination. If affected, do not drive a motor vehicle or operate machinery'.

HOW CAN YOU HELP YOURSELF?

- A person should always ask their doctor or pharmacist how any current medicines can affect his or her ability to drive
- If someone starts taking a new medicine he or she should ask the doctor or pharmacist if it can affect their driving
- A person should always read and take notice of the warning labels on medicines, whether the medicine has been prescribed by his or her doctor or bought over the counter
- A person should ask his or her pharmacist if a Consumer Medical Information Sheet is available for the medicine they are taking



HEALTHY BODY / TINANA ORA

DRUG EFFECTS

ÁHUATANGA O TE REHU

A person should NOT DRIVE if he or she feels:

- drowsy or tired
- dizzy, light-headed or faint
- vague, not thinking clearly
- shaky or unsteady
- angry or aggressive
- nauseated/sick
- or have blurred or double vision, or any problem with their eyesight.

Can a drug conviction affect a person's chances of getting a job?



Yes. A drug conviction may reduce the chances of a person getting a job as well as getting a visa to travel overseas.

- If a person's job involves driving a car or operating machinery, he or she should let their employer know if they are taking any prescribed medicines that may reduce their ability to carry out these activities safely
- If a person thinks his or her medicine may be affecting their driving, they should stop driving — they should NOT stop taking their medication, and consult their doctor
- People should not drive if they are affected by any illegal drug
- Plan ahead to avoid driving: take a taxi or public transport, stay the night or arrange to be picked up.

A person should NOT DRIVE if:

- His or her mind is foggy
- He or she is feeling drowsy, edgy or sick
- He or she has blurred vision or trouble focusing.



DRUGS AND THE LAW

DRUG CLASSIFICATIONS

There is a wide range of controlled and illegal drugs, which the Misuse of Drugs Act 1975 classifies according to the level of risk of harm they pose to people misusing them:

- **Class A** (very high risk): methamphetamine, magic mushrooms, cocaine, heroin, LSD (Acid)
- **Class B** (high risk): cannabis oil, hashish, morphine, opium, ecstasy and many amphetamine-type substances
- **Class C** (moderate risk): cannabis seed, cannabis plant, codeine

DRIVING AND ILLEGAL DRUGS

Illegal drugs including heroin, cannabis, cocaine, ecstasy and amphetamines impair the ability to drive safely.

Heroin and cannabis are both depressants, which means they slow down the brain and other parts of the nervous system. It is dangerous to drive after using these drugs because they can:

- Make it harder to concentrate
- Reduce a person's ability to make quick and correct decisions
- Reduce a person's ability to respond appropriately to unexpected events, or the actions of other road users.

Cocaine, ecstasy and amphetamines (speed) are stimulants, which means they speed up the activity of the brain and other parts of the central nervous system. It is dangerous to drive after using these drugs because they can:

- Give a user a false sense of alertness and confidence, while actually reducing their judgement
- Increase risk taking, and cause the user to underestimate the consequences of risk
- Can increase anxiety and aggression — particularly where cocaine and amphetamines are taken.



IT IS ILLEGAL IN NEW ZEALAND TO GROW CANNABIS, EVEN FOR PERSONAL USE.



HEALTHY BODY / TINANA ORA

DRUGS AND THE LAW

WHAKAPOUAU/REHU ME TE TURE

Am I
safe to
drive after
taking my
medication?



*Don't drive if you feel
drowsy, dizzy, faint,
shaky, angry, aggressive
or sick.*

All drugs affect different people in different ways, depending on how much is used, how strong the drug is, a person's physical and psychological state. It is even more dangerous to drive after using illegal drugs because the variations in quality make the effects very difficult to predict.

You are 23 times more likely to be involved in a fatal crash if you're affected by alcohol, drugs or prescription medications when driving.

MIXING DRUGS INCREASES THE DANGER

Mixing drugs can reduce your driving ability even further:

- If someone is prescribed a medicine, he or she should ask their doctor or pharmacist how using alcohol (and/or other drugs) with their medicine is likely to affect their driving
- A user of illegal drugs, should NOT DRIVE.

WHAT ARE THE LAWS ABOUT DRIVING AND DRUGS?

In New Zealand, it is illegal for a person to drive a vehicle if his or her driving is impaired by the use of drugs, including medicines. If the Police believe a person's ability to drive is impaired, they can request him or her to accompany them to a police station for assessment, and he or she may be required to give a blood sample. If they refuse to accompany them then they can be arrested.

If someone is found guilty of driving while impaired by a drug, he or she will lose their licence for a minimum of 6 months, face up to three months in prison and be fined up to \$4,500. The penalties are even more severe for anyone who causes injury or death or has Class A drugs in their blood.



HEALTHY BODY / TINANA ORA
WHAT IS ALCOHOL?
HE AHA TE WAIPIRO

WHAT IS ALCOHOL?

WHAT IS ALCOHOL?

Alcohol is produced by fermentation – the action of yeast on liquids containing sugars and starches. Pure alcohol has no colour or taste. In New Zealand, alcohol is the most widely used psychoactive, or mood-changing recreational drug.

WHAT HAPPENS AFTER USING ALCOHOL?



1. After a few drinks...
After a few drinks... Feel happy, more relaxed, it becomes harder to concentrate and your reactions become slower.



2. A few more... Less inhibitions, more confidence, less coordination, slurred speech, intense moods - e.g. sad, happy, angry.



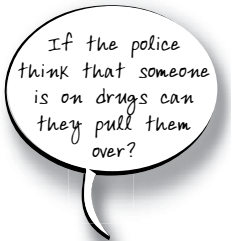
3. A few more...
Confusion, blurred vision, poor muscle control.



4. More still... Nausea, vomiting, sleep.



5. Even more... may cause coma or death.



If the police believe a person's ability to drive is impaired, they can take him or her to a police station for assessment, and he or she may be required to give a blood sample.



WHAT IS ALCOHOL? HE AHA TE WAIPIRO

LONG TERM EFFECTS OF ALCOHOL

Will drinking water or coffee help reduce the level of alcohol in a person's body?



No. The liver processes alcohol at a rate of about one standard drink per hour. There is nothing anyone can do to speed up this process.

Long term effects of alcohol

Nervous system

- tingling and loss of sensation in hands and feet

Heart

- high blood pressure
- irregular pulse
- enlarged heart

Lungs

- greater chance of infections, including Tuberculosis

Muscles

- weakness
- loss of muscle tissue

Liver

- severe swelling and pain
- hepatitis
- cirrhosis
- liver cancer

Pancreas

- inflamed pancreas causing pain

Sexual organs

Males

- impotence
- shrinking of testicles
- damaged/less sperm

Females

- greater risk of gynaecological problems
- damage to foetus if pregnant

Blood

- changes in red blood cells

Brain

- brain injury
- loss of memory
- confusion
- hallucinations

Skin

- flushing
- sweating
- bruising

Stomach

- inflamed lining
- bleeding
- ulcers

Intestines

- inflamed lining
- ulcers



HEALTHY BODY / TINANA ORA
WHAT IS ALCOHOL?
HE AHA TE WAIPIRO

ALCOHOL AND THE BODY

How does a person's body deal with alcohol?

Alcohol is absorbed into the bloodstream through the stomach and small intestine. If the stomach already has food in it, the rate at which alcohol is absorbed is slowed down. However, all alcohol that is drunk will eventually reach a person's bloodstream. The main organ purifying the blood (and breaking down the alcohol) is the liver. A person's breath, sweat and kidneys remove the remaining alcohol. The liver works at a fixed rate, removing about one standard drink (10 grams of alcohol) an hour. If a person drinks a lot at night, there may still be a high level of alcohol in his or her bloodstream the next day.

What are the long-term effects of using alcohol?

Drinking heavily over a long period of time can cause damage to many parts of a person's body including the nervous system, brain and memory, and can lead to high blood pressure, liver disease and cancer.

Can a person overdose on alcohol?

Yes. An overdose of alcohol can result in a person having nausea, vomiting, falling into a coma, having shallow breathing, pale skin and loss of bladder control. Acute alcohol poisoning can lead to death.

What does it mean to 'binge' drink?

Binge drinking is when a person drinks heavily over a short period of time or continues to drink over a number of days or weeks. Binge drinking is harmful. Besides the damage it can do to a person's body, it can lead the drinker to take risks or to put him or herself in dangerous situations. After binge drinking, people may suffer hangovers, headaches, nausea or vomiting and shakiness.

What happens if someone mixes alcohol with other drugs?

Mixing alcohol with other drugs (including prescribed medicines) can be dangerous. The effects of one drug may increase the effects of the other, or they may hide some of the effects, making it hard to tell exactly how the drug has affected the user. He or she may think they are OK without really knowing what is going on inside their body.



HEALTHY BODY / TINANA ORA

WHAT IS ALCOHOL? HE AHA TE WAIPIRO

IS IT AGAINST THE LAW TO DRINK ALCOHOL?

If a person is under 18 he or she is breaking the law if they:

- Buy alcohol
- Receive or have alcohol in their possession in a public place
- Drink alcohol in a hotel or public place (such as a street, park or beach).

In New Zealand, a person is not breaking the law if he or she is under 18 and drinks alcohol while having a meal on licensed premises with a parent, guardian, husband or wife.

THE FOLLOWING LAWS APPLY IN NEW ZEALAND

- It is an offence for any person under 18 years of age to purchase, receive, possess or consume alcohol
- It is an offence for a young person to enter or remain on licensed premises unless accompanied by a parent or legal guardian
- A person under 18 years of age can be charged with being drunk and disorderly in the same way as people over the age of 18

PEOPLE OVER 18

Alcohol consumption is legal for those aged 18 and over. However, there are laws governing how alcohol may be used:

- Hotels must not serve alcohol to people they believe are intoxicated, or people under the age of 18. Heavy penalties apply for breaking these laws
- In some areas, local by-laws make it illegal to drink alcohol in public places, such as beaches, parks or streets
- It is illegal to give alcohol to someone younger than 18, unless it is given by a parent, guardian, husband or wife
- It is illegal to buy alcohol for someone who is under 18



DRINKING
CARBONATED
ALCOHOLIC DRINKS
SPEEDS UP THE RATE
AT WHICH YOU GET
DRUNK.



HEALTHY BODY / TINANA ORA

WHAT IS ALCOHOL?

HE AHA TE WAIPIRO

99



BLOOD ALCOHOL LEVEL (BAL)

Blood alcohol level (BAL) is the amount of alcohol in the bloodstream. A BAL of 0.05 means the person has 0.05 grams of alcohol in every 100 millilitres of their blood.

Since the liver metabolises alcohol at around one standard drink per hour, the BAL level drops over time, unless more alcohol is consumed.

BAL is measured by analysing a sample of blood.

FACTORS AFFECTING YOUR BAL

The more a person drinks, the higher their BAL. However, two people who drink the same amount might register quite different BALs:

- **Body size**

A smaller person will have a higher BAL than a larger person, because the alcohol is concentrated in a smaller body mass.

- **Empty stomach**

A person with an empty stomach will reach a higher BAL than someone who has just eaten a meal. Food in the stomach slows down the rate at which alcohol passes into the bloodstream.

- **Body fat**

People with a lot of body fat tend to have a higher BAL. Alcohol is not absorbed into fatty tissue, so the alcohol is concentrated in a smaller body mass.

- **Women**

After consuming the same amount of alcohol, a woman will almost always have a higher BAL than a man.

Because of all these variable factors, even counting the number of standard drinks a person consumes can only give a rough guide to his or her BAL.

Is there an average age when people experience alcohol abuse?



People can 'abuse' alcohol at practically any age. 'Low risk' drinking is up to 3 standard drinks per day for men, and 2 for women. Younger people are more likely to consume alcohol at high-risk levels than older people are.



HEALTHY BODY / TINANA ORA

WHAT IS ALCOHOL? HE AHA TE WAIPIRO

WOMEN AND ALCOHOL

Research has shown that alcohol affects women differently from men.

Higher BAL

If a man and a woman drink exactly the same amount of alcohol, the woman will almost always have a higher blood alcohol level (BAL). A woman's body contains more fatty tissue and less water than a man's body and women are often smaller than men. As a result, the alcohol will be more concentrated in a woman's body, producing a higher BAL.

HEALTH PROBLEMS

Women may develop liver damage and other health problems with lower levels of alcohol consumption than men.

Women who drink alcohol are more likely to develop breast cancer and have gynaecological problems than women who don't drink.

For these reasons, health authorities recommend that women should drink less than men.

ALCOHOL AND DRIVING

If a person is going to drive, it is safest if he or she does NOT DRINK at all.

Alcohol is involved in about one-third of all serious motor vehicle accidents. It is illegal to drive with a blood alcohol level (BAL) over zero (0.00) if you are younger than 20 years old. If you are over 20 years old your legal BAL cannot go over the 0.50 limit.

These conservative estimates are designed to minimise the risk of exceeding the legal limit to drive. Because everyone is different, some people would need to drink less to maintain a BAL level below the legal limit.

A person should not drive if there is any doubt about his or her BAL. He or she should make alternative arrangements: call a taxi, get a lift with someone who has not been drinking, or stay overnight.

Stop a mate driving drunk. Legend.



DRINKING TOO
MUCH ALCOHOL MAY
CAUSE IMPOTENCE
OR OTHER SEXUAL
DYSFUNCTION.



HEALTHY BODY / TINANA ORA
WHAT IS ALCOHOL?
HE AHA TE WAIPIRO









STANDARD DRINKS

A standard drink isn't usually the same as a glass of wine or beer poured at home.

The use of standard drinks can help a person monitor his or her alcohol consumption and exercise control over the amount they drink. Different types of alcoholic drinks contain different amounts of pure alcohol. In NZ standard drink is defined as one that contains 10 grams of pure alcohol.

GUIDE TO STANDARD DRINKS IN TYPICAL ALCOHOL PRODUCTS

These are all equal to approximately one standard drink:

	Low alcohol beer 330ml 2.5% alcohol (0.7 standard drinks)		Regular beer 330ml 4% alcohol (1 standard drink)
	Wine 100ml glass 12.5% alcohol (1 standard drink)		RTD (Ready To Drink) 330ml bottle 6% alcohol (1.6 standard drinks)
	Mixed Drinks 1 glass 30 ml shot of spirits plus mixer (1 standard drink)		Spirits 30ml shot 42% alcohol (1 standard drink)
	Higher Strength beers 330ml 5% alcohol (1.3 standard drinks)		Cider 330ml bottle 5% alcohol (1.3 standard drinks)

Can 'binge'
drinking harm
a person
physically?



Yes. So as not to damage their health, a person should not drink more than 5 drinks (for men) and 4 drinks (for women) on any occasion, if you are going to drive it is best not to drink at all.



HEALTHY BODY / TINANA ORA

WHAT IS ALCOHOL? HE AHA TE WAIPIRO

Keep in mind

- The 'standard' size of drinks served in some venues may be bigger than the standard drinks you are used to. Large wine glasses can hold two standard drinks — or even more!
- Drinks served at home often contain more alcohol than a standard drink
- Craft beers and RTDs usually contain more than a standard drink
- Cocktails can contain as many as five or six standard drinks, depending on the recipe

MINIMISING THE RISKS FROM DRINKING ALCOHOL

We know that drinking too much alcohol can cause problems, but how much is too much?

The NZ's Health Promotion Agency's alcohol drinking advice for adults 18 years and older is as follows.

Drinking alcohol should be spread over several hours. Men, for example, should not consume more than two standard drinks in the first hour, and no more than one standard drink per hour thereafter. Women should not consume more than one standard drink per hour.



ALCOHOL HAS A
GREATER EFFECT ON
WOMEN DUE TO THEIR
SMALLER SIZE BODY,
HIGHER FAT LEVELS
AND GENERALLY
SMALLER LIVERS

FOR MEN

An average of no more than 3 standard drinks a day, and no more than 15 standard drinks over a week
Not more than 5 standard drinks during any one occasional heavy drinking day
At least two alcohol-free days per week

FOR WOMEN

An average of no more than 2 standard drinks a day, and no more than 10 standard drinks over a week
Not more than 4 standard drinks during any one occasional heavy drinking day
At least two alcohol-free days per week

YOUNG PEOPLE UNDER 18 YEARS

Not drinking alcohol is the safest option. Those under 15 years of age are at the greatest risk of harm and not drinking alcohol is important. The safest option for those ages 15-17 years is to delay drinking for as long as possible.

PREGNANT WOMEN

There is no known safe level of alcohol use at any stage of pregnancy



HEALTHY BODY / TINANA ORA WHAT IS ALCOHOL? HE AHA TE WAIPIRO

Remember: do not to drink if you:

- Could be pregnant, are pregnant or trying to get pregnant
- Are on medication that interacts with alcohol
- Have a condition made worse by drinking alcohol
- Feel unwell, depressed, tired or cold as alcohol could make things worse
- Are about to operate machinery or a vehicle or do anything that is risky or requires skill

These guidelines assume that the person drinking alcohol:

- Is not on medication
- Is not pregnant
- Will not be driving
- Will not be operating machinery.

The above drinking levels may also be too high for men who weigh less than 60 kilograms and for women who weigh less than 50 kilograms.

A lower amount of alcohol is recommended for women because alcohol tends to have a greater effect on women for the following reasons:

- Women tend to have smaller bodies than men, so alcohol is distributed over a smaller volume. Women also tend to have more body fat than men, and alcohol is not taken up by body fat.
- On average, women have smaller livers than men, and the ability to break down alcohol is limited by the size of the liver.
- The level of hormones in a woman's body can possibly increase the effects of alcohol.
- If a woman is taking the contraceptive pill, her body's ability to break down alcohol may be reduced.

HOW TO DRINK LESS

• **Start with a non-alcoholic drink:** A person will drink much faster if he or she is thirsty. Before a person starts to drink alcohol, it's a good idea if he or she quenches their thirst with a non-alcoholic drink.

• **Use standard drinks:** A person should monitor how much alcohol he or she drinks. By converting the amount they are consuming into standard drinks, it is easier to keep track.

How long does it
take for a person's
BAL to rise?



*It may take up to 2 hours
after their last drink for
a person's BAL to peak,
especially if he or she has
eaten a substantial meal.*



HEALTHY BODY / TINANA ORA

WHAT IS ALCOHOL?

HE AHA TE WAIPIRO

*Slang:*

Grass, marijuana, weed,
pot, dope, hash.

