

# RELENSENSIP RAET

YU HAPPI LONG  
RELENSENSIP BLONG YU?



# RELENSENSIP RAET BLONG YU

- ♥ Yu kat raet blong fil safe mo blong stap safe.
- ♥ Yu kat raet blong oli no emosioneli, fisicali o sexuali abusum yu.
- ♥ Yu kat raet blong oli tritim yu wetem respect.
- ♥ Yu kat raet blong talem yes o no blong kat sex.
- ♥ Yu kat raet blong jenjim maen blong yu.
- ♥ Yu kat raet blong tekem relensensip blong yu long wei we yu wandem.
- ♥ Yu kat raet blong talem hao nao yu fil.

# Raet relensensip bae i mekem yu happi



Sam taem yu fil olsem se hem i no possibol blong faenem wan raet man blong yu. So taem yu stat blong frenem wan man, yu fil eksaetet mo hem i wan rili happi taem ! Hem ia hem i nomol. Taem yu stap long wan relensensip hem i wan nomol pat blong krow up mo plante youngfala gel oli kat wan helti mo happi relensensip.

## **Olsem wanem long yu?**

### **Relensensip blong yu hemi helti mo yu happi o no?**

Hao nao yu save talem sipos wan relensip i helti o no?

Wanem nao yu save mekem sipos yu stap long wan relensensip we yu no happi?

Buklet ia bae i helpem yu blong ansarem ol kwesten ia.



### **Storian blong Donna**

Mi bin rili fraet long John. Festaem, hem i mekem mi fil spesel, be afta hem i stat blong stap jalus long mitaem mi stap wetem ol frens blong mi. Wan naet, John i traem blong tekem mi kamaot long ol frens blong mi. Fren blong mi i traem blong stopem hem be John i faetem fes blong hem ! Afta hem i talem se bae hem i mekem i semak long mi. Mi rili fraet. Ol relenssensip bae oli mekem yumi stap fraet olsem?



# Wanem hem i wan helti relensensip?

## Yu kat wan helti relensensip taem:

- 1 Yu fil gud abaot yu wan!
- 2 Yu fil safe.
- 3 Yu trastem yutufala.
- 4 Yu fil fri mo konfiden abaot yu wan.
- 5 Yu RISPEKTEM tingting blong fren blong yu, filing mo frensip.
- 6 Yu talem NO anitaem yu wandem talem NO.
- 7 Yutufala i wok tuketa blong solvem problem.
- 8 Yu agiu be yu no fraet mo no abusum yu.
- 9 Yu apprecietem patna blong yu mo talem ol gudfala samting abaot hem.
- 10 Yu laekem taem yutufala i stap tuketa... mo seperate samtaem.
- 11 Yu respektem ol joes blo patna blong yu.
- 12 Yu honest long patna blong yu.



### Janet, 17 yia, Santo.

Mi talem long hem se mi no bin laekem taem hem i holem mi long fes blong ol frens blong hem. Mi askem hem blong i stop. Hem i lisen mo stop. Hem ia hem i RESPEK.



### Respek hem i...

- ♥ Lisen mo man i lisen long yu.
- ♥ Ebol blong disagri mo talem tingting blong yu.
- ♥ Abaot trust mo honesti.
- ♥ Andestanem raet blong narafala man mo nid.

**YU KAT RAET  
BLONG EKSPKTEM  
RESPEK.**





# Relensensip 'Rabis Saen'

Iven sipos ol relensensip oli differen mo oli kat 'gud mo bad taem'. Be oli still kat same control bievia mo aksen we oli pat blong wan unhelti relensensip. Hem ia oli ol woning saen.

Askem ol Kwesten ia long yu wan. Sipos yu ansa yes long wan kwesten, i min se yu kat wan unhelti relensensip.

## Patna blong yu hem i stap:

Oltaem askem yu, wea place yu bin stap long hem, yu bin go luk whu ia mo wanem yu bin mekem? **YES** **NO**

Act long wan jalus way? **YES** **NO**

Stopem yu blong no stap wetem ol narafala man, olsem famili o frens blong yu? **YES** **NO**

Akusem yu blong stap pass biae long hem, taem i no tru? **YES** **NO**

Talem no gud yu oltaem mo mekem fani long yu? **YES** **NO**

Singaot strong or stap tretenem yu o ol fren blong yu? **YES** **NO**

Brekem, distroem o bonem ol samting we i impoten long yu? **YES** **NO**

Act olsem hem i 'onem yu', o wandem blong yutufala i stap togeta oltaem? **YES** **NO**

Faetem yu, pusum yu, pinsum yu o slapem yu - olsem wan pleple blong hem? **YES** **NO**

Oltaem hem i stap tok strong long yu long fone? **YES** **NO**

Talem blong yu mas askem permisen blong hem fastaem bifo yu save go? **YES** **NO**

Oltaem hem stap jekem mobael fon blong yu blong luk se whu ia i bin kol o textem yu? **YES** **NO**

Swea long yu long public ples? **YES** **NO**

Talem yu blong mas kam home hariap afta yu finis wok mo strict long taem? **YES** **NO**

Sipos yu ansa **YES** long wan long ol kwesten ia, hem i wan saen se bae relensensip ia i no wokaot.

