



HARMONISED

# HARMONISED TAITAMARIKI RELATIONSHIP MESSAGES

## FOR YOUTH

1. Set yourself strong relationship values  
*(what is important to you in your relationship)*
2. Believe in yourself and your opinions
3. Identify a couple of safe people that you can talk to

## FOR ADULTS

1. Take our relationships seriously
2. Listen to what we have to say and try to understand us
3. Our relationships will be different from your relationships