

# Nurturing WHANAUNGATANGA



*Whānau Resource*

To support strong, healthy  
and well connected rangatahi

# ABOUT THE PROJECT

As whānau members it can be really difficult to support our rangatahi to be healthy, strong and proud as Māori. There are good times and tough times. But overwhelmingly rangatahi in our study, shared with us that **whanaungatanga** supports them to feel healthy, loved and connected.

The **Harnessing the Spark of Life** research team used photo elicitation and story telling to gather many rangatahi Māori perspectives from across Aotearoa to understand how whanaungatanga works and looks in our modern, busy lives. We also interviewed their whānau, other youth stakeholders and they gave some great advice too. Finally, we did a large survey of 7,500 students in secondary schools and kura.

Rangatahi identified **six key things** that make them feel connected, strong and proud as Māori.

This booklet **tells rangatahi stories** about how they experience whanaungatanga. It is designed as a resource that can be used by whānau to understand their rangatahi better, or together as a whole whānau. We hope that this will give you some small insights into what rangatahi need most from you as they navigate life.

Spark of Life X

# ACKNOWLEDGEMENTS

**Resource Development Roopu:** Ariel Schwencke, Larissa Renfrew, Logan Hamley, Cinnamon Lindsay Latimer, Hineatua Parkinson, Jade Le Grice, Lara Greaves, Madhavi Manchi, Shiloh Groot, Sierra Tane, Ash Gillon, Nicola Harrison & Terryann Clark.

**Rangatahi Advisory Roopu:** Rhoen Hemara, Naia Dunn, Ayla Dunn, Aretha Ngāwaka, Padre Brown, Rangikahiwa Ratima, Samantha Cooper, Archie-Lee Prior, Phoenix Prior, Rīpeka Kent, Ka Te Ao Toia, Te Tuhimareikura Hopa.

**Rangatira/Kaumatua Advisory Roopu:** Rawiri Wharemate, Katene Paenga, Moe Milne, Stella Black, Kahu McClintock, Julie Wade, Belinda Borell, Steve Cribb & Toia Chase

