

WHANAUNGATANGA

Kia Renarena te Taukaea



Rauemi Rangatahi

Te tautoko kia kaha, kia hauora, kia
whai hononga hoki ngā rangatahi

MŌ TE HINONGA

Kōrerotia ai ngā kōrero ki ngā rangatahi Māori mō te whanaungatanga me te āhua o tēnei ki a rātou.

Ko te wawata kia whakamahi koe i te pukapuka kia tīmatatia ngā kōrero mō te whanaungatanga i waenga i tō whānau me ō hoa.

Te Māpurapura o te Oranga

NGĀ MIHI

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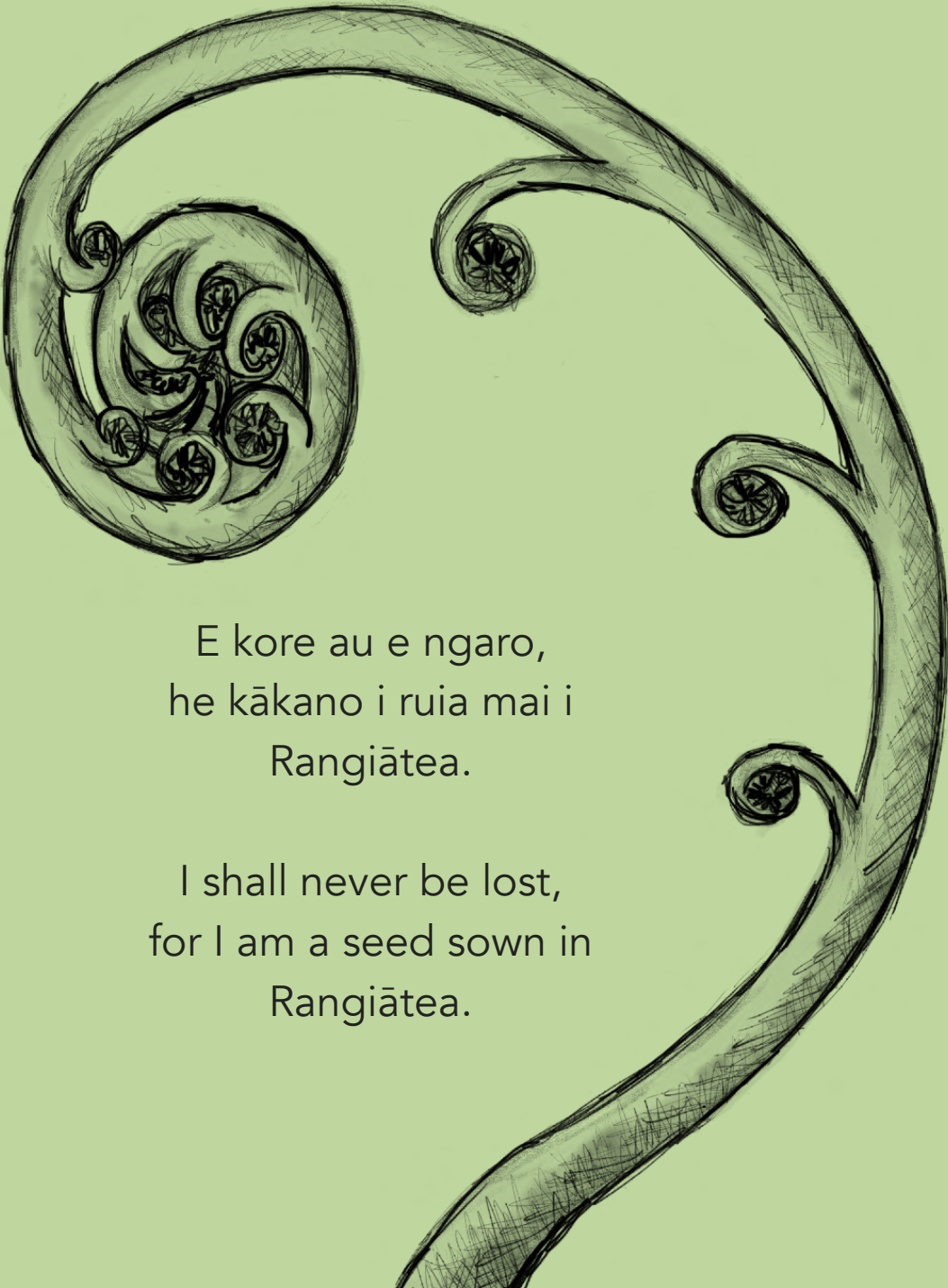
Te kaiwhakaahua: Natalie Whipple

