



Whanganui Rangitīkei Ruapehu  
He oranga whānau

TIKANGA

WAIPIRO

MARAE TOOLKIT



Whanganui Rangitikei Ruapehu  
He oranga whānau

# TIKANGA WAIPIRO

## MARAE TIP SHEET

To create healthy change in our community the healthy choice has to be the easy choice. Our marae are central meeting places for our whanau, hapū, iwi and hapori. Adopting a tikanga waipiro is a great way to role model healthy change for our people and set an example for our tamariki. Developing a marae tikanga waipiro means putting in place some guidelines around keeping our whanau safe in relation to the use of alcohol on our marae and may include when and where alcohol can and can't be consumed.

### IN ORDER TO DEVELOP A TIKANGA WAIPIRO YOU WILL NEED...

- To kōrero with kaumātua, marae trustees, whānau and any organisations utilising buildings on marae land such as whare karakia or kōhanga reo to ensure everyone is supportive of the kaupapa from the outset. Be prepared to explain why you think this is a good idea.
- Work with kaumātua, marae trustees and whānau to create an tikanga waipiro that will work for your marae. You will need to create opportunities for as many of the marae whānau to be a part of this process as possible to ensure it is effective. This could include developing a policy or tikanga document. Think about clearly defining when and how alcohol can and can't be used and what measures need to be in place to keep everyone safe, including our tamariki mokopuna so that everyone is clear.
- The Marae trustees will need to formally accept the tikanga waipiro documentation at a trustee hui. This may mean the whānau will need to present the kaupapa, documentation and be prepared to answer any questions the trustees may have. This will be easier if they have been involved from the beginning of the process.
- Information regarding the tikanga displayed in prominent positions both inside and outside the marae grounds where appropriate to ensure everyone is aware of the kaupapa and adheres to it.
- A marae facility hireage agreement that includes the tikanga waipiro and ensures those hiring the marae for any purpose will abide by the tikanga and ensure their manuhiri will also.

### OTHER THINGS THAT MAY BE HELPFUL

Your local public health unit may be able to provide you with resources such as pamphlets and posters that provide information to support your Marae.

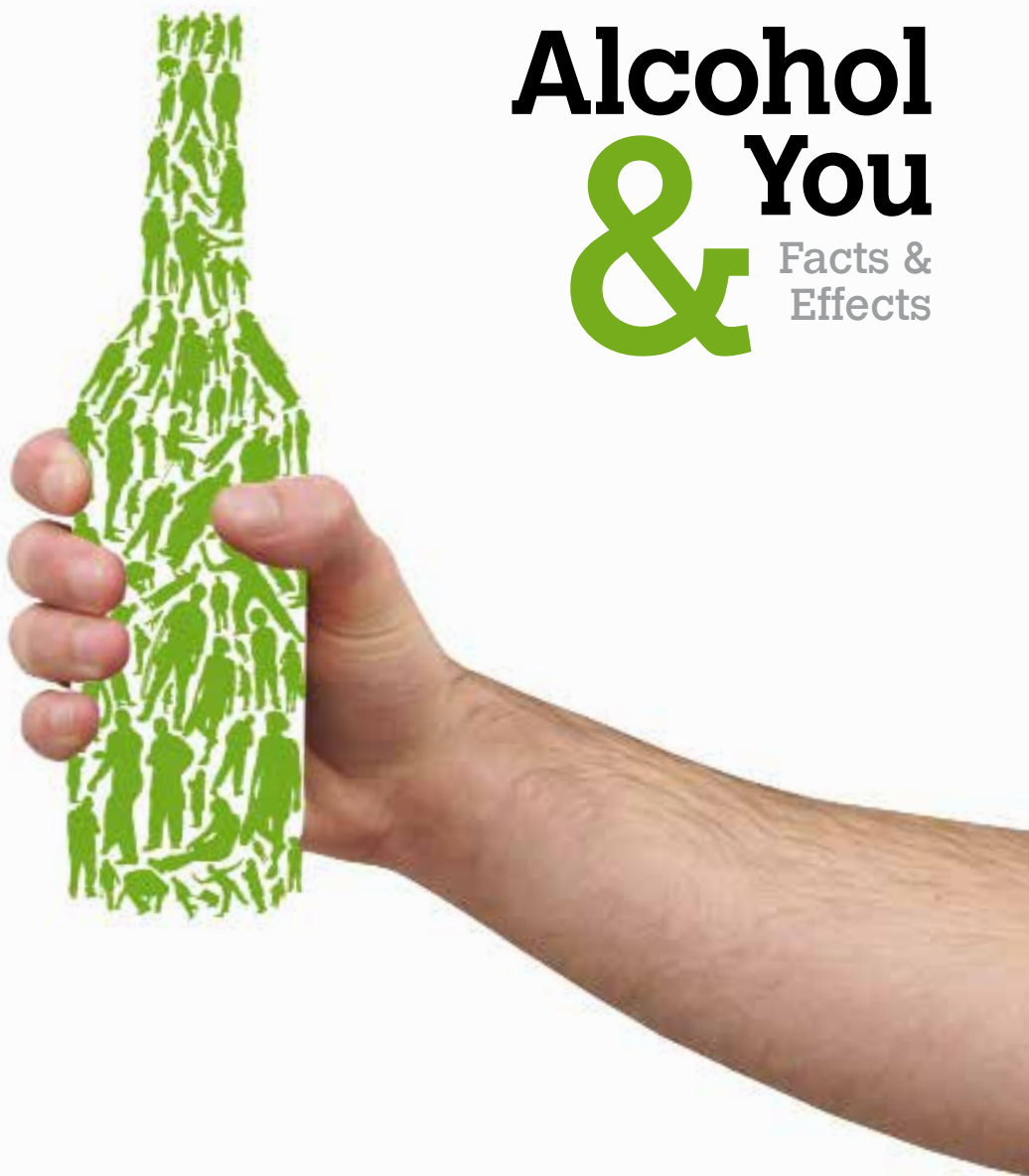
If you would like further information or support in becoming an Alcohol Free Marae please contact our team at Te Oranganui Iwi Health Authority

