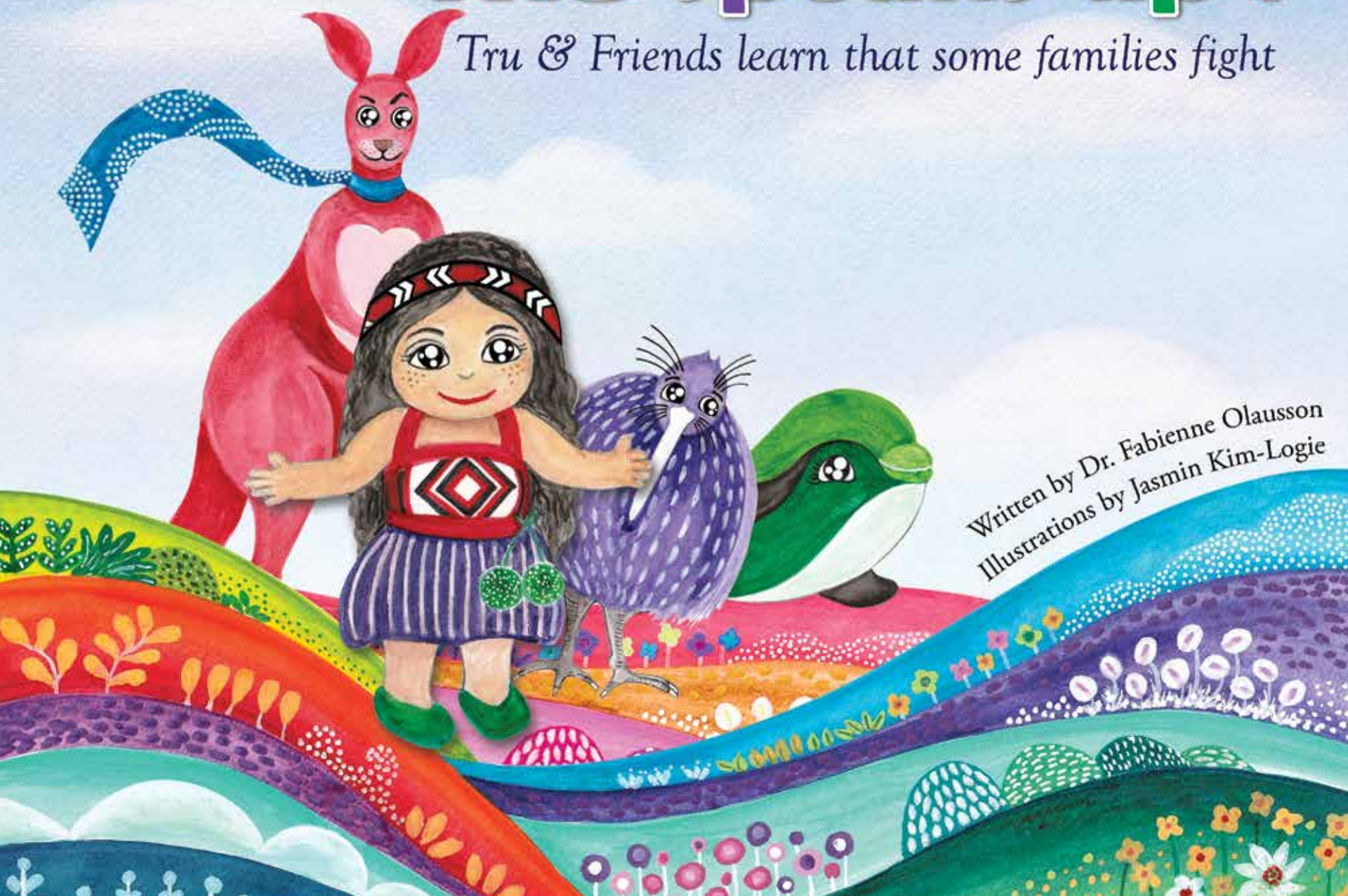


TRU speaks up !

Tru & Friends learn that some families fight



*Written by Dr. Fabienne Olausson
Illustrations by Jasmin Kim-Logie*



Dedication

Takoha

For every child who needs a safe voice.

Mō ia tamaiti e hiahia ana ki tētahi reo haumarū.

For every teacher who listens.

Mō ia kaiako e whakarongo ana.

For every heart that cares.

Mō ia ngākau e manaaki ana.

Published by Toff Trading Publishing
Distributed by The Mustard Seed NZ Charitable Trust
Maori translated by Teresa Brown-Poching



This is Tru.

Ko Tru tēnei.

Tru is like many children.

He rite a Tru ki te maha o ngā tamariki.

She laughs, she plays, she learns, and
she feels big feelings inside.

Ka kata ia, ka tākaro, ka ako, ā, he nui ōna kare ā-roto.

Tru has three special friends who
help her understand her feelings.

Tokotoru ngā hoa motuhake a Tru hei āwhina i a ia kia
mārama ki ōna kare ā-roto.



Rocco – the Brave Heart

Rocco – te Ngākau Māia

Rocco is strong and bold.
He kaha, he māia a Rocco.

He likes to be a leader and has a loud voice.
He pai ki a ia te ārahi, ā, he reo pakari tōna.

He stands up for others and
tries to protect the people he cares about.
Ka tū ia hei kaitautoko mō te hunga e arohaina ana e ia.



Gabi – the Gentle Helper

Gabi – te Kaiāwhina Ngohengohe

Gabi is soft, kind, and gentle.
He ngohengohe, he atawhai, he māmā a Gabi.

She loves helping others.
He pai ki a ia te āwhina i ētahi atu.

She notices when someone is sad and
tries to make them feel safe.
Ka kite ia mēnā he pōuri te tangata, ā, ka ngana ia ki te
whakamārie ia rātou.



Pax – the Deep Thinker

Pax – te Kait Whaiwhakaaro Hōhonu

Pax is shy and thoughtful.
He whakamā, he whakaaro nui a Pax.

He likes quiet spaces and sometimes needs time alone.
He pai ki a ia ngā wāhi mārie, ā, i ētahi wā ka hiahia
ia kia noho mokemoke.

He understands feelings deeply and
listens with his whole heart.
Ka mārama ia ki ngā kare ā-roto, ā, ka whakarongo
ia me tōna ngākau katoa.



Tru Feels Confused

Kei te rangirua Tru

Some mornings Tru feels scared.
I ētahi ata ka matakū a Tru.

Her tummy gets tight.
Ka kōpi tōna puku.

Her hands feel shaky.
Ka wiri ōna ringaringa.

She wonders if other children feel this way too.
Ka whakaaro ia mēnā e pēnei ana ētahi atu tamariki.



