

# THE MANAAKI MANUAL

by Whaea Mere





## DISCLAIMER:

*The Manaaki Manual by Whaea Mere serves as a guide for hosting events safely where alcohol is served and consumed. This should not substitute professional, medical or legal advice. Hāpai te Hauora does not accept any responsibility for any consequences that may arise from the use of the information provided within The Manaaki Manual by Whaea Mere.*



TABLE OF CONTENTS

Te horopaki aronehe: Te iwi Māori me te waipiro - Historical context: Māori and alcohol 6

Te waipiro me te ao hurihuri - Alcohol harm today 7

Te inu me te hoko waipiro – Consuming and purchasing alcohol 8

    Venues (e.g. Bars, Restaurants, Clubs) 9

    Private Functions 10

    Public spaces 10

Ētahi kupu āwhina – Practical tips 12

    Kai 13

    Transport 14

    Sleeping arrangements 15

    Out and about 15

    Safeguarding our tamariki 16

    Music 17

    Drinking culture 18

    Alcohol poisoning 18

    First aid advice 19

Ngā Ture (Laws, Penalties and Fines) 20

    Legal Alcohol Limits 20

    Noise Control 21

    Liquor Bans 21

Summary of Penalties/Fines 22

Acknowledgements 23



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4



## FORWARD FROM WHAEA MERE:

The Manaaki Manual by Whaea Mere is a guide for whānau hosting parties. The aim is to inform whānau by providing general advice and tips. We hope the content in this rauemi guides whānau to make safe decisions and drink responsibly.

*I'm not here to tell you not to go to the whānau party, the papara kauta, or drink alcohol at home. But if you do, then safety must come first for yourself, your whānau, and your hapori.*



# TE HOROPAKI ARONEHE: TE IWI MĀORI ME TE WAIPIRO HISTORICAL CONTEXT: MĀORI AND ALCOHOL





Before the arrival of Pākehā in Aotearoa, Māori only drank wai Māori (natural water). When Pākehā introduced alcohol, our tīpuna didn't hold back about their distaste for this, and it was aptly named 'waipiro' (stinking water). It is important to note that the uptake of waipiro was different across te iwi Māori, with some adopting it into their lives more quickly than others. Over time, more Māori began consuming alcohol, reaching a peak in the 1850s. I ēnei rā, alcohol and the associated harm is a ngangara that has gripped our people, it fuels intergenerational trauma and abuse cycles that whānau experience in the present, with the patterns of alcohol-related harm among Māori in Aotearoa intimately tied to colonisation.