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Te Tahua: Clark, T., Le Grice, J., Shepherd, M., Groot, S., & Lewycka, S. (2017). Harnessing the spark of life: Maximising whānau contributors to rangatahi wellbeing. Health Research Council of New Zealand Project Grant (HRC ref: 17/315).

Te Tohutoro: Schwencke, A.M., Renfrew, L., Hamley, L., Latimer, C., Parkinson, H., Le Grice, J., Greaves, L., Manchi, M., Groot, S., Tane, S., Gillon, A., Harrison, N. & Clark, T.C. (2021). *Whanaungatanga: Growing Connections. Rangatahi resource to support strong, health and well connected rangatahi.* University of Auckland, Auckland.

Whakapā: Mō te roanga ake o ngā kōrero, whakapā atu ki a Terryann Clark, ki t.clark@auckland.ac.nz, ki te pae tukutuku rānei, ki www.youth19.ac.nz

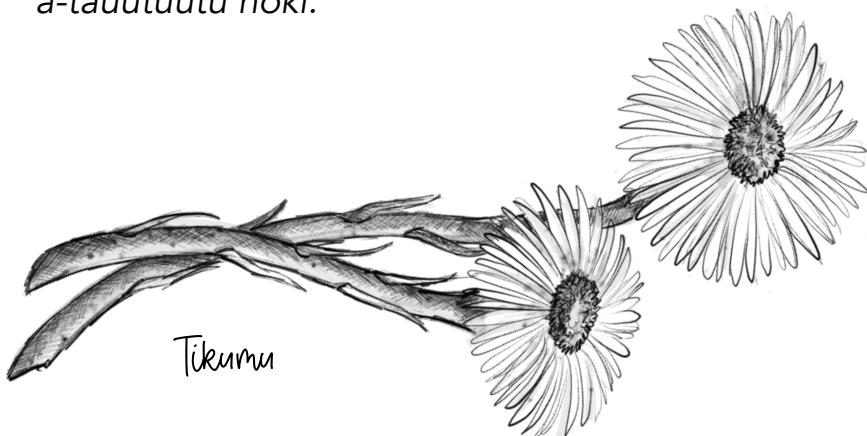


E kore au e ngaro,
he kākano i ruia mai i
Rangiātea.

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

WHANAUNGATANGA

(tūingoa) hononga, taura here, te hononga hei whānau – he hononga mai i ngā wheako me te mahi tahi e rongoi ai te tangata i tōna whai wāhitanga. I tupu mai i roto i renarena o te taukaea, mā tēnei hoki ka kaha ake ia tangata o taua rōpū whānau. Ka whai hāngai hoki ki ētahi atu tāngata ka whai wāhi mai ki tēnei momo hononga ā-whānau, ā-hoa, ā-tauutuutu hoki.



NGĀ MEA E ONO

Kei te Matapoporetia e ngā Rangatahi



01

E whakahīhī ana au i
taku whakapapa me
taku ahurea



Harakeke

02

Whakaatu ai au i taku
aroha ki taku whānau
me aku tūpuna



Manuka

04

Noho tahi ai au me ngā
tāngata e whakahirahira
ana ki a au



Piawananga

05

Tiakina ai taku taha tinana,
taku taha hinengaro, taku
taha kare ā-roto, taku taha
wairua hoki