- **Drink slowly:** Take sips and not gulps. Put the glass down between sips.
- **Eat before or while drinking:** Eating slows a person's drinking pace and fills him or her up. If someone has a full stomach, alcohol will be absorbed more slowly.
- **Avoid salty snacks:** Salty food like chips or nuts make a person thirsty, so he or she drinks more.
- **Avoid 'shouts':** Don't get involved in 'shouts', or rounds. A person should drink at his or her own pace — not someone else's. If someone does get stuck in a shout, they should buy a non-alcoholic drink for themselves when it's their turn. One drink at a time: Don't let people top up the drinks. It is then harder to keep track of how much alcohol is drunk.
- **Pace the drinking:** Try having a 'spacer', a non-alcoholic drink every second or third drink.
- **Stay busy:** If a person has something to do, he or she tends to drink less. Play pool or dance — don't just sit and drink.
- **Try the low-alcohol alternative:** A wide range of light beers are available. Low-alcohol or non-alcoholic wines are also becoming more available. Most places that serve cocktails also serve non-alcoholic versions.
- **Have alcohol-free days:** People should have at least two days a week when they don't drink at all.
- **Keep a diary:** If a person writes down how much he or she drinks each day, it will make them more aware of how much they drink.
- **Be assertive:** A person should not be pressured into drinking more than he or she wants or intends to. They can tell their friends 'thanks, but no thanks'.

Alcohol can be an enjoyable part of life. However, as with all drugs, excessive drinking causes problems.



CANNABIS

WHAT IS CANNABIS?

Cannabis is a drug that comes from the cannabis sativa plant that is used as a drug and medicine. The main active chemical in cannabis is THC (Delta-9 tetrahydrocannabinol). There are three main forms of cannabis: marijuana, hashish and hash oil. Despite being illegal, cannabis is widely available in New Zealand.

Marijuana is the most common form of cannabis, consisting of the dried leaves and flowers of the plant.

Hashish (hash) is small blocks of dried cannabis resin, ranging in colour from light brown to nearly black. THC in hashish is higher than in marijuana, producing stronger effects.

Hash oil is a thick, oily golden-brown to black liquid extracted from hashish. Hash oil is the most powerful form of cannabis.

What happens after using cannabis?

- Smoking cannabis can have an immediate effect. It can take an hour or more to feel the effects when eaten
- Cannabis can make you feel relaxed, giggly, and hungry, or hallucinate or have a dry mouth
- Using more cannabis can result in negative effects including blurred vision, bloodshot eyes, feeling sluggish, difficulty concentrating, slower reflexes, increased heart rate and lower blood pressure, and feelings of paranoia and anxiety



HEALTHY BODY / TINANA ORA

CANNABIS

RAUHEA

Is smoking cannabis better for a person's health than smoking cigarettes?



No. Cannabis smoke contains more tar and more carbon monoxide than standard cigarettes.

What happens if someone mixes cannabis with other drugs?

The effects of cannabis may increase the effects of the other drug(s) or they may hide some of the effects, making it hard to tell exactly how the drug has affected the user. He or she may think they are OK without knowing really what is going on inside their body.

You cannot have a fatal overdose from cannabis. If you have too much in one session however it can lead to a very unpleasant experience. Contrary to popular opinion, cannabis is habit forming and many people develop a psychological dependence on it.

What are the long-term effects of using cannabis?

Using cannabis regularly may lead to:

- Breathing problems: marijuana 'joints' have more tar than tobacco, increasing the risk of lung cancer and other lung infections
- Less motivation
- Concentration, memory and the ability to learn can all be reduced by regular cannabis use. These effects can linger for several months after a person's last use of cannabis
- Hormones: cannabis can affect a person's hormone production
- Psychosis: regular and heavy use may also lead to hallucinations, delusions, memory loss and confusion lasting up to a few days
- Cannabis use may also bring on schizophrenia in those who have a family history of a mental illness
- Cannabis use can trigger psychosis in those who already have a mental illness.
- Increased rates of depression and anxiety.

Things to look out for:

- Synthetic cannabis is illegal in New Zealand. It is designed to imitate the effects of cannabis and is usually dried plant material sprayed with chemicals known as synthetic cannabinoids. Users have reported toxic symptoms, extreme reactions and serious psychological problems. 45 people died from using synthetic cannabis in the year to June 2018.
- Take the Pot Help test to see if your using is a problem

www.pothelp.govt.nz



BENZODIAZEPINES

WHAT ARE BENZODIAZEPINES?

Benzodiazepines are drugs commonly used to help a person to sleep or to reduce worries or anxiety.

They usually come in a pill form. It is illegal to use benzodiazepines not prescribed by a doctor.

What happens after using benzodiazepines?

- Relaxation
- Calmness
- Relief from tension and anxiety
- Drowsiness
- Dizziness
- Tiredness
- Blurred vision
- Difficulty thinking and remembering things
- Difficulty talking properly
- Poor co-ordination.

Using large amounts of benzodiazepines may lead to increased drowsiness, sleep; and effects similar to alcohol intoxication. The user may experience mood swings and perhaps have aggressive outbursts.

Can you overdose on benzodiazepines?

Death from benzodiazepines overdose is rare, but more likely when they are used with other drugs, especially depressants.

What happens if a person mixes benzodiazepines with other drugs?

Never combine benzodiazepines with alcohol or opiate drugs like heroin, morphine or methodone. This is very dangerous and can cause death.



Slang:

Benzo's, downers, pills.



How do
benzodiazepines
affect a person's
body?

***What are the long-term effects of using benzodiazepines?***

The use of benzodiazepines for longer than two weeks is not recommended as you can quickly become dependent on them. Benzodiazepines can help to relieve worries or anxiety in the short term, but they do not solve the problem that caused the anxiety in the first place. Long-term use of benzodiazepines may lead to drowsiness, lack of motivation, difficulty thinking and remembering things, mood changes, anxiety, irritability, aggression, sleeping difficulties, nausea, headaches, and rashes. Only take benzodiazepines orally as there are fillers and chalk in the pills that can be harmful if snorted or injected.

For support contact the Alcohol and Drug helpline 0800 787 797
www.alcoholdrughelp.org.nz

*All benzodiazepines have
five primary effects. They
are:*

- 1. hypnotic*
- 2. anxiolytic*
- 3. anti-seizure*
- 4. muscle relaxant*
- 5. amnesic*



'P'OR METH

METHAMPHETAMINE

What is methamphetamine?

Methamphetamine (meth) is one of a number of amphetamine-type drugs. Some have medical uses and are made by pharmaceutical companies. However, most meth used in New Zealand is made in illegal 'labs'. Meth is a stimulant drug available in pill, powder, crystal or liquid forms. It can be swallowed, snorted or injected but is most commonly smoked in a glass pipe or bong.

Meth is a huge problem throughout New Zealand.

Methamphetamine is classified as a Class A Controlled Drug which means the maximum penalties for importing, manufacture and dealing it are life imprisonment. If someone is found in possession of methamphetamine they face 6 months imprisonment and/or a \$1,000 fine.

What happens after using methamphetamine?

Meth is a powerfully addictive synthetic stimulant that stimulates your central nervous system to release a large amount of dopamine. This can make you feel energetic, alert, talkative, and confident. It can also increase your sex drive and reduce your appetite. If you have a lot or use for a long time without sleep, users can feel agitated, experience mood swings, and see, hear, or feel things that aren't there (hallucinations).

- The heart rate, breathing and blood pressure increase. The user may have a dry mouth, sweat more, his or her pupils may increase in size and they may get a headache
- He or she feels they have more energy and are more alert. They feel more confident, are more talkative, restless, excited, and have difficulty sleeping
- He or she loses their appetite
- Irritability: Some people become tense, angry and aggressive.



Slang:

P, meth, ice, speed, uppers, Kiwi crack.

Meth users often have skin sores due to picking and scratching their own skin to get rid of insects imagined to be crawling under it.



Can a person
'cancel' out
the effects
of one drug
by taking
another drug?



No. Combining drugs can only lead to potentially doubling the effects on a person's body and placing greater strain on his or her vital organs.

Can someone overdose on methamphetamine?

Yes, large doses or a strong batch of meth may result in overdose. Overdose can be fatal.

Symptoms of overdose include: high blood pressure, chest pain and irregular/racing heartbeat, convulsions or seizures, difficulty breathing, passing out, extreme agitation and paranoia.

What happens if you mix methamphetamine with other drugs?

Mixing drugs is always risky because it is hard to predict how one drug will affect another in your system.

What are the long-term effects of using methamphetamine?

- Dependence or addiction
- Ongoing sleep problems that affect your concentration, work, studies and quality of life
- Decreased appetite and desire for food, resulting in weight loss and malnutrition, which causes severe tooth decay and loss of teeth
- Skin sores - the result of picking and scratching the skin to get rid of insects imagined to be crawling under it
- Severe mental and emotional symptoms, such as anxiety, confusion, mood changes, aggression or violent behaviour, paranoia, hallucinations and delusions
- Heart and kidney problems
- Risky sexual behaviour

Things to look out for:

The production of meth can be extremely dangerous for people 'cooking' the drug and those around them. Chemicals used in the production of meth are poisonous and can explode.

For support contact MethHelp www.drughelp.org.nz or call the Drug and Alcohol Helpline 0800 789 797 or visit www.alcoholdrughelp.org.nz



ECSTASY (MDMA)

WHAT IS ECSTASY?

Ecstasy is a street term for a range of drugs that are similar in structure to MDMA (methylenedioxymethamphetamine). Ecstasy is similar in structure and effect to amphetamines and hallucinogens. Manufacturers may substitute a wide range of substances when making the drug. MDMA is becoming more widely available and frequently used in New Zealand.

What happens after using ecstasy?

- MDMA increases the release of serotonin and dopamine in your brain which are linked to feelings of happiness, confidence, energy, openness and closeness to others
- Increased heart rate, body temperature and blood pressure
- Jaw clenching, teeth grinding
- Nausea
- Anxiety
- Reduced hunger
- Sweating

Using ecstasy is likely to increase the chances of problems for people with health problems such as heart disease, diabetes, liver problems, epilepsy, or with a history of mental illness or panic attacks. Using larger amounts does not seem to increase the desirable effects and may cause convulsions (fits), vomiting, floating sensations, strange behaviour, and hallucinations. The 'come down' after using ecstasy may include sleeping problems, mood swings, depression, anxiety, confusion, fatigue, and difficulty thinking.



Slang:

'E', XTC, 'Eccey', MDMA
'The Love Drug'

Experts conclude that some parts of the human brain could be destroyed by the use of ecstasy. Long term depression and sleep disturbances are the most likely problems.



Is it safe to take ecstasy if the user suffers from a heart disorder?



No. If a person has a heart disorder or a cardiovascular disease, taking ecstasy will increase the risk of them doing their body greater harm. It is also risky if the user is taking medication for any of the following:

- *psychiatric condition*
- *depression*
- *weight loss*
- *blood pressure problems*
- *neurological impairment*

Can a person overdose on ecstasy?

Yes. He or she can develop very high body temperature and blood pressure, hallucinations and fast heartbeat. Death may occur due to:

1. The stimulant effect: resulting in heart attack or brain haemorrhage.
2. Overheating: when combined with dancing hard and fast for long periods of time without a break.
3. Drinking too much water (the brain swells from too much fluid).

What happens if a person mixes ecstasy with other drugs?

The mixing of ecstasy with other drugs can occur when the drug is being manufactured. It also occurs when a person takes other drugs to try to increase the effects, or to help him or her cope with the side effects of ecstasy. It is known that combining ecstasy with amphetamines (such as 'speed') will increase heart rate, blood pressure, and anxiety. Taking ecstasy with other hallucinogens, such as LSD, can result in the user experiencing severe mental disturbances. Taking ecstasy while using some antidepressant medications can also be dangerous.

What are the long-term effects from using ecstasy?

There is not a lot known about the long-term effects of ecstasy use. There is evidence that ecstasy causes damage to some parts of the brain.

Things to look out for:

In New Zealand MDMA pills often contain other substances such as mephedrone, BZP, ketamine and cathinones, known as 'bath salts'. Sometimes they contain no MDMA at all. You can use a reagent test kit to test for MDMA, but follow instructions carefully as results are not 100% reliable.

For support contact the Drug and Alcohol Helpline 0800 787 797 (www.alcoholdrughelp.org)



HEROIN

WHAT IS HEROIN?

A sticky resin (opium) is extracted from the seed pod of the opium poppy. When processed, the natural painkillers morphine and codeine are produced. Heroin is made from morphine by a chemical process.

What happens after using heroin?

- Intense pleasure and a strong feeling of wellbeing and relaxation
- Feelings of pain, hunger are diminished
- Breathing, blood pressure and pulse become slower, the pupils of the eyes also get much smaller, the mouth dries out
- Drowsiness: As the amount used increases, the user may feel warm, heavy and sleepy
- Nausea and vomiting can occur.

Using may lead to problems thinking, the user falling asleep ('on the nod'), slow and shallow breathing, nausea and vomiting, sweating, and itching.

Can someone overdose on heroin?

Yes. There is a high risk of overdose from heroin use. Breathing becomes very slow, body temperature drops, and heartbeat becomes irregular. The user may also have pinpoint pupils, blue lips and fingernails, cold skin, fits or convulsions and could start snoring. An overdose may result in death. Pure heroin has less damaging effects to the body than street heroin which is usually a mixture of pure heroin and substances such as caffeine and sugar.

Some additives can be very poisonous, and can cause collapsed veins, tetanus, abscesses and damage to the heart, lungs, liver and brain. Because most users don't know the purity of the drugs they are taking and, as a consequence, the amount to take, it is easy to accidentally overdose.



Slang:

'H', Smack, skag, junk, gear, horse

If a person who is dependent on heroin suddenly stops taking it, it is likely they will experience withdrawal symptoms because their body has to re-adjust to functioning without the drug.



HEALTHY BODY / TINANA ORA HEROIN

Can a person
get addicted
to heroin if he
or she uses it
only once?



Heroin, is very addictive both psychologically and physically and, if used regularly, a person can develop a tolerance to it and require larger quantities to achieve its initial effects. This can quickly lead to physical dependence on heroin.

What happens if a person mixes heroin with other drugs?

Combining heroin with other depressant drugs (such as alcohol, benzodiazepines, or other opiates) is dangerous as it greatly increases the risk of the user overdosing.

What are the long-term effects of using heroin?

Long-term effects include constipation, menstrual irregularity, infertility in women and loss of sex drive in men. To support his or her drug use a person may reduce spending on housing and food, and this combined with reduced hunger, can lead to malnutrition and being more likely to get infections. Injecting any drug is risky. Never share needles or syringes. Risks of sharing include contracting Hepatitis and HIV. Injecting may also lead to skin, heart and lung infections.



LSD

WHAT IS LSD?

LSD (lysergic acid diethylamide) usually comes in the form of liquid, tablets or capsules, squares of gelatine or blotting paper.

What happens after using LSD?

LSD is a hallucinogen that profoundly alters and expands consciousness by loosening or removing the normal 'filters' between the conscious mind and the outside world.

- LSD is a hallucinogen that profoundly alters and expands consciousness by loosening or removing the normal 'filters' between the conscious mind and the outside world.
- Pupils increase in size, heart rate speeds up, blood pressure increases, feelings of nausea, reduced hunger, chills, flushing, shaking, abnormal rapid breathing, stomach aches, and poor co-ordination.
- Changes to vision, hearing and other senses such as brighter colours, sharper sounds, colours are heard or sounds seen, time passes slowly, the space around the user seems to change, he or she may feel as though they are floating or sinking
- Strange thoughts, confusion, acute panic (a 'bad trip')

What is a 'bad trip'?

The effects of hallucinogens vary greatly from person to person and each time they are used. Taking too much LSD can interrupt your brain's chemical stability. Effects may be unpleasant - a person may experience 'bad trips', such as spiders crawling on the skin, feeling as if he or she is losing control and 'going crazy'; and strong feelings of anxiety or fear. Panic can lead to risky behaviour, such as running across a busy street. When a 'bad trip' occurs, the person having the bad trip needs to be gently talked to and told that they will be OK until the immediate effects have passed. This can take many hours. Usually the negative feelings go away when the drug wears off, however, there have been reports of unpleasant effects lasting for several days after taking the drug. Occasionally, these effects can last weeks or months.



Slang:

Acid, trips, pop, 'angel dust'

Hallucinogens can sometimes produce an effect called synesthesia - a mixing of the senses, where music might be seen and colours might be heard.

***What happens if you mix LSD with other drugs?***

LSD can be dangerous when combined with drugs like alcohol or amphetamines ('speed'). This is because the effects of both drugs are often altered in unpredictable ways.

What are the long-term effects of using LSD?

You can have flashbacks: days, weeks or even years after using the drug, some people re-experience the effects. Flashbacks can be sparked off by the use of other drugs, and by stress, from being tired or physical exercise. They usually last for a minute or two. There is some evidence that heavy use of LSD can impair a user's memory and concentration. Using LSD may increase the risk of certain people developing severe mental disturbances.

What are other types of hallucinogens?

Other hallucinogens include:

- PCP (angel dust).
- High doses of ecstasy (MDMA).
- Magic mushrooms (or 'golden top' mushrooms) are commonly found in Australia and have the active ingredient psilocybin. People can mistake poisonous mushrooms for those containing psilocybin. Certain kinds of poisonous mushrooms can cause death or permanent liver damage within hours of ingestion.
- Datura (the belladonna plant) and fly agaric
- Cannabis (marijuana).

Things to look out for:

Tabs of NBOMe, which is a very dangerous synthetic drug, are often sold as LSD. You can use a reagent testing kit to check out what chemicals are present.



SYNTHETIC CANNABINOIDS

WHAT ARE SYNTHETIC CANNABINOIDS?

Often called synthetic cannabis, these substances typically consist of a smokable plant material with a synthetic cannabinoid applied to it. Synthetic cannabinoids are also obtained as liquids, which can be used in a vaporiser.

While synthetic cannabinoids target the cannabinoid receptors in the brain, these substances are much more risky than cannabis. All synthetic cannabinoids are illegal. There have been no 'legal highs' in New Zealand since 2014. Over 45 people in New Zealand have died in the past year from synthetic cannabinoids. Hundreds more have experienced serious side effects like psychosis and overdose.