Rocco Leads

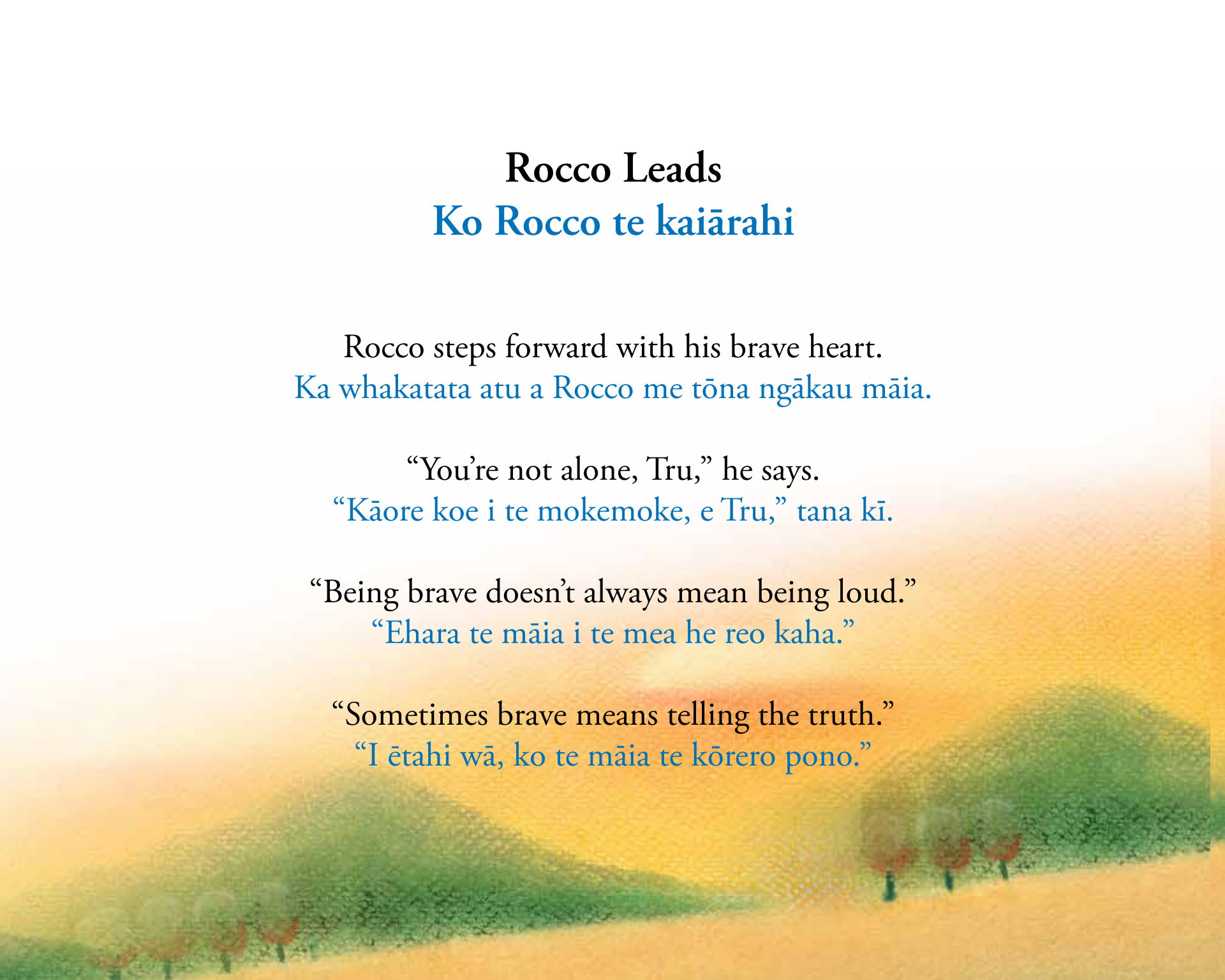
Ko Rocco te kaiārahi

Rocco steps forward with his brave heart.
Ka whakatata atu a Rocco me tōna ngākau māia.

“You’re not alone, Tru,” he says.
“Kāore koe i te mokemoke, e Tru,” tana kī.

“Being brave doesn’t always mean being loud.”
“Ehara te māia i te mea he reo kaha.”

“Sometimes brave means telling the truth.”
“I ētahi wā, ko te māia te kōrero pono.”



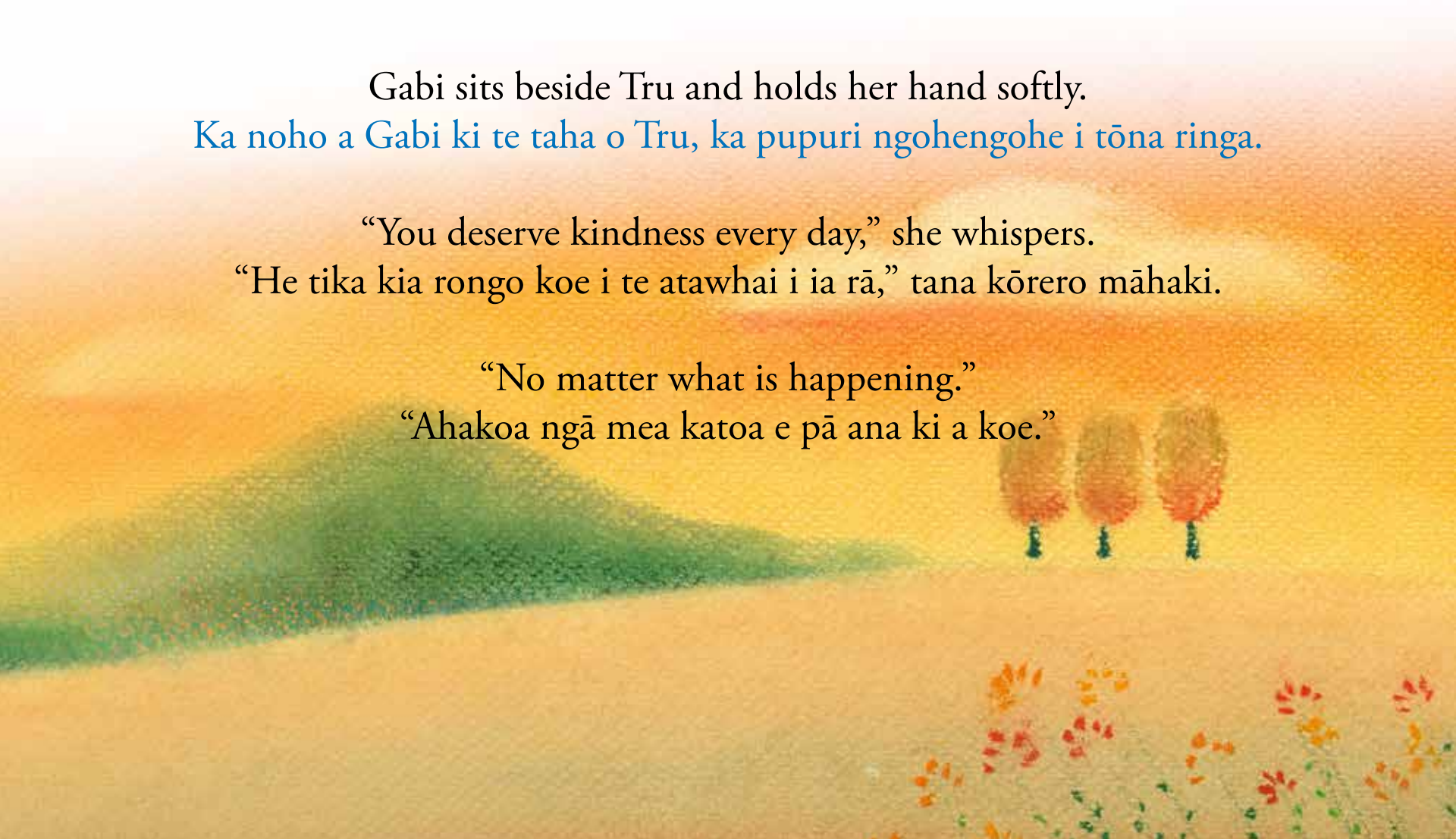
Gabi Comforts

Kei te whakamarie a Gabi

Gabi sits beside Tru and holds her hand softly.
Ka noho a Gabi ki te taha o Tru, ka pupuri ngohengohe i tōna ringa.