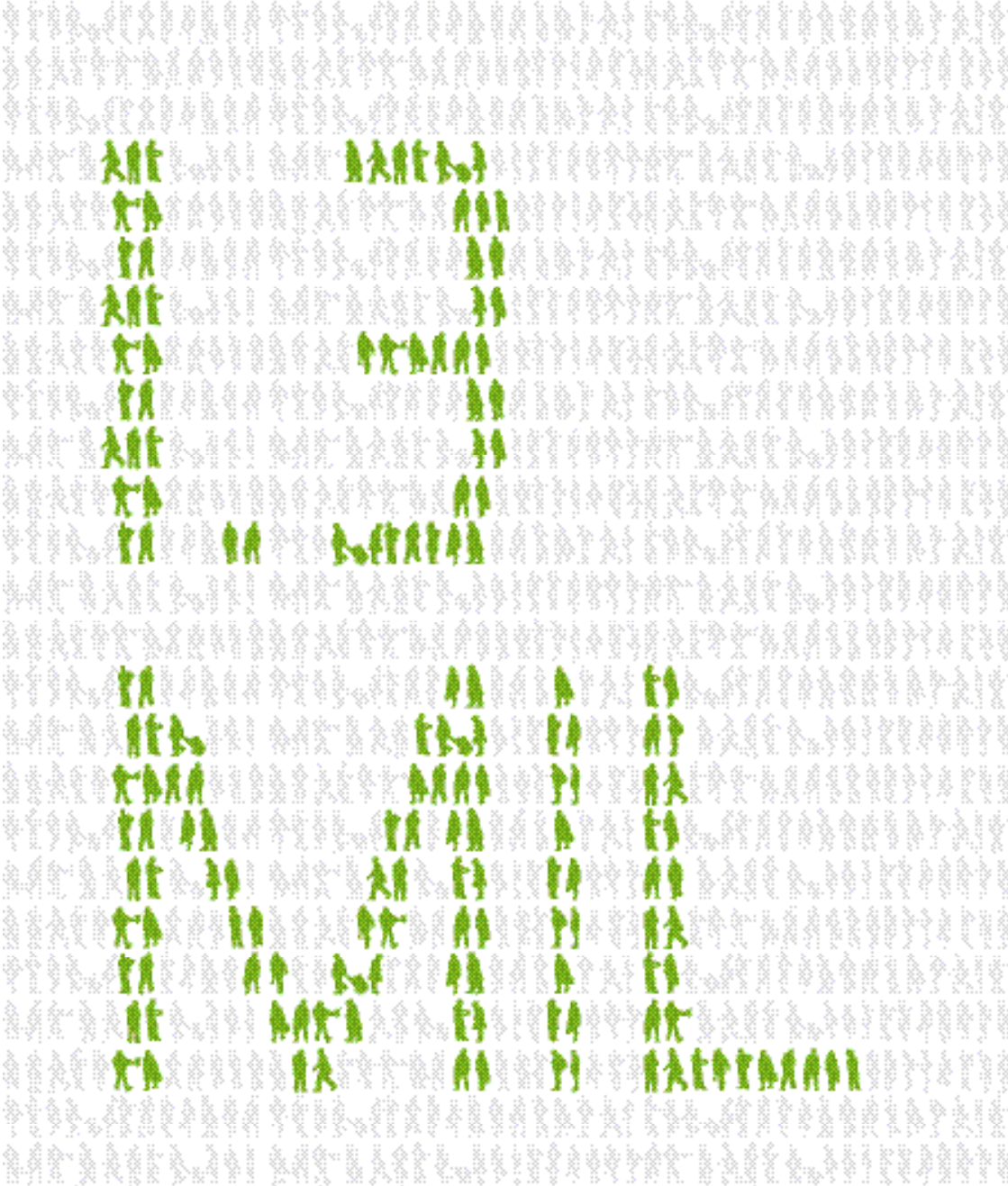
Healthy Families Whanganui Rangitikei Ruapehu  
[www.healthyfamilieswrr.org.nz](http://www.healthyfamilieswrr.org.nz) (06) 349 0007