**Resource design and layout:** Ariel Schwencke

**Graphic design:** Bo Moore, [www.bomoore.net](http://www.bomoore.net)

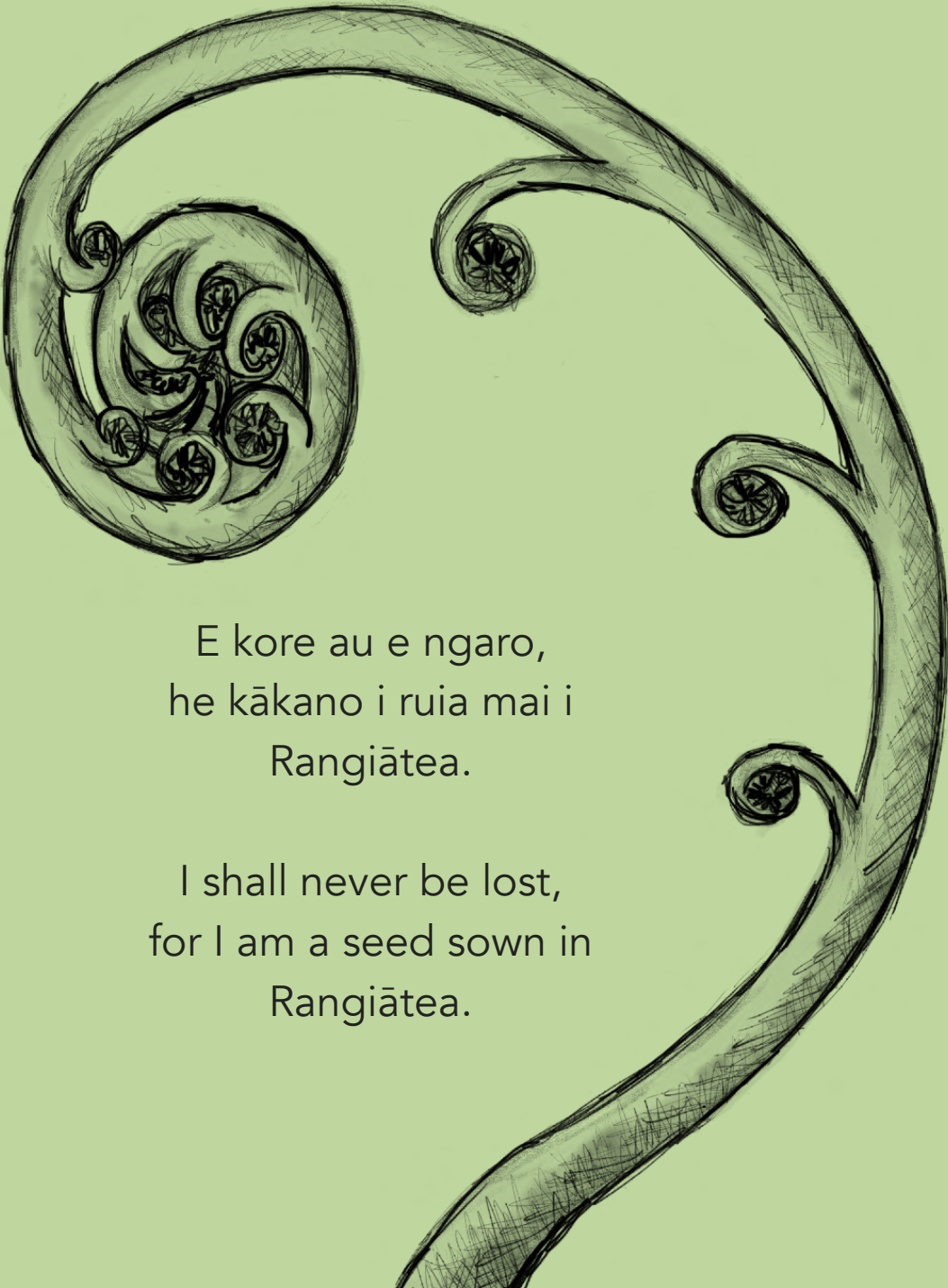
**Illustrations:** Natalie Whipple

**Te Reo Māori translations:** Donovan Farnham

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**Contact:** For further information contact Terryann Clark at [t.clark@auckland.ac.nz](mailto:t.clark@auckland.ac.nz) or see our website [www.youth19.ac.nz](http://www.youth19.ac.nz)



E kore au e ngaro,  
he kākano i ruia mai i  
Rangiātea.

I shall never be lost,  
for I am a seed sown in  
Rangiātea.

# WHANAUNGATANGA



*Horokaka*

**(noun)** relationship, kinship, sense of family connection - a relationship through shared experiences and working together which provides people with a sense of belonging. It develops as a result of kinship rights and obligations, which also serve to strengthen each member of the kin group. It also extends to others to whom one develops a close familial, friendship or reciprocal relationship.

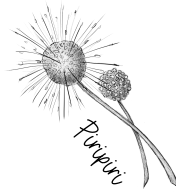
# SIX THINGS

## Rangatahi Need



**01**

Support me to be proud of my whakapapa, whenua and cultural journey



**04**

Have fun together as whānau



**02**

Show aroha and spend time with me



**05**

Take care of my body, mind, heart and spirit



**03**

Support me to stand my ground



**06**

Help me to dream and find what is right for me and my future



**SUPPORT RANGATAHI  
TO BE PROUD OF THEIR WHENUA,  
WHAKAPAPA AND CULTURAL JOURNEY**



# WHAKAPAPA, WHENUA AND CULTURAL JOURNEY

Rangatahi Māori want their whānau to be involved in their cultural journey. Some know a lot and some are just starting to learn. They want to hear stories about their tūpuna and have opportunities to connect to whenua, express their identity, uniqueness and inherent gifts as Māori.





# LOVE IS SO PRESENT

"This is my safe haven. As you can tell the home is right there next to the sea and the marae is just... out of the photo. I love this place its like an old, old house but I love it. I love it. It's not the flashiest place but, I just feel happy... The love is so present."

— Rangatahi, age 18



# TAUGHT ME HOW

“(My parents) taught me how to be respectful, to help out on the marae. My dad, he’s the type of person who’s into rongoā Māori and everything Māori, so he’s taught me quite a bit about Māori tikanga...”

— Rangatahi, age 17



# TRUE IDENTITY

“It’s just a day for all of us to express our true identity, our true uniqueness in the way we perform and expressing our Māoritanga.”

— Rangatahi, age 18

# WHAKAPAPA, WHENUA AND CULTURAL JOURNEY

This space is for you to reflect, write, draw, perform or brainstorm what your whānau does to support your rangatahi's cultural journey. For example, sharing stories, watching Māori television, spending time with whānau, visits to urupa, wānanga, kapa haka, te reo Māori use at home, use of rongōā Māori, art, waiata, karakia, marae, mahi.

**Ask your rangatahi how they would like to be supported.**





**SHOWING YOUR AROHA**

# SHOWING AROHA

Rangatahi Māori need their whānau (family) to express or show aroha. Sometimes it is the small ordinary everyday things, that let rangatahi know they are loved and precious.





# HELPING DAD

“Helping dad make tea,  
building whanaungatanga  
between us.”

— Rangatahi, age 15



# COME TOGETHER

“Dinner time, it’s the main time we come together as whānau, sit down and discuss what’s happened throughout the day.”

— Rangatahi, age 16





# SO MUCH AROHA

“(My family) just show so much aroha for each other and the people around them. And I think that sense of respect they automatically have for other people is something that resonates with the community. I think all of our relationships that we have in our whānau are built off the relationship that my mum and dad have. It is so strong. They have always been so constant.”

— Rangatahi, age 12

# A SPECIAL BOND

“Yeah, this is my sister. We have this special bond. And even though we don’t show it to each other sometimes, it’s there. Like if someone hurts her it’s like ohh, just have her back and she’s the same.”

— Rangatahi, age 17



# OPEN ARMS

“My aunty and uncle had open arms for me when I moved. They always do what they can for me to have a good time here and stuff...”

— Rangatahi, age 16



# SHOWING AROHA

Everyone has a different way of expressing aroha and sometimes it isn't through words. Think of ways that as a whānau you remind your rangatahi that they are loved (e.g. making a cup of tea when they are having a bad day, saying you are proud of them, spending some alone-time together). This space is for you to write, draw or brainstorm ways that you show aroha for each other.

