

TOOLS FOR THE TEENAGE YEARS

.....
A RESOURCE KIT FOR WHĀNAU, PARENTS & CAREGIVERS OF TEENS
.....





INTRODUCTION

**THIS RESOURCE IS BROUGHT TO YOU BY
NAPIER CITY COUNCIL, CENTRAL HAWKE'S BAY
DISTRICT COUNCIL, HASTINGS DISTRICT COUNCIL
AND WAIROA DISTRICT COUNCIL.**

We are pleased to present you with Tools For The Teenage Years.

This resource is designed to provide you with advice and inspiration, ideas and information to help guide you and your teen safely through what can be some tough times for families.

The teenage years can also be an exciting time of opportunity, learning and growth. Remember to celebrate the successes, always remind your teen you love them and let them know you are there for them no matter what they are going through.

This resource won't have all the answers but it is packed with advice about things you can do to try to turn negatives into positives, manage

your way through the ups and downs, and who to get in touch with if you're unsure what to do. It points you in the direction of websites and services you can access to get more information or support.

The best tip we can give you is to talk to your teen, keep communication open and ask them what they think, how they feel and what they want or need. Giving them a voice helps them feel valued and the more conversations you start the more they will talk to you.

**“Kia kotahi te whānau
- ka ora te tangata.”
If the family is united
- people prosper.**

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If you have any serious concerns about the safety or wellbeing of any teen, contact the **Ministry for Vulnerable Children - Oranga Tamariki**.

Phone: 0508 326 459 (24 hours a day, 7 days a week).

Or visit the website: mvcot.govt.nz/worried-about-a-child-tell-us

If there is any immediate danger call the Police on 111.





WHAT PARENTS AND TEENS EXPECT FROM EACH OTHER

WHAT TEENS WANT FROM PARENTS:

- Tell us when you are pleased about something we have done.
- Tell us if we have done something wrong but try not to go on about it.
- If you want something done, tell us the reason, not just because 'you said so'.
- Remember the good things about us.
- Admit mistakes and apologise when you are wrong – then we will too.
- Be interested in our lives but please respect our privacy.
- Trust us, don't always expect the worst.

WHAT PARENTS AND CAREGIVERS WANT FROM THEIR TEENS:

- To know that you are safe.
- To know a bit about what's going on in your life.
- To know who your friends are.
- For you to understand our family values.

- To know that you have heard our opinions and thought about what we have to say.
- To know that sometimes we have to make decisions that will not be popular, but are in your best interests.
- To hear sometimes that you think we are OK parents.

Research has shown that teenage brains undergo big changes starting around puberty which can continue through to their mid-20s. This can affect the parts of the brain that handle:

- impulse control
- judgement
- decision making
- emotion

This means teens just don't think the same way as adults. Their brain is not able or ready to work in the same way

MORE INFORMATION:

kidshealth.org.nz/parenting-teens-relationships-your-teenager

ARE THEY OLD ENOUGH?

When will my teen be old enough to...

AT 14, A PERSON CAN:

- Be left at home alone and babysit.
- Be charged with a criminal offence.

FROM THE AGE OF 16, A PERSON CAN:

- Sit their learner driver licence.
- Leave school.
- Open their own bank account.
- Apply for the Youth Payment benefit if they are not being supported by their parents.
- Work fulltime and be paid the Starting Out wage.
- Decide which parent they want to live with (if parents are separated).
- Legally consent to sexual activity.
- Get a firearms licence.

FROM THE AGE OF 18, A PERSON CAN:

- Get married, or enter a civil union, or a de facto relationship without parental consent.
- Make a will, stand for parliament or formally change their name.
- Serve on a jury.
- Have a credit card and borrow money.
- Be fully bound by any contract they enter into.
- Buy alcohol, cigarettes, tobacco and fireworks.
- Place bets at the TAB and buy lotto tickets.



TIP:

CAREERS NZ HELPS PEOPLE THINK ABOUT WHAT CAREER MIGHT SUIT, AND HOW TO CREATE A PLAN TO GET THERE. THEY CAN HELP YOU AND YOUR TEEN UNDERSTAND NCEA AND CHOOSE THE RIGHT SUBJECTS FOR THEIR CAREER OR NEXT EDUCATION STEP. WWW.CAREERS.GOV.TZ

SCHOOL, STUDY AND CAREERS

So your teen is at high school. What next?

The National Certificate of Educational Achievement (NCEA) is the main national qualification for secondary school students in New Zealand. It is recognised by employers, and used for selection by universities and polytechnics, both in New Zealand and overseas.

