

He mōhiohia mā ngā tāngata e pākinotia ana e te whakamomoka

He taihara nui te whakamomoka me te whakatīwheta i Aotearoa.

He momo tauira o ngā whanonga toai, whanonga tē pīrangitia hoki, te whakamomoka me te whakatīwheta, ka takahi i te haumarutanga me te oranga o te pāpurenga. Ko ētahi tauira o te whakamomoka me te whakatīwheta, engari kāore i herea noatia ki ēnei:

- Te mātakitaki, te whaiwhai rānei i a koe i te kāinga, te mahi, te whare wānanga, te kura rānei, me ētahi atu wāhi pēnei i ngā toa, ngā wharekai, te whare karakia, te whare kori, ngā papa rēhia me ngā taiopenga nui.
- Te pānga tē pīrangitia, toai hoki, mā te pātuhi, ngā pae pāhopori, te īmēra, te tuku reta, te waea rānei.
- Te tuku, te kawē rānei i ngā taonga tē pīrangitia, pēnei i te moni, te putiputi, te kai, te kākahu, te taputapu tākaro, ngā mea taupiri rānei.
- Te hopu, te whaiwhai, te tūtei rānei i a koe ki te hangarau pēnei i ngā papatono tūtei, ngā taupānga tauwāhi, ngā taupānga ipoipo, ngā matatope, ngā kāmera muna, ngā pūmanawa haumarū ā-whare rānei.
- Te tūkino, te raweke rānei i ngā taputapu me ngā taonga pēnei i ngā taputapu whare, ngā taputapu neneke, ngā mōkai, ngā motoka, tō whare rānei.
- Te tūkino, te takahi rānei i tō mana, ō arawātea, ō hononga rānei mā te tuari i ō taipitopito whaiaro, te whakaputa kōrero tūtara mōu, ki te hunga e arohatia ana e koe, ki tō hāpori rānei pēnei i ō kaituku mahi, hoa noho, rangatira whare, karapu hākinakina, tari kāwanatanga, ki ngā pakihi rānei pēnei i ngā pēke.
- Te whakamahi i ētahi atu, i ētahi kiritoru rānei ki te whaiwhai, ki te patu, ki te whakahaere i a koe rānei. Ko ētahi tauira ko te whakamahi i tētahi īmēra ā-kamupene, i ngā kāmera rānei te whakapā atu, te mātakitaki rānei i a koe.
- Te whakataruna i a koe mā ngā kīwhaiaro pae pāhopori teka, me te whakawhiti kōrero mā te tuku karere, īmēra, me ngā reta tuhi ā-ringa ki ētahi atu e mōhio ana koe, kāore rānei i te mōhio, te waihanga rānei i ngā pūkete tē pīrangitia, ngā ohauru rānei i raro kē i tō ingoa.
- Te tuari i ngā mōhiohia matatapu, whaiaro rānei ahakoa kāore koe i whakaae, pēnei i tō ingoa, tō pakeke, tō wāhi noho, tō wāhi mahi, tō tuakiri ira, te waihanga rānei i ngā ihirangi teka ki te whakaputa ata, ataata rānei o tō āhua (ākene pea he taupiri, kāore rānei).
- Ngā whanonga ka tūpono whakawehi, whakapōrahu rānei, pēnei i te whakaara anō i ngā take whaiaro e mōhio ana e koe anake, te waiho rānei i ngā arotake kino ki te ipurangi, mōu, mō tō wāhi mahi rānei.

Kāore he aha mēnā he tautangata, he hoa, he hoa ipo o mua, he hoa ipo onāiane, he mema whānau rānei - he momo whanonga taihara tēnei. I roto i te [ture](#), ko te tautuhinga o te taihara whakamomoka me te whakatīwheta, he momo whanonga e mahia ai tētahi mahi motuhake e tētahi ki tētahi atu, e rua ngā wā wehe kē, neke atu rānei, i roto i te rua tau, me te mōhio anō ka tūpono whakawehi, whakaauihī rānei ēnei whanonga i taua tangata rā.

He uaua pea te kite i te mahi whakamomoka me te whakatīwheta, i te mea ka rerekē te āhua, i runga anō i te ahurea, te whakapono, te pakeke, te wāhi, te momo hononga rānei. Ki te āwangawanga koe mēnā i pā te whakamomoka me te whakatīwheta ki a koe, ka taea te rapu tohutohu i Ngā Pirihimana, i tētahi rōia rānei. Ka taea pea e ngā pokapū ture ā-hāpori, me Ngā Pou Whakawhirinaki o Aotearoa te whakarato i ngā mōhiohia ā-ture koreutu. Mēnā kāore koe i te noho mōrearea i tēnei wā tonu, ka taea te whakapā atu ki tētahi ratonga tautoko i raro nei.