**Ask your rangatahi how they feel aroha.**

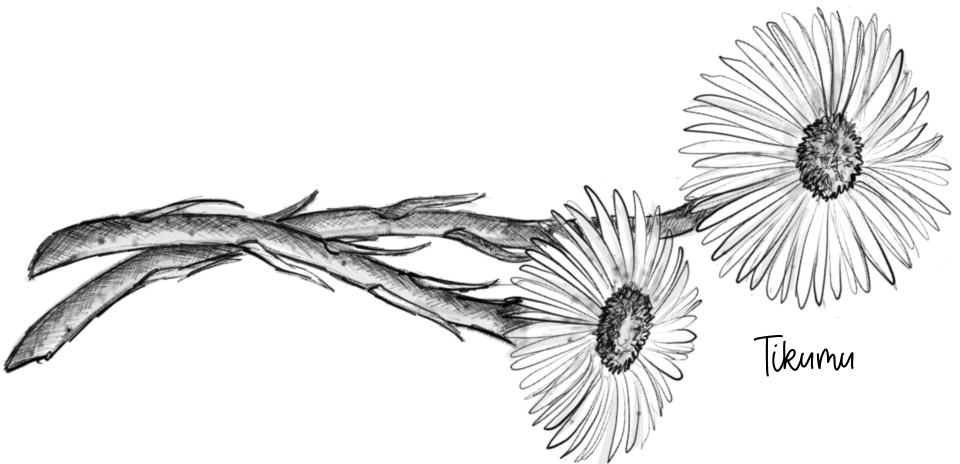




**BE IN THEIR CORNER**

# BE IN THEIR CORNER

Rangatahi Māori want you to be in their corner and advocate for them. They will make mistakes, but they need to know that no matter what, you will ***always have their backs*** and be there for them. Sometimes they will need other whānau to confide in, so making sure that they have other adults, mentors and friends in their lives is important. They also want to learn how to make their own choices, to grow and have their say.





# FAMILY CAME TO WATCH

“This photo was at my rugby game. This was the first game that my whole family came to watch.”

— Rangatahi, age 15



# MY EVERYTHING

“Whānau is the backbone to everything. To me whānau is my everything because they not only support me but they motivate me to do better in everything. ”

— Rangatahi, age 18





# STAND YOUR GROUND

“I feel like the values that my parents and family have taught me my whole life are going to stick with me forever. I know right from wrong. They have always told me, even if you’ve got bad influences around, you can’t give in to that type of behaviour and to stand your ground.”

— Rangatahi, age 13

# SHE TEACHES ME

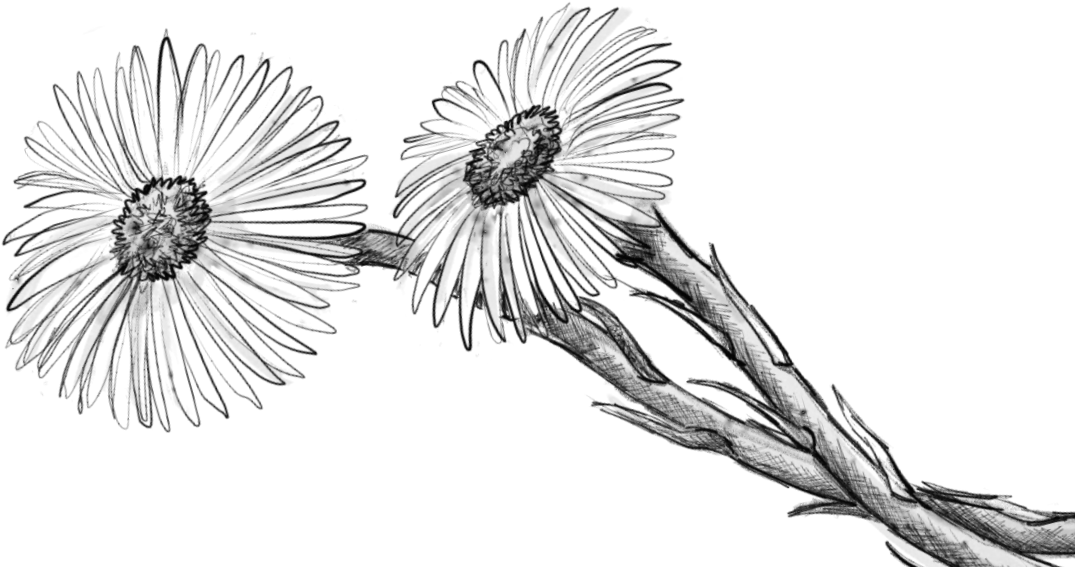
"... my sister she's really important to me. She's the one who has taught me quite a lot about Māori culture. She reads my dad's books that he's written and she teaches me and makes sure that I'm doing the right tikanga and not following another one. She has made a big impact in my life, so she means everything to me."

