

## E aloha menemene

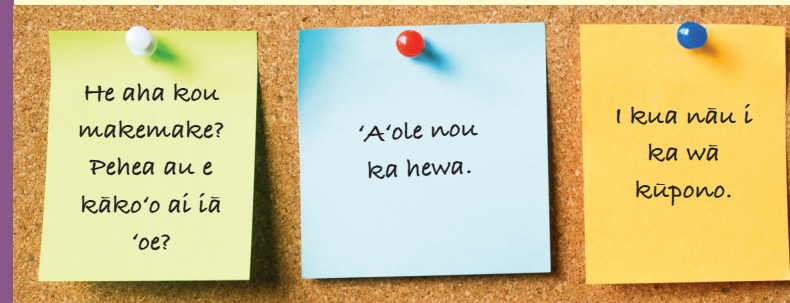
- Mai kuhikuhi i ke kanaka i pā i ka hana 'ino e lawelawe i kāu i mana'o ai he kūpono. He pahuhopu ka ho'āmana 'ana i ke kanaka i pā i ka hana 'ino i ka mana i lilo a'e. Nona ke kuleana 'o ke ka'i 'ana i ke ala o mua.
- Ma o ke kauoha āu, e kūpale nō paha ke kanaka i pā i ka hana 'ino i kāna ipo nāna ka hana 'ino. 'O ka ho'oka'awale 'ia aku nō paha ia o ke kanaka i pā i ka hana 'ino.
- Mai ho'ohalahala wale i ke kanaka i pā i ka hana 'ino. 'O ka nīele 'ana penei, "No ke aha lā 'oe e noho mau nei me ia?" he ho'āhewa ia i ke kanaka i pā i ka hana 'ino e ho'okuleana 'ia ai ia kanaka no kona hana 'ino 'ia 'ana. Ma kahi o ia 'ano 'ōlelo, e ho'omāmā i ke kaumaha ma o ka hāpai 'ana he kuleana ka maluhia e pono ai ka nohona.
- Mai ho'oku'u wale i ka hana 'ino a ke kanaka nāna ka hana 'ino. He koho ka hana 'ino i ho'oholo ai ke kanaka nāna ka hana 'ino.
- E no'ono'o paha i ke kumu i hō'ike 'ia mai ai ka hana 'ino 'ia 'ana. Ua kupu mai nō paha ia mana'o ma muli o kekahi kumu kiko'i.

## E ho'olohe 'ia aku

- Mai kīkahō. He pa'akikī ke noi kōkua no ke kanaka i pā i ka hana 'ino. No laila, e hō'ike ma o ka lawena a ma o ka 'ōlelo, he hoa 'ōhumuhumu nō 'oe e maliu 'ana i kāna 'ōlelo me ke aloha menemene.
- Mai maha'oi. E 'ae i ka palena a ke kanaka i pā i ka hana 'ino i kau ai. Nona ke kuleana 'o ka ho'oholo 'ana he aha āna e hō'ike ai. Mai kauoha iā ia e wehewehe ma waho a'e o kāna i 'ōlelo ai, 'oia, 'o ia wale nō paha ka mea i 'olu'olu ai iā ia a i maha ai i kona na'au.
- E nīele iā 'oe iho, no ke aha 'oe e nīele aku nei a he aha kāu e 'imi nei ma o ka nīele 'ana? I mea nō paha e palekana ai ke kanaka i pā i ka hana 'ino, a i'ole paha, i mea e kō wale ai kou mana'o nīele?



## He mau māmala'ōlelo kāko'o



No ka ho'omākaukau 'ana pehea e pane ai i ka ha'i 'ia 'ana no ka hana 'ino a no ka ho'okama'āina 'ana i nā kumu kāko'o, e huli paha iā [hscadv.org](https://hscadv.org).

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HAWAII STATE  
**COALITION AGAINST  
DOMESTIC VIOLENCE**

## Pehea e pane ai i ka ha'i 'ia 'ana no ka Limanui Kūloko

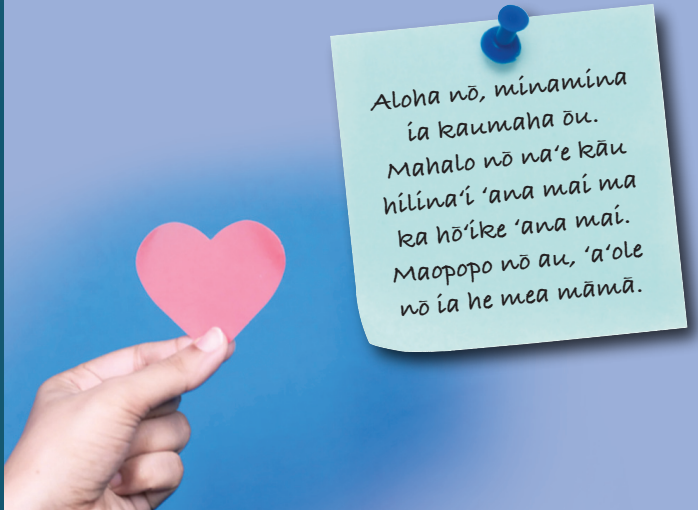
E 'imi paha ke kanaka pā i ka hana 'ino i hoa kama'āina (e kūkākūkā pū ai) ma mua na'e o ke kanaka lawelawe kōkua/kāko'o a pēlā nō ka māka'i. He mau 'okuhi kēia e kōkua ma ke kūkākūkā 'ana no ka ha'i 'ia 'ana no ka hana 'ino, a pehea e kāko'o kūpono ai ma ke kōkua 'ana i ke kanaka i pā i ka mō'eha'eha.