Ināianeī he kaha ake ngā whakamarunga a te ture i ngā whanonga whakamomoka me te whakatīwheta

Ko tā te Crimes Legislation (Stalking and Harassment) Amendment Act 2025 he whakapakari ake i ngā whakamarutanga mā te hunga e whakararua nei e te mahi whakamomoka me te whakatīwheta, mā:

- te whakawhiu i ngā whanonga whakamomoka me te whakatīwheta hei taihara, ā, ka mauheretia te tangata, atu ki te rima tau pea
- te tauārai i te tangata i hāmenetia mō te hara whakamomoka me te whakatīwheta (mēnā ko ia tonu tana ake kaiwhakangungu) mai i te mahi uiui i te pāpurenga*--+
- i te wā whakawhiu, ka āhei ngā kōti ki te whakaaro he whanonga tairaru te whakamomoka me te whakatīwheta
- kia āhei ngā kōti ki te tuku whakahau whakaita tangata, me ngā whakahau whakawhitinga kōrero matihiko tūkinu i te wā o te whakawhiu (tae atu ki ngā wā i whakawāteatia me te kore whakawākanga hara)
- ka aunoa te tango i te pū a te kaihara, me tana raihana āpiha haumarū tūmataiti hoki/rānei i te wā whakawākanga hara, me te tuku āheinga ki te kōti ki te tuku i ngā whakahau aukati pū.

Ētahi tiakanga ā-ture ka āwhina pea i a koe

Ki te noho mōrearea koe i tēnei wā tonu, waea ki 111 (ki te hiahia Pirihimana koe, engari kāore e taea te kōrero atu nā runga i te mataku, ka tonoa koe ki te pēhi pātene mō te āwhinatanga ohotata). **Ka taea e koe te waea ki te nama Pirihimana ohore-re-kore, ki 105**, mēnā e whakaaro ana koe kei te whakamomokatia koe e tētahi. Me tūturu te aro ki ngā whanonga whakamomoka me te whakatīwheta i te mea ka tere kino haere ēnei whanonga. Ka taea e ngā Pirihimana, ngā rōia me ngā ratonga tautoko te āwhina i a koe me ngā kōwhiringa e hāngai pū ana ki tō horopaki.

Ko ētahi o ngā kōwhiringa ā-ture e wātea ana ko:

Te Ingoa:	Te whakamārama
Pānuitanga whakamomoka me te whakatīwheta a ngā Pirihimana (he mea tuku e ngā Pirihimana)	Ka āhei ngā Pirihimana ki te tuku pānuitanga whakamomoka me te whakatīwheta, e whakamōhio ana i te tangata kāore i pai āna whanonga, ā, ki te mahia tonutia te whanonga he hara pea te mahi. Ina whakatau ngā Pirihimana ki te whakawhiu i muri o te tuku pānuitanga, ā, ka pēnā tonu ngā whanonga, ka āhei ngā pirihimana ki te whakamahi i te pānuitanga hei taunakitanga o te mōhio a te tangata ki āna mahi whakawehi, whakaaui hoki. Me kotahi, neke atu rānei, ngā tauira o ngā whanonga whakamomoka me te whakatīwheta, e tukua ai e ngā Pirihimana he pānuitanga whakamomoka me te whakatīwheta. Me whakamōhio ngā Pirihimana i te pāpurenga i te tuatahi, tērā ka tukua e rātou he pānuitanga ki te tangata hara.
Hāmenetanga Pirihimana	Ki te pūrongo koe ki ngā Pirihimana, ā, e rua atu anō ngā āhuatanga whakamomoka me te whakatīwheta i roto i te rua tau, tērā pea ka hāmenetia te tangata ki te hara.
Whakahau whakaita	He tuhinga ā-ture e whakatakoto ana i ngā ture māmā hei whai mā te tangata hara, pēnei i te kore e whakapā atu. Ka whai wāhi pea tēnei kōwhiringa mēnā:

- kei te whakamomokatia, whakaauihītia koe e tētahi, ahakoa **kāore** ō piringa tata ki a ia, ā,
- kua nui atu i te kotahi te pānga o ēnei whanonga.

Ka taea te tuku whakahau whakaita mā te:

- Te hāmenetanga taihara o te hara whakamomoka me te whakatīwheta (**me ngā tauira e rua o te whakamomoka me te whakatīwheta i roto i te rua tau**). Ka taea te pūrongo i ngā whanonga e pākinō nei ki a koe ki ngā Pirihimana.
- Te tukanga whakatīwheta ture porihanga (**me ngā tauira whakatīwheta e rua i roto i te 12 marama**). Ka taea te tono i te Kōti ā-Rohe.

