

# What can I do to help my Community?



## Social Cohesion Guide for Communities

### Belonging in Communities

We create communities for many reasons, you might be part of a family, a school, a workplace, sports team, church, you might be learning a new language with others or share a hobby. Whatever community you are in, it feels good to belong, to feel included, to be yourself and be part of something.

We're all different but we want to get along, celebrate our diversity and respect others even when we disagree. This is important because not everybody feels that they can be who they are or trusts that their voice will be heard.

We are an increasingly diverse country with many different communities and we need to find ways to listen to each other and hear each other. We want to commit to understanding our differences and strengths and to work on what unifies us and what brings us closer.

### Belonging What it looks like

In a society where people get along well, we: know each other, know our neighbours, feel included in our workplaces, and know where to go to get help when we need it.

We feel that we are able to talk to people we might not normally talk to, speak up when we hear people saying discriminatory things, and feel free to share who we are, where we are from, and how we do things. In a crisis we leave no one behind; everyone is included.

# Building more belonging

## What you can do

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So, what can we do in our communities to help more people belong, embrace diversity, feel connected, take part, trust others, feel respected?

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### Belonging, trusting others

- Talk to someone who is different than you. Make an effort to pronounce their name correctly. Find out what makes them tick, learn about how they see the world.
- Ask them to join your sports team, invite them to a shared activity, introduce them to your friends, help them with English, Te Reo Māori or New Zealand Sign Language, if they need it, and ask them to teach you more about the language or languages they know.

### Feeling connected

- Organise a community fair or neighbours' day and invite representatives of all parts of the community to take part including children.
- Attend and show your support for community events organised by people who are different than you.
- Offer to host a vaccination clinic at a community hall, place of worship or other venue, during a pandemic.
- Host a local or national election debate between prospective councillors or MPs.
- Reach out to similar communities and see how you can help to achieve each other's mutual aims.
- Open your marae, place of worship, mosque, church, club rooms to the community and let them know who you are so they can get to know you.

### Embracing diversity, feeling respected

- Build or support employee networks in your workplace where people can help each other and work to address issues like discrimination based on race, gender, sexuality and other differences. Ask your workplace to make a commitment to diverse representation at all levels.

- Be whānau support for a colleague experiencing discrimination in the workforce or other communities.
- Seek out training through your workplace, council or community group on tackling discrimination.
- Write to your local councillor or Member of Parliament or make a submission to a government consultation, to call out discrimination issues.
- Open your marae, place of worship, mosque, church, club rooms to the community and let them know who you are so they can get to know you.