What happens after using synthetic cannabinoids?

Many users report experiences not usually associated with cannabis including:

- Passing out
- Fast or irregular heartbeat
- Racing thoughts
- Dizziness
- Hallucinations
- Aggression

Can someone overdose on synthetic cannabinoids?

Yes, in New Zealand there is a high risk of being poisoned by synthetic cannabinoids and a risk of death. A small amount can have a very toxic effect.

Losing consciousness can be a normal part of the experience, making overdose harder to detect. A person could stop breathing in this state. Someone should always be present who is not using.



Slang:

Synthetic cannabis,
Synnies, Chronic

Synthetic cannabinoids are much more risky and addictive than natural cannabis.



Signs of overdose or using too much can include: vomiting, unconsciousness,, stomach or chest pain, racing heart, severe anxiety and paranoia, seizures, hallucinations, violent behaviour, suicidal thoughts, extreme body temperature.

What happens if you mix synthetic cannabinoids with other drugs?

Mixing synthetic cannabinoids with other alcohol or other drugs can increase harmful side effects. Synthetic cannabinoids mimic the effects of natural cannabis but that does not mean it has the same effect as cannabis when mixed with alcohol or other substances.

What are the long-term effects of using synthetic cannabinoids?

There can be a strong desire to use more. Feeling of withdrawal can include anxiety, struggling to concentrate, being irritable, and difficulty sleeping.

Synthetic cannabinoids carry a risk of psychosis and extreme distress, especially for people with pre-existing mental illness.

Things to look out for:

Synthetic cannabinoids are more addictive than natural cannabis. Tolerance also develops quickly which means you need more to get the same effect, increasing the chance of addiction and fatal overdose.



SYNTHETIC CATHINONES

WHAT ARE SYNTHETIC CATHINONES?

Synthetic cathinones mimic other more commonly known drugs, yet are more harmful and toxic. They are often called 'bath salts' and come as a white crystal or powder. Deaths have been linked to these drugs in New Zealand.

What happens after using synthetic cathinones?

- Small amounts can make users feel energetic and euphoric, feelings of a racing heart, anxiety, confusion, and teeth grinding are also common
- Higher doses can bring on feelings of paranoia, delusions, blurry vision and a risk of causing psychosis.

Can someone overdose on synthetic cathinones?

Cathinones are particularly dangerous. A standard dose is very small and using a bit more can result in an overdose which can be fatal.

Signs of cathinone overdose include: foaming at the mouth, vomiting, bizarre behaviour, aggression, shaking, tremors or seizures, paranoia, sweating, disorientation, pain in stomach, chest or kidney area, loss of consciousness/unresponsiveness, extreme body temperature.

What happens if you mix synthetic cathinones with other drugs?

Cathinones can be mixed with other substances, greatly increasing the risk of overdose, or even death. Using other stimulants should be avoided as this puts a lot of strain on the body.

What are the long-term effects of using synthetic cathinones?

Users report a very strong desire to use the drug repeatedly, increasing the likelihood of experiencing unpleasant effects or significant harm. Withdrawal includes feeling anxious, having a low mood, difficulty sleeping, being irritable and difficulty concentrating.

Things to look out for:

Cathinones are highly unpredictable and increasingly common in the drug market. People may be mis-sold these drugs as MDMA or cocaine as they have a stimulant effect but are much more toxic.



Slang:

Bath salts, research chemicals, flakka

Synthetic cathinones are particularly dangerous. A standard dose is very small and using a bit more can result in an overdose which can be fatal.



Why does
smoking cause
the most
cancers?



Cigarette smoke damages a gene called p53. The job of this gene is to prevent cancers from developing. The p53 gene does this by getting cancer cells to destroy themselves and by stopping these cells from reproducing themselves. When the p53 is damaged, cancer cells are allowed to develop and multiply. A collection of these cells becomes a lump, or in medical terms, a tumour.

SMOKING KILLS

IS SMOKING CIGARETTES REALLY THAT DANGEROUS?

Yes it is!

Hard to believe? You don't see people dropping dead in the streets from smoking do you?

Just because you don't see it though, doesn't mean that it doesn't happen!

Smoking is the single biggest cause of preventable death and disease in New Zealand.

7 people a minute around the world die from smoking, that's 400 per hour, 9,600 people each day or 3.5 million people a year — the same as New Zealand's population.

Would you wear a deodorant that killed half the people who used it?

Half of these deaths will occur in middle age. That is probably about the age of one of your parents or guardians. Every cigarette a person smokes reduces that persons life by approximately 10 minutes

Why is it so dangerous?

Tobacco smoke contains over 4,000 chemicals. As well as tar and nicotine, there is also the gas carbon monoxide (found in car exhaust fumes and used in gas chambers), ammonia (found in floor cleaner), butane (that might be the fuel in a cigarette lighter, no wonder cigarettes light so easily!) and arsenic (found in rat poison). Then there is cadmium (batteries), acetone (nail polish remover), and formaldehyde (for embalming dead bodies)...the list goes on.

Of those 4,000 + chemicals in tobacco smoke, 43 are known to cause cancers of the lung, throat, mouth, bladder and kidneys, in fact just about every part of the body.



HEALTHY BODY / TINANA ORA
SMOKING KILLS
HIKARETI WHAKAMATE

121



Nicotine is the addictive drug in tobacco. The mixture of nicotine and carbon monoxide in each cigarette you smoke temporarily increases your heart rate and blood pressure, straining your heart and blood vessels. This can cause heart attacks and strokes. It slows your blood flow, cutting off oxygen to your feet and hands. Some smokers end up having their limbs amputated.

It is the tar in tobacco smoke that causes lung cancer. Tar is made up of many chemicals, including gases and chemicals that cause cancer. It coats your lungs like soot in a chimney.

Emphysema is an illness that slowly rots your lungs. People with emphysema often get bronchitis again and again, and suffer lung and heart failure. They find it very difficult to breathe, a bit like being held under at the pool, and gasping to take a breath. That is a bit like living with emphysema.

Heart disease and strokes are also more common among smokers than non-smokers. Smoking makes the blood cells and blood vessel walls sticky which allows dangerous fatty deposits to build up.

Girls who start smoking as teenagers are more likely to experience premenstrual tension, heavy periods, severe period pain and irregular periods. They are also more likely to develop breast cancer as adults. Researchers found that breast tissue may be most vulnerable to cancer-causing chemicals during puberty. This is when the breast tissue cells are rapidly multiplying. Go back and read about the p53 gene again. It may help to explain to you why this happens.

You guys don't get away with it either. Smoking reduces the flow of blood to the extremities of the body, one of which is the penis. Males who smoke are far more likely to become impotent. You know what that is, can't get a hard on, can't get it up. That's impotence.

What health
problems can
I get from
smoking?



- **heart attacks**
- **strokes**
- **lung cancer**
- **emphysema**
- **breast cancer**



Are teenage
smokers at
risk?



Girls who start smoking as teenagers are more likely to experience premenstrual tension, heavy periods, severe period pain and irregular periods.

Males who smoke are far more likely to become impotent.

Some more stats

- Over 450,000 New Zealanders are smokers — that's about 1 in every 8 adults
- about 1 in 3 Maori smoke
- 1 in 4 Pacific people smoke
- 1 in 5 Pakeha smoke.
- 4% of youth aged 15-17 smoke (down from 16% in 2006/07)
- 20% of young adults 18-24 smoke (down from 28% in 2006/07)
- Overall, smoking rates in New Zealand continue to reduce, with 16% of adults currently smoking (this has dropped from 25% in 1996/97)

Youth are leading the way with an emerging generation of 'never smokers'

The New Zealand Government's goal is for Aotearoa to become smokefree by 2025.

This will be achieved by:

- Protecting children from exposure to tobacco marketing and promotion (including plain packaging)
- Reducing the supply of, and demand for tobacco (including regularly increasing the tax on tobacco)
- Providing the best possible support for quitting (Smokefree and Quitline)

Nicotine is addictive, but what does that mean?

Nicotine is a very powerful drug. Some studies suggest that it is more addictive than heroin or cocaine. The latest research suggests that you only have to smoke a few cigarettes to become dependent upon nicotine.

When smoking a cigarette, nicotine is delivered to the brain in just a few seconds. In fact ammonia (that's the toilet cleaner stuff), is added to the tobacco in cigarettes by the tobacco companies to speed up nicotine delivery. Cigarettes are the most efficient nicotine delivery system yet devised. It is just that it is also the filthiest and most dangerous system as well. Take another look at the section on the contents of tobacco smoke.

When you become dependent upon nicotine, your body "needs" nicotine to feel "normal". So as the nicotine leaves your body, your body lets you know that it is running short. Your body sends you this information in a number of ways. You get "cravings" which is the urge to smoke.



HEALTHY BODY / TINANA ORA
SMOKING KILLS
HIKARETI WHAKAMATE

Your body is telling you that it is dependent upon nicotine to feel normal. You may feel irritable or anxious.

This is another sign that you are not in control, but that you are dependent upon nicotine. Nicotine is telling you what to do.

When are you dependent on nicotine?

1. When you find yourself unable to go out without your packet of cigarettes
2. When you get anxious when you do not have cigarettes with you
3. If you have to have a cigarette, even if you don't feel like one, when you know that you will not be able to smoke for some time.

Try this are you hooked on nicotine test?

(adapted from HONC test with permission John R. Polito)

Nicotine Dependence 10 Warning Signs

1. Do you normally inhale the cigarette smoke deeply into your lungs? ☐
2. Do you enjoy cigarettes more when you inhale the smoke deeply into your lungs? ☐
3. Do you find it difficult not to have a cigarette when you are with friends who are smoking? ☐
4. Is it hard to keep from smoking in places where you are not supposed to, like school? ☐
5. Do you smoke more than 10 cigarettes a day? ☐
6. Do you normally have your first cigarette within 30 minutes of getting up in the morning? ☐

How dependent are you? If you answered YES to:

0-1 Probably not dependent

2 Possibly dependent

3-4 Dependent

5-6 Strong dependence

How do I
know if I'm
addicted to
cigarettes?



*When you find yourself
unable to go out without
your packet of cigarettes
or when you get anxious
when you don't have
cigarettes with you.*



Can
young
people
ring the
Quitline?



Sure can. In fact, the advisers on the Quitline have had special training to work with young people.

0800 QUITLINE
Ph: 0800 778 778

SOME BENEFITS OF QUITTING

1. You will feel the benefits of quitting straight away as your body repairs itself.
2. You will have more money.
3. And it can improve your social life

Health Benefits

You probably don't need to read all this. You know it already, right?

- After 12 hours almost all of the nicotine is out of your system
- After 24 hours the level of carbon monoxide in your blood has dropped dramatically. You now have more oxygen in your bloodstream
- After five days most nicotine by-products have gone
- Within days your sense of taste and smell improves
- Within a month your blood pressure returns to its normal level and your immune system begins to show signs of recovery
- Within three months the blood flow to your hands and feet improves
- After 12 months your increased risk of dying from heart disease is half that of a continuing smoker
- Stopping smoking reduces the incidence and progression of diseases including chronic bronchitis and emphysema
- After 10 years of stopping your risk of lung cancer is less than half that of a continuing smoker and continues to decline (provided the disease is not already present)
- After 15 years your risk of heart attack and stroke is almost the same as that of a person who has never smoked.



HEALTHY BODY / TINANA ORA
SMOKING KILLS
HIKARETI WHAKAMATE

<i>Wealth Benefits</i> <i>You know it costs!</i>	<i>Social Benefits</i>
<p>The recommended retail price of a popular brand is \$26.90 (Oct 2018). So let's do the sums.</p> <p>If you were to smoke a pack a day:</p> <p>$7 \times 26.90 =$ \$188.30 a week</p> <p>52 weeks in a year: $52 \times 188.30 =$ \$9,791.60</p> <p>To get the monthly cost, divide by 12: $\\$9,791.60 / 12 =$ \$815.97.</p> <p>You'll also save money on lighters, ashtrays, littering fines. Plus you won't be burning holes in your favourite clothes.</p>	<p>People who smoke tend to have more and deeper wrinkles in their skin. Over time, smoking yellows your teeth, causes gum disease (which can cause tooth loss, bad breath and stains your fingers). When you stop smoking, you will be nicer to be with, nicer to kiss and look healthier! Check out this website to see the aging smoking can cause: www.quit.org.nz</p> <p>There are lots more people who are non-smokers rather than smokers. More public places have become smokefree, including coffee shops, restaurants and areas of hotels. So, smoking might actually reduce your chances of meeting new and interesting people.</p> <p>Smokers tend to take more breaks from work. It has been getting worse as more offices and workplaces go smokefree. Employers know this. Smokers also tend to miss more work due to illness. They know this too. Having smoking areas also costs employers money for cleaning and insurance. Employers are like everyone else. They admire people who can meet a difficult challenge like quitting smoking. It shows maturity and perseverance when you set yourself a difficult goal and you achieve it.</p>

How much
does my
smoking
habit cost
me?



*If you smoke 1 packet
a day you could be
spending over \$9,791.60
a year on cigarettes.
Enough for a trip around
the world.*



HEALTHY BODY / TINANA ORA

SMOKING KILLS

HIKARETI WHAKAMATE

Isn't it
illegal to
purchase
nicotine
based vaping
products?



*Since 6 June 2018
it is only illegal for
those people under the
age of 18.*

VAPING (E-CIGARETTES)

Vaping is different to smoking, which burns tobacco leaf creating smoke and causes harm. Vaping refers to the use of an electronic device that heats a liquid turning it into an aerosol (vapour) which the user inhales.

Vape devices are e-cigarettes and there are two main types:

- Discrete Pod or pen devices – mouth to lung
- Tank devices – direct to lung

The vaping liquid (e-liquid) can have different flavours with the option of nicotine added.

Long term health effects of vaping are unknown but what is known shows vaping has side-effects. **If you don't smoke – don't start vaping.**

www.vapingfacts.health.nz – has good information for you to consider about vaping

QUITTING SMOKING

Some people use vaping as an alternative to smoking and others to help them quit smoking by reducing the amount of nicotine in their e-liquid.

QUITTING HELP

For help quitting smoking (tobacco or e-cigarette) contact Quitline on **www.quit.org.nz** or phone 0800 778 778 or text 4006



HEALTHY BODY / TINANA ORA
WHO TO CONTACT
NGA KAI-AWHINA

127



FURTHER INFORMATION

CONTACTS

Alcohol Drug helpline

Free confidential information and support 24 hours a day, everyday.
0800 787 797 or free text 8681
www.alcoholdrughelp.org.nz

Alcohol.org.nz

Information and resources to help prevent alcohol-related harm.

YouthLaw

Free legal help throughout Aotearoa.
0800 884 529
www.youthlaw.co.nz

Youthline

0800 376 633 or free text 234
www.youthline.co.nz

NZ Drug Foundation

Takes a harm reduction approach to preventing and reducing drug-related harm. Has clear and accurate information relating to drugs.
www.drugfoundation.org.nz

Care NZ

Provides treatment services for people affected by drug and alcohol addiction.
0800 682 468
www.care.co.nz

The Salvation Army

Provides alcohol and drug support services in regions throughout NZ.
0800 53 00 00
www.salvationarmy.org.nz

For smoking:

Quitline

0800 Quitline which is
0800 778 778 or text 4006
www.quit.org.nz



ALL ABOUT SEX

WHAT'S IT ALL ABOUT?



*The average age in NZ
to first have sex is 17-18
years of age.*

Whether we talk about sex with our parents, gossip about sex with our friends or have sex with our lovers – sex can be an integral part of all our relationships. Learning to talk about sex is the first step to having a safe and healthy sexual relationship. NZ Family Planning's youth-friendly website www.familyplanning.org.nz gives you the right information so that you can 'talk the talk'. Being friends, lovers and mates goes beyond sex. It's about who we are and how we relate to others in all ways: sexually, emotionally, in times of need and when we just want to have fun. But to get on well with others we need to be OK with ourselves. That means being OK about how we look, how we feel and who we are attracted to. Not everyone needs to lose their virginity in their teens; no-one should put up with violence or bullying; no-one should feel pressured to have sex.

SEXUAL RIGHTS

Your rights

- The right to sexual safety
- The right to sexual privacy. This involves the right for individual decisions and behaviours about intimacy as long as they do not intrude on the sexual rights of others
- The right to sexual equality
- The right to sexual pleasure
- The right to emotional sexual expression
- The right to make free and responsible reproductive choices
- The right to sexual information based upon scientific evidence/research
- The right to comprehensive sexuality education
- The right to sexual health care.



SEXUAL HEALTH / ORANGA TANNE/WHINETANGAI
ALL ABOUT SEX
KAUPAPA MOE TAHI

129



LOVE, LUST AND INTIMACY

It can be hard to explain what real love is. Some people get confused because they are not sure if they are in love or whether what they are feeling is lust, or infatuation. To make this a little clearer, it may be easier to describe what love feels like. Some people describe 'love' as having strong feelings of trust and closeness. People often feel more capable of sharing their thoughts and feelings with someone they love. Others say love is being accepted for who you are with all your talents and faults.

Strong feelings of emotional closeness and sexual attraction can describe what 'being in love' feels like, which can be a different thing from 'loving someone'. You may 'be in love' with your boyfriend/girlfriend, and 'love' your sister.

You can experience many feelings and fantasies about wanting to be close to, touch, or have sex with a person, without being in love. These are natural and OK, they are part of growing up. True love usually lasts a long time, whereas infatuation or lust doesn't. Sometimes people think that if another person wants to have sex with them, that means they want to have a relationship or that they're in love with them. This may be true but it isn't always. Love takes time to grow.

ARE YOU READY?

Decisions and choices about the right time to begin having sex are difficult to make. It doesn't state anywhere that at the age of 16 you are now ready, nor does anyone tap you on the shoulder and tell you that you should start now. It is a personal choice that you must make after considering all sorts of factors, while being true to your own feelings and honest with your girlfriend or boyfriend.

Asking yourself some of the following questions might help:

- Do you, for any reason, feel pressured to have sex?
- Do you feel that you and your partner can make a decision right now and does it feel comfortable?



When
should I
have sex?



Am I ready to have sex with my partner? A good rule is, if you don't feel comfortable with the activity or behaviour, you're probably not ready.

