

If someone is scared in your bubble, **show comfort**.

If someone is angry, **practice understanding**.

If someone is anxious, **show patience**.

Our peoples' ways are being adjusted for **our wellbeing**.

Our families are big, but
our hearts are bigger.

Our cultures are strong,
stronger than fear.

Our values are strong,
and give us strength
to persevere.

It's **our responsibility** to
follow the lockdown rules
to **save lives**.

It's **our responsibility** to **stay home**,
and **stay safe**.

It's our responsibility to **show love and respect**.



ALI COWLEY ©
Commissioned by Dr Siautu Alefaio

Stay home. Stay safe. Stay Pasefika Proud.

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