

WELLNESS ROADMAP

THE BROS

CREATE

Create a plan to let someone know what happened to you. Go on to our website and click "For Us" the bros for more information.

ORA

Ora, in the Māori language, means wellness. Creating and getting your wellness in order takes time; be kind to yourself. The bros told us that sometimes telling someone they trust first can be enough for them in the short term before they consider their next wellness move.

MANAGE

Manage your own wellness first, take proper sleep, eat a balanced diet, expose your body to sunlight, deal with stress, exercise daily, stay away from drugs and alcohol, be social, and practice new hobbies

BUILD

Build resilience. Pay attention to your problems. Instead, figure out what needs to be done, plan and take action. Although it can take time to recover from a significant setback, traumatic event or loss, your situation can improve if you work at it.

ONLINE

Bros need support at different times and on different levels. Go onto our website and get resources, tips and support.

SUPPORT CREW

CREATE

When you hear a sexual abuse disclosure, chill create a space to hear what's being said. You don't need to be an expert. Be caring and let the bro know you care about his situation.

ORA

Ora (wellness) starts by avoiding judgment. - Questions like "why didn't you stop it," "why did this happen?", "why aren't you over it?" isn't helpful; this will only create more harm. The bros told us that sometimes telling someone they trust first can be enough for them in the short term before they consider their next move.

MANAGE

Manage your wellness first before the Bros, get proper sleep, eat a balanced diet, expose your body to sunlight, deal with stress, exercise daily, stay away from drugs and alcohol, be social, and practice new hobbies.

BUILD

Build resilience. Pay attention to how he is responding on this journey. Remember, it can take time to recover from a significant setback, traumatic event or loss; his situation can improve if you can support him as much as you can.

ONLINE

Bros need support at different times and on different levels, so do you. Go onto our website and get resources, tips and support.