Whakahau whakawhitinga matihiko tūkinō

He tuinga ā-ture e here ana i te tangata ki te:

- whakakore i ngā kōrero tūkinō i te ipurangi
- whakamutu i te whakairi, te tuku karere rānei
- kia kaua e akiakitia ētahi atu ki te whakararu i a koe
- whakatika i ngā mōhiohio teka
- ka tuku i te motika ki a koe ki te tuku whakautu
- te whakaputa i tētahi whakapāha.

Ka pā pea tēnei ki te whakatīwheta, te tūkinō, ngā whakatumatuma tuihono rānei. E wātea ana ngā whakahau whakawhitinga kōrero tūkinō mā:

- Te hāmenetanga taihara o te hara whakamomoka me te whakatīwheta (**me ngā tauira e rua o te whakamomoka me te whakatīwheta i roto i te rua tau**). Ka taea te pūrongo i ngā whanonga e pākinō nei ki a koe ki ngā Pirihimana.
- Te tukanga whakatīwheta ture porihanga (**me ngā tauira whakatīwheta e rua i roto i te 12 marama**). Ka taea te tono i te Kōti ā-Rohe. Ina kōwhiri koe i te ara tukanga ture porihanga, me pūrongo ngā whanonga rā i te tuatahi ki a [Netsafe](#) mā rātou e āwhina kia whakatau i te take, te tuku whakarāpopototanga Netsafe rānei hei whakamahinga māhau ki te tautoko i te tono kōti.

Whakahau porowhiu me te tuku

He tuinga ā-ture tēnei e whakahau ana kia porowhiua, kia tāhoroa rānei ngā ata, ngā ataata tūkinō, āritarita rānei.

Ko te tangata nāna i tuari aua mea rā me te kore e whai whakaaetanga, me tuku rawa, ā, ka ngaro āna motika ki te pupuri tonu i aua rauemi.

Whakahau aukati pū

He tuinga ā-ture tēnei ka aukati i te tangata i te whiwhi, te whai rānei i te raihana pū. Kāore hoki e whakaaetia ki te pupuri, te whakamahi, te tū i te wāhi e noho ai te pū, tētahi atu taputapu hāngai rānei.

Pānuitanga haere pokanoa

He pānuitanga whakatūpato e whakamōhio ana i te tangata kia kaua e tae atu ki tō kāinga, tō papanoho tūmataiti rānei. Ka taea e koe, tō kaituku mahi, ngā Pirihimana rānei te tuku i tēnei ina hiahiatia.

Ka taea e koe te haere ki tō whare Pirihimana tūtata, te tikiake rānei i tētahi kape o te [puka tomo pokanoa](#).

Whakahau haumarū Pirihimana (ka

Ka pana taupua i te tangata hara i te kāinga me te whakahau i a ia kia kaua e whakapā atu. Ka taea te tuku ahakoa kāore he whakaaetanga a te pāpurenga mēnā e whakaponono ana ngā Pirihimana tērā rawa he mōrearea o te riri ā-whare i roto i te kāinga.

tukua e Ngā Pirihiamana)	Mā ngā Pirihiamana e whakatau mēnā ka tukua tēnei whakahau. Ki te whakaae, ka mana, tae atu ki te tekau rā.
Whakahau tiakanga (Kōti ā-Whānau)	He tuinga ā-ture tēnei ka āwhina ki te tiaki i a koutou ko ō tamariki me ētahi atu ka whakaingoatia ki te whakahau, mai i te tūkino ā-whānau, ā-piringa rānei. Ka taea e koe te tono, menā he piringa tata tāu (he piringa i mua rānei), he hononga ā-whānau rānei ki te kaiwhakamomoka.

Ngā āhuatanga o te kawenga o tētahi kēhi ki te kōti

Ka kawea tētahi kēhi ki te kōti mēnā ka pūrongotia he whanonga ki Ngā Pirihiamana, ā, ka whakatau Ngā Pirihiamana ki te tuku heitara. I te wā o tā rātou tirohanga, ka kōhi taunakitanga Ngā Pirihiamana pēnei i ngā karere pātuhi, ngā īmēra, ngā tauākī kaiwhakaatu rānei. Kia tuku Ngā Pirihiamana i te heitara, ka kawea te kēhi ki te kōti taihara.

Engari, kāore Ngā Pirihiamana, te tukanga kōti taihara rānei e whai wāhi ki ngā kēhi katoa. I ētahi horopaki, ka kōwhiri pea te tangata ki te tono tōtika i tētahi whakahau, pēnei i te whakahau tiakanga, mā te Kōti ā-Whānau (he kōti porihanga) kē. Ka taea te kawea i ēnei whakaritenga ki te Kōti ā-Whānau me te kōti taihara i te wā kotahi, e pā ana ki te take whanonga whakamomoka kotahi hoki.