Ol aksen ia oli ol abuse. Oli no stret.

Hem i taem blong toktok long wan man abaot wanem we i stap happen long yu mo askem famili mo frens blong sapotem yu.

Hem i taem blong askem yu wan se, relensensip ia hem i oraet long mi?

**RELENSENSIP  
BLONG YU HEM I  
SHUT NEVA MEKEM  
YU FIL NO GUD  
ABAOT YU WAN.**

# Differen kaen Relensensip Vaelens

**Emosonel Vaelens** → olsem singaot name blong yu strong or tretenem yu. Spolem yu long face blong ol frens blong yu, blemem yu from wan problem insaet long relensensip, stap wajem o follem yu oltaem. Hem ia hem i ol emosonel vaelens.

Emosonel vaelens hemi save includum abuse we i stap hapen tru long internet happen tru long internet (olsem Facebook) o long mobael fone.

**Sexual vaelens** → fosem yu blong mekem wan samting sexual we yu no wandem. Blokem yu blong kat safe sex wetem condom o blong no usum famili planning; o fosem yu blong kiss o blong kat oral sex. Hem ia hemi ol Sexual vaelens.

Patna blong yu i mas karem permissen blong yu fastem blogn kat sex, everi taem. Sipos yu no talem yes, hem ia hem i rape.

**Fisikol vaelens** → olsem kikim, faetem, kakai, pulum hea, slapem o stonem yu wetem ol thing.

Sipos ani man i tajem yu long wan wei we i mekem yu fil no gud, yu mas ron awei mo ripot long Police. Sipos yu no save ron awei, singaot strong.

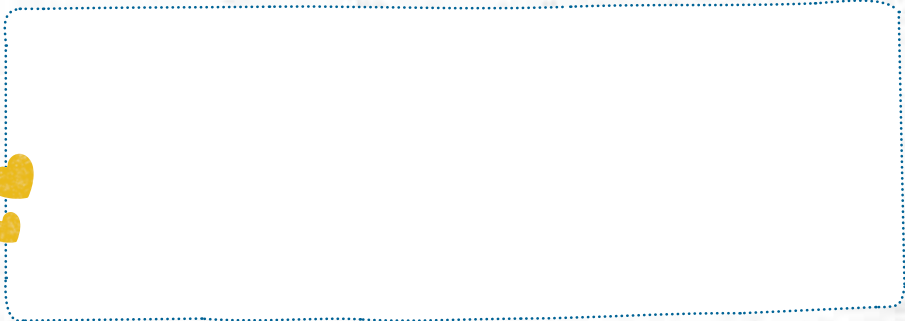
Yu save kolek 22-222 long taem blong wan emejenci.

KOLEM 22-222



# Sam Kwesten blong helpem yu wetem relensensip blong yu


Wanem yu wandem mo nidim long relensensip blong yu? Raetem tingting abaot relensensip we i oraet long yu mo kamback long olgeta taem ol samting oli no stret.



Wanem hem i 'off limit' long yu? Wanem nao bae yu no allawem?