MAKING HEALTHY CHOICES EASIER WHERE WE LIVE LEARN WORK & PLAY

# Alcohol & You

Facts &  
Effects





people in New Zealand drink  
alcohol at least weekly



**People drink alcohol to:**

**LET LOOSE, CATCH  
UP, NETWORK,  
CELEBRATE, REWARD  
THEMSELVES, DO  
SOMETHING SPECIAL,  
CLOCK OFF, HANG-  
OUT, RELAX, UNWIND,  
GET DRUNK, JOIN IN.**

**This booklet has some facts about alcohol and  
information about the effects alcohol has on  
New Zealanders and New Zealand as a whole.**





# What is alcohol?

**Alcohol (ethanol or ethyl alcohol) is the ingredient found in beer, wine and spirits that causes drunkenness. In all three, the alcohol is produced by the same chemical process. The sugar and water found in ripe fruits, grains or vegetables is combined with yeast and fermented to produce alcohol and carbon dioxide.**

The yeast builds up a concentration of alcohol and when it reaches about 15 percent, the alcohol kills off the yeast so that it cannot ferment anymore. This means that drinks with more than 15 percent alcohol content have had extra alcohol added, usually obtained by distillation. Beer and cider usually have about four to five percent alcohol. Wine has around 12-14 percent alcohol, and fortified wine such as sherry and port about 18 percent. Spirits such as whisky, gin and brandy have about 40 percent alcohol. Ready-to-drink (spirit-based drinks) are usually five percent but can be up to eight percent.

It is helpful to know how much alcohol is in what we drink. To help us work this out we refer to 'standard drinks'. Each standard drink contains 12mls (10 grams) of pure alcohol.

Alcohol is a poor source of carbohydrates compared to some foods, but it has a lot of energy (kilojoules (kJ)/calories) packed into it. It is the alcohol itself that is high in energy. One gram of alcohol has 27kJ compared to one gram of sugar with 17kJ. One standard drink (eg 100ml of wine, 30ml of spirits or 330ml of beer) contains 290kJ/69 calories. If spirits are combined with non-diet mixers, such as lemonade or cola, the energy value increases.

Alcoholic beverages do not contain significant amounts of protein and vitamins, which are vital ingredients of the human diet, and so alcohol cannot be regarded as a substitute for food.

## When not to drink

It's advisable not to drink if you:

- are **pregnant** or planning to get pregnant
- are on **medication** that interacts with alcohol
- have a **condition** that could be **made worse by drinking alcohol**
- feel unwell, **depressed**, tired or cold, as alcohol could make things worse
- are about to **operate machinery** or a **vehicle** or do anything that is risky or **requires skill**.

If you are not sure or are concerned, check with your doctor.

# Low-risk drinking advice for adults



Reduce your **long-term health risks** by drinking **no more than**:

- 2 standard drinks *a day* for women and no more than 10 standard drinks *a week*
- 3 standard drinks *a day* for men and no more than 15 standard drinks *a week*

**AND** at least *two alcohol-free days* every week.

Reduce **your risk of injury on a single occasion of drinking** by drinking **no more than**:

- 4 standard drinks *for women* on any *single occasion*
- 5 standard drinks *for men* on any *single occasion*

**Stop drinking if you could be pregnant, are pregnant, or are trying to get pregnant.**

There is no known safe level of alcohol use at any stage of pregnancy.

## Standard Drinks > Know how much alcohol you're really drinking



### What is a standard drink?

The standard drinks measure is a simple way for you to work out how much alcohol you are drinking. It measures the amount of pure alcohol in a drink. One standard drink equals 10 grams of pure alcohol.

### The amount of alcohol

It's not the amount of liquid you're drinking that's important – it's the amount of alcohol. If you drink 30mls of straight spirits or a 100ml glass of wine or a 330ml can of beer – you are drinking approximately 10 grams of pure alcohol, depending on the alcohol percentage (see below). Each of these is a standard drink.

The number of standard drinks shows the amount of alcohol, not the amount of liquid you're drinking – because it's the alcohol content that's important to track.

Because drinks have different amounts of alcohol in them, the number of standard drinks in each bottle, can or cask will be different.

### How many standard drinks are there in what I'm drinking?

You'll find the standard drinks content on the label of each bottle, can or cask. If the label shows that your bottle of beer contains 1.5 standard drinks, then you're drinking 15 grams of pure alcohol. If the bottle of spirits contains 32 standard drinks and you pour it into 16 glasses, each glass will contain two standard drinks, even if you add a mixer to it.