HOW IT WORKS:

- There are three levels to NCEA. In general, students work through Levels 1 to 3 in Years 11 to 13 at school.
- Each year, students study a number of courses or subjects and achieve standards. Each standard is worth credits. Students must gain a minimum number of credits to achieve each NCEA level.
- There are two types of standards under NCEA, and different levels of achievement for each.
- Achievement standards: achieved with excellence, achieved with merit, achieved and not achieved. Unit standards (vocational subjects): achieved and not achieved.

“Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid.” - ALBERT EINSTEIN

HOW CAN YOU HELP YOUR TEEN DECIDE WHAT TO DO NEXT?

Talking about what career they are interested in will help your teen decide what NCEA subjects or next educational step to take.

Show an interest in their schooling. Stay positive and help them with what they need to keep up with schoolwork. For example, quiet time and space to study. Remember they are always good at something and there are careers that suit all different abilities and interests.

MORE INFORMATION

Download NZQA's (New Zealand Qualifications Authority) free Apps from the Apple App Store and Google Play Store

- **NCEA Guide** written for parents, whānau and employers. Quick and easy access to key information about NCEA. In English and Te Reo Māori.
- **NCEA Student** to help students plan their NCEA study programme, set goals and track their progress.

For career advice including career options, creating a plan, choosing NCEA subjects, job hunting tips, and writing a CV visit: careers.govt.nz or call 0800 222 733. For help with the transition from school to further study, work or training visit: youthguarantee.net.nz/start-your-journey



TIP:

NZ AUTOMOBILE ASSOCIATION (AA) PROVIDES FREE DRIVING LESSONS TO AA MEMBERS (OR A MEMBER OF THEIR FAMILY) WHO HAVE BEEN ISSUED WITH A LEARNER LICENCE WITHIN THE LAST 90 DAYS.

DRIVING

On the move.

To become a fully licensed driver in New Zealand you need to pass three stages of a graduated driver licensing system. This process will take a minimum of 18 months. Your teen needs their learner's licence before they can get behind the wheel and start to learn to handle a vehicle.

TO GET THEIR LEARNER'S THEY:

- Must be at least 16 years old.
- Have to take a computer-based theory test, which is made up of 35 multi-choice questions about road rules and safe driving practices. They will need to get at least 32 questions right to pass.

Learner licence holders may drive a car with a supervisor sitting beside them and learner (L) plates displayed in the front and rear windows.

TO MOVE ON TO RESTRICTED THEY:

- Must have held a learner licence for at least six months.
- Have to pass a practical one hour driving test.

Restricted licence holders may drive on their own between 5.00am and 10.00pm. As a general rule they cannot take passengers unless driving with a fully licenced driver (there are some exemptions). If you sit your restricted licence practical test in an automatic vehicle you can only drive in an automatic vehicle unless you are accompanied by a fully licensed driver.

“Stay involved, your teen is more likely to crash on their restricted licence than at any other time in their life. Consider setting some ground rules around driving that you all agree to stick to – this could include picking them up if they don’t feel safe to drive for any reason.” - NZTA

TO MOVE ON TO A FULL LICENCE:

- Drivers under 25 years must be at least 18 years old and have held a restricted licence for 18 months, or, if they have completed an advanced driving course, be at least 17 years old and have held a restricted licence for 12 months
- They have to pass a 30 minute practical test.
- Fully licenced drivers can drive any vehicle covered under a Class 1 licence.

MORE INFORMATION

To understand the graduated licence process in New Zealand visit: nzta.govt.nz/driver-licences/getting-a-licence

Helping with teaching someone? Visit: drive.govt.nz and aa.co.nz/drivers/fully-licensed-drivers/teaching-someone-to-drive

If your teenager is at school, ask if they offer any support for students to get their drivers licence.



TIP:

NOT DRINKING IS THE SAFEST OPTION FOR TEENS UNDER 18 YEARS OF AGE.

DISCUSS CONSEQUENCES – DEMONSTRATE ALTERNATIVES

**ĀTA WHAKAMĀRAMA NGĀ TUKUNGA IHO -
KORERORERO / WHAKAATU ATU NGĀ HUARAHĪ REREKĒ.**

ALCOHOL AND DRUGS

Although experimenting with alcohol and other drugs is common it's not always safe - or legal. It's important to start talking about alcohol and other drugs from an early age and to keep talking about it as your teen grows.

Teens' brains are still developing so they are more sensitive to alcohol and other drugs. Drinking and drug use can physically damage the teen brain, it can interfere with learning, affect short and long term memory and cause high stress levels and/or depression. For these reasons it is important to delay and limit the use of alcohol and drugs for as long as possible.