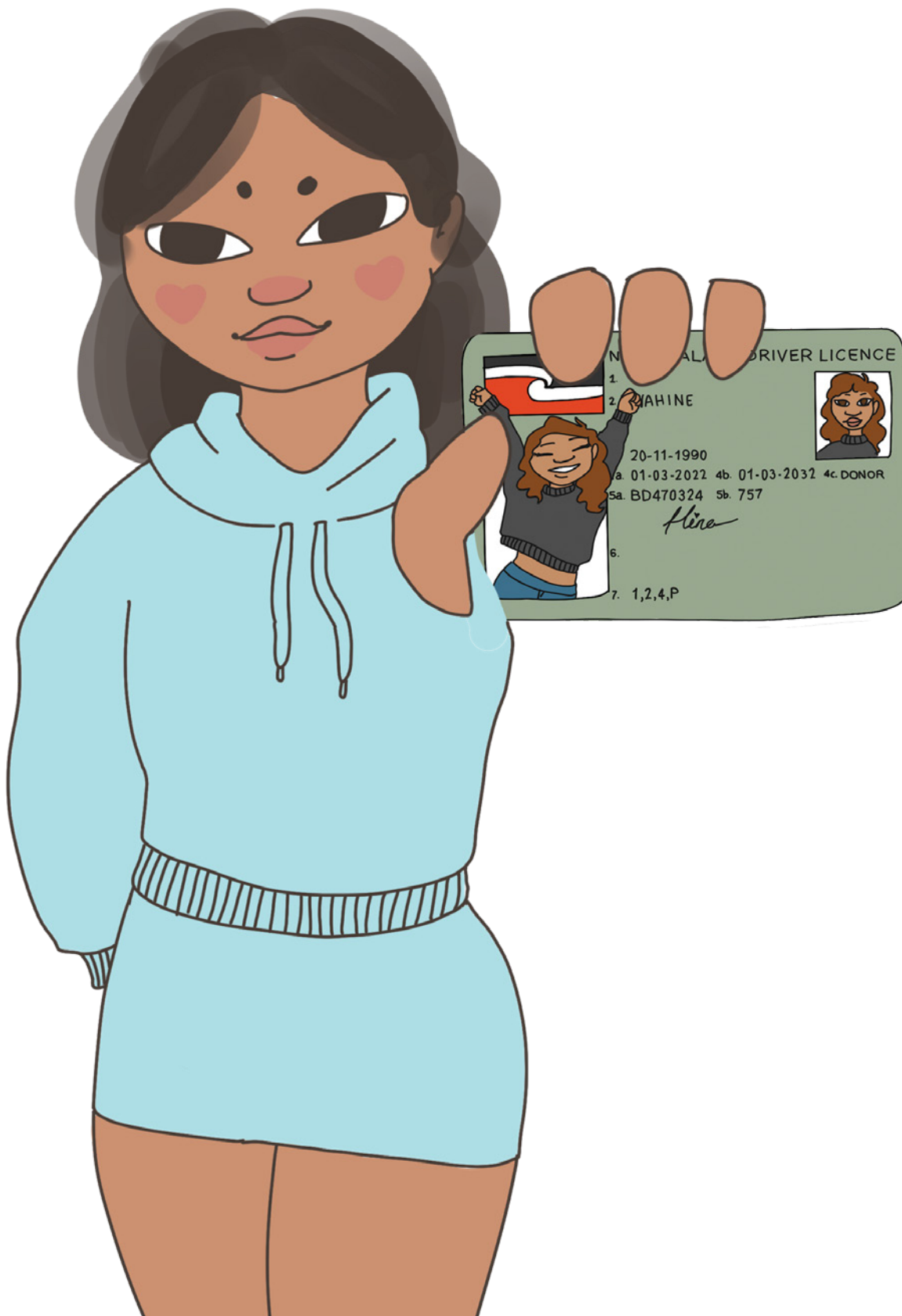
## TE WAIPIRO ME TE AO HURIHURI - ALCOHOL HARM TODAY

Alcohol is the most used substance in Aotearoa, with almost 80% of New Zealanders drinking at least once a year. Out of the 80 per cent, Māori are 1.79 times more likely to be considered hazardous drinkers. Thus, Māori are more likely to suffer higher rates of alcohol-related harms, including chronic health diseases and mental health issues. Beyond these health consequences, hazardous alcohol use can lead to significant societal burdens, such as whānau breakdowns, economic deprivation, criminal offences and re-offending, housing challenges, employment issues, and stigmatisation.





# TE INU ME TE HOKO WAPIRO CONSUMING & PURCHASING ALCOHOL





## VENUES (E.G. BARS, RESTAURANTS, CLUBS)

If you are 18 years or older you can enter any licensed venue and buy and drink alcohol.

- Make sure to have your ID on hand

### ▶ APPROVED ID:

- Any current passport.
- A current New Zealand driver's licence.
- An 18+ card - 18+ cards are no longer available, however if you have one it is valid for 10 years from the date of issue.
- A Kiwi Access card – The Kiwi Access card replaces the 18+ card and is available for both NZ residents and foreign visitors.

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## UNDER 18 (WITH A LEGAL PARENT OR GUARDIAN)

### ▶ YOU CAN:

Drink alcohol in a supervised area where kai is served (restaurant, family lounge bar). But your parents or guardian must buy it for you.

### ▶ YOU CANNOT:

- Purchase alcohol.
- Enter a restricted area of any licensed premises (Example: Some pubs have pokies; this is a restricted area for under 18s).





# PRIVATE FUNCTIONS

When hosting, make sure your friends and whānau are drinking safely and responsibly. Alcohol can be served to young people under 18 at a private party if they have consent from a parent or guardian.