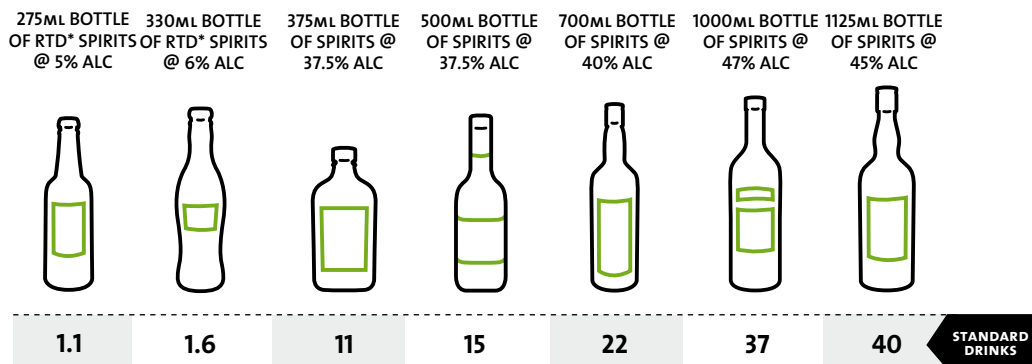
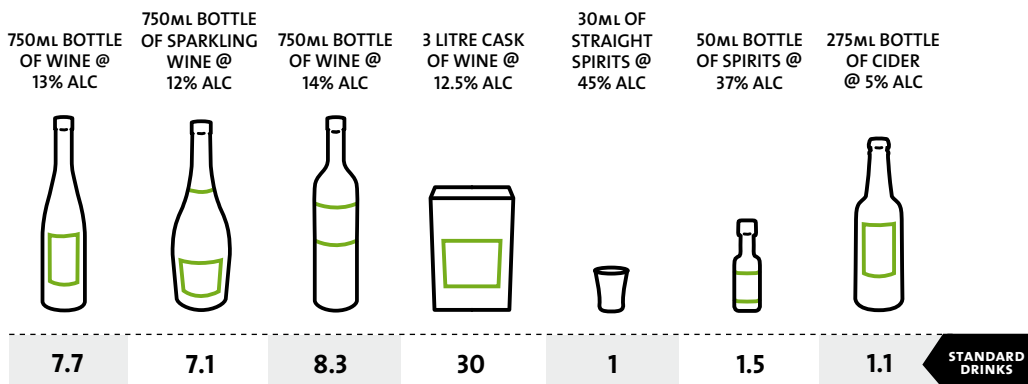
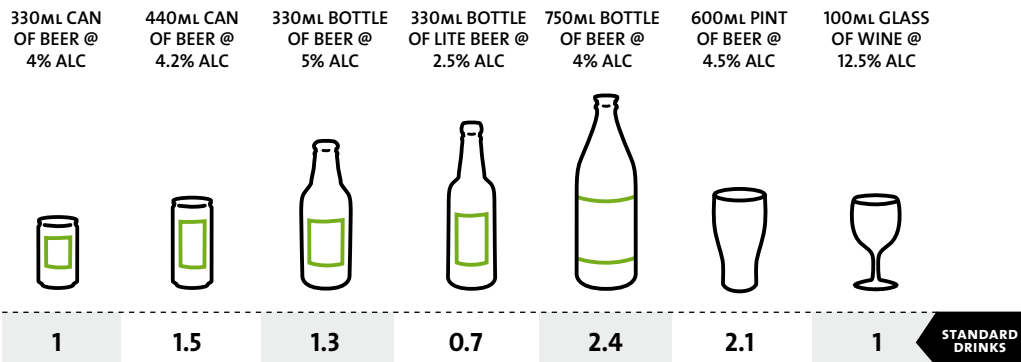
**No. of Standard drinks =**  
Amount of drink in litres (Vol) x  
Percent of alcohol by volume (%) x  
Density of ethanol at room  
temperature (0.789)



**Example:**  
500ml of beer which is  
5 percent alcohol by volume.  
 $0.5 \times 5 \times 0.789 = 1.97$   
(approx 2 standard drinks)



## How many SDs in different drinks?



\* RTD (READY TO DRINK)  
ALC refers to alcohol content by volume

# Effects of alcohol

**The kind of alcohol we drink is called ethanol or ethyl alcohol. It is one of the family of alcohols. Most alcohols are highly poisonous to humans, but ethyl alcohol can be tolerated in the human body in small amounts.**

When people start drinking they initially feel relaxation and pleasure. As the blood alcohol level rises, it slows the body's reactions down. This is why it's classified as a sedative-hypnotic drug. People can get into trouble when they drink a lot of alcohol very quickly – this may result in alcohol poisoning.

People can and do die of alcohol poisoning, but only if their blood alcohol concentration is over 400mg per 100 millilitres of blood, which is more than five times the legal limit for driving. An average man would reach this concentration if he drank a 750ml bottle of whisky in less than one hour.

When alcohol is swallowed it passes more or less unchanged into the bloodstream through the walls of the stomach and small intestine. Only minutes after drinking, the circulation system begins distributing the alcohol to every part of the body. From the stomach and the intestine, the alcohol travels to the liver where it is ultimately broken down by enzymes into other products such as water and carbon dioxide.

These products are mainly eliminated from the body in the urine. The liver does this job at a slow, constant rate. It takes the average person one hour to process one standard drink. So when people drink alcohol faster than the liver breaks it down, alcohol concentration increases in the blood.

As the alcohol travels around the body via the bloodstream, it starts to slow down the operation of various sorts of cells. This causes the familiar symptoms of different stages of intoxication and drunkenness – relaxation, laughter, slurred speech, inability to walk straight, and impaired judgement and coordination.

Different people can have different symptoms of drunkenness, even after drinking the same amount of alcohol. A person's reaction to alcohol is influenced by:

- the ability of their liver to break down alcohol
- if they have eaten food or not
- how much alcohol they have had to drink
- how quickly they drink the alcohol
- their body type
- their age, gender and ethnicity.