“You deserve kindness every day,” she whispers.
“He tika kia rongo koe i te atawhai i ia rā,” tana kōrero māhaki.

“No matter what is happening.”
“Ahakoa ngā mea katoa e pā ana ki a koe.”



Pax Understands Tru E Mārama ana a Pax ki a Tru

Pax stays quiet, but listens with his whole heart.

Ka noho puku a Pax, engari
ka whakarongo mā te ngākau katoa.

He notices feelings Tru cannot explain.

Ka kite ia i ngā kare ā-roto kāore e taea e Tru te whakamārama.

“Scary things at home can make
your heart feel mixed up,” he says.

“Ka pōkaikaha te ngākau mēnā he mea
matau kei te kāinga,” tana kī.



Tru Opens Up

Ka puaki te ngākau o Tru

“Sometimes the grown-ups in my home fight...”
“I ētahi wā ka tautohe ngā pakeke i tōku kāinga...”

“Sometimes they break things...”
“I ētahi wā ka pakaru ngā mea...”

“And sometimes someone gets hurt.”
“Ā, i ētahi wā ka whara tētahi.”

“Sometimes... they hurt me.”
“I ētahi wā... ka whara rātou i ahau.”

“It makes me scared and sad.”
“Ka matakū au, ka pouri hoki.”



“I don’t know what to do.”

“Kāore au e mōhio he aha māku e mahi.”

“They tell me I am not allowed to speak to anyone about this...”

“Ka mea mai rātou kāore au e āhei ki te kōrero ki tētahi atu
mō tēnei kaupapa...”

“Because it is a secret.”

“Nā te mea he mea huna.”

“They say I will get in trouble if I speak.”

“Ka mea mai rātou ka raru au mēnā ka kōrero au.”



Friends Reassure Tru

Ka whakataui i te ngākau o Tru o āna hoa

Gabi holds Tru's hand.
Ka pupuri a Gabi i te ringa o Tru.

Rocco sits close.
Ka noho pātata a Rocco.

Pax stays beside her.
Ka noho tonu a Pax ki tōna taha.

“Thank you for telling us,” they say.
“Ngā mihi mō te kōrero mai,” tā rātou.

“What happens at home is not your fault.”
“Ehara tēnā i tō hē.”



Feelings Can Be Big

He nui rawa ngā kare ā-roto

Sometimes Tru feels scared.
I ētahi wā ka matakū a Tru.

Sometimes she feels sad.
I ētahi wā ka pouri ia.

Sometimes she feels confused.
I ētahi wā ka pōkaikaha ia.

And sometimes she doesn't know what she feels at all.
Ā, i ētahi wā kāore ia e mōhio ki ōna kare.

That is okay. Feelings are never wrong.
Ka pai tērā. Kāore he hē o ngā kare ā-roto.



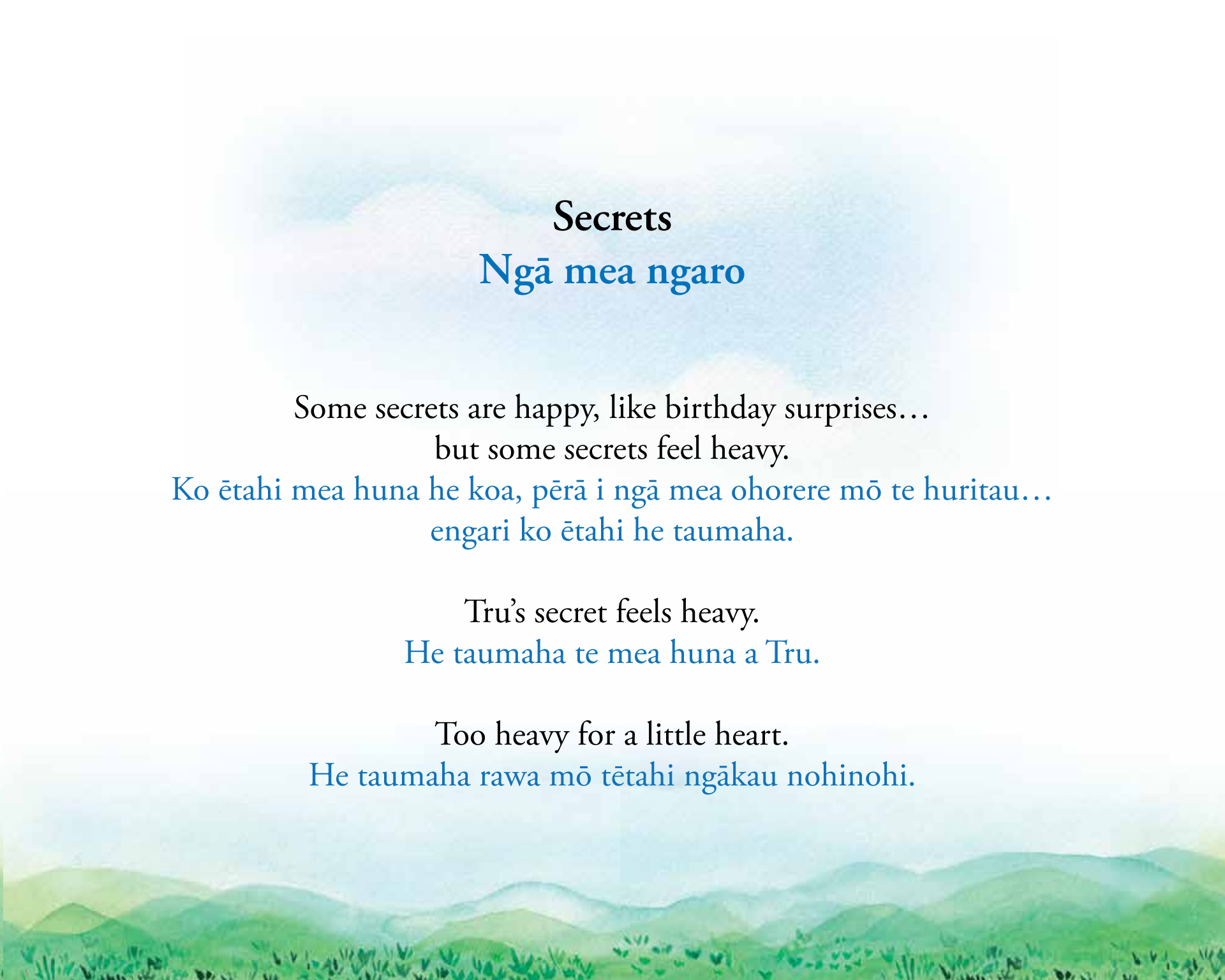
Who Are Safe People?