## E aho paha ka mālama malū

- E aho paha ka 'imi 'ana i kahi ka'awale i kūpono i ke kūkākūkā malū, inā nō paha aia i ke ākea.
- Mai kūkākūkā ma kahi o ke kanaka nāna ka hana 'ino i 'ole e lohe 'ia e ia. E ne'e paha i kahi e maopopo le'a ai, e lohe 'ole 'ia ka pāpā'ōlelo.
- E mālama malū 'ia ka 'ike i ho'oka'a 'ia mai me ka maka'ala.
- Koi 'ia nō paha ka hō'ike kūhelu i mālama kānāwai; aia nō paha i ke 'ano o kāu 'oihana a i ke 'ano o kou pilina me ke kanaka nāna ka ha'i mai.
- E ho'ākāka mua nō na'e i kou kuleana ma ka hō'ike kūhelu i maopopo le'a i ke kanaka nāna ka ha'i mai.
- Mai ha'i wale na'e iā ha'i i ka 'ike i ho'oka'a 'ia mai me ka 'āpono 'ole 'ia e ke kanaka i pā i ka hana 'ino. I mea nō ia e palekana ai a e mālama 'ia ai ia kanaka i pā i ka hana 'ino.

## E hilina'i

- E aho paha ka hō'ike le'a 'ana i kāu kāko'o ma o ka 'ōlelo. E 'imi nō paha ke kanaka i pā i ka hana 'ino i ke kōkua ma muli o ka hilina'i 'ia.
- E hō'īo i ka 'ike i ho'oka'a 'ia mai i loko nō paha o ke alapine; inā he kūmau ia, a i'ole, inā ua hana 'ia ma ka wā i hala. 'O ia minamina nō na'e ia o ke kaumaha o ka pā 'ana i ka hana 'ino.

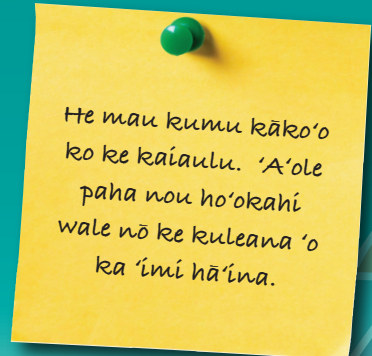


Aloha nō, minamina  
ia kaumaha ou.  
Mahalo nō na'e kāu  
hilina'i 'ana mai ma  
ka hō'ike 'ana mai.  
Maopopo nō au, 'a'ole  
nō ia he mea māmā.

## E pane

- E waiho aku i nā koho na ke kanaka i pā i ka limanui e ho'oholo i ke koho i kohu iā ia. E hāpai a'e i nā kumu kāko'o. He mau kumu kāko'o ko kēlā me kēia kalana ma Hawai'i pae'āina nei. E 'imi i nā kāko'o ma [hscadv.org/get-help](http://hscadv.org/get-help).
- E kālele ma luna o nā ke'ehina e pono ai ke ola a e kō ai ka makemake o ke kanaka pā i ka hana 'ino. E aloha menemene a e hō'ike le'a i ke kāko'o. Na ke kanaka i pā i ka hana 'ino e ho'oholo i ke ala kūpono o mua. 'A'ole paha e mākaukau ana ia kanaka i ka moku 'ana o ka piko o kāna pilina ipo, a nou ke kuleana 'o ke kāko'o i loko nō paha o kāu kūrē i kā ia i ho'oholo ai. Maopopo nō 'o ia i ke ala i kūpono i kona nohona.
- E hō'oiia paha i ke kulekele o kāu 'oihana no ka hō'ike kūhelu 'ana. He kuleana nō paha ka hō'ike kūhelu; aia paha i kāu 'oihana a i ke kūlana makahiki o ke kanaka i pā i ka hana 'ino.

- E kōkua ma ka ho'olālā 'ana i ka papa ho'olālā palekana. E wae i nā wahi malu o ka hale e pakele ai i ka hana 'ino 'ia 'ana i palekana i ka wā pōpilikia. E ho'okohu i mau hoa aloha nāna ke kōkua/kāko'o i ka wā e 'imi 'ia ai ke kōkua/kāko'o.
- 'A'ole nou ke kuleana 'o ka ho'oponopono i ke kūlanalana o ka nohona o ke kanaka i pā i ka hana 'ino. 'A'ole paha e maopopo le'a 'ia nā hā'ina e ho'oponopono 'ia ai kona kūlanalana.



He mau kumu kāko'o  
ko ke kaiaulu. 'A'ole  
paha nou ho'okahi  
wale nō ke kuleana 'o  
ka 'imi hā'ina.