## Heavy Drinking

# Effects on the body

## Brain

Being drunk alters mood, impairs judgment and concentration, and in increasing amounts leads to drowsiness and coma. Long term alcohol use can damage the brain and nerves, leading to pain, weakness, difficulty walking, epilepsy (chronic fits), sleep disturbances, memory loss and dementia (loss of mental ability due to death of brain cells).

## Heart

Light to moderate alcohol use may reduce coronary artery disease (which can cause heart attacks) in some people, but heavy drinking may increase the risk of coronary artery disease. Heavy alcohol use is also associated with sudden death, irregular heartbeats and chronic disease of the heart muscle, which leads to heart failure, where the heart can no longer pump blood around the body effectively.

Alcohol use can also be linked to high blood pressure.

## Liver

Long term alcohol use can damage the liver, causing alcoholic hepatitis (acute injury to the liver occurring after prolonged heavy alcohol use), cirrhosis (where liver cells are damaged and replaced by scar tissue) and cancer.

## Pancreas

Alcohol use, particularly when heavy, can cause acute or chronic pancreatitis (inflammation and damage to the pancreas). Heavy alcohol use can also lead to dangerously low blood sugar or build up of acids in the body.

## Stomach and food pipe

Being drunk can lead to nausea and vomiting, diarrhoea, reflux (when acid from the stomach rises up into the food pipe) and gastritis (inflammation of the stomach). Long term alcohol use can cause cancer of the food pipe (oesophagus). Chronic heavy alcohol use can lead to chronic gastritis and bleeding from the stomach and/or oesophagus.

## Sexual health

Being drunk increases the chances of having unsafe sex, sex that is later regretted or experiencing sexual assault as alcohol impairs judgment and lowers inhibitions. Chronic heavy alcohol use can lead to impotence in men and reduced fertility in both men and women.

## Chronic and heavy alcohol use increases the risk of death.

Alcohol can cause death directly, e.g. from drinking too much in one session which can cause coma, reduced breathing and death or because it causes a fatal disease such as cancer, or indirectly, such as being a factor in violent death or suicide.

## Hangovers

A hangover can be described as the body's 'rebounding' from the effects of alcohol. It is partly due to dehydration, as alcohol directly stimulates the excretion rate of kidneys and the formation of urine.

# Costs

**There can be two main costs of alcohol consumption – problems caused by drunkenness that occur soon after drinking, and those that occur as a result of heavy drinking over a long period of time.**

Both these types of problems can affect not only the individual but also other people and organisations, such as families, hospitals and police.

## Acute harm

In New Zealand, estimates indicate between 600 to 1000 die each year due to alcohol-related causes.

Half of all deaths attributable to alcohol are through injuries caused by accidents such as drowning, falls, sports injuries, work related injuries, violence (domestic and social) and self inflicted injuries. Most alcohol-related deaths before middle age are due to injuries.

## Pregnancy

Pregnant women who drink are at increased risk of giving birth to children with lifelong effects – fetal alcohol spectrum disorder (FASD). Women should stop drinking any alcohol during pregnancy or while trying to get pregnant.

## Motor vehicle crashes

In 2010 driver alcohol was a contributing factor in 105 fatal traffic crashes, 385 serious injury crashes and 991 minor injury crashes. These crashes resulted in 120 deaths, 518 serious injuries and 1,747 minor injuries. The total social cost of crashes involving driver alcohol was about \$725 million that is about a fifth of the social cost associated with all injury crashes.

# Benefits

## Other costs

Relationship problems, financial worries, crime, depression, disease – all of these can result from drunkenness or heavy drinking.

In terms of productivity, in a year, 147,500 adults take one or more days off work or school due to their alcohol use. 84,400 adults per year experience harmful effects on their work, study or employment.

There have been a number of studies that estimate the cost of alcohol harm in New Zealand. No matter what methodologies are used, they mostly agree that the annual cost of harmful alcohol use is in the billions. Previous estimates have ranged from \$735 million to \$16.1 billion.

## Long-term heavy drinking

This can cause major damage to the brain, the central nervous system, the digestive system, the heart and the liver. There is also an increased risk of some forms of cancer. As a result, heavy drinkers can die earlier than moderate drinkers or life-long abstainers.

There is some evidence to suggest that alcohol can have some benefits to health, such as reducing risk of heart disease in older people, but it is difficult to attribute these benefits directly or solely to alcohol consumption due to other confounding factors.

**The beneficial health effects of alcohol are controversial and are far outweighed by the detrimental effects of alcohol on disease and injury (Rehm et al., 2009)**



## Did you know

- In one year we drink 34 million litres of pure alcohol – that is 9.7 litres for every person 15 years and older.
- Black coffee, cold showers or fresh air do not sober you up. There is no way to increase the rate at which the body gets rid of alcohol.

FOR ONLINE TOOLS, GO TO:

[alcohol.org.nz](http://alcohol.org.nz)

# A few facts to think about...

**\$85** million  
per week

New Zealanders  
spend on alcohol



**More than 575,000**

adult drinkers consume a large  
amount of alcohol at least monthly.