## ▶ WHAT IS A PRIVATE FUNCTION?

- Guests need to be invited personally.
- Anyone (including parents) who supplies alcohol to a person under the age of 18 years must do so responsibly.

# PUBLIC SPACES

A public space is defined as 'anywhere accessible to the general public'. Examples include; beaches, parks, public gardens, roads, footpaths, and public squares.

It is illegal for rangatahi under 18 to drink in public spaces. Anyone under 18 found drinking in a public place without a parent or guardian will receive a \$200 fine.

If you breach a local alcohol ban, you can also receive a \$250 fine.







# ĒTAHI KUPU ĀWHINA PRACTICAL TIPS

Have you had enough to drink?

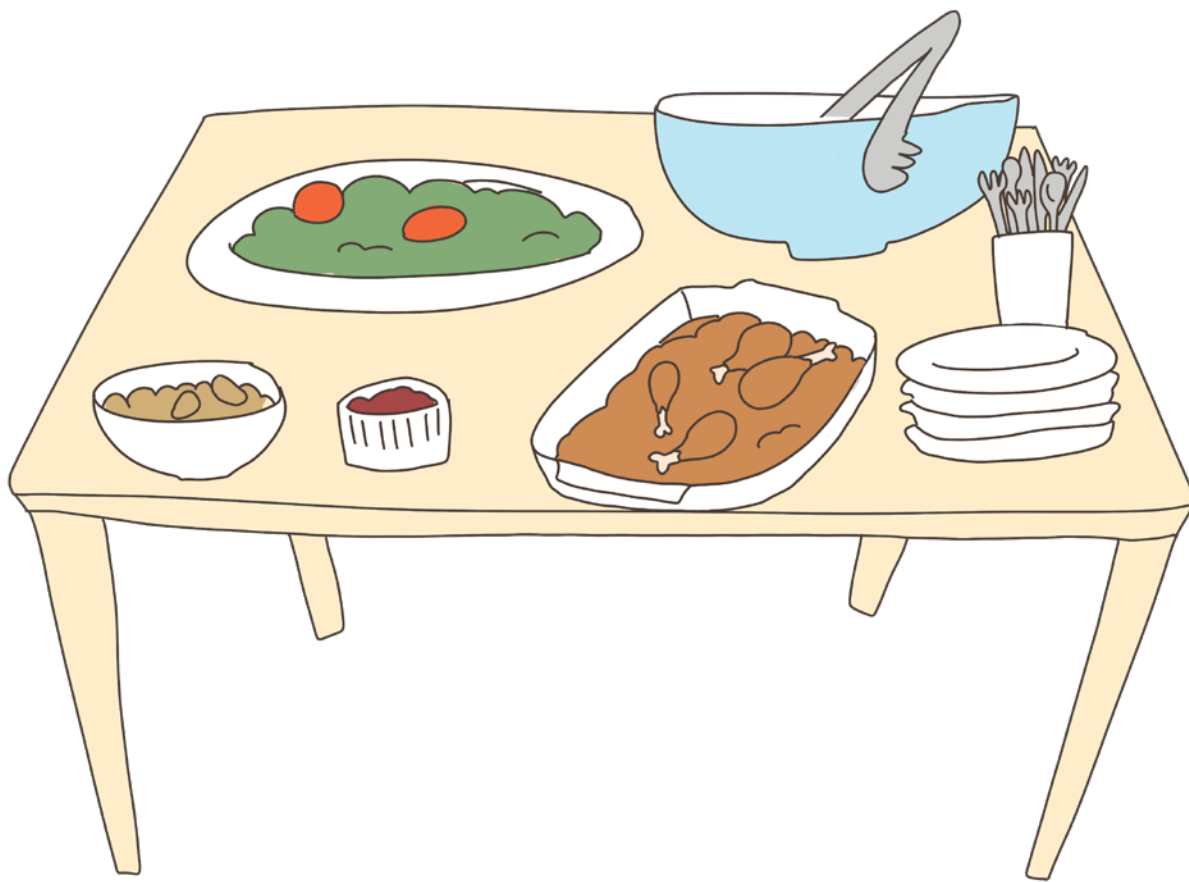
E karanga ana tō moenga ki a koe? Is your bed calling you?