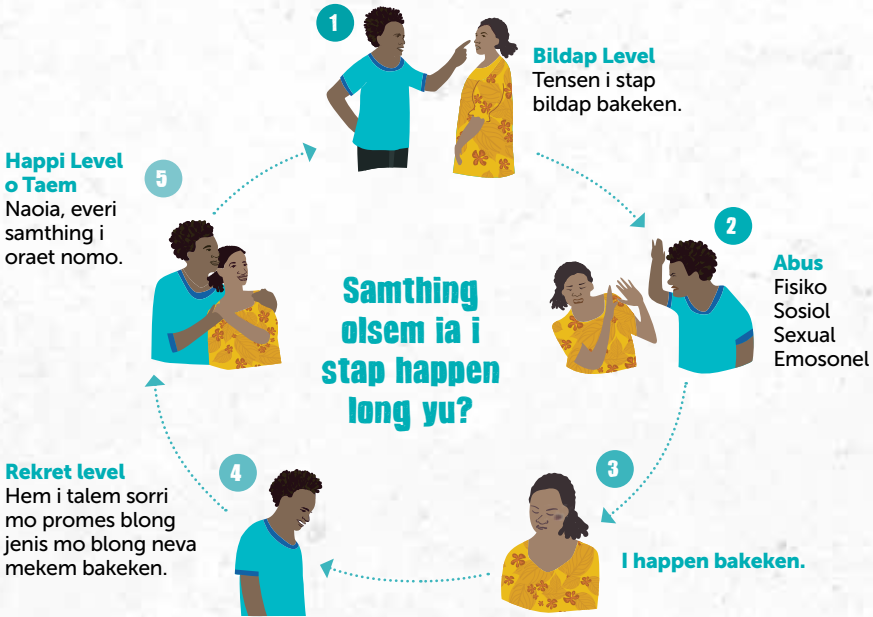


Raetem daon name blong ol pipol we yu save go long olgeta taem yu nidim help.



# Saekol blong vaelens

Hem i no vaelen oltaem. Samtaem vaelen pipol i tritim good patna blong olgeta. Oli save rili lovem mo sorri from vaelen bievia blong olgeta. Hem ia i mekem i hat blong luk save wanem i stap rili happen. Hem ia yumi kolem saekol blong vaelens.



## Storian Blong Rebecca

Nicki hem i wan popular boe long skul. Mi no save bilivim hem i frenem mi. Ol narafala gelfrens blong mi oli jalus we. be oli no save sekret blong mitufala. Hem i mekem mi kat orol sex wetem hem blong soem long hem se mi glad se hem i jusum mi. Bae hem pulum hea blong mi strong mo holem titi blong mi rili strong. i Soa. Afta everi taem, bae hem i talem sorri, se hem i lovem mi mo i plis long mi blong fokivim hem. Hem i promes se bae hem i neva mekem bakeken. Be hem i neva kipim promes blong hem. Bae mi mekem wanem?





# From wanem rapis relensensip i no gud long yu?

Ol gel mo boe we oli stap inseat long wan relensensip we i no helti oli stap safa long different wei.

## **Yu stap thing se hem i rong blong yu**

YU fil se vaelens hem i rong blong yu. Vaelens we patna blong yu i mekem long yu i NEVA RONG BLONG YU. Neva. Eniwan i no disevem blong oli kilim hem, talem no gud hem or tritim hem wetem no repekt.

## **Probelm long skul o long wok**

Plante youngfala pipol we oli stap long wan unhelti or rabis relensensip oli kat problem wetem bievia blon golgeta long skul o long wok place blong olgeta.

## **Afta Bae i kat problem long laef**

Plante youngfala we oli bigwan wetem vaelens oli tekem olsem hem i wan nomol pat blong wan relensensip. Bae oli save abusum ol narafala wan taem oli kam bigwan o oli save kam victim blong abus afta long laef.

## **Hem i kam moa wose ova taem**

Ova taem abus mo efek blong hem i save kam moa wose, iven sipos samtaem patna blong yu hem i rili gud mo stap talem sorri long yu. Long ol kaen situasen olsem ia, hem i impoten blong yu go askem help blong dil wetem abus ia.

Bae yu luk bihaen long buk ia list blong ol ples we yu save go kasem help long hem.



## **Storian blong Grace**

Long fes taem, taem fren blong mi Grace i stap wetem Rex, hem i rili gud. Tufala i mekem everi samthing tugeta. Be afta long hem ia, hem i stat blong jalus mo no letem Grace blong go folem ol fren blong hem mo hem i no wandem Grace blong i stap hem wan nomo. Mitufal i tokbaot. Grace i wandem controlem laef blong hem wan nomo, be i no blong wan narafala man i talem wanem hem i saposse blong mekem. Long end blong hem, Grace i lego Rex from fasin blong hem. Hem i talem se hem i no injoem rilensensip ia olsem fastaem. Hem i no respektem raet blong hem mo no letem hem i mekem ol samting blong hem.

# Happi mo safe

Mifala i askem ol gel long Vanuatu abaot ol benefit blong kamaot long wan abusif relensensip. Oli talem long mifala se.

- ♥ Yu save statem blong kat wan **happi** mo **safe life**.
- ♥ Yu save kasem **help** mo **sapot** blong kat wan helti relensensip.
- ♥ Yu stat blong fil **confident** abaot yu wan bakeken.
- ♥ Yu save come fri. Boss long yu wan.
- ♥ Yu lanem abaot ol **limits blong yu**.
- ♥ Yu stat blong save how yu wandem blo oli tritim yu.
- ♥ Yu lanem mo **groe**...yu lanem hao blong kat helti relensensip.
- ♥ Yu save moa **strong**.

LOVE HEM I SAM  
TAEM FOREVA... MO  
SAM TAEM HEM I JES  
BLONG WAN SHOT  
TAEM NOMO.  
YU SAVE JUSUM YES  
O NO. STAP O GO.