- Can you talk to your partner about your decisions, no matter what they are?
- How do you feel about your present relationship with your partner?
- How do you think you will feel about your partner and – more importantly — about yourself afterwards?
- Do you have any moral, cultural or religious beliefs that might make deciding to have sex the wrong decision for you at the moment?
- Have you and your partner talked about contraception – protection from STIs?
- What would you and your partner do if sex resulted in a pregnancy or infection?

Whether you say 'No' or 'Yes' to sex, the choice is yours. No-one can make or pressure you into something if you're not completely comfortable with it.

SEXUAL ABUSE — 'NO' MEANS 'NO'!

Choosing whether or not you wish to be sexually active is your right. 'Sexual abuse', 'sexual assault', 'rape' and 'date rape', are words used when things happen sexually that people don't want or don't invite to happen.

It is your choice what you want to happen, and nobody has the right to pressure or force you into any sexual activity. Whether you know the person well or not, if they force you into having sex, it is rape.

SEXUAL ABUSE AND RAPE

There are many myths and misunderstandings surrounding the issue of sexual abuse and rape. Remember that it's your body and your choice when you decide to begin having sex and if you continue having sex.



SEXUAL HEALTH / ORANGA TANNE/WHINETANGA
ALL ABOUT SEX
KAUPAPA MOE TAHI

131



CONSENT IS EVERYTHING – ‘NO’ MEANS ‘NO’

What is consent?

A person consents to sexual activity if they do it actively, freely, voluntarily and consciously without being pressured into it. For more information and helpful videos on consent visit www.police.govt.nz/advice/sexual-assault/sexual-assault-and-consent

Stop when you hear your partner say ‘No’. Without her/his consent, it is rape. Don’t act when you are unsure.

Myth – Once a man is turned on, he can’t control himself.

Reality – Rape is a choice to control and degrade another person. Many rapes are planned beforehand. Men can control their sexual urges. No matter how much a man is turned on, he can stop at any time.

Myth – Drugs and alcohol cause rape.

Reality – There are no excuses. You are always responsible for your behaviour, including how much alcohol and other drugs you take and responsible for what you do when you are under the influence of alcohol or any other drug. Blaming rape on alcohol or other drugs is a cop-out.

Myth – Rape is about sex.

Reality – Rape is not sex. It is a crime of violence. It is a violation of a person’s rights, their right to decide whether to have sex, their right to choose sexual partners and their right to demand safer sex. Rape is about controlling, harming and degrading someone else.

WHAT DO YOU DO IF SOMEONE BREAKS THE RULES?

Sometimes it can be very difficult but it is very important to tell an adult or someone you trust and feel safe with, that there is something going on in your life that you do not like. If you have been sexually abused or raped, it is important that you talk to someone about it (see organisations at the end of the chapter).

A good website for young people supporting a friend through an issue of sexual abuse/rape, is: www.gr8mates.org.nz

www.bluelight.co.nz

It's my
body and
it's my
decision.



Nobody has the right to pressure or force you into any sexual activity that you don't want.

FOR MORE INFO:

1. Youthline
www.youthline.co.nz
0800 376 633
2. Rape Crisis
www.rapecrisisnz.org.nz
0800 366 7213
3. Rape Prevention
Education
www.rpe.co.nz/find-a-sexual-assault-support-centre-near-you
4. Look under ‘Rape Crisis’ or ‘Sexual Abuse’ in your local phone book



Where can I talk
to someone about
my sexuality?



For further information
contact:

OUTLine
Free, confidential
LGBTQI+ affirming
support line
0800 OUTLINE (688
5463)
www.outline.org.nz
Search OUTLineNZ on
Facebook

Rainbow Youth
info@ry.org.nz
09 376 4155

SEXUAL ORIENTATION AND GENDER IDENTITY

SEXUAL ORIENTATION

Your sexual orientation is who you are attracted to, emotionally and physically. You don't choose your sexual orientation – it is part of who you are. Your sexual orientation could be:

Heterosexual: someone who is attracted to people of the opposite gender. If this is you, you might also say you are straight.

Homosexual: someone who is attracted to people of the same gender as themselves. If this is you, you might choose to use words like gay, queer or lesbian.

Bisexual: someone who is attracted to males and females.

Asexual: someone who does not feel significant sexual attraction to anyone.

Pansexual: someone who is attracted to a range of genders, for example, males, females, gender queer and gender fluid or trans people. Some people don't like or don't use labels to describe their sexual orientation. This could be because they haven't found a label that feels right for them, because they don't yet know or they don't think labels matter.

LGBTQI+

The acronym LGBTQI+ is used to represent all queer and gender diverse people. Lesbian, Gay, Bisexual, Transgender, Queer and/or questioning, Intersex, and the + is used to indicate that the acronym includes everyone in the gender diverse community.



SEXUAL HEALTH / ORANGA TANNE/WHINETANGAI
SEXUAL DIVERSITY
REREKETANGA O TE TAERA

133



GENDER IDENTITY

In case you haven't heard, we're in the middle of a gender revolution! People are no longer confining themselves to the classification of the bodies they were born with or society's rules for what those bodies can and cannot do.

Our gender identity is about our sense of being a man or a woman or someone else. It may not be the same as the sex we were assigned at birth.

For example, someone who was born with a penis and testicles would be assigned male on their birth certificate. However they may feel, identify and live as a woman.

The following are some gender identity terms, but there are many more than this...

Agender – not having a gender or gender expressions

Bi-gender – someone who identifies as having two genders

Cisgender – someone whose gender identity matches their sex assigned at birth, e.g. someone assigned male at birth who lives as a man

Fa'afafine – a Samoan term for someone assigned male at birth but now has a feminine gender expression, this is culturally specific term

Gender fluid – no fixed gender identity

Genderqueer – an umbrella term for people who reject the gender binary of man/woman, genderqueer is also an identity term

Non-binary – an umbrella term for people who reject the gender binary of man/woman, non-binary is also an identity term

Takaāpui – a traditional Māori word that includes gender, sexual orientation, cultural identity and ideas about belonging

Tangata ira tane – a Māori term for someone assigned female at birth who lives as a man

Who can
I talk to
about
being gay?



*For further information
contact:*

OUTLine
*Free, confidential
LGBTQI+ affirming
support line
0800 OUTLINE (688
5463)
www.outline.org.nz
Search OUTLineNZ on
Facebook*

Rainbow Youth
*info@ry.org.nz
09 376 4155*



Can
I get
pregnant
if I have
sex during
my period?



Yes, especially later during a period. Women who have short cycles are at higher risk. For young women there is no 'safe time'.

Trans-feminine – identifying on the feminine end of the gender spectrum, often assigned male at birth

Trans-masculine – identifying on the masculine end of the gender spectrum, often assigned female at birth

Whakawahine – a Māori term for someone assigned male at birth but who lives as a woman

MALE, FEMALE AND INTERSEX



Intersex refers to the people who are born along the continuum between male and female. Someone can be intersex due to chromosomes, hormones or reproductive organs. It is a lot more common than people think. interACT Advocates for Intersex Youth estimates that around 1.7 per cent of the population will be intersex – to put this in perspective, between one and two per cent of the population have red hair.

For further information, visit interact at www.interactadvocates.org

SAFER SEX AND CONTRACEPTION

WHAT IS 'SAFER SEX'?

Safer sex includes all forms of sex that help protect you against pregnancy and sexually transmitted infections (STIs).

All of the following include safer sex:

- Cuddling, stroking and kissing
- Vaginal sex — always use a condom and water-based lube
- Massage
- Rubbing
- Anal sex with a condom and a water-based lube
- Mutual masturbation
- Masturbation
- Oral sex with a dam (a thin square of latex which fits over the vagina or anus) or a condom covering the penis.

ALCOHOL AND OTHER
 DRUGS AFFECT YOUR
 ABILITY TO MAKE
 SAFE DECISIONS.



SEXUAL HEALTH / ORANGA TANNE/WHINETANGAI
SAFER SEX
ORANGA TAEHEMAHEMA

135



SEX, DRUGS AND ALCOHOL

Mixing sexual activity, alcohol and other drugs, is a cocktail for disaster. People under the influence are much more likely to make poor decisions regarding sexual behaviour, feel guilty or have regrets later and participate in unsafe activities, including unprotected intercourse. If someone is going out and knows that they will end up having a few drinks with friends they should follow some basic rules to keep themselves safe — such as: only accepting drinks from people you know and trust; keep a close eye on your drink to ensure it's not spiked; if you leave the table to dance and are not sure if anyone has tampered with your drink, don't drink it, get another one; and carry condoms with you so that there is less likelihood of unsafe sex occurring.

SAFER SEX AND CONTRACEPTION

Unless the form of contraception you are using provides a barrier between you and your partner, it is NOT a form of 'safer sex'. Although you may be better protected against unwanted pregnancies, you are not protected against sexually transmitted infection. 'Safer sex' involves a barrier such as a male or female condom. To prevent pregnancy, it is also a good idea to use a second method as well, such as the Pill.

It is important to consider what you and your partner want when looking at your contraceptive options: Is it easy to use? Is it safe?
How effective is it? Are there side effects?
How often does it need to be taken or used?
How soon after stopping will a woman become pregnant?

There are many different types of contraception available in New Zealand. It's worth taking the time to find the best method/s for you.

Are all
condoms
the same
size?



No. You can get condoms in a range of widths to suit the penis width and personal likes.

REMEMBER, THERE IS NO AGE LIMIT TO BUYING CONDOMS.



SEXUAL HEALTH / ORANGA TANNE/WHINETANGA
SAFER SEX
 ORANGA TAEHEMAHEMA

CONDOM

The condom is a thin latex/rubber sheath which is placed over an erect penis. It works by trapping the sperm following ejaculation, helping to protect against unwanted pregnancy and STIs. If used correctly, condoms are between 95% and 97% effective.

How do I use a condom?

- Always use a lubricated condom
- Add water-based lube only such as KY Jelly, Astroglide, Wet Stuff Lubricant, Durex (oil-based lubricants such as Vaseline can weaken the latex)
- Check the use-by date. Never use a condom that's out of date
- Do not unroll the condom before putting it on the erect penis as you may damage the condom
- Before putting the condom on the penis hold the tip of the condom between the finger and thumb so there is no air there
- Unroll the condom onto the erect penis before intercourse
- Apply lubricant
- After ejaculation, hold the base of the condom while withdrawing the penis to prevent leakage of semen
- Make sure there is no genital contact after the condom is removed
- Dispose of the condom properly, wrap it up. Do not throw it down the toilet or into the street!



If you have unprotected sex, you are at higher risk. The way to know you are infection free, is to have an STI check-up.

YOU CAN HAVE AN STI
 WITHOUT KNOWING IT.

It's a good idea to practice with condoms so that you know how to use them.



SEXUAL HEALTH / ORANGA TANNE/WHINETANGAI
SAFER SEX
ORANGA TAEHEMAHEMA

137



PILL

As long as you take the Pill at about the same time every day, as instructed, it's at least 99% effective in preventing pregnancy (although it provides no protection against STIs). The Pill basically tricks your body into thinking that you are pregnant so that you don't ovulate (release an egg) and/or the cervical mucus (a naturally occurring substance in the vagina) thickens preventing sperm from reaching the egg.

What happens if I forget to take the Pill?

If you forget, take it as soon as you remember and take the next pill at the usual time. If you take the forgotten pill more than 12 hours later than usual (for girls on the Progestogen - only pill (mini pill), you have only a 3 hour margin of error), you may not be fully protected until you have taken 7 of the active pills in a row. This could be as long as three weeks depending on when your period occurs.

If you have vomiting or diarrhoea, the Pill may not be absorbed so the same process would apply. If you have any doubts, always contact your doctor or Family Planning centre.

WHAT IS 'EMERGENCY' CONTRACEPTION?

If you have unprotected sex, or any condom accidents such as slip-offs and breakages, any doctor can prescribe you emergency contraception. Emergency contraception is a strong dose of hormones that act to either stop ovulation or stop a fertilised egg sticking to the wall of the uterus.

It is most effective if taken within 12 hours of unprotected sex, although it can be used up to 72 hours after intercourse. For more information, visit a pharmacy, Family Planning sexual health clinic or your doctor. Emergency contraception is available from some pharmacies.

Find out more about the types of contraception available, by visiting the NZ Family Planning website: www.familyplanning.org.nz

I forgot to take the pill!



Take it as soon as you remember and take the next pill at the usual time. If you take the forgotten pill more than 12 hours later than usual, you may not be fully protected until you have taken 7 of the active pills in a row.



SEXUAL DISEASES

SEXUALLY TRANSMITTED INFECTIONS?

Can STIs be treated?



Yes, some quite easily but not all can be cured.

Sexually transmitted infections (STIs) can be transmitted between people when they have vaginal, oral or anal sex. Other infections such as herpes can also be transmitted via skin-to-skin contact.

You can have an STI:

- At any age
- Not know about it for months, even years, as you may be infected but have no symptoms
- Infect others without knowing it
- Become infertile if it remains untreated
- Even after the symptoms have been treated you can become infertile
- With the right treatment, often be completely cured.

If you have had sex and you start to experience the following symptoms:

- Unusual vaginal bleeding
- A discharge that's unusual from the penis or vagina
- Sores, lumps or rashes around or on the penis, anus or vagina
- Burning feeling when you urinate
- Itching around the vagina, penis or anus.

Remember, even if you have no symptoms and you have had sex without a condom you may still be infected with an STI. So go and see a doctor, Family Planning or sexual health clinic if you think you might be at risk. It isn't always such a big deal — many STIs can be treated.



SEXUAL HEALTH / ORANGA TANNE/WHINETANGAI
SEXUAL DISEASES
TAERA TAHUMAERO

139



GENITAL WARTS

What are they?

Like the warts on your hands, that are not transmissible, genital warts are small fleshy lumps. Genital warts are caused by the human papilloma virus (HPV) and appear around your genital area. Warts can be passed on through skin to skin contact, not just penetrative sex. There is a vaccine available for males and females that can help protect you from the types of HPV that can cause cancer.

How do you know if you have it?

Most people infected with the virus don't know they have it. Whether or not you develop the actual warts depends on your body's reaction. A person with no visible warts can infect another who may develop genital warts. If genital warts appear on the external genitals, they are usually painless. However, they may cause itching.

Can they be treated?

It is not necessary to treat warts, as they are just a symptom of the virus. However, most people choose to have them treated and this will involve either a lotion, freezing or both, all of which are usually not very painful. Although the warts may be removed, the virus remains, with the possibility of future outbreaks.

For more information see HPV NZ www.hpv.org.nz

CHLAMYDIA

What is it?

It is the most commonly diagnosed STI in New Zealand. Chlamydia is a bacteria that if left untreated can cause pelvic inflammatory disease (a disease that can result in infertility in both men and women).

Do people
know when
they have
Genital
Warts?



Most people infected with the virus don't know they have it. Whether or not you develop the actual warts depends on your body's reaction. A person with no visible warts can infect another who may develop Genital Warts.



SEXUAL HEALTH / ORANGA TANNE/WHINETANGA
SEXUAL DISEASES
TAERA TAHUMAERO

Is it safe
to share
toothbrushes
and razors?



*No, viruses can be spread
through the sharing of
toothbrushes and razors.*

AIDS HOTLINE
 PH: 0800 802 437
 WWW.NZAF.ORG.NZ

How do you know if you have it?

In both men and women it is common for Chlamydia to have no symptoms. This means that a lot of people who are infected with Chlamydia are not aware of their infection. If you have Chlamydia, it is important that your sexual partners are treated as well.

When it causes symptoms in women, it may cause irregular vaginal bleeding, vaginal discharge, pain when passing urine or during sex, or lower abdominal pain. In men, it may cause pain when passing urine, discharge from the penis and pain in the testicles and scrotum.

Can it be treated?

A course of antibiotics prescribed by a doctor will clear up the infection.

GONORRHOEA

What is it?

Gonorrhoea is an infection caused by bacteria that, if left untreated, can result in pelvic inflammatory disease and lead to infertility.

How do you know if you have it?

In many cases there are no symptoms. If symptoms are present they can include a pus-like discharge, burning during urination, and pelvic pain (in females).

Can it be treated?

Gonorrhoea can be cleared up with a course of antibiotics from your doctor.

HIV/AIDS

What is it?

HIV stands for Human Immunodeficiency Virus. If the HIV virus is present in the blood, a person may be referred to as HIV+ or HIV positive. This does not mean they are ill or have AIDS, (Acquired Immune Deficiency Syndrome). Over a period of time the HIV virus attacks the white blood cells and damages the immune system, causing difficulty in fighting infection. This may cause



SEXUAL HEALTH / ORANGA TANNE/WHINETANGAI
SEXUAL DISEASES
TAERA TAHUMAERO

141



a person to become very ill. Then they are said to have AIDS. You can get HIV through contact with infected blood, semen and vaginal fluids, shaving, needles, and from mother to baby. You can also get it with a blood transfusion in countries that do not pre-test for HIV (almost non-existent in western countries). So always use a condom and never share injecting equipment.

For more information, visit the website: www.nzaf.org.nz

How do you know if you have it?

Most people who are HIV positive will experience no symptoms at the time of infection.

When symptoms do occur they will be very similar to those of the flu. The only way that you can be sure you have HIV is to have a blood test.

If you think that you have been placed at risk of infection, NZAF Hotline (0800 802 437) will be able to help you locate a suitable Doctor or Medical Centre to conduct an HIV test, under complete confidentiality.

HEPATITIS B

What is it?

Hepatitis B is a serious condition that causes inflammation of the liver. It is caused by a virus, which can be passed on through vaginal or anal intercourse.

How do you know if you have it?

Symptoms may include tiredness, jaundice (yellow complexion of skin and eyes), stomach pains, dark urine and pale faeces.

Can it be treated?

There is no cure for this infection. In most cases the body's immune system will fight it off. There is a Hepatitis B vaccine that can provide almost 100% protection against the virus.

What is the major cause of cervical cancer?



The Wart virus.

IT IS RECOMMENDED
 THAT ALL SEXUALLY
 ACTIVE WOMEN OVER
 20 YEARS OLD HAVE
 A CERVICAL SMEAR
 TEST EVERY THREE
 YEARS.



SEXUAL HEALTH / ORANGA TANNE/WHINETANGA
SEXUAL DISEASES
TAERA TAHUMAERO

IF LEFT UNTREATED
 CHLAMYDIA CAN
 CAUSE INFERTILITY.