Ko wai ngā tāngata haumaru?

Safe People can be:

Mā ēnei tāngata koe e tiaki:

- Your teacher
- Tō kaiako
- A counsellor
- He kaitohutohu
- A nurse
- He nēhi
- A trusted neighbour
- He hoa tata pono
- A coach
- He kaiako hākinakina
- A friend's parent
- Te matua o tētahi hoa
- A grandparent
- Tō kuia, tō koroua
- Any adult who keeps you safe
- Tētahi pakeke e tiaki ana i a koe



Secrets

Ngā mea ngaro

Some secrets are happy, like birthday surprises...
but some secrets feel heavy.

Ko ētahi mea huna he koa, pērā i ngā mea ohorere mō te huritau...
engari ko ētahi he taumaha.

Tru's secret feels heavy.
He taumaha te mea huna a Tru.

Too heavy for a little heart.
He taumaha rawa mō tētahi ngākau nohinohi.

Safe People

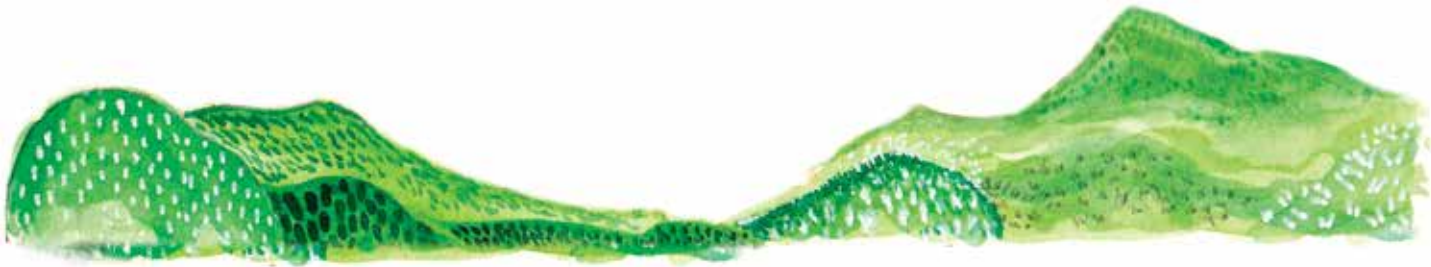
Ngā tāngata hau maru

“When big feelings happen,” Pax says,
“you can talk to a Safe Person.”

“Ina rahi ngā kare ā-roto,” tā Pax,
“ka taea e koe te kōrero ki tētahi Tangata Haumaru.”

A Safe Person is someone who listens, protects, and helps.

Ko te Tangata Haumaru tētahi e whakarongo ana,
e tiaki ana,
e āwhina ana.



Safe and Unsafe Secrets

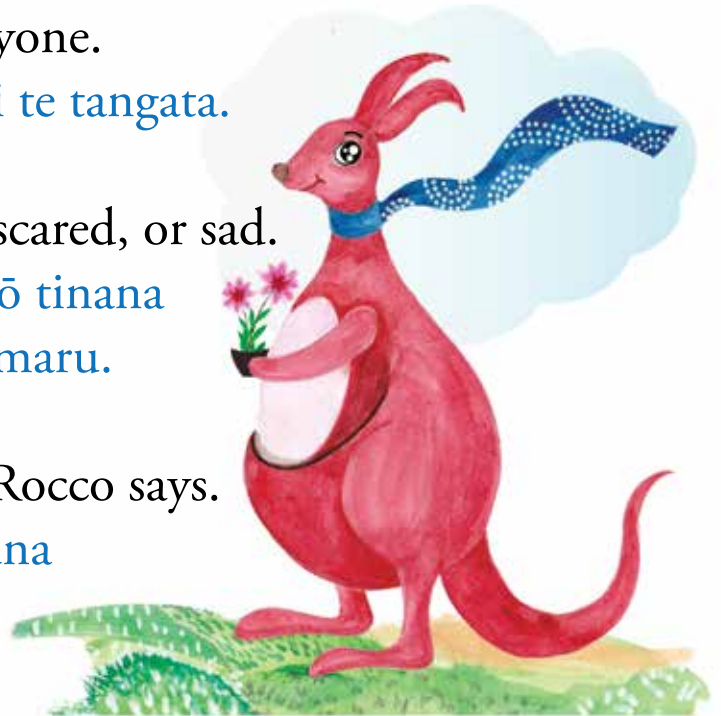
Ngā mea ngaro haumarū mea ngaro kāore i te hau maru

Rocco says, “There are two kinds of secrets!”
Ka kī a Rocco, “E rua ngā momo mea huna!”

Happy secrets never hurt anyone.
Kāore ngā mea huna harikoa e whara i te tangata.

Unsafe secrets make your body feel tight, scared, or sad.
Ka kōpi, ka matakū, ka pouri tō tinana
i ngā mea huna kore haumarū.

“Unsafe secrets must always be told,” Rocco says.
“Me kōrero tonu ngā mea huna
kore haumarū,” tā Rocco.