Te āwhina me te tautoko i te wā o te tukanga kōti

Ina whakatau ngā Pirihiamana ki te tuku heitara, ā, ka kawea te kēhi ki te **kōti taihara**, ka taea e koe te rapu tautoko i tētahi Kaitohu Pārurenga a te Kōti. He kaimahi rātou nā Te Tāhū o te Ture, ka whakamārama i ō motika hei pārurenga, he aha ngā whakanekeneke i ia kaupae o te kōti, ā, me te whakarato āwhina anō, pēnei i te tūhono i a koe ki ētahi atu ratonga tautoko. E kore rātou e tuku tohutohu ā-ture. Ko tā rātou mahi he ratonga koreutu e aro ana ki te whakamōhio i a koe ki te tukanga kōti.

Ina whakatau koe ki te tono ki te **Kōti ā-Whānau**, ka taea he tautoko i tētahi Kaiārahi (Family Court Navigator). Ko tāna, he tuku ratonga ōrite, koreutu, ā-ture-kore, e aro ana ki te āwhina i a koe kia mārāma ki te tukanga kōti, me te āwhina i a koe kia rongo koe i te wairua tautoko.

Mēnā ehara ko te reo Ingarihi i tō reo tuatahi, he uaua rānei ki a koe te mārāma ki te reo Ingarihi, ka taea te whakarite i tētahi **kaiwhakawhiti reo koreutu** mōu. Ki te hiahia āheinga hauātanga, ētahi atu tautoko rānei, ka taea te kōrero ki ngā kaimahi kōti, tētahi pirihiamana e tiaki ana i tō kēhi, ki ētahi atu kaitautoko rānei. Me whakatinana te kōti i ngā panonitanga whaitake ki te āwhina i a koe, kia haumaruru tō whai wāhitanga.

E wātea ana te āwhina me te tautoko

Shine: He ratonga tautoko i te riri ā-whānau, ka taea te waea koreutu i te 24/7 ki 0508 744 633, te toro rānei ki [2shine.org.nz](https://www.shine.org.nz)

Are You Okay: He ratonga tautoko i te riri ā-whānau, ka taea te waea koreutu i te 24/7 ki 0800 456 450, te toro rānei ki [areyouok.org.nz](https://www.areyouok.org.nz)

Women's Refuge: He ratonga tautoko, ka taea te waea koreutu i te 24/7 ki 0800 733 843, te toro rānei ki [womensrefuge.org.nz](https://www.womensrefuge.org.nz)

Shakti: He ratonga ahurea motuhake mō ngā riri ā-whānau, mā ngā pārurenga wāhine o Āhia, o Āwherika, o te Whenua Waenga Rāwhiti rānei, me ā rātou tamariki. Ka taea te waea koreutu i te 24/7 ki 0800 742 584, te toro rānei ki [shakti.org.nz](https://www.shakti.org.nz)

Safe to Talk: He ratonga tautoko tūkinō taitōkai i te 24/6 waea ki 0800 044 334, text 4334, whakamahia rānei tā rātou ratonga matapaki ipurangi, toro atu ki safetotalk.nz

Victim Support: He ratonga tautoko pāpurenga whānui, ka taea te waea koreutu i te 24/7 ki 0800 842 846, te toro rānei ki victimsupport.org.nz

1737 Mental Health: He ratonga tautoko oranga ka taea te waea koreutu i te 24/7 te pātuhi rānei ki 1737, toro atu rānei ki 1737.org.nz

Netsafe: He tari whakawhitinga kōrero matihiko tūkinō kua whakamanahia, ka tautoko i ngā pāpurenga o te tūkinō tuihono. Ka taea te waea koreutu ki 0508 638 723, te pātuhi ki 4282, te toro rānei ki netsafe.org.nz

Youthline: He ratonga tautoko mā te rangatahi, ka taea te waea koreutu i te 24/7 ki 0800 376 633 te toro rānei ki youthline.co.nz

What's Up: He ratonga tautoko mā ngā Tamariki me ngā rangatahi, ka taea te waea koreutu ki 0800 942 8787 te kōrero tuihono rānei ki whatsup.co.nz

OUTline NZ: He ratonga tautoko e pā ana ki te hōkakatanga me te tuakiri ira, ka taea te waea koreutu ki 0800 688 5463 te toro atu rānei ki outline.org.nz

Hohou Te Rongo Kahukura: Ka whakarato tautoko whakapiki mana ki ngā Takatāpui me ngā mōrehu Āniwaniwa o te tūkinō taitōkai, toro atu ki kahukura.co.nz

Ka wātea pea he mōhiohio ā-ture koreutu i tētahi Pokapū Ture Hapori, i Ngā Pou Whakawhirinaki o Aotearoa rānei: communitylaw.org.nz, tērā rānei i cab.org.nz

Rapua he rōia: lawsociety.org.nz