TOP TIPS

- Talk to your teen early about the risks of drinking and taking drugs, have a meaningful conversation about it and give them some facts.
- Talk to your teen about peer pressure. Come up with some things they can say if someone is pressuring them to drink or take drugs, such as "No thanks I've got sports training tomorrow", "I'm happy enough without it" or "I can't, it will interfere with my medication".

- Be a good role model. If you choose to drink alcohol around your teen drink sensibly. Make good choices like eating before you drink, limiting the amount you drink and always having a sober driver.

PROVIDING MINORS WITH ALCOHOL

If you do choose to let your teen drink alcohol before the age of 18 you must supply the alcohol in a responsible manner. Teens should;

- Always be supervised by a sober adult.
- Not drink regularly.
- Limit alcohol to two standard drinks or less.

Do not provide other people's teens with alcohol unless you have the express consent of the teen's parent or legal guardian (express consent may be a personal conversation, a text message or email that you have good reason to believe is genuine). You could be fined up to \$2000 if you don't follow this law.

DRUGS

Teens may be exposed to many different drugs from an early age: cannabis, synthetic cannabis, synthetic cathinones (bath salts), LSD (trips, acid), amphetamines (speed), ecstasy (E), crystal methamphetamine (P, Meth, Ice) and benzodiazepines (pills, valium, benzos) are some of the common ones. Do your research - there are constantly new versions of drugs being made in NZ and street names (the common names drugs are known by) can change often. Keep up to date with what's out there, talk to your teen about the drugs they have seen or heard of so you know what is around them.

The NZ Drug Foundation has a website with tips for parents and up to date information on all drugs, visit: drugfoundation.org.nz

MORE INFORMATION

Your family doctor (GP) can provide you with more information and refer your teen for Alcohol and Drug counselling.

Alcohol Drug Helpline (0800 787 797). A free confidential phone service with professional counsellors who can link you to support in your area.

Drug use and drug index: drugfoundation.org.nz or drughelp.org.nz

IF THINGS GO WRONG

Don't try to reason with a drunk or stoned teenager!

- If they are unconscious or having trouble breathing call 111 immediately.
- Try to find out how much they have drunk or what they have taken.
- Stay calm and keep them safe until they sober up.
- When they are sober talk to them about their drug use or drinking, ask them why they are getting wasted. Some reasons may be peer pressure, curiosity or wanting to escape from reality.
- Seek professional help and come up with a plan to support them.
- Remind them that no matter what they do you love them and are there to support them.



SAFE PARTYING

**Your teen is having a party or going to one?
Here are some ideas:**

- If you are having a party at your house or venue you are responsible under 18s do not provide them with alcohol unless they are supervised by a parent.
- Have an agreed number of guests to be invited, a number that you are reasonably comfortable looking after, managing and being in control of.
- Ensure that there is an invitation list which is printed out for you or your teenager to take responsibility to check off (or a security person). Ask your teenager not to use social media sites to invite friends.
- Have an agreed finish time and ensure that your teenager makes guests aware of this well before the actual evening.
- Security person - if you have security, provide them with a list of guests. If they are not on the list then no entry.
- Food - make sure that there is lots of food served. It can be simple and inexpensive but needs to be readily available. Try also to gauge when the food is mostly needed and save sufficient for the final hour.
- Soft drinks - ensure you have plenty and that its availability is easily visible. Let everyone know it's there.

- Provide a sober driver option, either taxis or perhaps someone could volunteer to be the sober driver for the evening. Provide them with some petrol vouchers, then request guests pay a small fee to be driven home. Make sure your sober driver has a full licence.
- If your teen is attending a party or event, ask them who will be there, is there adult supervision, will alcohol be available.
- Discuss with them how are they getting home or who with, have they planned a sober driver and do they have a full licence. Better still, pick them up along with their friends and drop them home.



Register your party

The main reason to register your party is so the Police know that you're having a party so if something does go wrong, eg. you have unwanted guests (gatecrashers), they will have a record of who to speak to and they can assist in sorting out any issues that may arise. The other benefit to registering is you will be provided with practical information including host responsibility requirements.

WEBSITE
partyregister.co.nz/hawkes-bay.html



TIP:

YOU CAN FIND OUT MORE INFORMATION ABOUT POLICE SUPPORT IN YOUR AREA BY CONTACTING YOUR LOCAL STATION OR LOOKING ON THE NZ POLICE WEBSITE.