Gabi Explains Safety

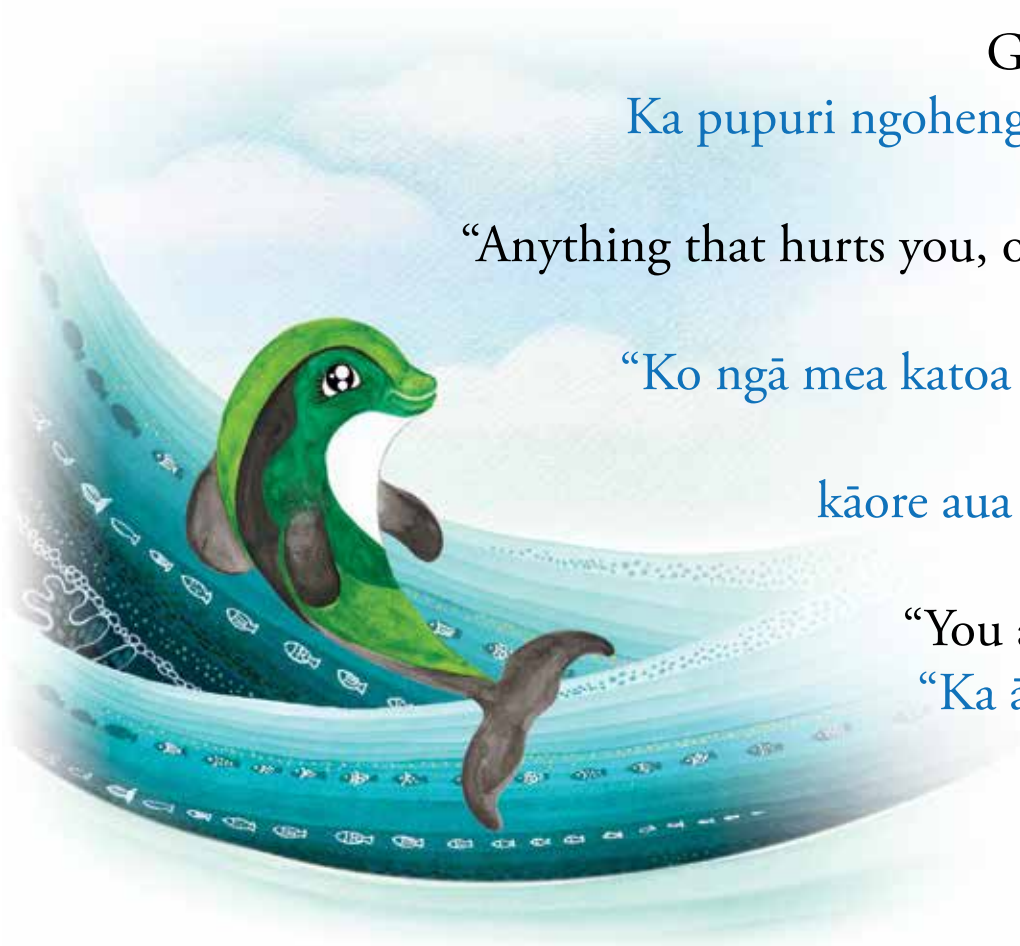
Ka whaka mārama a Gabi i te hau mara

Gabi holds Tru's hand gently.
Ka pupuri ngohengohe a Gabi i te ringa o Tru.

“Anything that hurts you, or hurts someone you love...
is not safe,” she says.

“Ko ngā mea katoa e whara ana i a koe, i tētahi
e arohaina ana e koe...
kāore aua mea i te haumaru,” tana kī.

“You are allowed to ask for help.”
“Ka āhei koe ki te tono āwhina.”



Pax Talks About Body Signals

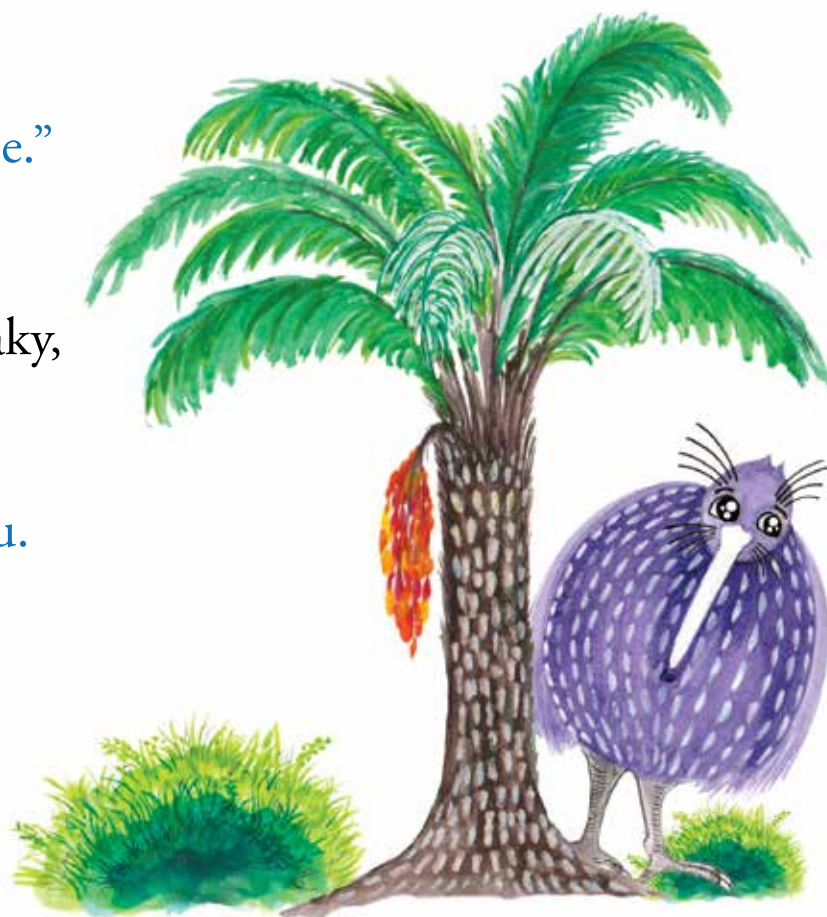
Ka kōrero a Pax mō ngā tohu o te tinana

Pax says, “Your body talks to you.”
Tā Pax, “Ka kōrero tō tinana ki a koe.”

When something is wrong,
your body might feel tight, hot, shaky,
or sick in the tummy.

Mēnā he mea hē, ka kōpi, ka wera,
ka wiri tō tinana, ka māuiui te puku.

These are your safety signals.
Ko ēnei ō tohu haumarū.



Tru's Big Courage Moment

Te wā māia nui a Tru

Tru takes a deep breath.
Ka hongī hohonu a Tru.

Her heart feels scared, but also a little strong.
He matakū tōna ngākau, engari he kaha iti hoki.

“I want to talk to a Safe Person,” she says.
“Kei te hiahia au ki te kōrero ki tētahi Tangata Haumaru,” tana kī.

Her friends smile proudly.
Ka menemene ōna hoa me te whakapehapeha.



Choosing a Safe Person

Te kōwhiri i tētahi tangata hau maru

At school, Tru thinks carefully. Who makes her feel safe?
I te kura, ka whakaaro marie a Tru. Ko wai hei whakahauora i a ia?

She chooses her teacher.
Ka kōwhiri ia i tana kaiako.

Her teacher always listens kindly.
He tangata atawhai tana kaiako, ā, ka whakarongo ia.

Tru walks up slowly... but bravely.
Ka hīkoi pōturi a Tru... engari he māia.



Tru Speaks Up Ka kōnero ake a Tru

“Can I tell you something?” Tru whispers.
“Ka taea e au te kōrero ki a koe i tētahi mea?” tā Tru.

Her teacher kneels down and smiles gently.
Ka tuku piko tōna kaiako, ka menemene māhaki.

“Yes, Tru. You can always talk to me.”
“Āe, e Tru. Ka taea tonu e koe te kōrero ki a au.”

And for the very first time, Tru tells someone her truth.
Ā, mō te wā tuatahi, ka kōrero a Tru i tōna pono ki tētahi tangata.

Safety

Hau maru

Hope

Tomanako

Aroha

Love

Patient

Manawainui

Truth

Pono

Kindness

Atawhi



How Each Friend Asks for Help

Me Pēhea te tono āwhaina a ia hoa?

Rocco – The Brave Heart

Rocco – Te Ngākau māia

Rocco asks for help by speaking strongly and clearly.
Ka tono āwhina a Rocco mā te kōrero kaha, mā te kōrero pū.

He might say: “I need help right now.”
Ka kī pea ia: “Kei te hiahia āwhina au ināianei.”

Even though he is brave,
he still needs safe people too.
Ahakoa he māia ia, e hiahiatia ana
e ia ngā tāngata haumarū.



Gabi – The Gentle Helper Gabi – Te kaiāwhina ngohengohe

Gabi asks for help softly and kindly.

Ka tono āwhina a Gabi i runga i te ngohengohe, i te atawhai hoki.

She might say: “Can you please help me? I’m feeling sad.”

Ka mea pea ia: “Tēnā, āwhinatia au. Kei te pouri au.”

She loves caring for others, but she needs care too.

He pai ki a ia te manaaki i ētahi atu,
engari e hiahia ana ia kia
manaakitia hoki.



