

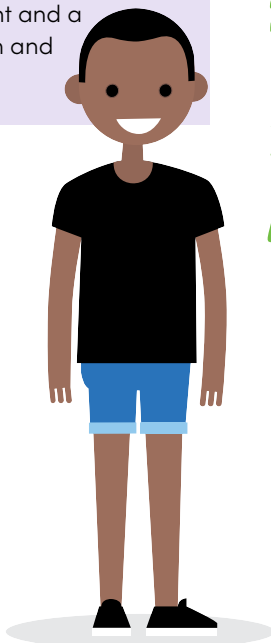
# I'M SOLO PARENTING! WHAT DO I NEED TO THINK ABOUT TO KEEP MY KIDS SAFE?

Parenting can be difficult for many reasons, and especially when you are parenting on your own. And there are some things that are easier too! Here are some ideas from other parents about keeping kids safe.

This tip sheet was created for Hohou te Rongo Kahukura from conversations in 2023 held by Raukawa Newton; descendant of Taranaki, Ngāti Raukawa, Ngāti Maniapoto and Ngāpuhi.

Raukawa is a matua takakau (solo parent) to her eight year old son who became curious about rainbow and takatāpui community. She is a strong advocate for Te Reo Māori me ōna tīkanga and believes that her whānau, hāpu and iwi play a big role in revitalising pūrākau around gender diversity and preventing violence.

Raukawa has several qualifications, including a diploma in Te Tohu Mohiotanga, her Bachelor in Māori Development and a certificate in Health and Wellbeing.



## Interacting with other adults

Increase your network of safe adults so you have the right support when it comes to looking after your tamariki. This can be extremely helpful in case of emergencies, work and social events.

**But it is easier said than done, right?**

- 1 Watch the way that people around you interact with your children to work out if they are safe or not
- 2 If your gut feeling is saying that something is a little odd, go with this and stay alert. Even if it is your whānau
- 3 Kōrero about what you expect if someone else is looking after your children. It can be difficult, but if you do it then your friends will learn to do it as well. What are your expectations when someone else is taking care of your child?
  - Don't leave them with someone else
  - No closed doors in someone else's house
  - Call me if anything doesn't feel right
  - No heavy drinking around my child
- 4 Have conversations with your friends about keeping kids safe

*“What are the rules that you each follow for keeping kids safe?”*

## Ways you can role model and interact with your tamaiti/tamariki

- 1 Make special alone time with each child regularly and ask specific questions about their safety
- 2 Encourage you and your child to spend one-on-one time and speak about the importance of this. Ask specific questions about their safety, school, sports and friends
- 3 Let your children know you don't have all the answers but you can find out with them
- 4 Listen to what they are upset about, and ask questions before reacting
- 5 Use stories about other people to increase what you can talk about comfortably with your child – this might be myths or legends, or it might be about some Rainbow people you know



# I'M SOLO PARENTING! AND I WANT TO DATE AGAIN

We might want to get close to another adult for fun, sex, comfort or love. And we want our tamariki to be safe while we are getting to know the new person. Here are some things to think about

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## What to think about if you are dating someone

When we have been through a break up before, our experience means we get really good at spotting red flags for ourselves. The way someone new interacts with your children will also show you green and red flags.

I want to date again. How do you tell if someone is a safe adult?

### Green flags

- They listen to children when they try to talk
- Āta whakarongo - they listen, receive, respond and communicate with good intent
- They support you to be a good parent
- “Here's a cuppa, would you like to talk about it?”
- They are honest when they talk with children
- They are open to children doing things differently and accept them as they are
- They accept sexuality and gender differences

### Red flags

- They do things that enable negative behaviours from your child so you end up punishing your child, or being angry with your child
- They display negative behaviours in front of your child
- They punish your child for having boundaries
- “You can't have that toy now because you said no to giving me a hug”
- They talk about your child as if they are a problem
- They make you choose between them and your child's needs
- They exclude you in ways which don't feel ok
- “Let's go watch a movie without mum, we have more fun without her anyway”
- They pressure your child to harden up, or be more girly, when that's not who your child is
- They make one child feel more special than the others