THIS WEBSITE ALSO HAS SOME HELPFUL TIPS ON KEEPING YOUR TEEN SAFE: [POLICE.GOV.TZ](https://www.police.govt.nz)

LEGAL ADVICE AND POLICE SUPPORT

Police are there to help teens and to keep them safe. Encourage a positive view of the Police and make sure your teen knows they can get support from them if they are unsafe in any situation at any time.

If your teen is the victim of a crime contact your local police station (call 111 if it's an emergency). The police will be able to give you contact details and information for services such as victim support who can help and support your teen if something has happened to them.

There are police officers in each area who specialise in working with teens - they're called youth aid officers.

If your teen is in trouble with the police don't panic - stay calm and be supportive. If you co-operate with the police they will guide you and your

teen through the process and ensure they are kept safe while dealing with any issues or charges your teen may be facing.

LEGAL ADVICE

Legal problems can be serious and frightening. If your teen is facing any legal issues stay calm and seek advice from a lawyer. Everybody has the right to legal advice and to be represented by a lawyer.

The Hawke's Bay Community Law Centre offers free legal advice to people of all ages who cannot afford to pay a lawyer. Things they can help with include but are not limited to, if your teen:

- Has any questions about the law or wants to know their rights and responsibilities.

- Needs an employment agreement or contract explained to them.
- Has any concerns with their employers.
- Is in trouble at school.
- Is in trouble with the police.

Hawkes Bay Community Law Centre offers a free confidential session with a solicitor (lawyer). The solicitor can help resolve the problem or refer your teen to the right place to get the help they need.

MORE INFORMATION

Hawkes Bay Community Law Centre operates in Napier, Hastings, Waipukurau and Wairoa.

To find your local office go to:

[communitylaw.org.nz](https://www.communitylaw.org.nz)

Phone: (06) 878 4868

Email: hblaw@hblaw.org.nz



TIP:

MAKE SPENDING TIME WITH YOUR TEEN ONE OF YOUR BIGGEST PRIORITIES. TEENS WHO HAVE A VARIETY OF ADULTS WATCHING OUT FOR THEM ARE LESS LIKELY TO ENGAGE IN UNHEALTHY OR UNSAFE BEHAVIOURS.

- NORTHLAND WHĀNAU PACK.

DYNAMIC FAMILIES

Families come in many different shapes and sizes. Developing happy and harmonious relationships in any family comes with its challenges and takes time. Blending two families together or solo parenting has its own particular bumps and bright times.

Young teens are forming their own identities and may find adjusting to new family dynamics difficult. Don't take it personally - positive parenting when families have had major changes takes time, patience and effort.

WHAT CAN YOU DO TO BUILD A HEALTHY BLENDED FAMILY?

- Focus on individual relationships. Take things slow and put emphasis on nurturing each relationship. Parents need time alone with stepchildren to get to know them and biological parents need to set aside time with their teen(s) to foster

a healthy parent/teen relationship.

- Use laughter and good experiences to build closeness and reduce tension.
- Find someone you can talk to, to relieve the stress of parenting in a blended family.
- Find activities that unite step children and step parents.
- It can be really hard for a teen to accept a step parent. It is normal for teens to lash out at times and sometimes say hurtful things.

Shared parenting isn't always easy but is a good way to ensure your teen's needs are met and that they're able to have a relationship with both parents. Make what is best for your kids your top priority.

HERE ARE SOME TIPS:

- Always be positive about the other parent(s) of your teen. This can be difficult at times but remember your teen's relationship with their other parent is important. Even if you don't get on with your ex-partner, put that aside for the sake of your teen.
- Allow your teen to participate in activities chosen by the other parent, regardless of custody and visitation issues.
- Support teens with their transitions between households. Talk to your teen about what would help - it may be small things like having a phone charger, clothing and personal belongings at each house, or make it easy for them to shift clothes and technology between homes.
- Try to fit arrangements for shared parenting in with what is happening in your teen's life. Try not to be offended if your teen wants to spend more time at the other parent's house. It may not be about you or your parenting, but might be because it's closer to their friends or the wifi is better. Talk with them about their reasons so you can support them.
- Try to arrange opportunities for your teen to spend time with both parents together. Attend things like parent teacher interviews or school graduations or birthdays together. This may not be possible for many reasons and that's ok. But if it is possible it can have a positive effect on your teen and the way they cope with shared parenting arrangements.



(Dynamic Families continued)

SOLO PARENTING

There are many reasons parents or caregivers may find themselves as the sole carer for a teen. It's important to try and find role models to fill the gaps.

Teen boys need male role models and teen girls need female influences. Look to family, friends and members of the community to build support for your teen. Sports clubs, schools and community groups may also be able to help. Some social services may offer mentoring programmes.