WARTS AND HERPES
 CAN BE SPREAD
 THROUGH SKIN
 CONTACT.

HERPES

What is it?

There are two types of herpes that cause small but painful blisters. Oral cold sores are usually caused by herpes Type 1 and genital sores by either herpes Type 1 or 2. They can be passed on by oral sex or sex involving genital contact.

How do you know if you have it?

Herpes may cause painful, tingling, itchy blisters and sores. However, most of those infected have no symptoms and can pass it on to others without being aware they have been infected.

Can it be treated?

There is no cure for herpes. Your doctor or pharmacist can provide you with medication that will reduce the number of blisters and the time they take to heal.

For more information see the NZ Herpes Foundation www.herpes.org.nz

There are many more STIs than those listed here – ***if in doubt check it out!***

CERVICAL SCREENING

If you're over 20 and have a cervix, you need a cervical screen every three years. This reduces your risk of developing cervical cancer by 90%. Cervical screening is available at Family Planning clinics.



SEXUAL HEALTH / ORANGA TANNE/WHINETANGA PREGNANCY KOPUTANGA

143



PREGNANCY

FINDING OUT

Conception begins when sperm and egg meet. This now fertilised egg divides many times and embeds itself in the soft wall of the uterus, where it will continue to grow during the next 9 months of pregnancy.

If you have had unprotected sex you are at risk of becoming pregnant. You can buy self-diagnosing pregnancy tests from supermarkets and chemists. Family Planning or your doctor can provide a more accurate test for you.

WHAT ARE MY OPTIONS?

If your pregnancy is planned or unplanned, you do have some options available to you and these choices will need to be made within a short time frame.

Pregnancy is a physical and emotional period and you may wish your partner to be present when speaking to a professional for support.

Regardless of your decision, it is a good idea to talk to qualified people who can provide you with all the accurate and relevant information about all the options so you can choose the option that is right for you.

You can book an appointment with Family Planning, your doctor, or with counsellors and they will give you free, helpful and unbiased advice.



*Safe from pregnancy, yes,
but you are not safe from
some STIs.*

FURTHER INFORMATION

CONTACTS

The following links and information might be helpful:

- <https://www.health.govt.nz/your-health/pregnancy-and-kids/services-and-support-during-pregnancy/support-young-pregnant-women>
- **Birthright** supports parents of families led by one person
<https://www.birthright.org.nz/> or 0800 457 146
- **Lifeline** on 0800 543 354, or free text 'Help' to 4357
- **Healthline** on 0800 611 116
- In Central or West Auckland you can contact [thrive.org.nz](https://www.thrive.org.nz) for wrap around services

www.bluelight.co.nz



SEXUAL HEALTH / ORANGA TANNE/WHINETANGA
WHO TO CONTACT
NGA KAI-AWHINA

Youthline (freephone)

0800 376 633 Free text 234 www.youthline.co.nz

Citizens Advice Bureau (freephone)

0800 367 222 www.cab.org.nz

NZ Family Planning (freephone)

www.familyplanning.org.nz

NZ AIDS Foundation

0800 802 437 www.nzaf.org.nz

RainbowYOUTH

09 376 4155 www.ry.org.nz

Rape Prevention Education

09 361 2729 www.rpe.co.nz/find-a-sexual-assault-support-centre-near-you

Safe to talk

Sexual harm helpline

0800 044 334 or text 4334 www.safetotalk.nz

OUTLine

0800 OUTLINE (688 5463) www.outline.org.nz

Sexual Health Clinics

www.nzshs.org/clinics

interACT Advocates for Intersex Youth:

www.interactadvocates.org

Rape Crisis:

0800 88 33 00 www.rapecrisisnz.org.nz

EATING DISORDERS

NGA KAI KAHORE I PAI

145



CHAOTIC OR RESTRICTED EATING PATTERNS

EATING DISORDERS

Eating problems can affect anyone: boys, girls, men and women, young people, old people, and people from all cultures, religions and backgrounds.

Sometimes problems arise because eating patterns change, particularly in adolescence when body shape, activities and relationships with peers and family and parents are also changing. You might be experimenting with new foods; dieting in an attempt to change your body shape; or you might have decided to become a vegetarian. Eating patterns like these can sometimes get out of control and lead to the development of an eating problem or disorder. Eating disorders vary from restricting your food intake, from eating only particular kinds of foods or from overeating that leaves you feeling upset or unhappy.

Chaotic or restricted eating patterns can have serious effects on your physical and emotional state. They can affect your social life, and cause you to feel withdrawn and isolated. Eating disorders can destroy your quality of life and they can even be life threatening. If you spend a lot of time thinking or worrying about food, about eating or not eating, or being overly concerned about your body shape and size — it might be an indicator that you need help.

I thought
only teenage
girls got
eating
disorders?



Eating disorders are more common in adolescent girls but in reality they can affect anyone, both male and female, of any age and from any background.



Why do
people get
eating
disorders?



There are lots of reasons why someone's eating habits and weight might change. It's important to remember that eating disorders are more about feelings than food. Often the eating disorder is a symptom that someone is not feeling able to cope with what's going on in his or her life.

WHAT ARE EATING DISORDERS?

We live in an image saturated world full of unrealistic body and beauty expectations. Facebook, Instagram, and Snapchat are arguably the most image-driven social media and exposure to a high volume of these and other images can put people at risk of developing a distorted body image and disordered eating.

Eating disorders are conditions where people become preoccupied with thinking about food, eating and weight. It's very important to remember that — although the disorders affect a person physically and psychologically — it's the underlying issues and feelings that are causing the problem. The causes, consequences and behaviours can vary for different disorders and for different people. Many people feel ashamed and keep their condition hidden.

The most common eating disorders are anorexia nervosa, bulimia nervosa and binge-eating disorder.

ANOREXIA NERVOSA

Someone suffering from anorexia nervosa restricts their food intake drastically and consequently loses a lot of weight. If you are anorexic you can often see yourself as 'overweight', even though to everyone else you are visibly thinner. Someone suffering from anorexia continues to limit their food. They can also over-exercise, induce vomiting or misuse laxatives in order to keep losing weight or stay at a low weight.

BULIMIA NERVOSA

Bulimia nervosa often begins with dieting or restricted food intake that leads to a powerful urge to binge. Often you can feel 'out of control' where food is concerned and you might go through periods of starving yourself and then overeating. If you suffer from bulimia, you can become involved in unhealthy behaviours such as induced vomiting, misuse of laxatives or diuretics, or excessive exercise to try and 'get rid of' the food you have binged on. Your body weight may not change greatly, although 'yo-yoing', or fluctuating weight, is common. Bulimia is a secretive disorder — if you suffer from it you can often feel ashamed or disgusted about what you've done and not want anyone else to know.



EATING DISORDER / NGA KAI KAHORE I PAI EATING PATTERNS ÁHUATANGA MO TE KAI

BINGE EATING DISORDER

This disorder — binge eating disorder — is similar to bulimia but without the compensatory action. A person usually eats an excessive amount of food and feels a loss of control while eating. With binge eating you usually gain weight.

OTHER EATING DISORDERS

Lots of people can be concerned about their eating patterns or worry about the type of food they eat without becoming anorexic, bulimic or have binge eating problems. (For example, take someone who exercises excessively and consumes large quantities of protein.) However, anorexia and bulimia can occur at the same time, or one may develop into the other.

Some people may have a very restricted food intake without actually being anorexic. These are still serious conditions that need attention.

HOW CAN AN EATING DISORDER AFFECT YOU?

If you suffer from an eating disorder you can spend a lot of time and energy thinking about food. You can also be obsessive about finding ways to avoid situations that involve eating when other people are around. These thoughts about food seem to take over your life.

Eating disorders can cause anxiety (feeling 'panicky') and depression. Your behaviour changes — you might be very emotional and have lots of mood swings, or stop going out or even stop wanting to be with friends. Concentrating can be hard and you might be irritable and snappy. Often you feel guilty and ashamed about what you are doing and the effect it is having on people who care about you. You might feel disgusted with yourself about bingeing or eating 'forbidden' foods. Sometimes you may be so depressed that you feel suicidal.

If someone needs to lose weight they could go on a crash diet.



Crash dieting or yo-yo dieting, where your weight goes up and down a lot, is unhealthy for your body. If you want to lose weight in a healthy way see a dietician for a food and exercise plan that suits you. Restricting your food intake or denying yourself certain foods can set you up for a binge which in turn creates feelings of failure about not being able to 'stick' to a diet.



Are eating disorders eating problems?



Eating disorders are ways of coping with difficult feelings, emotions and situations. They are often a sign that things are not right in your life and that you need some help to sort out personal problems.

The physical effects of eating disorders and restricted eating can be very serious. They can lead to reduced bone density, low body temperature, anaemia, kidney dysfunction, cardiac irregularities and low blood pressure.

Other physical symptoms include being tired but having difficulty sleeping, constipation and feeling bloated, dizziness, dry skin, sore throat, swollen glands, hair loss, feeling cold all the time, and for girls having irregular periods or no period at all.

POSSIBLE WARNING SIGNS

POSSIBLE WARNING SIGNS

Symptoms

Symptoms of eating problems vary from person to person. Some people have lots of symptoms, others only a few. If you have any of the following symptoms it may be an indication there is a problem:

- You can't keep a healthy weight
- You're afraid of putting on weight
- You think about food a lot
- You label foods as 'good' or 'bad'
- You have periods of dieting and overeating
- You avoid social situations involving food
- You feel 'fat' even when you're not
- You feel that your body has to be perfect
- You become moody, irritable or depressed
- You feel anxious, panicky or depressed
- You're unable to think clearly or concentrate
- You visit the bathroom or toilet after meals
- You change your style of clothing or wear baggy clothes to hide your weight loss
- You're overly interested in preparing food for others
- You make frequent excuses not to eat
- You exercise relentlessly to try and burn fat



EATING DISORDER / NGA KAI KAHORE I PAI
WARNING SIGNS
TOHU WHAKATÚPATO

149



- You feel faint, dizzy or tired
- You feel 'out of control' where food is concerned
- You feel cold a lot
- (Girls) you have irregular periods or no period at all
- You cover up the truth to hide the problem
- You feel guilty or ashamed after eating.

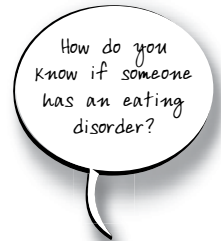
WHO GETS EATING DISORDERS AND WHY?

Many people have issues with eating and problems with food. Although an eating disorder usually happens during adolescence, the reality is that these disorders affect all age groups, both genders and people from a range of backgrounds and different cultures.

Eating disorders are ways of coping with difficult feelings, emotions and situations. They are often a sign that things are not right in your life and that you need some help to sort out personal problems. There is usually not one single cause or reason for developing an eating disorder — it's more likely to be a whole series of events that can contribute to you feeling that you are unable to manage what's going on in your life.

Certain personality characteristics seem to make a person more vulnerable to developing an eating disorder. These can include: having low self-esteem; being a high achiever and having high standards for yourself; and also being the sort of person who has difficulties being assertive and expressing your feelings and needs.

Sometimes eating disorders start from diets that get out of control or from an illness like glandular fever. Major life changes such as relationship breakdowns, or family problems can also be contributing factors.



There can be lots of reasons for changes in eating habits or weight. Changes in personality and behaviour, like mood swings, along with weight loss or eating changes might indicate that things are not right. If someone has concerns it's worth getting it checked out.



Some people
think life
would be a lot
better if they
could lose some
weight.



*Losing weight is unlikely
to resolve other problems
such as relationship
issues and low self-
esteem. Don't measure
your self worth by what's
on the scales!*

MYTHS ABOUT LOSING WEIGHT

MYTHS ABOUT LOSING WEIGHT AND FALSE REMEDIES

Laxatives don't make you lose weight. Laxatives work in the lower bowel after the kilojoules have already been absorbed. Using a lot of laxatives can cause permanent damage to your body and make you feel constipated and bloated.

Vomiting to get rid of food can cause damage to your teeth, can lead to having a sore throat, indigestion and reflux.

Both vomiting and laxative misuse deplete your body of essential minerals and lead to chemical imbalances.

WHAT DO YOU DO IF YOU THINK YOU HAVE AN EATING DISORDER?

WHAT DO YOU DO?

One of the hardest things about having an eating disorder is admitting that you have a problem. Sometimes an eating disorder develops so gradually that you may not have noticed until things get extremely difficult for you.

Generally speaking, if thoughts about food and eating are consuming a lot of your time, interfering with your activities and making you feel unhappy or anxious, then it is enough of an issue to do something about.

If you think you might have an eating disorder or are concerned about your eating patterns and thoughts about food and weight, you should get help. Eating problems can be overcome, but they are hard to deal with on your own. You may feel embarrassed or ashamed about telling someone else and worried about how they will react. (Remind yourself that they may need a few days to deal with their own feelings and reactions.) If you have a negative experience telling someone, it is



EATING DISORDER / NGA KAI KAHORE I PAI
GIVING SUPPORT
HOATU TAUTOKO

151



important that you don't let this stop you from getting the professional help and support you deserve. (Remind yourself of the benefits of telling someone, such as getting support and not having to hide a secret anymore.) It will be worth it.

WHAT DO YOU DO IF IT HAPPENS TO
YOUR FRIEND?

Sometimes it's easier to pretend that everything is OK, especially if the friend you care about is moody or depressed and you're worried about upsetting them more. Remember that your friend does need professional help, and that it is not your responsibility to make them better. If the issue is addressed early it may prevent more serious problems from developing. Find out as much as you can by getting on the Internet or talking to a support service (see 'Further information and help'). Talk to someone else, another adult if you can — perhaps a teacher, parent or youth worker. Tell your friend about your concerns and reassure them that you are doing this because you care about them.

Be open and tell them that because you care you are going to help them and that you might need to tell someone else. Encourage them to get some professional help and to see a doctor or counsellor. If your friend is upset with you for letting the secret out, remember that it is their long-term health and wellbeing that is your reason for taking this action.

Remember that your friend is likely to be confused and anxious too. They might respond by getting angry or denying the problem — they might not even be aware there is a problem. On the other hand, they might be grateful that you have noticed that things are not OK. Remember to look after yourself and talk to someone else if you are feeling worried about the situation.

My friend
has lost
weight and
stopped going
out with us.
He's changed
a lot lately.



Your friend might be going through a difficult time that he finds hard to talk about. Friends can play an important role in supporting someone who might have an eating disorder and helping them to get some help. Find out as much as you can about how you can support a friend, and remember to let him know that you care.



FURTHER INFORMATION

CONTACTS

It's important to get information and support from someone who is qualified to help — eating disorders rarely 'just go away' on their own. You can contact a support service such as a youth service or community health service. Phone or e-mail an Eating Disorder support service for confidential information and support, or visit their website. Make an appointment with a doctor or community health centre for more advice.

Support Services

Eating Disorders – Ministry of Health

www.health.govt.nz

Eating Disorder Association of NZ

0800 2 EDANZ

www.ed.org.nz

Kidsline

0800 543 782

Youthline

0800 376 633 or free text 234

www.youthline.co.nz

Mental Health Foundation

Free call or text 1737 to talk or text with a trained counsellor

www.mentalhealth.org.nz

Lifeline

0800 LIFELINE (543 354) Text 'Help' to 4357

www.lifeline.org.nz

Samaritans

0800 726 666

www.samaritans.org.nz



Much of the following information is taken from the NZ Depression website www.depression.org.nz, a NZ Government National Depression Initiative focused on reducing the impacts of depression on adults and young people through early recognition and appropriate treatment.

BECOMING INDEPENDENT

Becoming independent is a major life change for young people, bringing with it much excitement but also a whole range of challenges.

So many decisions

Study, work, money, relationships, partying... There are lots of decisions to be made. You may be thinking about leaving home, or feel pressure to 'make something of yourself'.

Unemployment

This can bring many challenges, most notably a lack of income which leads to further challenges. Unemployment can knock your self-esteem and if you are employed a lack of job satisfaction can also leave you feeling low.

Relationships

Good friendships and romantic relationships play an important role in our wellbeing and can be very satisfying. When things don't go well, they can become a major source of discomfort.

Social Media

Social media can be a great source of information and way of keeping in touch, but it can also keep us from communicating effectively with other people. It can make us feel bullied or misunderstood and can easily become a source of constant stress and frustration.



ANXIETY AND DEPRESSION

ANXIETY OR DEPRESSION?

Everybody goes through times of worry and sadness. But when those negative emotions are so intense that it feels you're no longer in control, we could call it distress. Everyone's experience of distress is unique.

If the main problem is feeling down and miserable, or that there is no interest or pleasure in things, we call it depression. If the main problem is having times of panic, or always being on edge and worrying, we call it anxiety. It's quite common to experience a bit of both.

How common is it in New Zealand?

- 1 in 7 will experience depression before they are 24 years old
- 1 in 8 men will experience depression
- 1 in 5 women will experience depression
- 1 in 4 New Zealanders will experience anxiety
- 1 in 5 people with depression or anxiety will experience both at the same time

What are the signs and symptoms of anxiety?

- hot and cold flushes
- shaking
- racing heart
- tight feeling in the chest or chest pains
- struggling to breathe
- snowballing worries that get bigger and bigger
- a racing mind full of thoughts
- a constant need to check things are right or clean
- persistent worrying ideas that seem 'silly or crazy' (pōrangi).

For support, visit Anxiety NZ at www.anxiety.org.nz or call the Anxiety Helpline on 0800 269 4389

What are the signs and symptoms of depression?

Key signs:

- Constantly feeling down or hopeless
- Having little interest or pleasure in doing things you used to enjoy



Other signs and symptoms:

- Irritability or restlessness
- Feeling tired all the time, or a general loss of energy
- Feeling empty, lonely
- Sleeping problems - too much, or too little
- Losing or gaining weight
- Feeling bad about yourself or things you have done
- Problems with concentration
- Reduced sex drive
- Thinking about death a lot
- Thoughts of harming yourself

SELF-HARMING

Self-harm is the direct, deliberate act of hurting or injuring your body, but without necessarily wanting to die. It's a way some people cope with intense or very difficult emotions, or overwhelming situations and life events.

Self-harming is not uncommon. Self-harming does not mean you are weak or crazy or attention-seeking. It just means you are overwhelmed by how you are feeling and this is a way you hope will make you feel better.