- Are you or your mates spewing?
- Lost control of your neck?
- Slurred speech?
- Arguing with everyone?
- Can't walk anymore?
- Falling over?
- Spilling your drinks?

If you answered yes to any of these then perhaps you have had a little too much to drink e hoa, and it's time to make your way home and into bed!

Use these pātāi  
to check the vibes  
of your private  
function or  
night out:





## KAI

As a host, you should manaaki your guests by providing kai, especially when there is alcohol involved. Eating helps absorb the alcohol into the toto more slowly, reducing the risk of overconsumption and lowering your chances of becoming too haurangi. Kai also encourages a more enjoyable drinking experience which can create a safer environment for whānau.

- DO NOT cook while under the influence/intoxicated by alcohol (or other drugs) – Prepare your kai in advance!
- Make sure you have enough kai for all your manuhiri, it is better too much than not enough.
- Make sure kai is easily accessible (let everyone know where it is).
- Make sure there are water and other non-alcoholic drinks/alternatives available.







# TRANSPORT

It's important to make sure you have a safe ride home when you're drinking so you can have a good time without putting yourself or your whānau at risk. Do not drink and drive! When you are hosting, it's a good idea to make sure your friends and whānau have a ride home to keep things under control. Being a responsible kaimanaaki (host) means you can enjoy your night without any raruraru.

- Arrange sober driver/s – remember to manaaki your sober d and chip in for gas!
- Help whānau organise safe transport before the event starts.
- If there are no available drivers, help your mates get an uber/taxi home.

# OUT AND ABOUT

If you are going out to a pub, club, or party, you can avoid risky situations and plan to keep yourself and your friends/ whānau safe:

- Encourage friends and whānau to have fully charged phones before heading out - there's nothing worse than trying to message someone with 1% left!
- Have a place to meet up with your friends if you get separated - there's always one!
- Make sure you're going home with the same number of people you started with (unless organised otherwise).
- Don't wander off from your friends when out and about. It's easy to lose people in clubs so always let your friends know when there is a change of plans.
- Be aware of the risk of drink spiking - don't leave your drink unattended or accept any drinks that you haven't personally seen poured, especially from strangers.
- Keep to main streets and well-lit areas.





## SAFEGUARDING OUR TAMARIKI

Keeping tamariki safe from environments where alcohol is present is essential to ensuring their well-being and healthy development. Exposing tamariki to alcohol-related environments at a young age can have lasting impacts on their perception of alcohol, influencing their attitudes and behaviours in the future. By safeguarding them from such environments, we create spaces that prioritise their innocence, mental health, and overall safety.

- Keep tamariki away from the drinking environment and alcohol
- Have things set up for tamariki - kai, games and entertainment.
- Make sure you have a trusted sober adult that can supervise.

## SLEEPING ARRANGEMENTS

- Consider preparing additional sleeping arrangements - marae styles work a treat!



# MUSIC

Music can affect tension, mood, and mental clarity! So be sure to choose the songs that match the vibes you want.

Emotional songs with strong lyrics might intensify feelings, potentially leading to overly emotional or dramatic conversations.

High-energy music can amplify the mood at a social gathering involving alcohol, creating an atmosphere of joy and celebration. People may feel more relaxed and sociable, fostering connections and enjoyable conversations.





# DRINKING CULTURE

Preloading, also known as pre-drinking, is when you consume alcohol quickly to become as drunk as possible before heading out. This is a common practice that fuels the binge-drinking culture in Aotearoa. Let's be honest, pre-drinking and playing drinking games are just different ways to binge drink! This can cause things to get messy for you and your friends/whānau.

## ► DANGERS OF PRE-DRINKING

- It's no secret that pre-drinking encourages peer pressure-based alcohol use.
- It's all fun and games until you end up vomiting in a bush, memory loss or blacking out, or worse, injury!
- It can lead to alcohol poisoning.
- Regular binge drinking/consumption of alcohol can lead to the development of an addiction.

## ► TIPS

- Pace your drinks, put your glass down in between sips.
- Pull out some board games.
- Alternate with water in between drinks.
- Eat some kai.