Pax – The Deep Thinker

Pax – Te kaitoro whakaaro hōhonu

Pax asks for help quietly, sometimes with just a few words.

Ka tono āwhina a Pax i runga i te rangimārie,
i ētahi wā mā ētahi kupu poto noa iho.

He might say: “Can we talk?” or “I don’t feel okay.”

Ka mea pea ia: “Ka taea e tātou te kōrero?” rānei “Kāore au i te pai.”



He thinks deeply,

so he needs someone patient who listens.

He tangata whakaaro hōhonu ia,
nō reira ka hiahia ia ki tētahi tangata
manawanui hei whakarongo.

TRU - A Little Bit of Each Friend

A TRU - heiti nei nō ia hoa

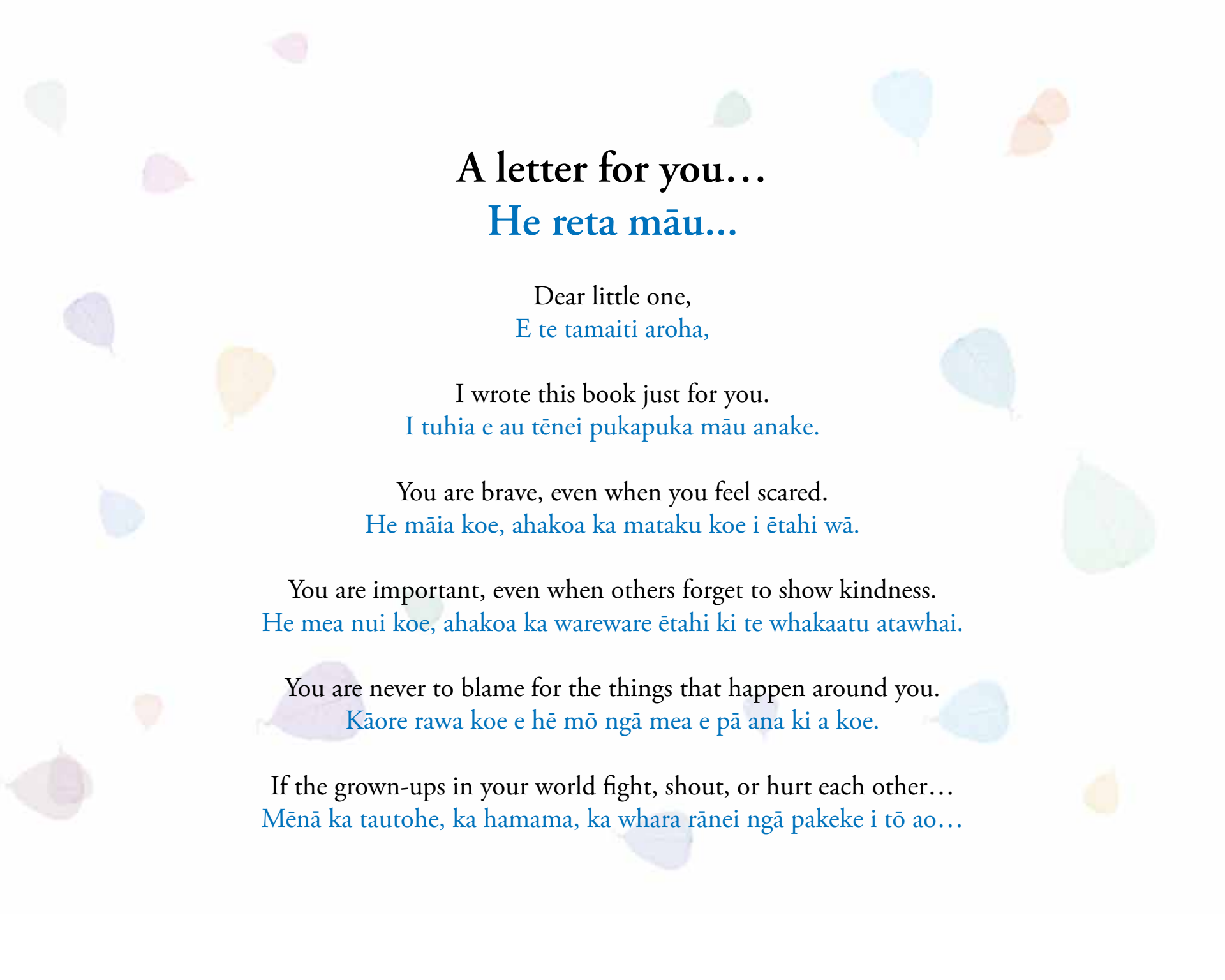
Equal children ask for help in different ways depending on how they feel that day.
Ka tonu āwhina ngā tamariki i ētahi nomo rerekē e ai ki tā rātou āhua i taua rā

Sometimes brave, sometimes gentle, sometimes quiet — all are okay.
I ētahi wā he māia, i ētahi wā he ngohengohe, i ētahi wā he puku — he pai katoa.

They might say: “I need help,” “I feel sad,” or “Can you listen to me?”
Ka kī pea rātou: “Kei te hiahia āwhina au,” “Kei te pouri au,”
rānei “Ka taea e koe te whakarongo mai?”

There is no wrong way to ask for help. Every voice matters.
Kāore he huarahi hē hei tono āwhina. He mea nui te reo o ia tamaiti.





A letter for you...

He reta māu...

Dear little one,
E te tamaiti aroha,

I wrote this book just for you.
I tuhia e au tēnei pukapuka māu anake.

You are brave, even when you feel scared.
He māia koe, ahakoa ka matakū koe i ētahi wā.

You are important, even when others forget to show kindness.
He mea nui koe, ahakoa ka wareware ētahi ki te whakaatu atawhai.

You are never to blame for the things that happen around you.
Kāore rawa koe e hē mō ngā mea e pā ana ki a koe.

If the grown-ups in your world fight, shout, or hurt each other...
Mēnā ka tautohe, ka hamama, ka whara rānei ngā pakeke i tō ao...

Your feelings are real. Your voice is important.

He pono ō kare ā-roto. He mea nui tō reo.

There will always be someone kind who will listen and help keep you safe.

He tangata atawhai tonu ka whakarongo, ka tiaki i a koe kia haumaruru.

This book is a little light for your heart —

a reminder that you matter in every way.

He rama iti tēnei pukapuka mō tō ngākau —
he whakamaumaharatanga he mea nui koe i ia wāhi o tō ao.

With all my love,

Arohanui ki a koe,

Fabienne

Nō Fabienne

Oranga Tamariki - Ministry for Children helpline: **FREEPHONE 0508 326 459 (0508 FAMILY)**



Welcome to your special activity pages!

**Your special friends
Tru, Rocco, Gabi, and Pax
are ready to join you on fun and
creative adventures.**

**Grab your colours and
let your imagination shine!**



Colour Me: Can you design and draw my outfit?

Who do you think you are?

