

Have a safe and happy Christmas

- Set aside **money to cover bills** in January and February.
- Don't feel you need to spend more over Christmas than you can afford. Christmas is not about the presents. It is about **spending time together as a family**.
- **Don't drink and drive** - arrange for a sober driver before you go out.
- If you have a child and there is a **custody arrangement**, come to an agreement before Christmas so that the children can spend time with both of you.
- Remember, **problems CAN be solved without arguments**.
- **Take time out** if things get heated or stressful. Go somewhere to let things calm down.
- Do your bit to Make Summer Unstoppable by doing these four simple things:
 - **Wash your hands**
 - **Scan QR codes**
 - **Turn on Bluetooth bracing on the NZ Covid Tracer app**
 - **Stay home if you're feeling unwell and get advice about a COVID-19 test**
- If you want help to avoid or prevent family violence, **contact an appropriate agency**.
- Most importantly, if you have **fears for your own or your children's safety**, contact the **NZ POLICE IMMEDIATELY BY PHONING 111**.



Stay Safe. Stay Happy. Stay Pasefika Proud.

It is important that we remember to keep our families and children safe over Christmas. Some people may be feeling vulnerable, however family violence services are not limited during the holiday time, and crisis lines will continue to operate. If you need help visit WWW.PASEFIKAPROUD.CO.NZ/SERVICE-PROVIDERS/

**MAKE
SUMMER
UNSTOPPABLE**

