







KEEPING WELL

IN THE CELLS

If you are in a Police cell, you have the **RIGHT** to:

-  Be told what is happening to you - *remember you can have an adult with you (your nominated person)*
-  Have your voice heard and be listened to
-  Have people look out for what's best for you
-  Be cared for and get help if you need it
-  Have a lawyer (youth advocate) to help with the law



Your **social worker** is there to help you. They should check on you every day.

What about food?



Police must give you food and drink. You can ask for more food if you are still hungry.

Your social worker may also be able to bring in food.

What about my hygiene?



There are showers and toothbrushes. Your social worker can bring clean clothes for you.

What if I feel unwell?

If you feel sick, low or worried, tell someone straight away.

People who can help you if you have a problem:

- Your social worker
- Your lawyer
- Your whānau
- Your support person - like your kaiwhakamana from VOYCE - Whakarongo Mai
- Police officers

Want more information?

You can call Mana Mokopuna on **0800 224 453** or email: children@manamokopuna.org.nz

 **MANA MOKOPUNA**
Children's Commissioner

Staying in touch with whānau (family)

You can ask to call your whānau or support person.



If you want to make a complaint about Police treatment...

 **IPCA**
Independent Police
Conduct Authority

Mana Whanonga Pirihimana Motuhake

Call the **IPCA** on
0800 503 728 or
email: info@ipca.govt.nz