# ALCOHOL POISONING

Symptoms and signs (Note: Not all may be present)

- |  |  |
|--|--|
| • Drowsiness, loss of coordination and collapse      | depression                                     |
| • Confusion or hallucinations                        | • Nausea or vomiting                           |
| • Mood changes including excitability, aggression or | • Seizures                                     |
|  | • Evidence of poisons, containers, smells, etc |



# FIRST AID ADVICE

## ► IN ANY EMERGENCY:

1. Quickly evaluate the situation.
2. Assess your surroundings to identify and manage risks for yourself and others.
3. Call for assistance when needed.

## ► DEPENDING ON THE SITUATION:

1. If the individual is unconscious, dial 111 for an ambulance.
2. If they are breathing normally, place them on their side in a supported position and ensure their airway is open and clear.
3. If the person is unresponsive and not breathing normally, call 111 for an ambulance and start CPR.





# NGĀ TURE (LAWS, PENALTIES AND FINES)

## ► IMPORTANT THINGS TO REMEMBER ARE:

- You can only buy alcohol from licensed places.
- Don't drink alcohol in public places like parks or beaches.
- It's illegal to drive while under the influence, so don't do it!
- Don't buy alcohol for people under 18 years old unless you are their parent/guardian.
- Don't drink alcohol in a car or in public spaces from 10 pm to 7 am.
- It's illegal to give alcohol to someone who is visibly drunk.

## ► LEGAL ALCOHOL LIMITS

**Breath Alcohol Limit:** Drivers aged 20 years and over must not have more than 250 micrograms (mcg) of alcohol in one litre of breath.

**Blood Alcohol Limit:** Drivers aged 20 years and over must not have more than 50 milligrams (mg) of alcohol in every 100 millilitres (ml) of blood.

The number of standard drinks that would put you over the legal limit can vary based on factors such as your body weight, metabolism, and the alcohol content of the drinks you consume.

For an average adult, consuming even one standard drink can potentially put them close to or over the legal limit. It's always safer to avoid alcohol altogether if you plan to drive. If you're going out and consuming alcohol, consider using alternative transportation options like a designated driver, public transportation, or ridesharing services to ensure your safety and the safety of others on the road.





## ► NOISE CONTROL

Under the Resource Management Act (RMA), you are not allowed to make "excessive" noise and must ensure noise from your whare doesn't reach an "unreasonable" level.

If your party becomes too loud, goes on too late, or both, your neighbours have the right to call the noise control officer at your local council. The officer may show up and give you a warning to keep the noise levels down for up to 72 hours. However, if the noise starts up again after they leave, the officer can return with the police and take the equipment making the noise like your stereo! So, it's best to keep things chill and be considerate of your neighbours to avoid any noise-related trouble.

### TIPS

- Let your neighbours know you will be having a party.
- Keep the volume of music and other loud activities at a reasonable noise level.
- Lower volume after 10 pm.
- Limit the use of outdoor speakers and other loud sound systems.
- Keep windows and doors closed to reduce noise from escaping.
- Avoid using things like fireworks, firecrackers, or any other loud noise-making devices.
- Be mindful of how you park in residential areas.
- Let your whānau know they can't be too noisy because of noise limits.

## ► LIQUOR BANS

### WHAT IS A LIQUOR BAN?

Liquor bans/Alcohol bans are also known as alcohol-free zones. Drinking and possessing liquor are not allowed in any public place, including in your car, where there is a liquor ban. These bans exist to protect and improve the safety of our communities.