**1.37**  
million  
people



in New Zealand drink  
alcohol at least weekly.

In New Zealand, estimates indicate between

**600-1000**

+++++ DIE EACH YEAR +++++

from alcohol-related causes

**38%**  
of drinkers



have NOT consumed  
large amounts of alcohol  
in the last year.

**1 in 5** ×  
adult drinkers

has a  
potentially  
hazardous  
drinking  
pattern.





# 10g

One  
standard  
drink  
equals

of PURE alcohol

# 73%

of adult drinking  
**happens at home**  
or at someone  
else's home.



NZ Police estimate that

# HALF

**OF SERIOUS VIOLENT CRIMES**   
ARE RELATED TO ALCOHOL

# 1

Nearly a third of the population  
thinks that it is okay to get drunk

# 3

# 270

The amount of  
**kilojoules in 10g**  
of alcohol.

The beneficial health  
effects of alcohol  
are controversial  
and are far  
outweighed by the  
detrimental effects  
of alcohol on  
disease and injury  
(Rehm et al., 2009)

For help, contact the  
Alcohol Drug Helpline on

**0800 787 797**

Free confidential information, insight and  
support for you and your family.

**Māori line**

**0800 787 798**

Free confidential information, insight and  
support for you and your whānau.

Whaka-tu-tangata  
stand tall – it's your call



**Pasifika line**

**0800 787 799**

Free confidential information, insight and  
support for you and your family.

**It's your call**



For up-to-date statistics and information check out:  
**alcohol.org.nz**





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information check out:

**alcohol.org.nz**

## Wellington

**Health Promotion Agency**

PO Box 2142, Wellington

**Phone** 04 917 0060

**Fax** 04 473 0890

**Email** enquiries@hpa.org.nz

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## Auckland

**Health Promotion Agency**

PO Box 11791, Ellerslie, Auckland

**Phone** 09 916 0330

**Fax** 09 916 0339

**Email** enquiries@hpa.org.nz

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## Christchurch

**Health Promotion Agency**

PO Box 2688, Christchurch 8140

**Freephone:** 0508 258 258

**Email:** enquiries@hpa.org.nz



**For help, contact the Alcohol Drug Helpline on 0800 787 797**

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# Whangaehu Marae Tikanga Waipiro

## Ko Te Tikanga Waipiro

This tikanga outlines the expectations and requirements for whānau members and others wanting to provide or use waipiro (alcohol) at specific functions held at the marae. This tikanga has been developed by the hapū members to ensure that the use of waipiro (alcohol) at any event does not place at risk the safety and wellbeing of whānau or the mana of our marae.

The values and principles of Rangiwhakaturia and Taitapu hapū (ngā paiaka matua) have guided and informed the development of this tikanga waipiro.

Even though the whānau may drink elsewhere we encourage our whānau to apply these tikanga whenever they are using alcohol.

**Whakatauki:** He aha te mea nui o te ao,  
He tangata, he tangata, he tangata

## Ngā Paiaka Matua - Our Principles

Ngā Paiaka Matua are a set of principle values that guide and inform the way in which we as Rangiwhakaturia and Taitapu see the world. Our decisions will be guided by these principles and will permeate throughout everything we do. These are our principle roots, the very roots that keep us well grounded and enable us to collectively withstand the challenges and issues of today and tomorrow

### Our Vision

He whānau pakari, he hapū ora

*Strong whānau, a vibrant hapū*

### Our Mission

Kia tautoko ake ngā whānau me tō rātou whai i te panekiretanga

*To support and nurture whānau in their pursuit of excellence*

## **Manaakitanga**

*care for, entertain, show respect, hospitality*

Manaakitanga is behaviour that acknowledges the mana of others as having equal or greater importance than one's own, through the expression of aroha, hospitality, generosity and mutual respect. In doing so all are elevated and status is enhanced, building unity through the act of giving. The hapū will endeavour to express manaakitanga towards all others both Ngāti Rangihakaturia & Taitapu and non Ngāti Rangihakaturia & Taitapu taking care not to trample on their mana, while clearly defining our own

## **Rangatiratanga**

*chief, landlord, team manager, noble*

Rangatiratanga is the expression of the attributes of a rangatira (the weaving of the people together) including humility, leadership by example, generosity, altruism, diplomacy and knowledge of benefit to the people.

It is our right as descendents of Rangihakaturia and Taitapu to be the architects and designers of what our future will look like, defining where our futures lie. As a hapu, Rangatiratanga is reflected in the promotion of self-determination for Ngāti Rangihakaturia & Taitapu, and an expression of the rights defined by Mana Atua, Mana Tūpuna and Mana Whenua

## **Whanaungatanga**

*relationship, kinship*

Whanaungatanga underpins the social organisation of Ngāti Rangihakaturia and Taitapu and includes rights and privileges, obligations and responsibilities consistent with being part of the collective. It is the principle that binds individuals to the wider group and affirms the value of the collective.