— Rangatahi, age 17

# BE IN THEIR CORNER

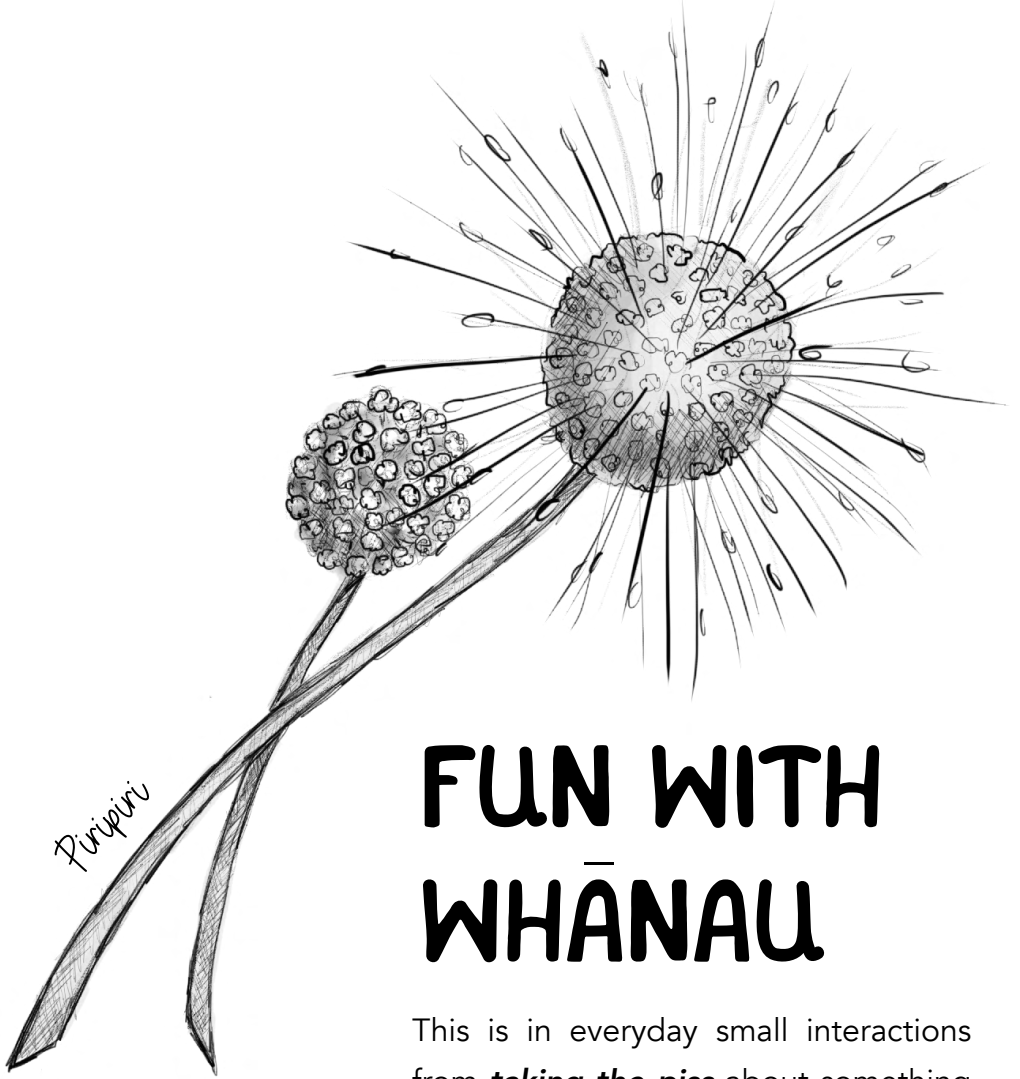
Being an advocate for your tamariki can be hard. Think about a time when you **stood up** for your rangatahi. How did that make you feel? Who did you turn to for support? How do you let your tamariki know that you are always there for them? Who else can your tamariki turn to?

**Ask your rangatahi how they felt about this time.**





**HAVING FUN  
TOGETHER AS WHĀNAU**



# FUN WITH WHĀNAU

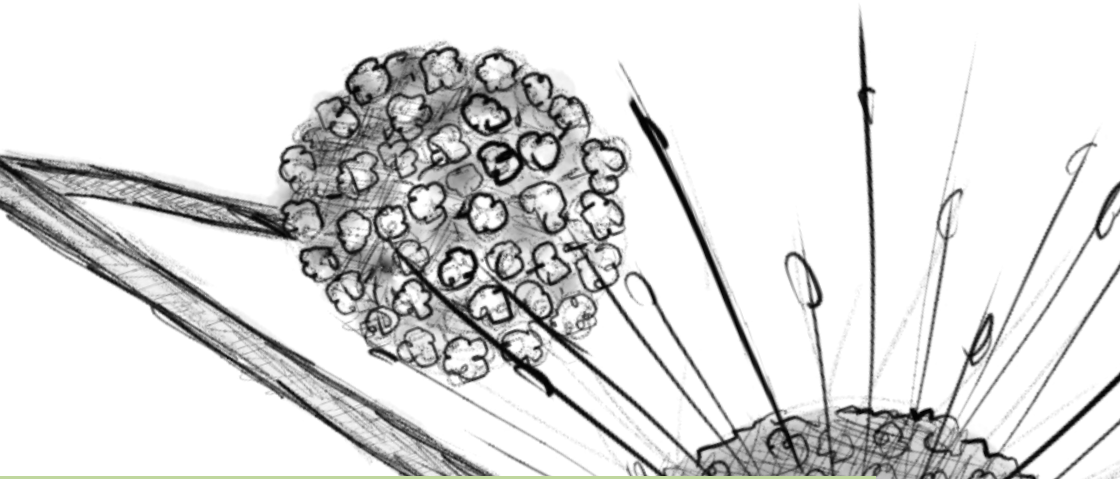
This is in everyday small interactions from **taking the piss** about something together or singing a silly song. But also at the big events where people are gathered together and take joy in connecting. Sometimes life is busy and stressful, but taking time out for a laugh together can make all the difference.