### What are the exceptions? Bans do not apply to:

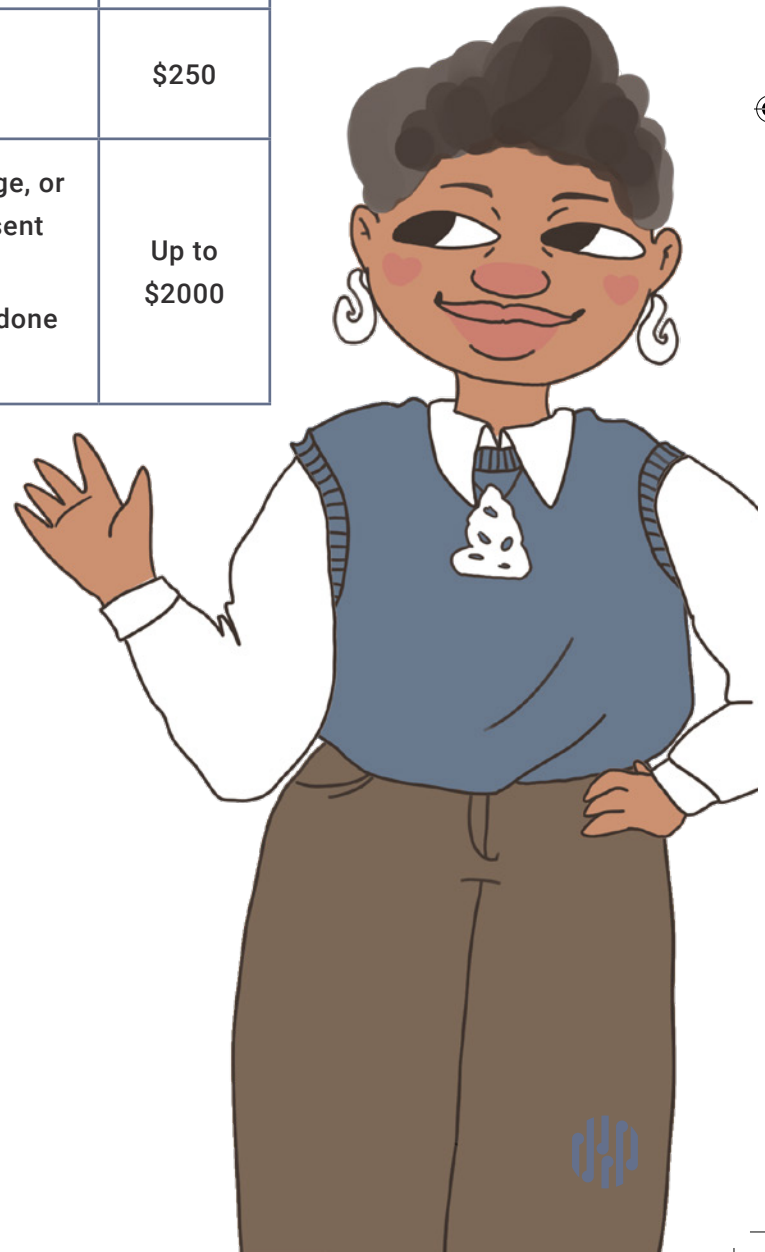
- Liquor being carried in unopened containers from licensed premises like a supermarket or off-license to your home, private property, or a restaurant.
- Areas covered by a liquor license, for example, an event with a special license or outside dining areas (if they have an on-licence). On-licenses usually apply until 10 pm, after that time, the area becomes part of the rest of the liquor-ban area if it's inside a liquor-ban area.





## SUMMARY OF PENALTIES/FINES

ALCOHOL OFFENCES	AMOUNT
Buying alcohol underage	\$250
Presenting false evidence of age	\$250
Being in a restricted or supervised area underage	\$250
Anyone under 18 found drinking in a public place not accompanied by a parent or guardian	\$200
Breaching a local alcohol ban	\$250
Supplying a minor (a person of 17 years of age, or younger) with alcohol without express consent  If you are the parent or guardian, it must be done safely and reasonably.	Up to \$2000





# ACKNOWLEDGEMENTS

## TUREHOU MĀORI WARDENS

In the creation of The Manaaki Manual by Whaea Mere, we would like to express our heartfelt gratitude to Turehou Māori wardens whose wisdom and expertise have been our guiding compass throughout the development of this resource. The commitment to sharing knowledge and experiences has not only enriched this resource but has also ensured that it truly reflects the voices and aspirations of whānau Māori.

## WHĀNAU

Designed with care and expertise, it is our hope that you will find the information within this booklet to be helpful but also a source of support and guidance for you and your loved ones. We have crafted this resource with the well-being of whānau in mind, and it is our sincere wish that it meets your needs.





HĀPAI TE HAUORA  
MĀORI PUBLIC HEALTH



THE  
MANAAKI  
MANUAL

by Whaea Mere