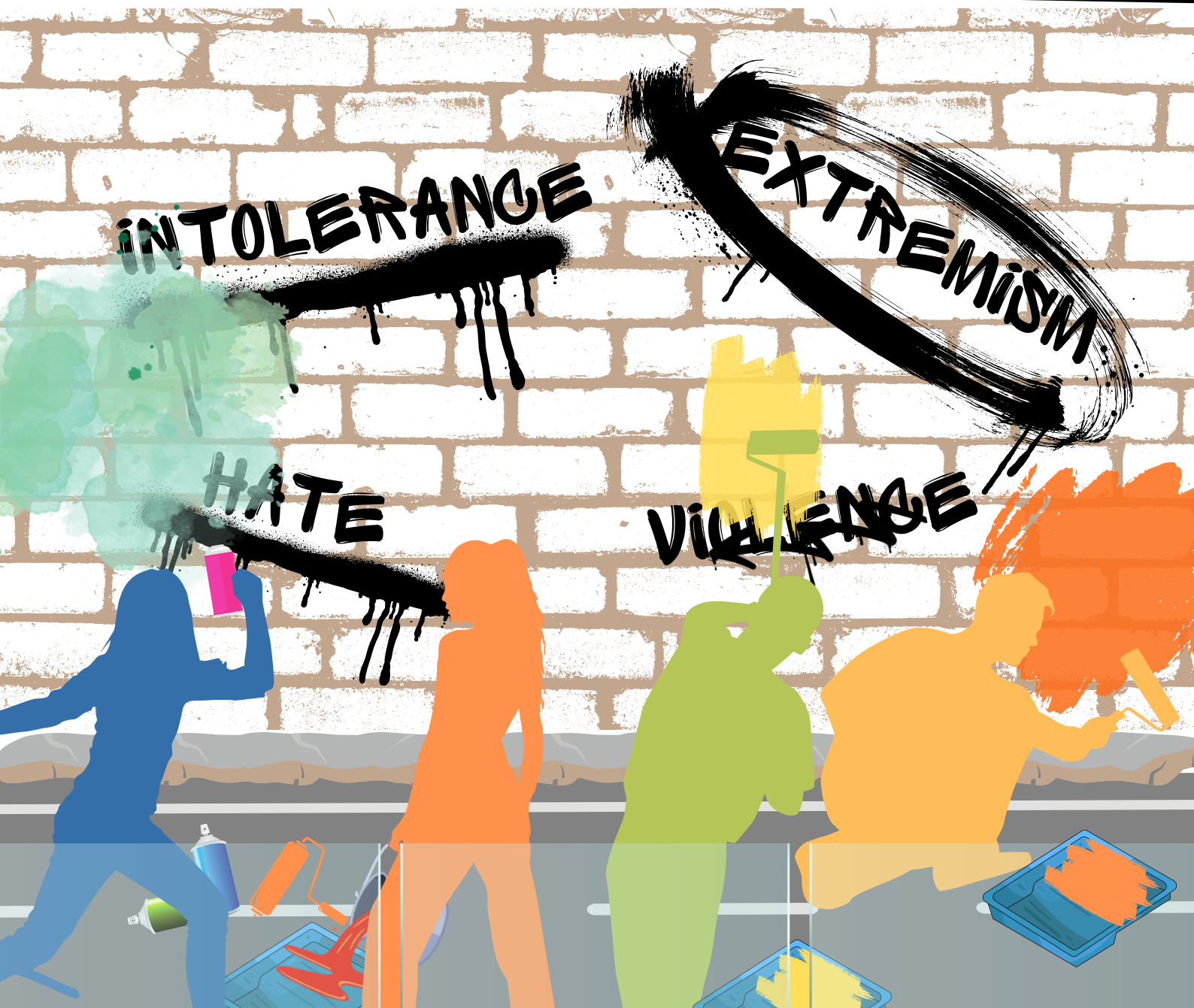


TALKS THAT MATTER: PREVENTION OF HATE & VIOLENT EXTREMISM

Tips for Parents, Caregivers &
Whānau



This resource was developed with support from the PCVE Strategic Grants Fund, established in response to the Royal Commission Inquiry into the 2019 Christchurch Mosque attacks.

This PDF is an additional resource that accompanies the Talks that Matter video for parents, caregivers & whānau.



Why These Conversations Matter

- Just like we talk about road, water, alcohol and drug safety, we must also talk about about hate, online harm and violent extremism.
- These conversations build resilience and help our tamariki and rangatahi recognise and reject harmful ideologies.



Before You Start the Conversation

- Reflect on your own values and emotional triggers.
- Talk to another adult if you're feeling anxious or unsure.
- This is most likely not a one-off chat; ongoing conversations matter.



Create a Safe, Open Space

- Listen without judgment; our tamariki and rangatahi need to feel heard.
- Silence, dismissal or pushing too hard can lead to alienation or withdrawal.
- Stay calm and open, even if their views are concerning; help them critically reflect.
- Model how to respectfully explore different opinions.



Timing is Everything

- Avoid tough conversations when tired, rushed, or distracted.
- Try talking while walking, driving, or doing an activity together; it can make things feel less intense.



Starting Points for Discussion

- Begin with broader topics like diversity, values and worldviews.
- Use natural lead-ins like a TV show, news story, or online post.
- Ask what they've seen or heard in school, social media and while gaming.



Helpful Questions to Encourage Empathy

- What makes you say that?
- Can you explain, or give an example?
- How might someone else feel in that situation?
- Is that a fact or an opinion?
- Do you think that could reinforce a stereotype?
- Would you want someone to say that about you?



If Things Get Heated

- It's okay to say "Let's take a break and come back to this".
- You don't need all the answers; be honest and offer to learn together.



Building Empathy and Awareness

- Encourage critical thinking about misinformation, disinformation, clickbait, and polarisation.
- Talk about real-world consequences, such as the Christchurch Mosque Attacks.
- Promote awareness of harmful mindsets like "us vs them", dehumanisation and radicalisation.



Encourage Positive Action

- Support volunteering or connecting with diverse groups and positive causes.
- Use tools like the [Mosaic Cards](#) to talk about racism and prejudice.
- Keep checking in; let them know you're always there to talk to.



Further Resources

- Autism NZ provide a [Resource Pack](#) to support our autistic communities, who face a different type of vulnerability online.
- Some useful organisations for our tamariki and rangatahi offering support and free counselling include:
 - [0800What's Up](#)
 - [Youthline](#)
 - [Need to Talk](#)

Having these conversation won't just keep your teen safe, it helps protect all of Aotearoa New Zealand from the spread of hate and violence. Empathy, understanding and being heard are our best tools for lasting change.