

## Beyond the quiz

The InCommon Quiz is designed to give you confidence and an opportunity to connect with others. We don't know what you'll find in common, but research tells us positive human connections greatly impacts wellbeing and increases your lifespan and sense of contentment. Connection benefits more than just the individual - well-connected workplaces and communities are thriving workplaces and communities, resulting in less crime, less discrimination, and less racism.

Feel free to use the quiz questions you practised today as a fun way to go a little deeper when connecting with others – whether that's with a new family at your kid's school or the person next to you in the queue at the supermarket.

### Simple tips for connecting

<b>Be curious</b>	Try new things. Food, dance, cultural events, learning new hobbies or joining a sports team can be hugely beneficial for your wellbeing and a great opportunity to find out what you have in common with others. Join us on social media, we love to promote cross-cultural events.
<b>Be inclusive</b>	If you are involved in a group at work, school or in your community, encourage participation from everyone, especially if you notice a range of diverse views aren't offered. Sometimes individuals don't want to share, or be in the limelight and that is OK, but it makes a difference to ask for and include the voices, thoughts and opinions of everyone.
<b>Be brave</b>	You will probably make mistakes at some point. That happens. Don't let the fear of making mistakes keep you from building new relationships. If you say or do something that is insensitive, you can learn something from it. Ask the affected person what bothered or offended them, apologise, and keep connecting.
<b>Be an ally</b>	Demonstrate that you are willing to take a stand against racism or discrimination when it occurs. Being an ally is a powerful way to show manaakitanga, kindness and build connection. If you belong to the majority culture, promote the voices less heard.

### What to do if you are witnessing or experiencing racism online

For incidents of racial abuse in the community, dial 105 or visit [police.govt.nz](http://police.govt.nz) Police Non-Emergency Reporting. Remember that your physical safety is important, so only call if it is safe to do so. If you witness a situation in which you see harm or it is threatened call 111.

In addition, you can raise a complaint with the New Zealand Human Rights Commission. Go to their website [hrc.co.nz](http://hrc.co.nz) for more information or call their Infoline toll free 0800 496 877.

You can report any incidents of racism online at [netsafe.org.nz](http://netsafe.org.nz) and read more on race-based online abuse.

*continued on the next page*

### Feeling a little unsettled? Ways to reach out for support

There are many free resources to support your mental health and wellbeing.

- **1737** – Free call or text 1737 any time for support from a trained counsellor.
- **Lifeline** – 0800 543 354 or free text 4357 (HELP)
- **Youthline** – 0800 376 633 or free text 234
- **Samaritans** – 0800 726 666
- **Rural Support Trust** – 0800 787 254
- **The Low Down** – [thelowdown.co.nz](http://thelowdown.co.nz) or free text 5626
- **Mental Health Foundation** – [mentalhealth.org.nz](http://mentalhealth.org.nz)
- **Getting Through Together** – [allright.org.nz](http://allright.org.nz)

Sometimes the hardest part is knowing where to start. Remember intention matters. Be genuinely open and willing to share a little about yourself will help build trust and connection.

For conversation starters, podcast/movie ideas and more great tips and links to other resources see the 'Getting started' or the 'Toolkit' pages of our website at [incommon.org.nz](http://incommon.org.nz)

It's really important to us that you had fun, felt safe to share and learned something new. We welcome your feedback – if you have any comments, questions or feedback please get in touch at [kiaora@incommon.org.nz](mailto:kiaora@incommon.org.nz).

**Follow us on social media:**

 [@incommonnz](https://www.facebook.com/incommonnz)  [in\\_common\\_nz](https://www.instagram.com/in_common_nz)