FURTHER INFORMATION

Contacts

If you're harming yourself it's very important to talk to someone you trust. You can talk to your health professional or you can talk to someone anonymously on:

- Lifeline on 0800 543 354, or free text 'Help' to 4357
- Youthline on 0800 376 633, or free text 234
- Healthline on 0800 611 116
- Samaritans on 0800 726 666

In an emergency

If you have seriously injured yourself, taken poisonous substances or overdosed on medicine or medicines, it is important you see a doctor immediately. **Call 111 and ask for an ambulance, or go to the emergency department (ED) at your nearest hospital.**



SUICIDAL THOUGHTS

TELL SOMEONE WHAT YOU ARE THINKING

If you are having thoughts about taking your life, it's **very important** to tell someone you trust so that you can get the help you need to feel better. Here are some people you could talk to:

- members of your family, whānau, friends and support networks
- your health professional
- a counsellor, psychologist or psychiatrist
- church or spiritual leaders
- support groups for people going through similar things.

FURTHER INFORMATION

Contacts

There are always people who are contactable by phone and who are willing, able and available 24 hours to help you

- Free call or text 1737 any time for support from a trained counsellor.
- Lifeline on 0800 543 354, or free text 'Help' to 4357
- Youthline on 0800 376 633, or free text 234
- Healthline on 0800 611 116
- Samaritans on 0800 726 666
- Suicide Crisis Helpline– 0508 828 865 (0508 TAUTOKO) For people in distress, and people who are worried about someone else
- What's Up– 0800 942 8787 –for 5–18-year-olds; Mon to Fri midday–11pm and weekends 3pm–11pm.

If you are in a serious crisis or you need urgent help, do the following:

- Call your local mental health crisis assessment team or go to **your local hospital emergency department.**
- **If you are in immediate danger, call 111.**



STRESS AND RELAXATION

STRESS AND RELAXATION

Is life speeding up? It seems everyone needs to do more and more just to keep up. There's always new technology to learn about, there's loads of school work, homework, exams, training and Uni work to complete to get a good job. Then there's job-hunting, working, making ends meet, relationships with friends, partners and family. Life can all get pretty heavy at times. So what's the answer? This topic is about stress, how to recognise it and how to stay on top.

WHAT IS STRESS?

First of all, everyone has stress in their lives. It's normal. Stress is something everyone needs in order to survive. Imagine a person standing under a gum tree after a windy, rainy night and suddenly hearing a *crack!* from above. Looking up they realise that a branch of the tree right above their head is about to drop. Their response is made up of thought (***danger! I'm about to be flattened***), physical responses (***heart beats faster, breathing is quicker, blood rushes through their body***) and a reaction (***I'm outta here!***).

If the tree limb falling didn't stress that person at all, he or she wouldn't bother to move out of the way. (***Splat!***) A certain amount of stress gets a person going and motivates him or her to do things. Stress is simply their responses and reactions to a stressor (something stressful). The tree limb falling was the stressor in the last example. The response was for the mind to think and the body to get ready. The reaction was to run for their life.

When
someone is
stressed, do
they find
it difficult
to relax?



Stress is something everyone needs in order to survive. A certain amount of stress gets a person going and motivates them to do things. Stress is simply their responses and reactions to a stressor (something stressful).



TOO MUCH STRESS

So stress is OK, stress is normal. Usually when people talk about being stressed it means stress levels are too high or the stress goes on too long to cope well. What everyone needs is enough skills to be able to cope with different levels of stress.

This is a person's coping capacity. When the stress in their lives becomes greater than their individual coping capacity, he or she can become ill from stress. It's like a scale that needs to balance.

When stress outweighs the coping capacity, people say things, like 'I'm getting stressed', or 'I'm stressed out' or 'I'm stressed to the max'.

Sometimes a person feels that pressure from other people around them is forcing them to keep going. They can be made to believe that they're weak if they say they're feeling stressed. This isn't true — everyone gets stressed — some people just need more ways to deal with it or they might need to make changes to their lifestyle.

WHAT CAUSES STRESS (STRESSORS)?

Everyone is different and everyone responds differently to situations that make them feel angry or worried or overloaded. This means that some people will become highly stressed about things that don't worry other people like:

- Exams
- Arguments
- Homework
- Being harassed
- Being left out of a group
- Social media
- A new school
- Being stuck in traffic
- Getting married
- Having a baby
- Moving out of home
- Going to the dentist
- A job interview
- Taking on a new responsibility.



If someone tries to pretend to themselves that they aren't affected by stress, he or she can get to the stage where their body sends them strong messages to stop.

PEOPLE SHOULD
DEAL WITH THEIR
STRESS BEFORE IT
MAKES THEM ILL.



HEALTHY MIND / WAIRUA ORA STRESS TAU MAHATANGA

159



It's different for everyone but there are some things that all people get highly stressed about — things like a family breakdown, the death of someone close, going to jail, too many responsibilities or being a victim of violent crime.

Crises like living through a fire, cyclones, an earthquake or living through a drought (especially for country people) are stressful events for everyone.

WHAT ARE THE EFFECTS OF STRESS IF IT GOES ON TOO LONG?

There are signs that tell a person that they're over-stressed. That's the time to deal with it. If he or she doesn't deal with it they can eventually become quite ill. Some people say that experiencing high stress over a long time, and not dealing with it effectively contributes to high blood pressure, cancer and heart attacks.

It is important to acknowledge those first signs. If someone is trying to pretend to themselves that stress isn't affecting them and keeps on pretending for too long, he or she can get to the stage where their body sends them strong messages to stop whatever it is that's stressing them. If that person doesn't have effective ways to deal with stress, he or she can become quite ill.

COPING WITH STRESS

Coping skills are strategies people have learnt, usually from their parents. This means that everyone can learn and take on new coping skills to increase their coping capacity and deal with stress more effectively.

The first step is for people to recognise the signs their body gives them when it's stressed and then to listen to the signs.

Recognising signs of stress (the body's responses)

It's important to acknowledge the first signs of stress and deal with them. If a person doesn't do this, he or she can become ill.

How do I
know if I'm
stressed?



*Some feelings indicating
someone is stressed could
be:*

- nervousness
- anxiety
- sadness
- aggression and anger
- tiredness
- tension.

EVERYONE SHOULD
LEARN TO RECOGNISE
STRESS SIGNS IN
THEMSELVES.



How do other
people cope?



*There are many choices
in the way a young
person can deal with
stress. They could ask
their friends how they
manage stress, perhaps
they could suggest some
good coping strategies.*

PEOPLE CAN
LEARN TO TALK
TO THEMSELVES
POSITIVELY.

So — what are the signs that show that someone is stressed? High stress levels feel different for everyone. Some people get a sore neck and back, have headaches and can't sleep. Other people feel moody, anxious, have butterflies in the stomach and can't think clearly. Some of the physical effects might be:

- Headaches
- Feeling sick
- Sore muscles
- Diarrhoea or constipation
- Indigestion
- Can't sleep
- Can't concentrate
- Heart beats faster
- Hair loss
- Skin rashes.

Some feelings indicating stress could be:

- Nervousness
- Anxiety
- Sadness
- Aggression and anger
- Tiredness
- Tension.

Everyone should be aware of these signs signalling stress. Can they recall a time that was stressful for them? It might have been an exam or a disagreement with a friend, or maybe they needed to tell someone something really important and didn't know how that person would react.

Can they remember how their body felt?

Did they have butterflies in the tummy before the exam? Did they get a headache when they were arguing? Did they find it difficult to get to sleep before plucking up the courage to tell that person the news? They should stop and have a think about how it felt for them. Perhaps they could write down those signs so they'll remember them in the future.



HEALTHY MIND / WAIRUA ORA
STRESS
TAU MAHATANGA

161



Thinking back to that stressful situation — how did the person deal with their stress? Was there a particular thing that was helpful? Was there another situation where he or she dealt with stress really well? It can be a good idea to write those strategies down to remember for other times when they are needed.

People have many choices in the way they deal with stress. They could talk to their friends about their coping strategies.

DEALING WITH STRESS (REACTIONS)

Here are some choices that might be useful.

1. Positive Self Talk

Positive Self Talk helps a person tap into their inner strengths. Everyone has inner strengths. Positive Self Talk is when a person uses their mind to help themselves. It helps a person decide how he or she will react to stress. When people do the opposite (negative thinking), they can create more stress for themselves.

Here are some ways a person can use Positive Self Talk:

- They can think about something positive they can tell themselves when they're feeling signs of stress (e.g. 'I feel relaxed and calm' or 'I feel peaceful' or 'No-one can annoy me')
- They can tell themselves something positive every day (e.g. 'I am good at ...', 'I have inner strength', 'I have true beauty within', 'All is well', 'I feel peaceful now')
- They can picture seeing themselves in a positive situation — one that they want to move towards (e.g. see themselves doing that school test and being relaxed about it and doing well, picture the teacher reading their test and being impressed by how well they did)
- They can remind themselves of things they've done well in the past ('I did that school project really well last year, this means I can do it again')
- They can look at the big picture — will it really matter in 5 years? Will the world stop turning if it does/doesn't happen?
- They can work on what they can control, accept the rest and let it go
- They can even make a tape of their own voice saying positive, relaxing, supportive things.



A young person could think about things he or she can do to relax. He or she could find ways to build them into their weekly routine. This is a way both to prevent stress and to deal with stress.



HEALTHY MIND / WAIRUA ORA

STRESS

TAUMAHATANGA

Some people
are always
stressed and
never relax!



*Everyone should know
the difference between
when they are relaxed
and when they are tense.
This will make them
aware when there's a
danger of them getting
tense and stressed.*

2. Relaxation

What do people find relaxing? Is it dancing, art, meditation, fishing, going for a walk with friends, reading a book, listening to music, shopping, a gym work-out, talking to a friend or playing sport? Everyone should know what they can do to relax and what they enjoy doing that relaxes them and find ways to build them into their weekly routine. This is a way both to prevent stress and to deal with stress. There are other ways to relax and unwind. Perhaps a yoga or tai chi class is more appealing. Herbal teas like chamomile can help, so can aromatherapy oils like lavender oil or a warm bath. There are some quick relaxation techniques that take just a few minutes. People can use these in many situations, for example taking a few minutes to relax in the middle of an exam if they find themselves getting stressed and not thinking clearly.

- Deep breathing — first breathe in through the nose and let the air fill the bottom of the lungs first, breathe right down to the stomach, then breathe out slowly, concentrating on letting the muscles of the body relax.
- Focus breathing — breathe in through the nose and as the person breathes out they can say something positive to themselves like 'relax' or 'calm down'.
- Stretching — they can stretch out those muscles, reach their arms up above their head and stretch fully or just stretch whatever part of the body they feel needs it.
- Visualisation — this is where someone closes their eyes and imagines they're in a beautiful place. Breathing slowly through their nose, they picture themselves right there and mentally immerse themselves in this image — they can make everything look, feel, sound or smell just the way they want it to be.

3. Stress-relieving relaxation

This kind of relaxation takes a little longer. The person starts by sitting or lying down comfortably. A quiet place or relaxing music to listen to can work well. They close their eyes. Then they tighten then relax their muscles in order. For example, they can start at their feet, and work their way up through their legs, their middle, their chest and then neck and



HEALTHY MIND / WAIRUA ORA
STRESS
TAU MAHATANGA

163



face muscles. One at a time they can scrunch each set of muscles up tightly for about 30 seconds then let them go loose. Doing this they can feel which parts of their body are tight and need more work.

There are tapes to help people do this. This kind of relaxation is also a good way to help a person feel the difference between when he or she is relaxed and when he or she is tense. This can raise their awareness of when they're getting tense and stressed.

4. Meditation

There are various ways to meditate. People can learn by listening to meditation tapes and CDs, by going to a meditation class or by learning from a friend. Or they could teach themselves. A simple meditation is outlined below. If the one trying to meditate has any thoughts or noises entering their mind, they should try to notice them, deliberately ignore them and calmly return to their meditation.

- Prepare by getting the person sitting or lying comfortably and becoming aware of their breathing
- Start to count after each breath. Breathe in, breathe out, one, breathe in, breathe out, two ... up to ten then start again. If the person meditating loses count, they should go back to one. Just do this for a few minutes

Later, they might want to do it for longer and concentrate more and more on their breathing and the feel of their breath going into and out of their body.

5. Exercise

Many people find physical activity helps burn up some of that stress. It can be fun too.

6. A balanced lifestyle

This is another key to coping well. People should make time for:

- Themselves — rest, relaxation, thinking time, exercise, and healthy eating
- Their relationships
- Their social life
- Their spiritual needs (this could be religion, nature or whatever is right for them).

How
about a
massage?



*Someone could give
their friend a neck and
shoulder massage or a
hand massage and ask
for one in return.*



HEALTHY MIND / WAIRUA ORA

STRESS

TAUMAHATANGA

I know
a fun
way to
de-stress!



Many people find physical activity helps burn up some of that stress. It can be fun too.

ABOVE ALL, KEEP A
SENSE OF HUMOUR.

To do all this he or she needs to:

- Manage their time, e.g. make lists, prioritise — there are many books around on time management, or friends may be able to help
- Take time out to enjoy their life goals and work towards them
- Smaller goals are important to have as well as longer-term goals at work or study — N.B. keep in mind that a person can only do so much, that they should take regular breaks if it's all getting too much
- Ask for support — a friend or family member or someone supportive at work, school, Uni or college
- Talk to someone about it — a doctor, counsellor, school nurse or a friend.

7. Dealing with anger

Anger can lead to stress. If you feel angry, you might try something physical like going for a run or a bike ride. Some people write letters and put in everything they feel angry about, then burn them. Other people turn the music up loud and say out loud whatever it is they'd really like to tell someone. It's OK, in fact it's good, to express anger. Everyone gets angry. But you can choose what you do about it and how you express it.

8. Drugs, alcohol and smoking

Some people try drugs, like alcohol (see our topic on ALCOHOL) and they smoke more (see our topic on SMOKING). This is likely to be more harmful than helpful when they consider the health risks. Importantly, they won't change whatever is causing the stress. Sometimes doctors prescribe medication like antidepressants for a short time. This could help, but medication on its own doesn't change whatever is causing the person to be stressed. It's important to look at the causes and ways to deal with the causes, whether that is increasing someone's own coping capacities or making changes to his or her lifestyle.

9. Changing the way a person lives

Sometimes changes to a person's life are the only way to really reduce stress. If it's hard to decide how to do that, talk to a trusted friend. A young person could go to counselling to find ways to make changes. It might mean that he or she does less. For example if they're studying full-time and working and have a child or children and have a 1-1 relationship and a social life, he or she may need to cut down somewhere, or cut down a bit everywhere.



Note: these topics can give some practical suggestions and information about health and illness. It is important that a person sees their doctor or health professional for information specific to a health concern they may have about themselves.

SELF-ESTEEM AND CONFIDENCE

SELF-ESTEEM AND CONFIDENCE

Sometimes people feel as though there is something pulling them back from being successful and happy. This could have something to do with their level of confidence or self-esteem. This section is written to make people think about their choices. It discusses the things they might be doing to let misery take over their life and keep self-esteem out. Mostly it looks at how a person can build up self-esteem, and then work on it so that they can achieve the things that they want to do. The way a person feels about themselves and their life is entirely up to them!

Sometimes, even though they don't realise it, people actively choose to be miserable! In reality, they would prefer to boost their self-esteem and feel happier about themselves. How can people build self-esteem and get on with living their life to the fullest?

Self-esteem is about how a person sees themselves. It is how valuable and worthwhile they think they are as a person, and how good they feel about it. It's not about boasting or trying to prove how good they are to other people. It is about believing in themselves and what they think they can achieve.

High self-esteem can be a great helper in a person's life. It can also make others feel safe, at ease, valued and stimulated when they are around that person.

Some times I
just get angry.



It's OK, in fact it's good, to express anger. Everyone gets angry. But you can choose what you do about it and how to express it.



How can people increase self-esteem?

There are many ways people can boost their self-esteem. Below are some tips to think about. They might all be useful, people can choose the ones best suited to them:

- Everyone should be nice to themselves! They should stop giving themselves a hard time and start appreciating themselves as unique individuals. People who compare themselves to others will always find things missing from themselves and their own life!

People should:

- Think of the times when they tried something new and succeeded. What did they do? Were there any specific steps they had to take? How were they able to succeed? How did it affect the relationships they had (friends, family, partner, workmates etc.)? How did they feel about themselves? What did they learn about themselves? How might they incorporate what they learnt about themselves into being a big part of their life and their future?
- Dream. Think about how they would like their life to be. Set themselves goals. Identify one thing at a time and start there. Beware of 'biting off more than they can chew', as sometimes people can set themselves up to fail by taking on too much.
- Try new skills. This could be anything from assertiveness to learning how to play chess. They should challenge themselves. They should try to test things out and learn what works for them and what doesn't. People should celebrate their successes.
- Make a list of their past successes. These don't have to be as big as 'When I became Prime Minister' or 'When I got gold at the Olympics'. Success can be 'small victories' to 'huge accomplishments'. Ringing and making an appointment that a person has been putting off for months, receiving an award or doing well in a job interview are all examples of successes in life. People should read their list over and over again!
- Think about the personal qualities that have helped them in their life. Make a list and think about how they might use these qualities in the future.

*Seeing a doctor
might help!*



*Sometimes doctors
prescribe medication.
This could help in the
short term but medication
on its own doesn't change
whatever is causing that
person to be stressed.*



HEALTHY MIND / WAIRUA ORA
SELF-ESTEEM
TÓKÚ WHAKAARONUI

167



- Get involved in life. Join a sporting team or join in other things in their community. Allow themselves to 'give'. Help someone do something. Tell someone they look nice or that they did a good job at something. Make a note of their contribution and the way it makes them feel about themselves.

- Do things that they love doing and that they know they are good at. If they can't think of anything, look around for new things to learn. There are free things people can get involved in or many activities that are cheap and easy.

- Take action. When a person takes action, makes changes and has successes, he or she will start to feel a lot better about themselves.

As one young woman recently discovered:

'I have realised that I am the boss of my life. I am not going to let other people who treat me badly or my past experiences take over. I want to be happy and I want to do heaps of things with my life.'

Anna , 16 years

- Accept compliments when people give them. Reply with a 'thank you'. Doing this gets easier with practice.