# THE WAY WE SHOW OUR LOVE

“If you know me I’m like the grumpy one so when I’m with them I’m always happy and they always are like... cheeky to each other, but it’s just the way we show our love.”

— Rangatahi, age 16





# YOU'RE LAUGHING

“Like our whole conversation in the whare kai is just like mean, you’re not just making food you’re telling stories, you’re laughing, you’re singing, you’re listening to music, all within a marae setting.”

— Rangatahi, age 20



## MY YOUNGER COUSINS

“My photo is a group one of myself and some of my younger cousins. Whānau is quite important to me and... I don't get to see them often. So, when we do, we are normally clowning around, like this picture.”

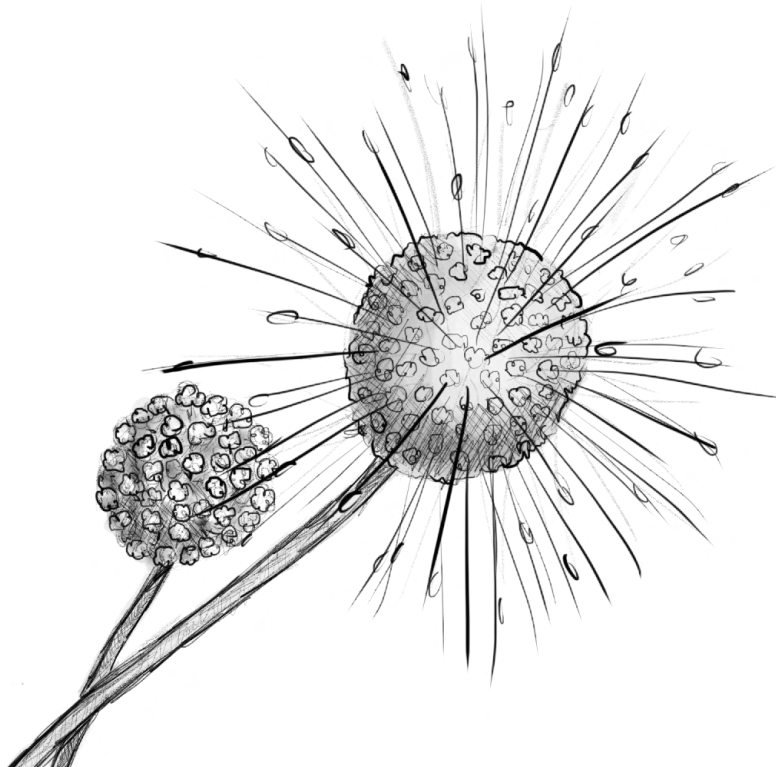
— Rangatahi, age 22



# BEING JOYFUL

What are the small things that you can do to have more fun as a whānau?