Contact your local Citizens Advice Bureau for information on social services in your area: cab.org.nz (click on A CAB Near You) or phone 0800 FOR CAB (0800 367 222)

MORE INFORMATION:

Parent Helpline: 0800 568 856
www.parenthelp.org.nz

Blended families and step-parenting:
helpguide.org/articles/parenting-family/step-parenting-blended-families.htm

Care of Children Act 2004:
cab.org.nz/vat/fp/c/Pages/Access,custodyguardianship.aspx

Free parenting through separation course: justice.govt.nz/family/care-of-children/parenting-through-separation

INTIMATE RELATIONSHIPS

Parents and caregivers are the first and most important sex educators of their teen. Teens pick up messages about sex and sexuality from sources such as movies, music videos, internet, friends and older siblings. If they don't learn from you they will learn from somewhere else, and what they learn may not always be right.

RESEARCH SHOWS THAT TALKING WITH TEENS ABOUT SEX CAN:

- Raise the age young people start sexual activity with others.
- Reduce the likelihood of unplanned pregnancy.
- Lower the likelihood of young people getting sexually transmissible infections (STIs).

WHAT DO TEENS NEED?

- Skills to make good decisions about relationships and sex and to be able to stand up for those decisions, for example, know how to say no if that's what they choose.

- To know how to talk with their partner about being sexually safe when they're ready for a sexual relationship, including using condoms and contraception.

- To enjoy their sexual experiences and have enough information and confidence to be safe - it is important they know where they can get help and support, and access sexual health services.

- Skills to be able to recognise a situation that might become risky or violent and to deal with any pressure for unwanted sex.

- To understand consent.

CONSENT IS WHEN BOTH PEOPLE SAY AND SHOW 'YES' TO AN ACTIVITY.

Sex or sexual acts without consent is sexual violation. It's never okay. At any time, you can change your mind about an activity and expect your partner to respect your decision.

TIP:

TAKATĀPUI IS A TRADITIONAL MĀORI TERM MEANING 'INTIMATE COMPANION OF THE SAME SEX.' IT HAS BEEN RECLAIMED TO EMBRACE ALL MĀORI WHO IDENTIFY WITH DIVERSE SEXES, GENDERS AND SEXUALITIES.

- WWW.TAKATAPUI.NZ



“Love is when two people feel good about themselves and each other. Someone who loves you helps you feel good about yourself” - FAMILY PLANNING NZ

If you say yes once to a partner, it doesn't mean yes every time.

People cannot consent to sexual activities if they are unconscious, drunk or high on drugs.

The age of consent for sex in NZ is 16.

For an easy explanation of consent watch the YouTube video 'Tea Consent' [youtube.com/watch?v=fGoWLWS4-kU](https://www.youtube.com/watch?v=fGoWLWS4-kU)

TOP TIPS

- Talk about sensitive issues when you are doing something else, for example, doing dishes or going for a walk.
- Check what your teen already knows.
- Practice what you are going to say and the way you want to say it.
- Ask open ended questions, for example, what do you think?, rather than questions that require a yes or no response.
- Help them find answers to their questions, if you don't have the answers.

A FEW FACTS

- Sexually transmissible infections (STI's) are most common in people under 25.
- Condoms can provide protection against most STI's and using lubricant helps prevent them breaking.
- Most contraceptives are free. Talk to your family doctor (GP) about what might be available for your teen.
- The Emergency Contraceptive Pill (ECP - or "morning after pill") prevents pregnancy. It can be used up to 72 hours after unprotected sex, or if a condom breaks. It can be purchased over the counter at pharmacies, or is available on prescription from GPs and Emergency Departments.
- Sexual health checks are free for NZ residents aged under 22.

For more info on STI's and sexual health, check out: justthefacts.co.nz

SUPPORT FOR TEENS WITH DIVERSE SEXUALITIES AND/OR GENDERS

Accepting your teen's sexuality and/or gender will help their well-being. This support can increase their self-esteem, improve their health and protect them against substance abuse, depression and suicidal thoughts.

Practical things you can do to support your teen:

- Support their gender expression and talk with them about their identity.
- Help them believe they can have a happy future as a person with a diverse sexuality and/or gender.
- Go with your teen to rainbow organisations or events and connect them with adult role models to show them options for the future.
- Welcome their friends and partner to your home and to family events and activities.
- Talk to other family members so they respect your young person. Practise using the pronouns your teen wants to use.
- If you are finding it difficult to support your teen, get support for yourself.