- Everyone should give themselves the right to make a mistake or to not be 'perfect' — whatever 'perfect' is! Mistakes are a great opportunity to learn. Don't waste the chance.

- Everyone should be true to themselves. They will never be able to make everyone happy or meet everyone's expectations about how they 'should' be. They should trust, look out for and protect themselves. Learn what makes them happy.



The way a person feels about themselves and their life is entirely up to them!



HEALTHY MIND / WAIRUA ORA
WHO TO CONTACT
NGA KAI-AWHINA

FURTHER INFORMATION

CONTACTS

Mental Health Foundation
www.mentalhealth.org.nz

Youthline
Helpline for young people (24 hrs)
Free call 0800 376 633 or free text 234
www.youthline.co.nz

Kidsline
helpline for 9 to 13 year olds (24 hrs)
0800 543 754
www.kidsline.org.nz

Bullying Free NZ
www.bullyingfree.nz

Parent Help
Giving practical advice to parents on how to deal with their children
0800 568 856
www.parenthelp.org.nz

Parenting Place
www.theparentingplace.com

Relationships Aotearoa
www.relationships.org.nz

Depression Helpline
0800 111 757
www.depression.org.nz

Anxiety Line
0800 ANXIETY (2694 389)
www.anxiety.org.nz

The Lowdown
0800 111 757 or text 5626
www.thelowdown.co.nz

Lifeline
0800 LIFELINE (543 354)

Suicide Crisis Helpline
0508 828 865

Just see me
now!



*If people feel more
energetic about things it
shows!*

*If people do things they
love doing and they know
they're good at, life can
be more fun!*

PROTECTING YOURSELF

TIAKI IA KOE ANO

169



OUT AND ABOUT

HAVING A GOOD TIME

For many young people, going out to cafes, nightclubs, bars and other public venues is a regular part of their social lives. If you follow a few simple personal safety strategies, going out can be both enjoyable and safe.

Before you go:

- Decide what you need to take, and leave everything else behind. Don't take lots of credit cards, and only take the money you expect to spend
- Keep everything you need to take in a safe place – don't carry your mobile or wallet loose
- If you're meeting friends at a club later, tell them where you're going first and what time you expect to meet up with them
- Program a reputable taxi service on your mobile, or keep their card or number written down in your wallet and know how much it'll cost to get back home.

At the venue:

- Remember that alcohol and drugs can make you lose control. Watch the number of drinks you have — know your limit.
- Never accept a drink from someone you do not completely trust.
- Try not to leave your glass unattended, this will prevent your drink being spiked. When drinking out of a bottle, keep it always in sight.
- Your body can't handle too many different chemicals and could react badly to mixing different types of alcohol or drugs.
- Clubs provide water and chill-out areas – use them. Just drinking alcohol, your body gets dehydrated and needs water to help wash out the toxins. It's a good idea to drink water, a little and often.

Is it safe
to go out
at night?



For many people, attending cafes, nightclubs, bars and other public venues is a regular part of their social routine. By considering a number of simple personal safety strategies, these outings can be both enjoyable and safe.



PROTECTING YOURSELF / TIAKI IA KOE ANO OUT AND ABOUT MAI WAHO

Leaving the venue:

- Don't accept a lift from anyone you don't know, or if you know he or she has been drinking.
- Try not to walk home alone – if you're left on your own then get a taxi home; the fare is a small price to pay for your personal safety.
- It's best to either phone for a taxi and meet in a busy populated area, or go to the nearest taxi rank. Trying to hail a taxi is far riskier.
- All taxis, including those that you pre-book, have to be registered. They display their registration number on the inside and outside of the cab. If you take an unregistered taxi you are getting into the car of someone who hasn't been vetted and you have no way of being able to identify them. It's safer to go with a licensed taxi.
- When you've got home safely, send a text message or call one of your friends to let them know you're OK.



Whether it's alcohol or drugs that's affecting you, it's important to remember that only time can sober you up. Food, coffee, a cold shower, fresh air, vomiting etc. do not work.

Staying safe with Uber

Using the Uber app has become the new norm for many Kiwis getting from A to B.

Things you should know:

- All drivers have a background check before gaining access to the Uber app.
- All users are registered and insured.
- You can share details of each trip in real time with family and friends, including your route and estimated arrival time.
- Both drivers and passengers rate each other after each trip and you can see the record of the driver before you agree to the trip. Riders can view the driver's profile - their name, photo, their rating, how long they've been driving with Uber and comments from other riders.
- Double check the driver's information, license plate, and the vehicle make and model, so you know you're getting into the right car.



PROTECTING YOURSELF / TIAKI IA KOE ANO
OUT AND ABOUT
MAI WAHO

171



Avoiding trouble:

- People always feel more confident when they are part of a group and after they've had a few drinks. This can often lead to aggression or conflict among people who otherwise are perfectly harmless, acting aggressively or getting into fights.
- If you are hassled, or feel threatened by someone, then it's often best just to move rather than attempt to argue. Move as far away as you can. Stay near the bar or security staff.
- Practice saying 'NO' assertively. Don't involve anyone else: 'I've got a cold coming on. I feel awful. I want to go home as soon as possible.'
- If a friend looks like they might be about to get into a fight, attempt to talk them out of it. Ignore the other party or their friends, and simply concentrate on reasoning with your mate. Stand behind or to one side of the ones arguing, never get between the two parties.
- Don't argue with the security staff – they may ask you to leave at the first sign of trouble. Crowd controllers have to be registered. If there is an issue then take their controller's number then later you can take up the issue with the venue management.

It's much better to accept what they say and either leave or just calm down.

I hate it when
my friend has
too much to
drink!



If you are out with a friend who has had too much to drink, remember that their reasoning and sense of self-preservation are dulled. It may be up to you to look out for their safety.



PROTECTING YOURSELF / TIAKI IA KOE ANO SAFETY TIPS WHAKAMÓHIO ORANGA

I'm
concerned
about spiked
drinks.



Police would like to warn people to take care when they are out having a good time in nightclubs and pubs, and to keep an eye on their drinks. There are recent reports of drugs being slipped into drinks, causing people to become ill and suffer memory loss.

IF YOU KNOW
ANYTHING ABOUT
DRINK SPIKING OR
ANY OTHER CRIMINAL
ACTIVITY PLEASE RING
YOUR LOCAL POLICE
STATION

SAFETY TIPS

SAFETY IN THE SOCIAL SCENE

Alcohol

Your judgement, physical responses and awareness of surroundings are all affected by drinking alcohol and/or using drugs. This reduces your instinct of self-preservation and ability to control and react to situations.

- If someone gives you drugs or alcohol without your knowledge, often by simply giving you drinks that are much stronger than you expect, and, as a result, you are not capable of freely consenting to sexual activity, this is an offence.
- Drug-facilitated sexual assault is often planned crime and regardless of what you may have voluntarily taken or had to drink, it is not your fault. There are laws in New Zealand to protect you and services that can provide support and information about your rights and options.
- It is common for victims of drug-facilitated sexual assault to have unclear, or only partial, recollections of what happened to them. As a result victims are not always confident about reporting the suspected incident to the police.

If you think your drink has been spiked

People have been known to use recreational or prescription drugs to render someone unconscious in order to sexually assault or even rape them.

Tips for avoiding spiked drinks

Taking a few simple precautions may reduce the likelihood of you having your drink spiked (having more alcohol or another intoxicating drug or substance added to them):

- Avoid leaving drinks unattended — if you leave your table to dance or talk and no-one's keeping an eye on your drink then discard it
- Know what you are drinking
- Buy your own drinks



PROTECTING YOURSELF / TIAKI IA KOE ANO
SAFETY TIPS
WHAKAMÓHIO ORANGA

173



- If you are given a drink, make sure it is from an unopened container
- Only accept drinks from trusted people and watch bar staff make your drink
- If someone offers to buy you a drink, go up to the bar with them and accept the drink there
- Do not drink from a container that is being passed around or one that's used for mixed drinks such as punch
- Remember also that soft drinks, tea, coffee and hot chocolate can be spiked
- Look out for your friends, keep an eye on their drinks. If you think their drink has been spiked, get them out of the situation as fast as possible
- If you feel unwell, extremely drunk, or sleepy after only one or two drinks, get help straightaway. You do not have much time
- Ask a trusted friend for help. Failing that, go straight to the hotel security staff
- Wherever possible do not accept help from strangers or people you would not normally trust.

If you have been sexually assaulted or raped, or think you may have been:

- Don't be scared to report the incident to the police, even if you are a recreational drug user, or have few or no memories of the attack. The sooner it is reported, the greater the likelihood of the offender being brought to justice.
- You will probably be suffering from trauma, and should seek medical attention and support, even if you do not want to report the attack to the police. Rape Crisis refers you to local services for confidential help and counselling and advice about medical and legal options. For more details contact:

Rape Crisis

0800 88 33 00

www.rapecrisisnz.org.nz

Victim Support

0800 842846

www.victimsupport.org.nz



Trust your instincts - if you feel uncomfortable, be assertive and do not be afraid to say 'NO', or just ignore them and continue on your way.



PROTECTING YOURSELF / TIAKI IA KOE ANO
PERSONAL SAFETY
ORANGA MÓKU

I think
 I'm being
 followed,
 what should
 I do?



If someone appears to be following you, don't confront them — just get yourself to the nearest public place, as quickly as possible.

- Most drugs leave the body in less than 72 hours. If you are concerned and want to be tested for the possibility of drugs in your system, then contact your local doctor or the nearest hospital for a medical examination
- If your clothes etc. have vomit on them, it may contain whatever drug was used, and should be kept as evidence.

Drugs

Mixing alcohol and other drugs (whether they are prescription or non-prescription) is a dangerous combination. Possible side effects include loss of coordination, inability to concentrate, loss of inhibitions, amnesia, ulcers, coma and death. As with alcohol, other drugs can also cause a wide range of responses, depending on the type of drug being used, e.g. sedative, analgesics, benzodiazepines etc.

Being followed

If you believe you are being followed on foot then be prepared to carry out a personal safety plan. This may mean going to the nearest populated place such as a police station, shop, service station, hotel or even an occupied house. You may choose to confirm your suspicions by crossing the road or changing direction. If the person really is following you, call the police as soon as you get to a safe place.

If a car approaches you and you are threatened, then back away and run in the opposite direction. This will gain you vital seconds and make it more difficult for the car to follow. If you can, make a note of the registration number and description of the car, driver and any passengers. Do whatever you believe will best preserve your safety and try to keep to well-lit and populated areas.

Persistent unwanted admirer

If you are in a nightclub and someone is paying you unwanted attention, be assertive in telling him or her to leave you alone. If they take no notice, there are a few things you can do:

- Embarrassment — draw attention to your admirer's unwanted behaviour by telling them in an overly-loud voice to leave you alone and that you are not interested in them. Speak loudly enough for everyone around you to hear.
- Relocation — move to another area or join a group of people.
- Assistance — if he or she remains persistent, bring their behaviour to the attention of a friend or someone in authority, for example a bar manager or security person, to get their help to stop the unwanted behaviour.



TEN CORE CONCEPTS OF PERSONAL SAFETY

STAY SAFE

The concepts below should help you develop your Personal Safety Plan

1. *The right to safety*

It is important to be aware of and exercise your right to safety.

Unfortunately, it is not a perfect world and your personal safety may be threatened. It's a good idea to follow safety strategies so you are able to deal with this possibility.

It is also important that you acknowledge and respect that all people have the right to safety.

2. *Keep fear of violence in perspective*

Many people have a fear of violent crime that is wildly disproportionate to its reality. This fear often results in unnecessary limitations being placed on your lifestyle. Education is the key to putting this fear into perspective. If you know the trends associated with personal violence offences, such as how often, when, where they occur and by whom, you can work out how likely it is that you would become a victim, and in what circumstances. If you follow practical safety strategies you can significantly minimise these risks.

This way preventative strategies are based on the actual risk, rather than restricting your lifestyle based on an exaggerated fear.

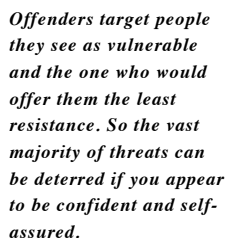
3. *Commitment*

Being committed to your personal safety is fundamental to maintaining it. Many people have a strong commitment to keeping their loved ones safe, and are willing to do anything to protect them, but don't have the same level of commitment to their own safety. Value yourself and keep yourself safe, by making safety strategies a part of your lifestyle.

I'm off
to a party
that's
gonna be
wild!



*If you're going partying,
it's important that you
know how to look after
yourself and your mates
and how to stay safe.*



If you do sense danger or pick up 'bad vibes' from someone, something or some place, leave immediately and go to a place where you feel safe.



PROTECTING YOURSELF / TIAKI IA KOE ANO
WHO TO CONTACT
NGA KAIABHINA

177



8. Assertiveness

Assertive communication allows people to express their points of view objectively to reach an agreeable solution. It does not involve backing down (being passive) or standing over someone (being aggressive).

Assertive behaviour does not come naturally to most people. However, by practising assertiveness in handling minor matters, such as advising a shop assistant if you have been short-changed or sending back unsatisfactory food at a restaurant, you can enhance your ability to be assertive in other aspects of life.

In most day-to-day situations, you should be able to communicate assertively and confidently. But there may be occasions where acting either aggressively or passively will be the best way to keep safe.

9. Networks

Many people find it difficult to trust others with their feelings, experiences or concerns. Often those most in need of a trusted person to talk with, such as victims of domestic violence or people contemplating suicide, are the most isolated.

It is important to develop a network of people you trust and can contact for advice or assistance in an emergency, or if you feel your personal safety is threatened. They can include relatives, friends, community groups, neighbours and police. A supportive network also increases your confidence and self-esteem and can positively impact on all aspects of your life.

Having your own network of trusted people to talk with also helps you in being a good friend or network member for others.

10. Personal Safety Plan

Everyone should have his or her own Personal Safety Plan. It consists of safety strategies you choose to suit your own lifestyle and abilities. The more you follow them and know that they work, the more they will become habits. It should not involve succumbing to a list of rules provided by another person.

Should I
share my
concerns
about
feeling
safe?



It is important to develop a network of people you trust and can contact for advice or assistance in an emergency, or if you feel your personal safety is threatened.

178



PROTECTING YOURSELF / TIAKI IA KOE ANO WHO TO CONTACT NGA KAIABHINA

FURTHER INFORMATION

CONTACTS

Rape Crisis

09 366 7213

www.rapecrisisnz.org.nz

Rape Prevention Education

www.rpe.co.nz

Victim Support

0800 842846

www.victimsupport.org.nz

Family Planning NZ

www.familyplanning.org.nz

Alcohol Drug Helpline

0800 787 797 free text 8681

www.alcoholdrughelp.org.nz

Alcohol.org.nz

www.alcohol.org.nz

YouthLaw

0800 884 529

www.youthlaw.co.nz

Youthline

0800 376 633 free text 234

www.youthline.co.nz

www.bluelight.co.nz



YOUR ONLINE LIFE

HANDLING ISSUES

Whatever your situation you want to be able to handle your life online as well as you handle a car or your money. In fact, there is almost no area of your life further than two clicks away these days but it is not as simple as putting on a safety belt or activating the alarm lock. What do you need to know to make the most of your online life?

HANDLING ANY ONLINE ISSUE

You can call NetSafe toll free from anywhere in New Zealand at 0508 NETSAFE (0508 638 723) or text NetSafe to 4282 or email help@netsafe.org.nz.

- The service operates 8am-8pm Mon-Fri and 9am-5pm on weekends.
- All queries are confidential and you don't have to give any personal details.
- If NetSafe doesn't know the answer to your query, they will use their networks to get the information you need.

Who can I
ask about
any online
issue?



You can contact Netsafe on 0508 638 723 or text Netsafe to 4282. Also check out www.netsafe.org.nz.



SOCIAL MEDIA

What's the best way to keep in touch with all my friends?



You can use all or some of these and more: texting, Facebook, Instagram, snapchat, Pinterest, Twitter... but be careful about your digital footprint and what is out there for anyone to see, copy, forward, make judgments about you and possibly use to your disadvantage.

In NZ 88% of the online population aged 15+ are using social media (Facebook and YouTube the most popular). While social media can be useful and enjoyable, it's important to make sure that technology is supporting your life and not controlling it. It can be much better to see the people in your life from time to time. It's good to find time to talk with your friends offline, and can make all the difference when you need their support or want to help them.

The usual guidelines for communicating online apply:

- A strong password (long, with a mix of CAPS and no caps, symbols and numbers) is one key to locking up your personal information from identity theft or other abuse.
- Set your profile to private and set levels for different friends where possible so only people you have met offline and trust can see any personal details.
- Not everyone you meet online is exactly who they say they are. Online ‘friends’ are strangers unless you have met them offline.
- Your photos can be shared, downloaded, manipulated and kept forever so take care with what you post.
- Best friends can become enemies after an argument so don’t add fuel to the fire online. Sort it out face to face and if it isn’t sorted restrict access to your online information or photos to be on the safe side.
- Never use language or pictures that might upset, embarrass or offend other people.
- Always ask permission to take pics of friends and never post other people’s pics or comments without asking them first. That way they learn to do the same for you.
- Be aware of pics others might be taking at parties that could end up in any online place without your permission. Remember anyone can search social network sites for information about you.
- Never be a bystander or join in with any form of harassment or cyberbullying. Make a stand for looking after others and not going along with it.
- Look after yourself and your friends online. Some anti-social groups and sites will try to hook you in.



CYBER SAFETY YOUR ONLINE LIFE

181



GOING FACE TO FACE

How do you turn online 'friends' into real world friends? Before you go about arranging a face-to-face meeting, you might like to remember that your 'friend' may have misrepresented themselves in your conversations so far. What you think you know from online conversations might actually differ from the offline reality. So going face-to-face can be risky, and it is best to take the following precautions:

- **Be careful about giving out your personal details before you meet them.** This includes your address, phone number or full name. If you don't want to give out your phone number before a meeting, you could arrange for a way to recognise each other, such as a colour you will be wearing or a particular table or reference point. If you do decide to give out your phone number before meeting someone in person, you might like to give a mobile number or a home number with caller ID, so that you can screen calls in the future.
- **Meet in a public place during the day (if possible).** Perhaps meet for coffee at a cafe. Tell a friend what you are doing before you meet the person, and check-in with them afterwards.
- **During the meeting, be careful about giving away too much personal information.** If you feel uncomfortable during the meeting, feel free to excuse yourself, (you might like to say something like 'Thanks for meeting me but I'm expected at ... now. I'll be in touch.'), get up and leave. At the end of the meeting, you should suggest to have any follow-up communication via the online site where you first met - this gives you time to think about your next move.
- **After the meeting, review how it went and what your intuition tells you about the person and the way they handled themselves.** If you have any doubts, don't see them again. If you would like to see them again, forward the relationship at a pace that is comfortable for you.