**Ask your rangatahi about their favourite ways to have fun as a whānau.**



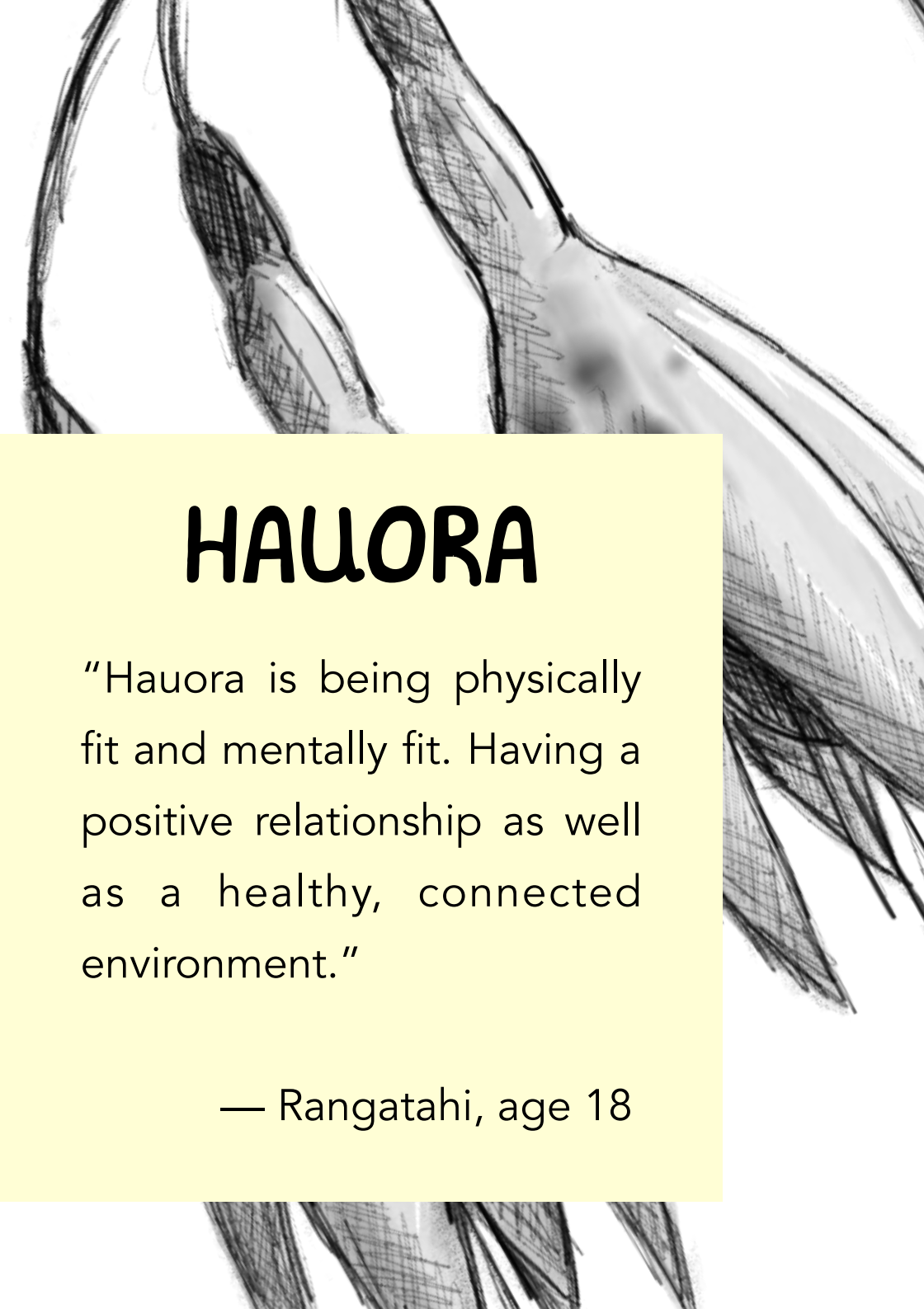


**TAKING CARE OF THEIR BODY,  
MIND, HEART AND SPIRIT**



# HAUORA

Rangatahi Māori know their hauora is really important. Taking care of their changing body, heart, mind and spirit can be complicated and stressful. There will be ups and downs, so being prepared is important as whānau. Helping them to discover what helps them during tough times is an essential adult life skill. Rangatahi spoke about how whānau supported them to be well in lots of different ways. They also shared that they had different activities and places they went to which also helped to support their wellbeing.



# HAUORA

“Hauora is being physically fit and mentally fit. Having a positive relationship as well as a healthy, connected environment.”

— Rangatahi, age 18

# HAUORA COMES FIRST

“I reckon if you need a rest, you should rest. Don't try and carry everything at once you know, don't try and push yourself too hard. If you need to take a rest, take a rest. If you need to go home or if you need to just touch the waters. Find healing. Find it cause your hauora comes first. Always, always... Just find happiness for yourself.”

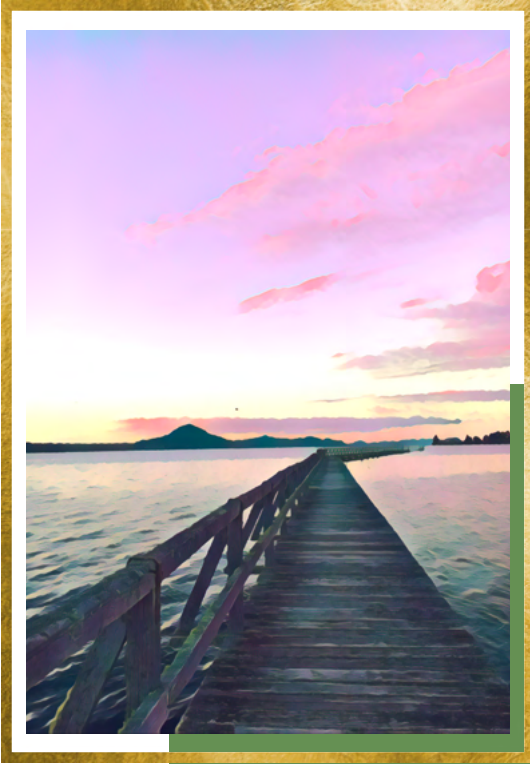
— Rangatahi, age 13



# WHĀNAU ROLE MODELS

“I’ve been really lucky with having the whānau role models that I have, because they’ve kind of given me the path and an example of what strong is. So, like not just physically strong but in all the other aspects as well...”

— Rangatahi, age 22



## ONE PLACE THAT GROUNDS ME

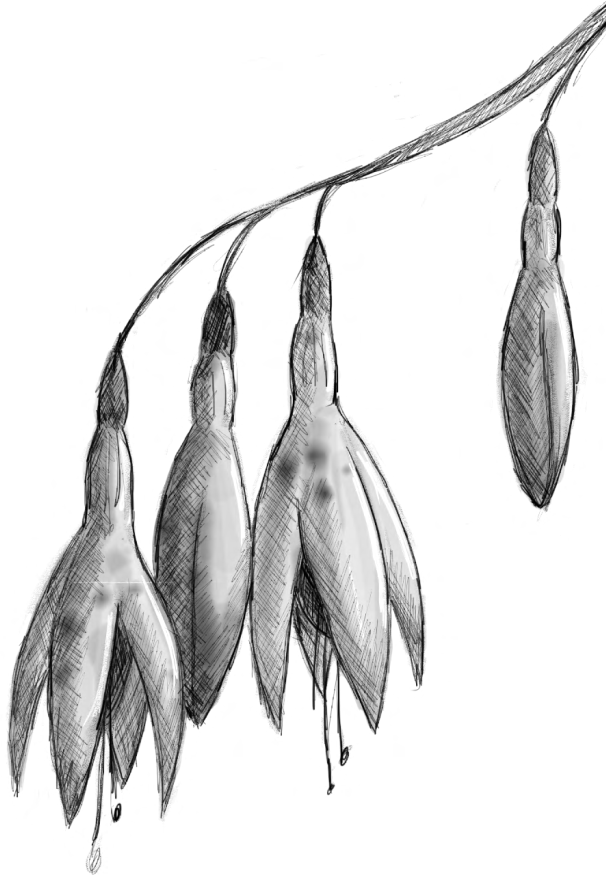
“It is the one place that grounds me, it’s where I can go if I’m ever feeling lost or my mind is messed up. I just go there and think. It’s my turangawaewae, where I feel comfortable and where I go to be grounded.”

