

He aha te tikanga o te Whakaranu?

Mēnā neke atu i te kotahi te matū kei te kainga i te wā kotahi ko te whakaranu tērā – Ka tino nui ake te tūponotanga ka pā mai te waimaerotanga ki a koe i tēnei.

He aha te matū?

Ko te matū ko tētahi momo hua rongoā, whakapōauau rānei, te waipiro rānei.

He aha te waimaerotanga?

Ko te waimaerotanga ko te whai pānga ki tō tinana, ō kare ā-roto rānei (mō te wā poto i te nuinga o te wā) e kore nei e pai mōu ki te taraiwa.

He aha ngā mea me mōhio ahau?

Me whakamahi te kaupapa 'Me Mōhio-Tirohia-Taraiwa?' ina whakaaro ana koe mō tō taraiwa: Me pānui haere mō ētahi atu mōhiohio me pēhea tō noho haumaruru, me rātau e pae ana i a koe.



Ētahi atu mōhiohio/tautoko

Healthline

Me kōrero ki tētahi Nēhi (24 haora):
0800 611 116

Waea āwhina waipiro me te whakapōauau

Me kōrero ki tētahi Tumu Kōrero (24 haora):
0800 787 797

Te Tūāpapa Tarukino o Aotearoa

www.drugfoundation.org.nz/info/being-safer

Ngā mōhiohio o te kaupapa whakaranu

nzta.govt.nz/mixed-driving-campaign
www.instagram.com/mixeddriving

Waka Kotahi

Hei tikiake, te ōta tāruru koreutu rānei o tēnei mātārere: nzta.govt.nz/mixed-driving-brochure

Me waea mai rānei ki: 0800 822 422

Īmēra rānei: info@nzta.govt.nz

Kua whakaranutia?



Taraiwa me te whakaranu
Ngā mea me mātua mōhio koe

Rapu kōrero atu anō i:
nzta.govt.nz/mixed-driving

Me
Mōhio



Ki te whakaranua te waipiro ki ngā whakapōauau me te rongoā ka piki te tūponotanga ka mate koe i te aituā tūtuki waka mā te 23x.

Me kōrero atu i ngā wa katoa ki te hunga tuku rongoā ki a koe he aha ngā rongoā kei te kainga e koe kia tika ai tā rātau tātari mēnā ka pā mai te waimaero ki a koe.

Me kōrero anō ki te hunga tuku rongoā ki a koe mēnā he inu waipiro koe, he kai whakapōauau rānei, kia tika ai tā rātau tātari mēnā ka pā mai te waimaero ki a koe.

Ko te tikanga ka kōrero atu ngā mātanga hauora (nēhi, rata, kaitaka rongoā) mēnā ki ō rātau whakaaro kāore e pai mōu ki te taraiwa.

He tikanga pai tonu kia tuku pātai ki ngā mātanga hauora mēnā ki ōu whakaaro ka pā mai pea te waimaerotanga ki a koe.

Tirohia



Me tirotiro anō i a koe mō ngā tohumate waimaerotanga:

- Te pānga mai o te tunewha/turamoe rānei
- Atarua
- Ānini māhunga
- He ngoikore
- He pōturi ngā urupare
- Te āmaimai
- Te paipairuaki, te māuiui rānei
- Kāore e taea te arotahi, te āta whakaaro rānei
- He ngāwari te pōkaikaha
- He uaua te kōrero
- Kei te mauri rere/kei te whakahīhi rawa

Me kōrero me te whakarongo ki te hunga i tō taha mēnā kāore koe i te mōhio mō te waimaerotanga.

Mēnā ki te whakaaro ētahi kāore koe i te pai ki te taraiwa nā ngā tohumate waimaerotanga, kāore koe e pai ki te taraiwa.

Mēnā ki ōu whakaaro kei a koe ngā tohumate o te waimaerotanga kāore koe e pai ki te taraiwa.



Taraiwa



Mēnā kua waimaero koe, kua e taraiwa, ā, me whiriwhiri i ētahi atu tikanga e tae atu ai koe ki tō wāhi.

Mēnā kei te taraiwa kē koe, ā, ka kite koe i ngā tohumate o te waimaerotanga, me tū ka waea atu mō ngā āwhina i ō hoa/whānau.

Me rapu tohutohu mai i tētahi mātanga hauora, ā, mēnā he kino te waimaerotanga waea atu ki 111.

He takahi ture te taraiwa i te wā kei te waimaero, ahakoa te pūtake o te waimaerotanga (arā, ngā tohumate, māuiui, wharanga).

Mā te kore taraiwa i a koe e waimaero ana ka noho haumaruru koe, me te hunga kei tō taha.