Whanaungatanga is inter-dependence with each other and recognition that we the whānau are our wealth

## **Kotahitanga**

*accord, coalition, solidarity, union*

Kotahitanga is the principle of unity of purpose and direction. It is the collective commitment to a set of principles that guide us in our decision-making. Ngāti Rangihakaturia and Taitapu are committed to



working in a collective manner that enhances and maintains our whakapapa connections. Ngāti Rangiwhakaturia and Taitapu acknowledge the importance of a collective subscription to 'ngā paiaka matua' to ensure our collective voice is consistent and inclusive

## **Wairuatanga**

*spirit, soul, quintessence*

This is reflected in the belief that there is a spiritual existence alongside the physical. It is expressed through the intimate connection of the people to our maunga, awa, moana and marae, and to tūpuna and Atua. These connections are affirmed through our collective knowledge and understanding of Atua Maori. It is central to the everyday lives of the Ngāti Rangiwhakaturia & Taitapu people and is integral to the way Ngāti Rangiwhakaturia & Taitapu view the world. It is the realisation of the fulfillment of life

## **Mana Whenua**

*territorial rights, power from the land - power associated with possession and occupation of tribal land*

Mana whenua is the principle which defines Ngāti Rangiwhakaturia & Taitapu by the land occupied by right of ancestral claim. It defines turangawaewae and ūkaipō, the places where you belong, where you count, where you are important and where you can contribute, Mana Whenua is essential for Ngāti Rangiwhakaturia & Taitapu well-being. The places Ngāti Rangiwhakaturia & Taitapu find ourselves, our strength and our energy are where Ngāti Rangiwhakaturia & Taitapu have mana whenua. Once grounded to the land and home, Ngāti Rangiwhakaturia & Taitapu are able to participate in society in a positive and productive manner

## **Kaitiakitanga**

*guardian, caretaker, trustee*

Kaitiakitanga embraces the spiritual and cultural guardianship of Te Ao Marama, a responsibility derived from whakapapa. Kaitiakitanga entails an active exercise of responsibility in a manner beneficial to resources and the welfare of the people. It promotes the growth and development of the Ngāti Rangiwhakaturia & Taitapu people in all spheres of our livelihood so that we can anticipate a future of living in good health and in reasonable prosperity. It is about preserving and maintaining the hapū so we can continue to fulfill our obligations and duties to each other and our environment

## **Mana Tūpuna/Whakapapa**

### *ancestral rights/genealogy*

Mana Tūpuna is that which defines who Ngāti Rangiwhakaturia & Taitapu are as a people. It is the bridge which links us to our ancestors, which defines our heritage, gives us the stories which define our place in this world

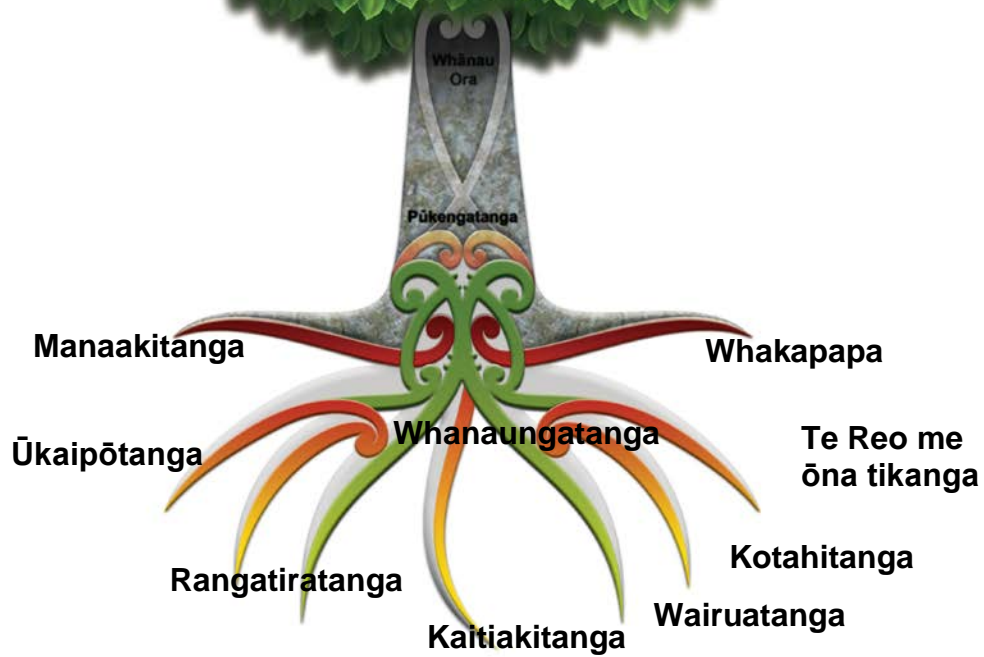
Our whakapapa defines our identity, it is who we are, our genetic footprint. It is our history and from whom we descend. It is also our present, our here and now and what our obligations are to those who come after us

It is from our mana tūpuna and whakapapa that we are rewarded with particular rights and privileges however these principles also have clear responsibilities and obligations founded on the notion of reciprocity

## **Te Reo Tūpuna**

### *Ancestral language*

Te Reo o Ngāti Rangiwhakaturia & Taitapu is the cornerstone of all that is Ngāti Rangiwhakaturia & Taitapu. Accelerating the revival of te reo o Ngāti Rangiwhakaturia & Taitapu is a central focus of our hapū. Our reo is the medium through which we of Ngāti Rangiwhakaturia & Taitapu express our view of the world. The survival of our hapu and the uniqueness of our Ngāti Rangiwhakaturiatanga & Taitaputanga will be enhanced through the maintenance of te reo o Ngāti Rangiwhakaturia & Taitapu



## Process for application

The process for applying for the alcohol management license is to make contact with the Whangaehu Marae Secretary at least two months prior to the proposed event.