— Rangatahi, age 20

# HAUORA

Everyone has a different way of nurturing their mind, body, heart and spirit especially during tough times. How can you help your rangatahi figure out what supports them to be strong and resilient?

**Ask your rangatahi about what helps them to be strong and resilient.**





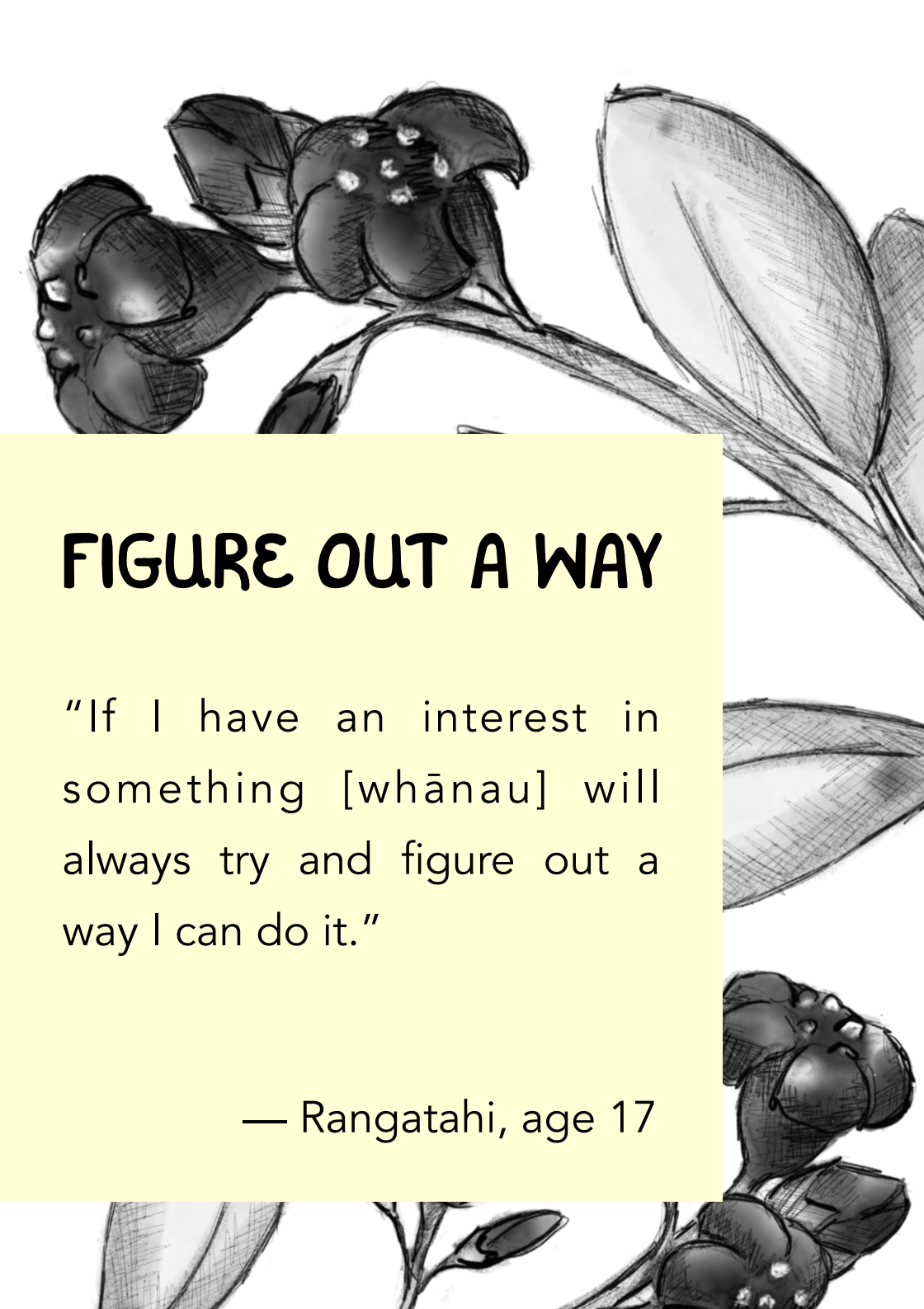


**HELP ME TO DREAM AND  
FIND WHAT IS RIGHT FOR ME  
AND MY FUTURE**

# DREAMS FOR THE FUTURE

Rangatahi Māori want encouragement and support in working towards their goals and dreams for the future. Rangatahi want you to **see *their potential*** and help them to explore what their future could look like.





## FIGURE OUT A WAY

“If I have an interest in something [whānau] will always try and figure out a way I can do it.”