This is TRU - My friend

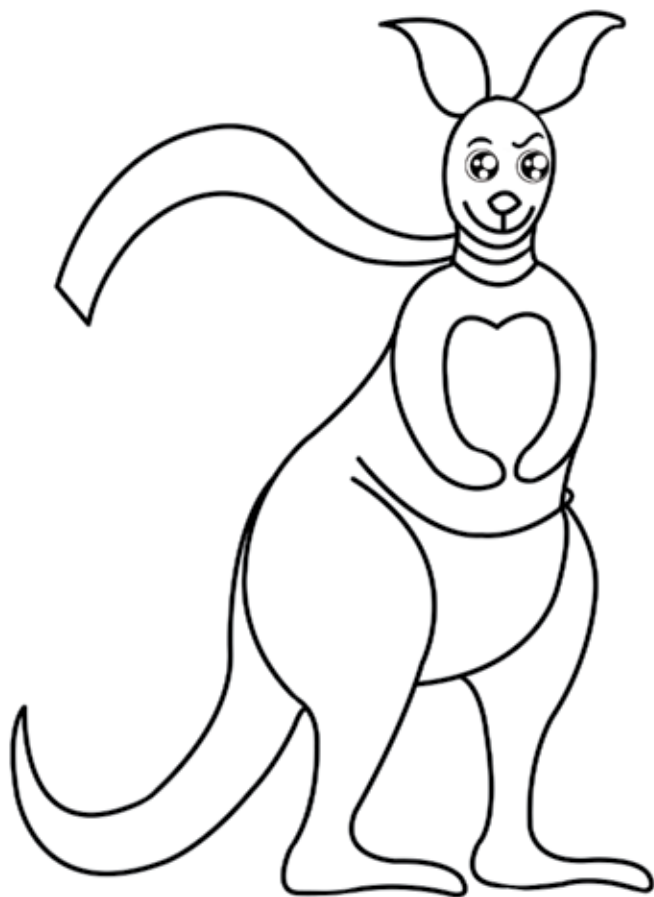




*Colour Me: Rocco's scarf makes him feel brave and strong.
Can you design your own special scarf to make you feel stronger too?*

Who do you think you are?

Rocco - The Brave Heart



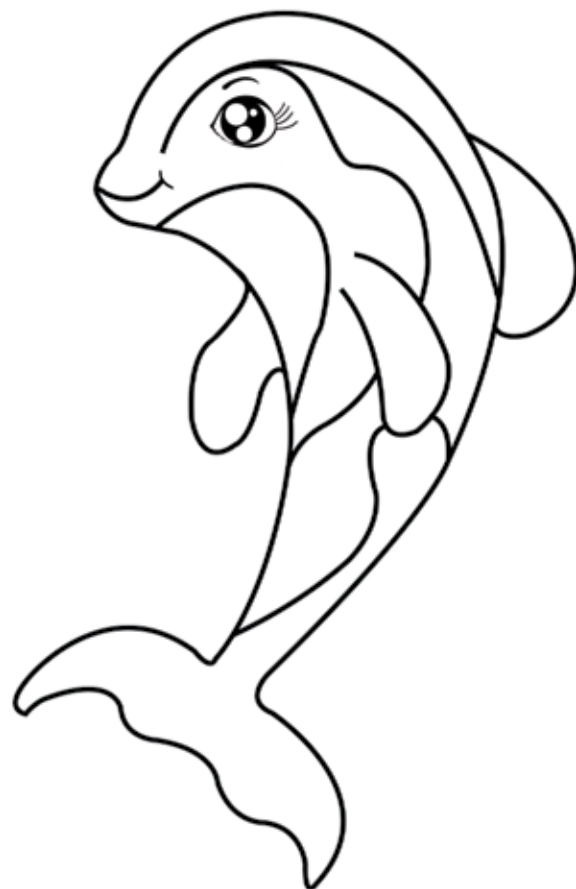
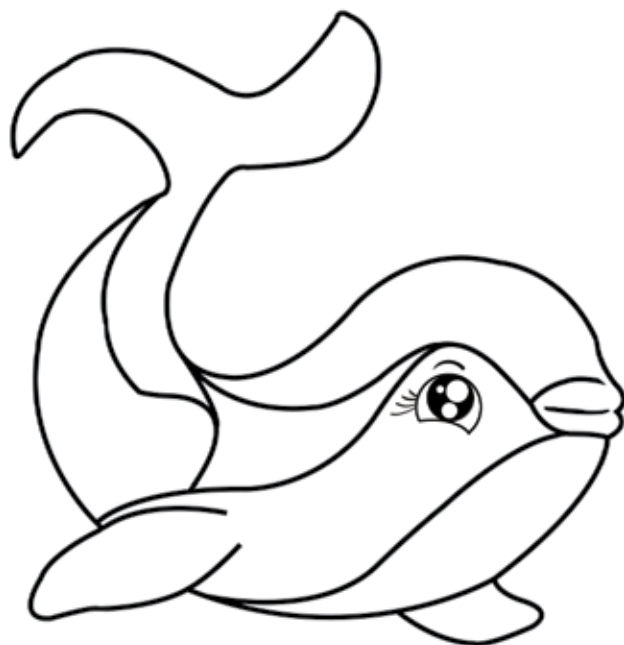


Colour Me:

Can you colour Gabi and design its waves behind Gabi to play?

Who do you think you are?

Gabi - The Gentle Helper



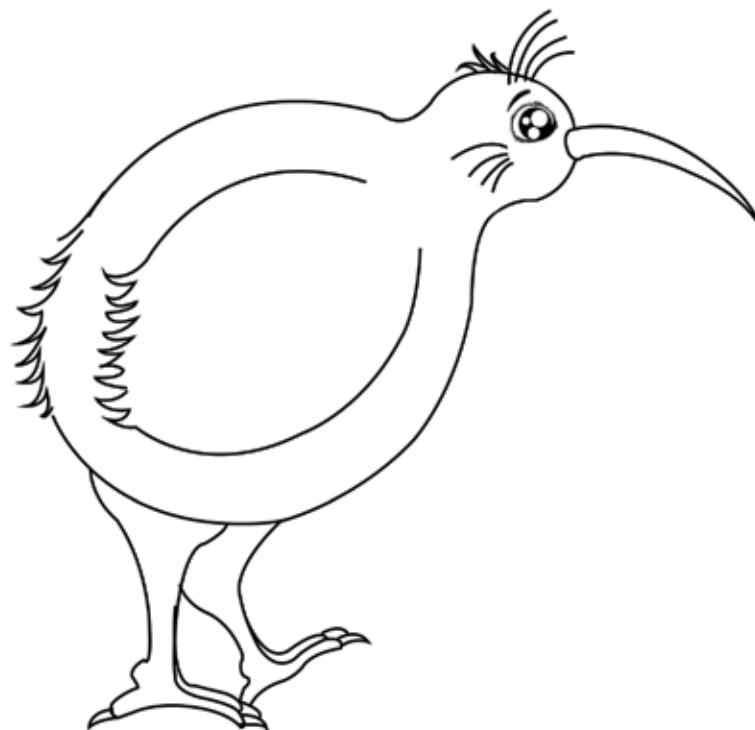
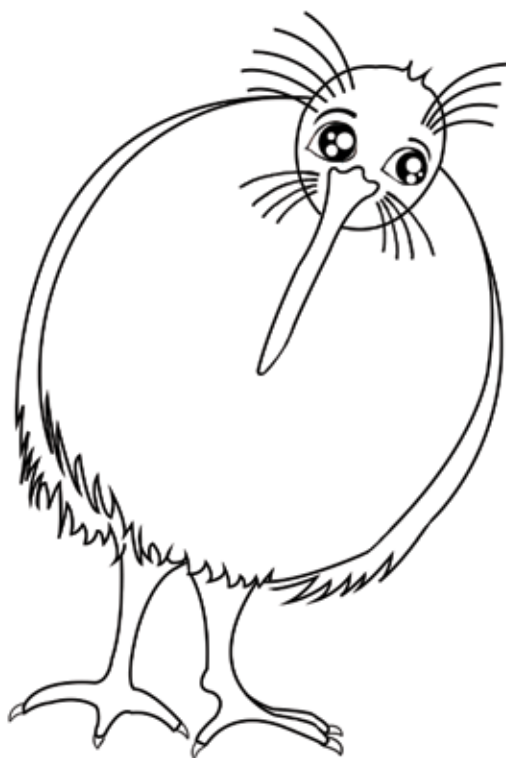


Colour Me:

Can you colour PAX and design its feathers in your own style?