Information on talking to teens about sex sourced from **Family Planning, Open and Honest (2017) - Parenting Booklet.**

MORE INFORMATION

For support, tips and advice for teens with diverse sexuality and/or genders go to: ry.org.nz or contact Rainbow Youth on info@ry.org.nz, 09 376 4155

For advice and tips go to: familyplanning.org.nz

You should be able to get sexual health advice and check-ups for free from your family doctor or health centre

Directions Youth Health Centre - Hawkes Bay's One Stop Shop for youth health and social services:

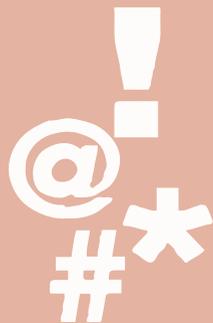
309 St Aubyn St West, Hastings (06) 871 5307, directions.org.nz

**Napier Health Centre
78 Wellesley Road Ph 06 835 4999**

School counsellors and nurses can also offer advice, sexual health care and support for your teen.

www.bodysafe.nz and www.youmeus.co.nz

IT IS **OK** TO ASK FOR HELP



TIP:

WHETHER THEY ARE IN A LONG-TERM OR A CASUAL RELATIONSHIP, YOUR TEEN DESERVES TO BE TREATED WELL AND MUST ALSO TREAT THEIR PARTNER RESPECTFULLY.

ENCOURAGE YOUR TEEN TO TAKE THE RELATIONSHIP QUIZ AT: [AREYOUOK.ORG.NZ/I-NEED-HELP/POSITIVE-RELATIONSHIP-QUIZ](https://areyouok.org.nz/i-need-help/positive-relationship-quiz)

YOUNG PEOPLE AND ABUSE

No one should be frightened or scared by someone in their family/whānau or circle of friends. Abuse can happen in many ways - through direct and indirect contact (physically and emotionally), and through social media, phone calls, texts and email.

IT'S NEVER OK IF A PARTNER OR ANY MEMBER OF THE FAMILY:

- Scares or intimidates another person.
- Threatens or intimidates another person with looks, actions or words.
- Uses verbal abuse to get what they want e.g. yelling, swearing and putdowns.
- Makes someone feel isolated and alone.
- Touches another person in a way they don't want.

- Uses threats to control a situation or another person.
- Damages someone's property and possessions.
- Hits, pushes, bites, chokes or strangles.
- Makes someone feel scared of what might happen next.
- Keeps someone's money from them.

ARE YOU OR YOUR TEEN AT RISK?

If you or your teen are experiencing violence of any kind, tell someone you trust such as your doctor, a friend, family member, workmate, teacher or carer, employer or health worker, or a family violence organisation.

"See something, say something. Our whānau and families deserve a violence-free community."

- MONIQUE AND HENRY HEKE, TRADITION ON A PLATE HOSTS



If you or other family members are scared or in danger of being hurt, then your situation is already serious. There are crisis services in every community that can help. If the threat is immediate ring 111 and ask for the police.

IT IS OK TO ASK FOR HELP

If you are worried about your own or your teen's relationship, scared, frightened or don't like your own behaviour, seek help.

IT IS OK TO HELP

If your teen or someone you know tells you they feel unsafe, believe them. If they tell you they are worried about their own behaviour, listen to them.

MORE INFORMATION:

IT'S NOT OK:
areyouok.org.nz
Family Violence Information line
0800 456 450 9am - 11pm Mon-Sun

YOUTHLINE:
youthline.co.nz

WOMENS REFUGE:
0800 REFUGE or 0800 733 843
www.womensrefuge.org.nz

DOVE HAWKE'S BAY:
06 843 5307

www.2shine.org.nz

For local support in your area:
familyservices.govt.nz/directory



TIP:

START A CONVERSATION. SOME OF THESE QUESTIONS MIGHT HELP YOU DISCUSS BULLYING WITH YOUR TEEN:

- **HAVE YOU SEEN BULLYING HAPPENING? WHAT DID YOU DO? HOW DID YOU FEEL?**
- **WHO WOULD YOU TALK TO ABOUT BULLYING?**
- **HAVE YOU EVER FELT SCARED ABOUT GOING SOMEWHERE BECAUSE YOU ARE AFRAID OF SOMEONE BULLYING YOU?**
- **HAVE YOU EVER TRIED TO HELP SOMEONE WHO WAS BEING BULLIED? WHAT HAPPENED? WHAT WOULD YOU DO IF IT HAPPENED AGAIN?**

BULLYING

WORRIED ABOUT BULLYING?

Research shows that one in three children are directly involved in bullying as a perpetrator, victim, or both. Those who are not directly involved witness others being bullied on a regular basis. Bullying is a distressing experience and many teens carry the effects of bullying into their adult lives and relationships. In any situation involving bullying, it is important that as adults, we listen to our teens and help them find the support they need.