— Rangatahi, age 17

# FEEL WELCOME TO WALK INTO MY DOORS

“So my (future) clinic... it’s going to be a clinic that uplifts Māori not only physically but mentally and spiritually. So there’s going to be a GP clinic and it branches off into many different services. So I hope to have counselling services, dietary services, life coaching and all those services that help Māori get back onto their feet. I’m hoping to introduce things like Māori rongoā and Māori tikanga. I hope that I have a clinic full of diversity, where every ethnicity can feel welcome to walk into my doors.”

— Rangatahi, age 18



# HELP PEOPLE

"I want to be able to have kids and have a career path that helps people. My parents have taught me that I want to help people in my career. I don't know if that's doctoring, or education, or social justice, but I want to help people. "

— Rangatahi, age 13

# STRONG & RESILIENT

“I want (my tamariki) to be strong and resilient, and to have the confidence and the tools to be able to make really amazing choices, that allow them to tap into their potential. And a big hope for me, for my children is that they give back to society. That they are contributing members. Whether or not that’s using their talents and skill sets to build a future for others, but also, I think that whole idea of service and giving back is really important and key in our whānau. I think it’s that idea of resilience, and having the tools that scaffold them to make those choices.”

— Parent of rangatahi



# **DON'T LET ANYTHING STOP YOU**

“Oh and don’t stop with your dreams. If you have to train hard, just train hard. Don’t let anything stop you.”

— Rangatahi, age 13

# FUTURE GOALS

Sometimes talking about the future can be stressful for rangatahi and sometimes it can be full of excitement and possibility. How can you as a whānau support each other's dreams and aspirations? How do you ask each other to support those dreams? Who else do you know who could help you with those aspirations?

**Ask your rangatahi what their dreams and aspirations are and identify together how they can achieve it.**





# RESOURCES

Use the following pages to identify resources for your rangatahi.

## RELATIONSHIPS

The Lowdown  
What's UP  
Youthline  
Harmonised  
E Tū Whānau

## BULLYING, ABUSE AND RACISM

What's UP  
ICON  
Netsafe  
Are you OK?

## FEELING DOWN

The Lowdown  
All Right  
Sparx  
Aunty Dee  
1747 Textline

## GENDER & IDENTITY

Rainbow Youth  
Outline  
Mental Wealth  
Advice Hub

## DATING & SEX

What's UP  
Family Planning  
Mates & Dates

## ALCOHOL & DRUGS

Quitline  
Alcohol/Drug  
Youth Helpline  
NZ Drug  
Foundation

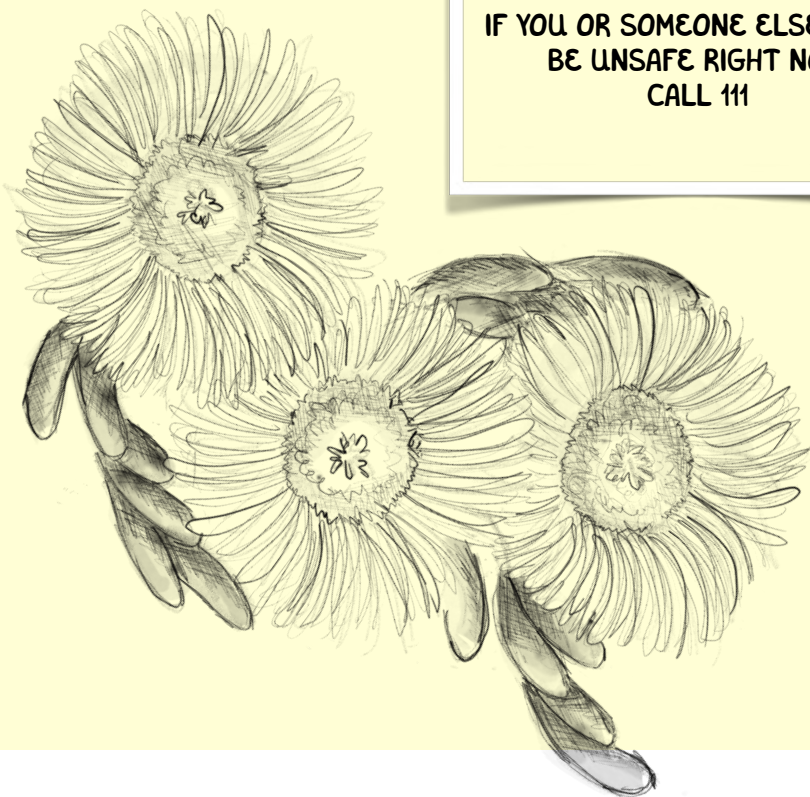
**GET INSPIRED**

Inspiring Stories  
Good 2 Great  
Action Station

**FOR MORE INFORMATION  
AND DIRECT LINKS CHECK  
OUT THE LINK BELOW**

[www.youth19.ac.nz](http://www.youth19.ac.nz)

**IF YOU OR SOMEONE ELSE MIGHT  
BE UNSAFE RIGHT NOW  
CALL 111**



# SPECIAL THANKS

We would like to extend a special thank you to the rangatahi and their whānau who participated. We would also like to thank the research team and their efforts and also others who contributed to the resource for their efforts.

*Spark of Life*

x

Kei ōu ringaringa te ao.

The world is yours.



Poroporo

For more information about this research project - Harnessing the Spark of Life: Maximising whānau contributors to rangatahi wellbeing, check out the link below.

[www.youth19.ac.nz](http://www.youth19.ac.nz)