Who do you think you are?

PAX - The Deep Thinker



Colour by number

Find the numbers in the picture and colour each item according to the colour guide below. Also, draw your face in the middle to show how you are feeling today.



Word Search - How do you feel ?



Find the words in the lists on the right side.

The words can go in any direction — up, down, left, right, across, or diagonal!



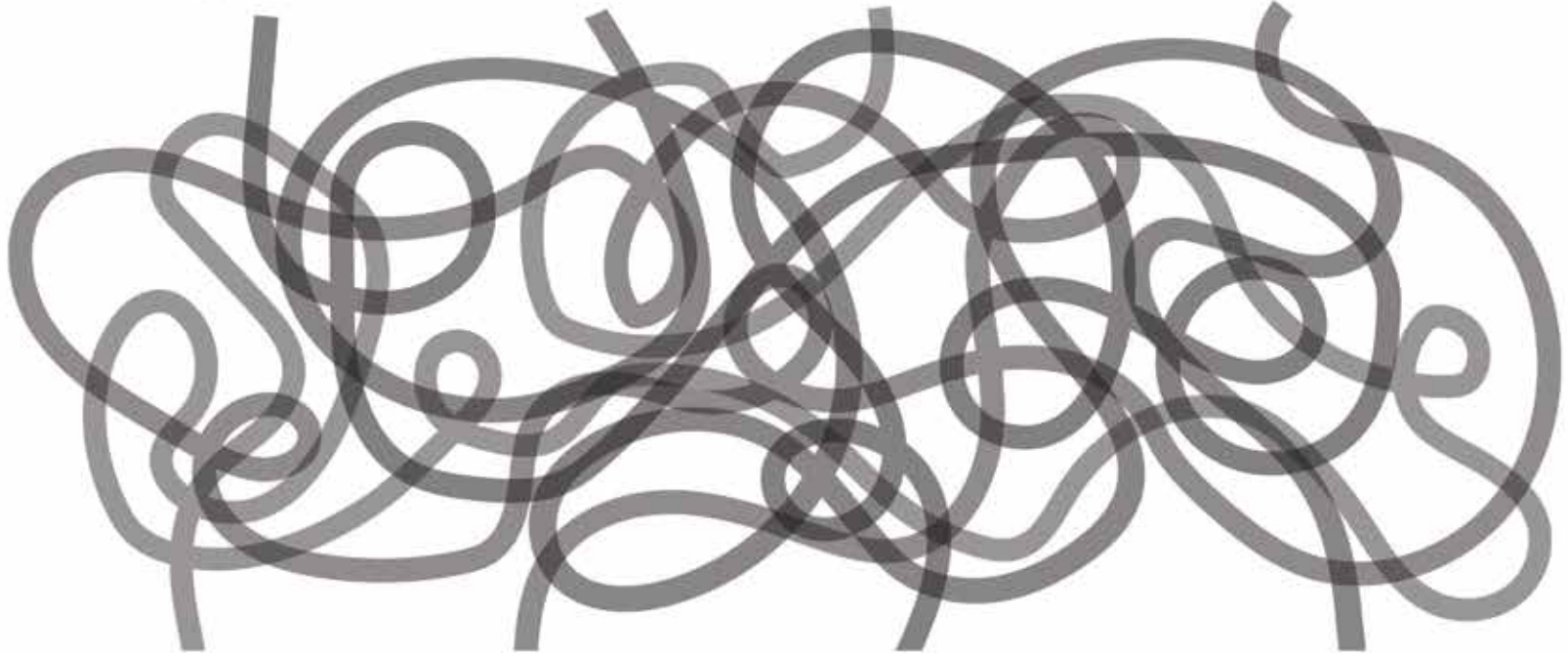
S K T R U T H Y X P E D T R U
P N U F Z Q G W F A H J M P V
E A D L O E A Y A T C G N U O
A K X Z N D B G M I B V X C T
K E Q T A C I S H E A R T F H
U B L A U G H N J N X S A K O
P E A W D Y E L N T O T U V P
B F E E L I N G S S K A C Q E
Z D H R M O C A P T A C R T F
F G J A C H V K Q R X F A M A
C H K C P T O E V O S B E G I
N L O P W K I N D N E S S A W
H R N S L U F T H G U O H T D

TRU
ROCCO
GABI
PAX
BRAVE
CARE
FEELINGS
GENTLE
HEART
HOPE
KINDNESS
LAUGH
LOVE
PATIENT
SAFE
SHY
SPEAK UP
STRONG
THOUGHTFUL
TRUTH



Maze Challenge

Can you help each character find who they are ?



Gentle Helper

Deep Thinker

My Friend TRU

Brave Heart





"Tru & Friends – We Speak Up!" is a gentle bilingual book helping children speak about unsafe feelings.
He pukapuka ngohengohe, ā-rua reo tēnei hei āwhina i ngā tamariki kia kōrero mō ngā kare ā-roto kore haumarū.

Through courage, friendship, and the colourful iDNA personalities, Tru learns that feelings are never wrong –
and speaking up is a brave and powerful step.

*Mā te māia, te whanaungatanga, me ngā āhua tangata kanorau o iDNA, ka ako a Tru kāore he hē o ngā kare ā-roto –
ā, he mahi māia, he mahi whai kaha te kōrero.*

This story opens gentle conversations for children aged 4–8, giving them language, hope, and a safe path forward.

*Ka whakatuwhera tēnei kōrero i ngā whakawhiti kōrero māmā mō ngā tamariki 4–8 tau, ka tuku kupu, tūmanako,
me tētahi ara haumarū hei anga whakamua.*

Every child deserves safety, love, and hope.

E tika ana kia whiwhi ngā tamariki katoa i te haumarū, te aroha, me te tūmanako.

If you want to make a difference and help protect children in Aotearoa, visit:

Mēnā kei te hiahia koe ki te āwhina ki te tiaki i ngā tamariki o Aotearoa, toro atu ki:

www.mustardseednz.com

You can save a vulnerable child and give them a future filled with hope.

Ka taea e koe te whakaora i tētahi tamaiti ngoikore, ā, ka taea e koe te tuku he ao tūmanako ki a rātou.

ISBN : 978-0-473-78536-9



978-0-473-78536-9