# Hao blong sapotem wan fren we i stap long wan abusif Relensensip

Yu kat wan fren we bin stop blong socialaes? Hem i dipress, wari o kros? Yu thing se oli kat trabol long relensip blong olgeta?

**Yu save help mo sapotem fren ia:**

- ♥ **Askem** hem sipos hem i wandem tokbaot anithing.
- ♥ **Lisen** gud long hem - no jajem hem.
- ♥ **Toktok** long olgeta abaot wanem oli wandem mekem. No talem olgeta wanem blong mekem.
- ♥ Talem long olgeta blong no blemem olgeta wan bakeken.
- ♥ Hem i **neva rong blong olgeta**. Sipos oli stap long abusif relensensip bae oli fil no gud abaot olgeta wan.



- ♥ - **No mekem olgeta oli fil no gud.**
- ♥ - Talem i klia long olgeta se yu sapotem olgeta. Letem olgeta i save se yu **kea** abaot olgeta.
- ♥ - Talem long olgeta wea oli save kasem **Help** long hem.



## Storian blong Pascalline

Mi bin stap wetem boefren blong mi Grant long wan haf yia. Mi bin thing se bae hem i "stret wan: - mitufala i kat ol gud taem mo taem mitufala i stap go aot oltaem hem i stap talem long mi se mi spesel. Be hem i kat wan nara saet. Samtaem hem i save jalus mo stap talem se mi stap pass bihaen long hem. Afta samtaem, mi fil olsem se mi no save mekem eni raet thing, hem i stap kros long mi oltaem nomo. Wan taem mitufala i faet afta hem i slapem mi strong long face blong mi. Afta long hem ia i kam moa no gud. Bes fren blong mi i talem long mi se hem ia no stret. Hem i esplenem long mi se sipos mi spesel long hem, bae hem i no mekem mi harem no gud. Sipos hem i rili kea long mi bae hem i no kilim mi. Mi kat wan niu boefren nao. Hem i rili respektem mi. Mitufala i rao samtaem. Be mitufala i kat wan gudfala relensensip we mitufala i save tokbaot ol samthing honestli. Hem i gud mo mi fil fri.



# Wea blong kasem help

## **Kolem 24-hour hotline**

T: 1800 200 526

## **Vanuatu Women's Centre**

**Port Vila**

T: 25764

**Luganville**

T: 36157

**Tafea**

T: 88660

**Malampa**

T: 7799165

**Torba**

T: 5920880

E: [vwnc@vanuatu.com.vu](mailto:vwnc@vanuatu.com.vu)

## **Vanuatu Family Health Association**

**Port Vila**

Emile Mercet Street

(behind Police Station)

T: 22140 (Port Vila)

**Luganville, Santo**

T: 36129 (Santo)

E: [vfha@vanuatu.com.vu](mailto:vfha@vanuatu.com.vu)

Facebook: Vanuatu Family Health

Association

## **Family Protection Unit,**

**Vanuatu Police Department**

**Port Vila, Efate**

T: 5552948, 22222 or 111

(ext. 2806/2834)

**Luganville, Santo**

T: 36723 or 111 (ext. 6236)

**Isangel, Tanna**

T: 111 (ext. 8281)

**Lakatoro, Malekula**

T: 111 (ext. 7466)

**Saratamata, Ambae**

T: 111 (ext. 9520)

## **Northern Care Youth Clinic**

**Luganville, Santo**

T: 37361

## **Disability Promotion and**

**Advocacy Association**

**Port Vila**

T: 37997, 7796946 or 5421040

E: [dpavanuatu@dpaav.org](mailto:dpavanuatu@dpaav.org)

[www.dpaav.org](http://www.dpaav.org)

## **Disability Desk Officers**

Torba Officer – Mr Judah Isaac (5652095)

Malampa Officer – Mr Lapi Kalmet (5442292)

Sanma Officer – Mrs Doriane Naluipis (5623088)

Shefa Officer – Mr Sam Kaiapam (33615)

## **Vanuatu National Youth Council**

T: 22352



Ol young pipol long photo ia oli ol akta nomo.



Family Protection Unit



Pacific  
Community  
Communauté  
du Pacifique



Buk ia hem i develop from Pasific Kommuniti Rejionol Raet Risos Tim (RRRT) wetem patnasip blong Kofman blong Repablic blong Vanuatu, ol stakeholdas mo ol narafala patnas long Vanuatu. Buk ia i kamaot from domestik vaelens materiel we oli produsum long Saot Afrika, Niu Ziland mo Australia we UN Women mo Kavman blong Australia i fundem.

Spesel thankio i go long Sol Siti, ol stakeholdas mo patnas we oli wok tugeta blong stopem vaelens akensem ol woman mo gel long Vanuatu.