HERE ARE SOME ACTIONS YOU CAN TAKE TO HELP ADDRESS BULLYING:

- Talk with and listen to your teen - every day. Adults are often the last to know when teens are bullied or bully others. Let your teen know they can talk to you. There are many myths about bullying such as "sticks and stones will break my bones but

names will never hurt me". Talk to your teen about bullying and what it really feels like to be bullied.

- Be a good example. Your teen learns a lot about relationships from watching you. When they see you being kind, patient and understanding of others they will model these behaviours. Think about the way you treat staff in a restaurant, other drivers on the road, the checkout operator at the supermarket.
- Learn the signs. Most teens don't tell anyone (especially adults) that they've been bullied. Signs might include (but are not limited to) loss of personal belongings, complaints of headaches or stomach aches, avoiding break times or school activities or not wanting to go to school at all, showing distress when

"Bullying can happen anywhere and to anyone, in lots of different ways. If bullying is affecting your teen or your teen is involved, don't wait. Talk to someone. No matter where or how it happens, we all have a responsibility to make it stop" - BULLY FREE NZ

they are looking at social media or text messages, withdrawing from friends or activities they enjoy, changes in appetite, low self-esteem, and sadness.

- Make home a positive place to be. Create a safe bully-free environment where teens experience kindness and love from their family. Let them know they are not alone. Bring other positive people around to support them.
- Talk with your teen about what to do if they see bullying happening to someone else. They should not ignore it. It's important to tell someone (an adult) what is happening.

MORE INFORMATION

Always call 111 for urgent assistance if someone is being threatened or physically harmed.

Being bullied, bullying others or witnessing bullying: commonground.org.nz/common-issues/relationships bullyingfree.nz and bethechangen.org/plans-for-parents.html

Online bullying, see Cyber Safety page 28 in this booklet.

Youthline: 0800 37 66 33

Support services in your community: familyservices.govt.nz/directory



TIP:

YOU CAN HELP YOUR TEEN GET THE SLEEP THEY NEED BY:

- ESTABLISHING A REASONABLE BEDTIME AND WAKE TIME AND MAKING THIS CONSISTENT THROUGHOUT THE WEEK
- ENCOURAGING THEM TO CUT DOWN ON CAFFEINE (ESPECIALLY ENERGY DRINKS)
- LETTING THEM SLEEP LATER ON WEEKEND MORNINGS

HEALTH AND WELLBEING

DOES YOUR TEEN LIKE TO SLEEP IN?

Don't worry, this is normal. Teens need an average of nine hours sleep each night - it's important - because it is when they grow. During the teen years the body's 'clock' is temporarily reset, telling the person to fall asleep later and wake up later.

HAVE A FEELING SOMETHING IS NOT QUITE RIGHT?

Teens can sometimes be moody and cranky, and their emotions can change quickly. However there are signs to look for when a young person's bad mood may be a little more serious and you might need some extra support.

For example they:

- don't want to see their friends or no longer enjoy spending time with their friends and family.
- stop doing things they used to love or don't seem to be enjoying themselves.
- have a big change in eating patterns or appetite.
- feel anxious, stressed, nervous or scared a lot and can't seem to relax.

Let your teen know they don't have to face things alone, there are people who can help. Remind them there are many others who have felt this way too.

Tragically, too many teens and their families are affected by suicide in New Zealand.

If you're worried that someone might be thinking about suicide, don't be afraid to ask them directly. They might not ask for help, but that doesn't mean that help isn't wanted. They might feel ashamed about how they're feeling, that they don't deserve help, or no-one can help them.

If you're worried that someone may be self-harming (causing injury to themselves) talk to them. Self-harm can be common among young people who are struggling. Let them know they can talk to you and there is help available. Try not to be shocked or angry - just listen. Seek help from your family doctor or other mental health services.

"There are heaps of ways you can start tackling feeling bad, overwhelmed or just plain sad today. A lot of them are pretty easy too - like getting some fresh air and sleeping better."

- THELOWDOWN.CO.NZ

WHAT CAN YOU DO NOW?

- A.** Ask if someone is feeling suicidal. Be direct and matter of fact. Show compassion and be non-judgemental.
- E.** Ensure immediate safety (take away means of suicide like ropes, guns, pills and knives). Don't leave your teen alone.
- I.** Identify the problems that a person is trying to escape from.
- O.** Offer hope that there are other ways to solve the problem.
- U.** Use professional services, the community, kaumatua and kuia to help. Don't be sworn to secrecy. Don't carry this alone.