An application form needs to be completed which is attached. This application form requires the applicant to define how they will meet the requirements of the 'Tikanga Waipiro' as outlined.

All applicants must sign the Tikanga Waipiro that acknowledges that they have read and understand and agree to the Whangaehu Marae Committee Tikanga Waipiro procedures and practices.

The applicant shall submit the completed Tikanga Waipiro application for consideration by the hapū. This can be presented in person to the hapū at a hapū meeting or by sending it to the Chairperson of the Whangaehu Marae Committee for hapū consideration.

If there are any areas of concern within the application or areas that need further clarification, the applicant will be required to provide any further information requested until the application meets the requirements of the Tikanga Waipiro process.

The applicant will be notified on the outcome of their application once the hapū are satisfied that the requirements.

The Hapū and Whangaehu Marae Committee reserve the right to accept or decline any application

# Tō Tātou Tikanga Waipiro

## Where

- Alcohol may only be served and consumed in the Wharekai and kitchen. It is forbidden in the marae ātea or wharenui.

## When

- Alcohol is only permitted at weddings, twenty firsts, anniversaries and whānau re-unions. If the Marae is made available for a corporate function, and alcohol is to be provided at no charge, the same conditions as for any marae event will apply. If alcohol is to be sold, it can only be sold in accordance with the Sale of Liquor Act 1999.
- The Marae Committee and Kaumatua do not permit alcohol at tangi.
- Drinking will only be for the formal part of the occasion or for the period of time that this application has been granted and must cease at 1.00am unless a special dispensation has been sought through the hapū and marae committee. This will be at the sole discretion of the hapū and marae committee

## Cleaning of carpets

- There will be a \$250.00 bond payment required in the event that the carpets require cleaning following the celebration due to excessive spillage. If the carpets are not badly affected, \$50.00 of the bond will be retained to contribute to the cost of cleaning the carpet when required.

## Kai

- Substantial kai (not chippies and peanuts) will be available for manuhiri and tangata whenua whenever alcohol is available. This means that there must be an area set up where people can have a kai throughout the duration of the time that alcohol is being consumed.

## Low alcohol and non-alcoholic drinks

- Low alcohol beer and non-alcoholic drinks will be available at all times when alcohol is being served.

## Drunkenness

- The hapū and marae discourage drunkenness as it places both the individual and the collective at risk of harm. If a person is deemed to have had too much too drink, it is the responsibility of the applicant to ensure that they will not be served alcohol and ensure that they are safe.

## Rangatahi

- The hapū and marae do not support the supply to or consumption of alcohol by rangatahi under the age of 18 years. However if the caregivers or parents responsible for these young people allow them to drink, the following tikanga apply.
- Only the parents or caregivers can supply them with alcohol. (The rangatahi can not be served alcohol from the bar)
- If the parents or caregivers leave or go to bed, the rangatahi they are responsible for must also leave or retire to bed.

## Tamariki

- Our tamariki and mokopuna are our taonga
- If tamariki are present when adults are drinking they must be supervised at all times.
- If drinking continues after 10.00pm, no tamariki under the age of 13 are allowed to be in the area(s) that alcohol is being served and are to be in bed.
- Those over 13 are only allowed to be in this area if they are in the presence of their parents or caregivers
- If tamariki are put to bed in the wharenuī then a designated responsible pākeke (adult) must stay in there with them. They must not be left unsupervised at anytime.

## Getting Home

- The applicant must ensure that there is courtesy transport available to those who do not intend on staying. This will be advertised on any invites to the event or promoted throughout the evening by the Emcee or spokesperson. Alternatively designated sober drivers.
- Manuhiri and tangata whenua are always welcome to sleep over at the marae if they are over the legal alcohol limit for driving.

## Drinking Games

- The hapū and marae do not support **any** games that encourage the excessive drinking of alcohol. This also includes the 'yard glass' or 'yardie' commonly used at 21<sup>st</sup> birthdays. We encourage the safe and responsible use of alcohol.

## Promotion of the Tikanga Waipiro

- The promotion of these tikanga outlined in this document are to be announced by the Emcee or spokesperson for the occasion throughout the duration of the event. This is to ensure that everyone is clear of the tikanga and understand that it is about keeping our whānau and marae safe at all times.

I/We.....accept the tikanga outlined in this document and agree to adhere to these tikanga in the interest of keeping our whānau and manuhiri safe and in maintaining the mana of the marae.

Name of applicant(s):.....

Signed: .....

Dated:     /     /

Name:.....

Signed: .....

Marae Committee Chairperson



Dated:     /     /