In the majority of cases, offline meetings are enjoyable and safe, but you should always use common sense, as you would when you meet any stranger for the first time.

Should I
respond to nasty
messages?



No. Don't reply. Keep the messages so you can show your online provider you are being harassed and not just arguing. Contact NetSafe for information on what to do. Talk to a friend for more support.



Yes. Anyone who acquires copyright material without paying for it has broken the law. It is stealing to breach copyright of music, movies and games, (piracy as some people call it) even if you are not the only one doing it. Watch out for titles that are “too new to be true” and remember, “you get what you pay for”. If you wouldn’t steal it from a shop don’t steal it online!

Downloading videos, music, games ... looking up gigs, bus or train timetables, telephone numbers, maps, movies.... other stuff. There is so much useful and desirable material available online but it is very important to keep yourself and your computer safe and legal. Peer to peer (P2P) file sharing seems an easy way to get what you want for free but it is extremely risky.

What do you know of these risks?

- breaking the law
- downloading a serious computer virus or other harmful malware
- accessing pornographic material
- spending too much time online
- sharing your personal data, which can lead to harassment or identity theft
- believing things online which are not true
- opening up access to your computer

Check the way you manage the risks by asking yourself the following questions.

- Do I respect copyright and the intellectual property of others?
- Do I check a link is safe before I click on it?
- Do I have updated anti-virus and anti-spyware and operating system?
- Is my firewall turned on?
- Do I read and understand “acceptable use” agreements and policies before I register and “Accept” in new sites?
- Would I recognise a scam and crosscheck information from several sources?
- Do I realise that information on the internet can be posted by anyone and may not be true or accurate?
- Do I realise file-sharing lets people in the back door to my computer and can defeat the firewall?



CYBER SAFETY YOUR ONLINE LIFE

183



PEER TO PEER FILE-SHARING

There has been a revolution in file-sharing technology in the last 15 years. Once you might have shared files by communicating directly with one-way traffic from another computer. Today when you join file-sharing networks your computer is communicating with other users like a swarm of bees buzzing throughout the *entire network*. You GET bits of information from anywhere and everywhere and your computer GIVES information to other users. There will always be the risk of irresponsible users no matter how well you protect yourself.

This means it is more important than ever to consider the risks very carefully before joining a file-sharing network and follow the safety tips below:

- **Choose carefully which files you want to share.** Don't share files which are confidential, such as financial information, or which you do not have the right to distribute.
- **It is safest to use 'My Shared Folder'**, (usually found on your Desktop), set up as the folder to which files are downloaded. This means that all files inside 'My Shared Folder' are available for other users to find and download from you. New files that you download will go into 'My Shared Folder'.

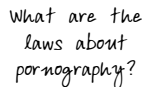
Is it OK to
copy and paste
things from
the internet?



Plagiarism is not OK.
If you are copying and pasting other people's words or images into assignments or work and not saying where it comes from or passing it off as your own you are cheating, and the consequences could be the loss of your job or position in a course of study. Learn to reference any material you copy from the internet and understand copyright rules.



YOUR ONLINE LIFE



Important!

When you select a folder to share, all files and sub-folders inside that folder will be available for other users to download. Please take great care not to accidentally share files that are confidential or which you do not have the right to distribute. It is highly recommended that you do not share your entire hard drive or 'My Documents' folder.

- **Stay Up To Date.** Always make sure you have the latest version of all your electronic security and of the file-sharing software which may also include built-in virus protection programs.
- **Download trusted, high quality content.** Remember you don't always know what you are getting.
- **Turn on any virus filter available with the program.** Look for an option to 'Filter file types that can potentially contain viruses' and check it. This may prevent the following file types appearing in search results: .EXE, .SCR, .LNK, .BAT, .VBS, .COM, .DLL, .BIN and .CMD.
- **Use your own virus protection software.** Use a well known virus protection tool to *scan any files* ending with the above file extensions before opening them.



CYBER SAFETY YOUR ONLINE LIFE

185



MOVING MONEY

Online auctions, banking or doing anything with money on line... it's fast, convenient and the world is your shop! Never move money around online if you are unsure about the security of the computer, haven't checked out the site thoroughly or you are dealing with someone you don't know and there is the possibility of online fraud. You don't want to risk losing money by being careless or getting sucked in.

If you bank, buy or sell online check your management of the risks from the list below.

- I know the computer has fully *updated* electronic security. (Operating system, Anti-virus, anti-spyware and a firewall).
- I check the site is encrypted when I make a transaction. (I always look for the secure s to appear in the URL (https) and notice the closed padlock is definitely there.)
- I never follow a link to a site from an email for a secure transaction. (I always enter the URL of my chosen website myself or have it saved on favourites.)
- I know my bank would never ever send me an email and ask for my details online and any email, which asks me to click on a link, is a potential phishing scam to get my details.
- I use a strong password, change it regularly and don't use the same password for different sites.
- I never use a public computer for financial transactions.
- I never move away from the computer in the middle of a transaction and always log out of the site when finished.
- I know that if it is too good to be true it probably is a fraud of some kind and I can check it out with Scamwatch on the Consumer Protection website www.consumerprotection.govt.nz or www.netsafe.org.nz

Is it safe
to do my
banking
or buy
something
online at
an internet
cafe?



No. The risks of having your passwords or your bank account numbers and details observed, monitored, hacked or collected are too great. Always use a trusted computer with full security against spyware and one where you have privacy and your own username and password. Never let anyone see your password.



How do I
know if I'm
spending
too much
time playing
games?



1. Have you gone without food to keep playing? 2. Have you lied to a friend or family about where you were and what you were doing when actually playing? 3. Have you borrowed money or stolen to pay for something to do with gaming? 4. Have you missed work or let a friend down because you were playing? If you can answer yes to any of these questions then you are probably spending too much time. If you answer yes to lots of these questions then you almost definitely have an addiction (your body is starting to crave the endorphins you get from the excitement of the game) and you should talk about it with friends and family and ask for help.

GAMING

One of the fun things about the net is all the great games you can play online. Of course these games often involve chat and sometimes exchange of money for a sale or purchase, or perhaps you place the odd bet on who will win a game. Remember the common sense rules about strangers online and making secure transactions. Read the tips from the previous pages on Being Social and Moving Money because the risks are exactly the same for game players using these chat and sale and purchase features. Remember to respect copyright of games as well and never be the one who provides a Restricted game to a junior.

MASSIVE MULTIPLAYER ONLINE (MMO) GAMES

MMO Games such as World of Warcraft can be immersive and enjoyable. These online fantasy worlds provide almost limitless possibilities to interact with other players and programmers are constantly updating the games so there is always an incentive to keep playing. There is a significant social aspect to MMO games with players working together to complete quests. MMO games are considered the most at-risk of contributing to problem gaming behaviour and at its most extreme has led to the deaths of players due to health complications associated with excessive, non-stop gaming.

Signs of problem gaming:

- Thinking obsessively about gaming even when not playing
- Losing track of time while gaming to the detriment of other aspects of life
- Becoming agitated or depressed when their gaming is interrupted
- Developing a tolerance – needing to play for longer to feel satisfied
- Using gaming as a coping strategy

Acknowledgement to James Driver, Net Addiction NZ



CYBER SAFETY YOUR ONLINE LIFE

187



GAMBLING

We all know 'life is a bit of a gamble' and sometimes the possibility of what you can win seems to outweigh the risks. Annoying popups and nasty malware installed on your computer are probably not worth the risk, however, and losing your money, your freedom or your friends through gambling is never worth it.

New Zealand law cannot be enforced in other countries and it is not illegal for a New Zealander to gamble on an overseas website or to take part in other gambling outside New Zealand.

If you decide to use overseas websites to gamble, you need to understand that even if you don't break the law by gambling on overseas websites or in overseas competitions, you still face two risks:

1. It may be difficult to tell whether you are dealing with something that is legal in the country where it is based. (If you gamble at an illegal site, then you have no legal protection at all against problems that occur.)

2. You have little protection if something goes wrong. (New Zealand law does not apply overseas, and our enforcement and consumer protection agencies have no say in other countries. If you are defrauded or have any other sort of problem with your transaction, you have to take your own action in the host country's legal system.

If you are satisfied the site is legal, you need to be careful about what you can afford to lose, and be aware that there is little help if you have problems with the site.

Problems that have been reported include:

- Sites taking people's money and then shutting down or simply refusing to pay out on 'wins'. Your money is gone.
- Fraudsters getting access to credit card or bank account details. Your money is gone.
- Personal and financial details being sold to other organisations and used for other purposes. This can range from nuisance telemarketing and spam e-mails, to attempts to defraud.

Is it legal
to gamble
online?



In New Zealand gambling using a website, text, telephone, television, radio, or other media is prohibited unless it is operated by the TAB or NZLC. (New Zealand Lotteries commission)

For more information or help contact Youth Gambling Helpline 0800 654 659 or 0800 654 655 or visit <http://www.inyaface.co.nz/> or text 8006 or visit www.gamblinghelpline.co.nz



CYBER SAFETY

YOUR ONLINE LIFE

How do I
increase my
chances of
finding a good
job online?



You can try a search for your name and see what your online profile would look like to any future employers. There are several popular job-seeking sites in NZ and you can demonstrate your skills with images or video and post them on your own website, profile or YouTube. You can really widen your search for a job and make yourself known on the internet. Seek expert advice and support to present your skills well and to show how your skills match what the employer is looking for.

Job websites allows you to search for jobs by area or by type of job. You can also set up and save a search and receive email alerts when a new match comes up.

Try seek.co.nz LinkedIn and Trade Me Jobs.

Other risks include:

- Internet-gambling sites can be a starting point that leads to problem gambling or makes an existing 'addiction' to online activity worse.
- Organised crime sometimes uses internet-gambling sites for money laundering. If a site is linked to organised crime, then its operators are not going to be worried about your missing money.
- Gambling sites can also install 'malware', such as viruses, or spyware, such as Trojans or keystroke loggers, onto your machine while you are gambling.

ONLINE PORNOGRAPHY

The internet has made it easier to access pornography than ever before. While some people may find pornography enjoyable, others can become overly reliant on watching online porn. Health professionals have seen a dramatic increase in the number of people seeking help for pornography-related problems.

Some young people don't realise that porn is not usually the same as sex in real life. Research shows that when young people think porn is similar to reality it can impact their self-esteem, body image and mental health.

If you feel that porn may be impacting your everyday life and you don't feel comfortable talking to your friends or family, contact a support service available such as Youthline (www.youthline.co.nz, 0800 376 633 or text 234).

EMAIL ETIQUETTE/NETIQUETTE

- Emails sent from work reflect on you and your workplace so keep your language quite formal and polite and never forward anyone's email or their email address without their permission.
- Avoid capital letters in emails which can look like YELLING and don't use email to solve any work problems or issues. Face to face communication is better.
- Remember emails can be printed on paper and once you hit send you have no control over your material. Don't email anything you wouldn't want your boss to see.



DATING

Online dating is here to stay. If you live in a small town or have some other situation that narrows down your choices in the real world, (e.g. you are super good-looking!), or you just want to increase your chances of meeting someone you think will match your preferences, then there are a huge variety of dating sites to choose from.

Look for the following 5 features in a site before you use it:

1. Privacy policy. To interact with a dating site you will typically provide three types of information: public information that you make visible to other users, private information that is not visible, and financial information. The privacy policy should clearly identify these three types of information and *how it is storing and protecting your personal data*.

2. Terms and conditions. The terms and conditions are a legal contract that people must agree to before joining the site. You should read this to be sure that it doesn't allow inappropriate or criminal behaviour by users of the site, and outlines the responsibilities and obligations of users. The fee/refund policy should be clearly detailed, as well as the response to any behaviour that violates the terms and conditions, e.g. reporting to law enforcement where necessary. Some sites also have a **code of ethics** which can help set the behavioural norms that are expected of members. You should review the code of ethics and make sure that you are comfortable with them before taking out a trial membership.

3. Information about explicit language or photographs. Sites deal with sexual language and photographs in very different ways. Some websites allow members to post explicit material on their profiles, while others do not. If the member profiles contain anything offensive (that you can't screen out), or if you receive inappropriate messages, you can report it to the administrator of the site. If you are not happy with the approach the website takes toward sexual material, or offensive behaviour, you should quit the site. (Read more about photographs and how to check they can't be copied in the question bubble on the side.)



I wouldn't even look at a profile without a photo. Photos are OK aren't they?



Yes but even when posting pictures of yourself in your profile, it can pay to check that people browsing the site are not able to copy your photograph and save it to their computer (you can do this by right-clicking on the picture to see if the menu item 'save picture' is available).

There can be some pressure to share sexually explicit photographs or webcam shots of yourself when getting to know someone on a dating website. Remember that you lose control over an image when you send or post pictures online. In New Zealand, explicit photographs shared willingly at the beginning of a relationship, have been used as blackmail and as 'revenge porn'.

4. Customer service and support. You want to be sure that there are people whose full time job is to help sort out problems on the site if something happens that makes you uncomfortable.

5. Affiliations or links to other safety support. Some dating sites will provide links to community support organisations like Lifeline, Rape Crisis etc.

Many sites have webpages, which offer information about how to use their service safely. Whether the page is offering **Safety Tips** or displaying **Frequently Asked Questions (FAQs)**, it can be useful to take a look at this information before you sign up to give you a feel for the website and the support it offers.

NUDES AND SEXTING

What is sexting?

Sexting is another name for sending or receiving nudes, sexual images or sex messages or videos.

Remember: It's never ok to be pressured into sharing something you don't want to share, and once you've sent something it becomes a lot more difficult to control what happens to it.

Consider: Was it your idea? Where could it end up?

If things go wrong

- Screenshot the content if possible and make a record of links to the page
- Report the content to the platform eg. Facebook, Snapchat etc and request that it is removed
- Report the profile or account of the person who shared the content
- Talk to Netsafe or the Police – sharing intimate pictures of someone without their consent can be a crime.

There is an excellent resource on the Netsafe website called 'So You Got Naked Online'.



Using dating websites for sex

Be aware that a number of dating websites and apps, eg. Tinder, are used by people to get together just for sexual encounters rather than for romantic relationships. If you are using a dating site for sex, you might like to think about some ways to minimise risk. For example, some people might want to meet up at a private residence for sex, which means you don't know who or what may be there.

Remember, in most cases you will be meeting a stranger, and that anyone online can give inaccurate information about themselves or why they are wanting to meet up. It can also pay to remember that some sexual offenders use dating websites as a way to make contact with potential victims.

Warning signs

As with any relationship, you should use your head and trust your gut feelings.

If you encounter any of these behaviours you should contact the site administrator and think about withdrawing from the site:

- people using inappropriate language or photographs
- people pushing you for personal information or for a face to face meeting before you feel ready (especially if they insist on meeting you in a very private place)
- intimidating or threatening behaviour
- any indication that the person is not telling the truth.

For more information

You can do a search of local and global online dating sites to get a feeling for what is available. You can also read books such as 'Online Dating For Dummies' by J Silverstien and M Lasky. Talk to your friends; chances are they, or someone they know, will have tried online dating.



PROTECTING YOURSELF / TIAKI IA KOE ANO
WHO TO CONTACT
NGA KAIABHINA



FURTHER INFORMATION

CONTACTS

NetSafe

0508 638 723 or text Netsafe to 4282

www.netsafe.org.nz

Commonsense Media

www.common sense media.org

DISCLAIMER

Countrywide Austral ("Publisher") advises that the contents of this publication are offered solely for background information purposes. The publication has been formulated in good faith and the Publisher believes the contents of the publication to be accurate. However, the Publisher cannot guarantee and assumes no legal liability or responsibility for the accuracy, currency or completeness of the information or that the information contained in the publication is suitable for each individual reader's needs. Accordingly, the contents do not amount to a recommendation (either expressly or by implication) and is not intended to be used as professional medical or other advice. The contents of this publication should not be relied upon in lieu of specific and independent professional advice.

The Publisher takes no responsibility for information provided by third parties whose contact details or website address is provided in the publication.

The Publisher disclaims all responsibility for any loss, damage or injury of any type which may be incurred by any reader using or relying upon the information contained in the publication, whether or not that loss, damage or injury is caused by any fault, negligence, misrepresentation, omission or breach of duty on the part of the Publisher, its directors, employees, representatives, agents or contractors.

Blue Light has produced this booklet as an educational guide only. It is not intended to be used as legal advice.



countrywideaustral

www.bluelight.co.nz



Air Rescue
and Community
Services



Constellation
COMMUNITIES TRUST



grassroots[®]
grassrootstrust.co.nz

ILT FOUNDATION



Four Winds
FOUNDATION

Making a difference in the lives of New Zealanders



Blue Light started in 1984
with the Blue Light Discos!

Blue Light is now in 68
communities nation-wide
with sworn police officers,
staff and volunteers
in all locations.

By providing New Zealand youth with
positive events, programmes and
crime prevention strategies.

BLUE LIGHT
ARE HERE
TO HELP!!

DRUGS AND
ALCOHOL

NO BULLYING

It's not easy being
young... there are a
lot of bumps in the
road to adult life.

Programmes build genuine connection
between police and youth. They aim to
engage youth in a meaningful way and
provide lifestyle alternatives and
strategies to avoid becoming victims
of crime. Some examples include...

DRIVER LICENSING
PROGRAMMES

FUN NATIONAL
EVENTS

SPORTING EVENTS
& COMPETITIONS

AND...
SO MUCH
MORE!!!!

PROGRAMMES &
ACTIVITIES

- Kids game fishing
- PCT Ten Factor Competition

ENHANCING

COMMUNITY SAFETY AND BUILDING POSITIVE RELATIONSHIPS
BETWEEN POLICE, YOUTH AND COMMUNITY

So that positive messaging
and behaviours can be taken
back into homes, schools and
communities of young people.

KIDS, COPS AND COMMUNITIES