Remember to take care of yourself too. Don't try to do everything yourself.

MORE INFORMATION

If someone is suicidal call the Hawke's Bay emergency mental health team on 0800 112 334, take them to your

nearest emergency department or contact emergency services on 111 for Police and ambulance if they are hurt.

If you are worried about your teen's health and well-being see your family doctor.

For more information on mental health including suicide and self-harm go to: mentalhealth.org.nz

For depression and anxiety go to: thelowdown.co.nz

For someone to talk to you can free phone and text:

- Youthline: 0800 376 633 (11am-11pm, 7 days)
- Kidsline: 0800 543 754 (open 24/7 for young people aged 5 - 18)
- Lifeline: 0800 543 354 (24 hrs, 7 days) Free Text: 5626 (12pm-12am)
- Healthline: 0800 611 116 (for medical advice)



TIP:

MOST SOCIAL MEDIA APPS AND WEBSITES HAVE SAFETY FEATURES – LOOK FOR THE SETTINGS IN THE ONES YOUR TEEN USES. YOUR TEEN MIGHT KNOW MORE ABOUT TECHNOLOGY THAN YOU – ASK THEM TO TEACH YOU.

CYBER SAFETY

The internet and social media are a huge part of young people's lives. Most teens have online profiles and they use them to communicate with their friends.

Here are some tips for keeping them safe.

SHOW AN INTEREST IN THEIR ONLINE LIVES

Ask your teen about what they are doing online. Are they talking to people they know or people they haven't met? Who are their online idols and what are their favourite apps and websites? Be positive about their online identity and give them an opportunity to share with you.

KNOW THE BASICS

Get your teen to regularly change passwords and make sure they don't share them with others, tell them to always log out when logged onto someone else's device, and protect personal information such as bank account details, home addresses, and phone numbers. Be aware when their location is turned on, as some apps have features that can give people your exact location.

DIGITAL FOOTPRINTS

Anything you put online is there forever.

Any photos and videos your teen shares, websites they visit and anything they do online can potentially be published, used or shared without their permission. Remember get them to think before they post.

BE A GOOD ROLE MODEL

Think about your own behaviour online, for example, what you comment on, how you comment, and what you share. Put your own devices down when your teen is talking to you or when you are spending time with friends and family. Remind your teen it's important to have connections with people outside of the online world.

Me aro koe ki te rā o tōu tamaiti.

Be interested in your young person's day.

TALK ABOUT WHAT'S ONLINE

Talk to your teen about what they might come across, let them know they can talk to you if they see something online that upsets them or makes them feel uncomfortable. This could include violent or scary images, hateful content, pornography, bullying, or illegal material. Teens may also get requests to share things online that make them feel uncomfortable, such as nude photos or sexual material ('sexting').

Encourage your teen to take safety seriously - don't open attachments from unknown sources, and don't share personal information, images or details about private parties and events.

ONLINE BULLYING

Around one in five teens in New Zealand will experience cyber bullying. Possible signs of this is that your teen:

- Is anxious about using their computer, tablet or mobile phone.
- Seems nervous when a text message or email appears.
- Is visibly upset after using their device, or they are suddenly avoiding it.
- Is close to the screen, or hide their device when others enter the room.
- Spends unusually long hours online and seems tense, angry or upset.
- Receives suspicious phone calls, emails or packages.



“Digi-savvy parents teach their kids the same rules online as they do in real life: avoid strangers, don’t give out personal information, and talk to a trusted adult if you see anything that makes you uncomfortable.” - DIGI-PARENTING.CO.NZ

IF YOUR TEEN IS BEING CYBER BULLIED:

- Don't take away the technology. This can alienate them from their peers and their support network.
- Stay calm. Your teen needs to be able to talk to you and know that you'll be level headed and helpful in your response.
- Assess the situation. It's important to know exactly what's going on before you can work out what to do next.
- Make sure your teen knows how to use the safety features available on most social networking sites, for example, blocking and unfriending people, updating privacy settings, deleting comments and material and reporting bullying to the site officials

- If it is serious seek help. The Harmful Digital Communications Act (2015) is there to protect people from online bullying and harassment.

MORE INFORMATION

Cyber safety and online bullying:
[netsafe.org.nz](https://www.netsafe.org.nz)

or phone 0508 NETSAFE (0508 638 723)

Online parenting tips:
[digi-parenting.co.nz](https://www.digi-parenting.co.nz)

Bullying, see page 24 in this booklet.

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If you require any further information, please contact communityservices@napier.govt.nz

Please note all information & links were correct at the time of printing but may be subject to change over time.

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