Pohutakawa

03

Hono ai au ki te
whenua me ngā wāhi



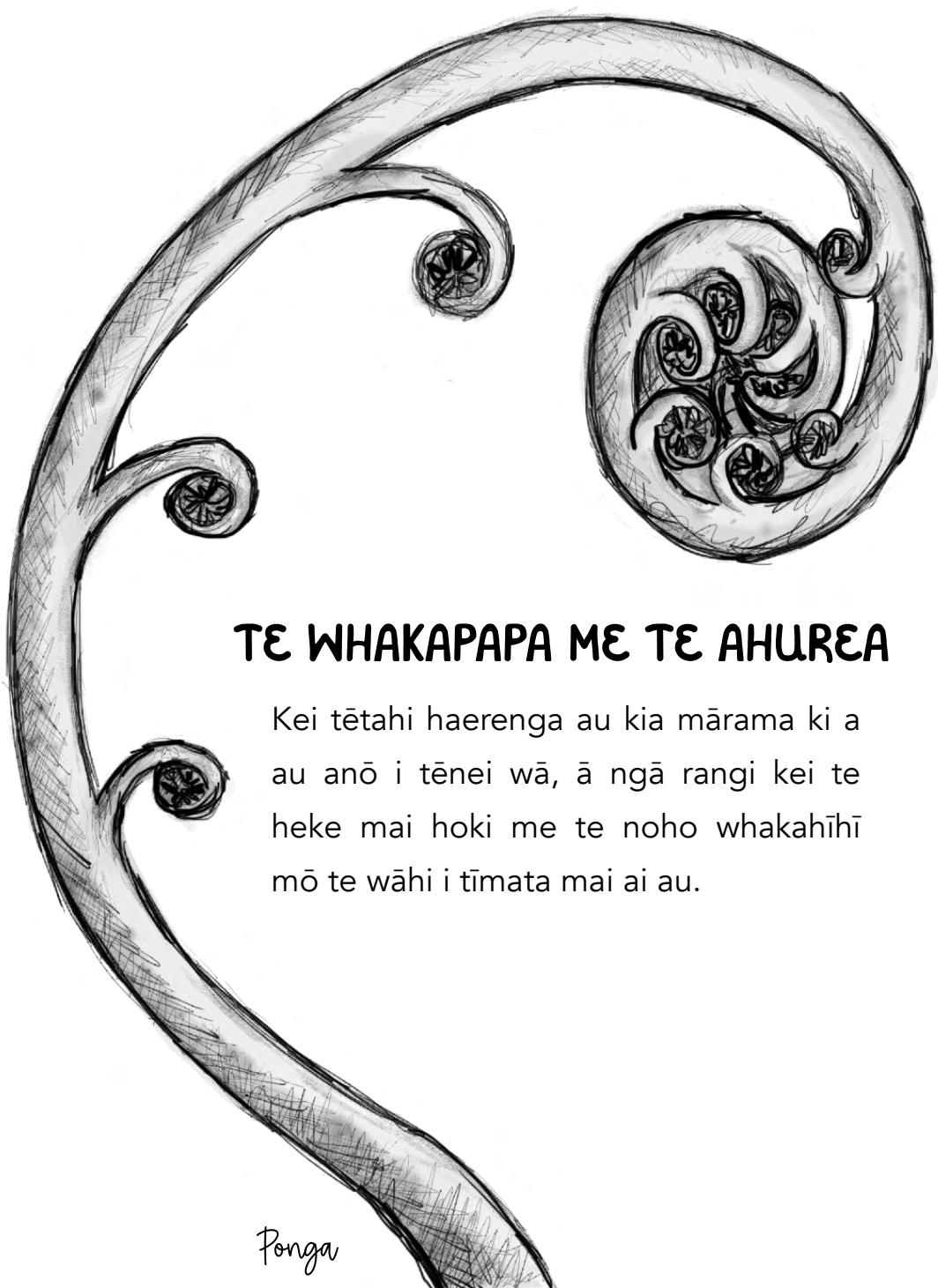
Kowhai

06

Tipu haere ai au mā roto
rawa i ō tātou wheako
me te whakamātau i ngā
mea hōu



WHAKAHIHI ANA AU KI TAKU
WHAKAPAPA ME TAKU AHUREA



TE WHAKAPAPA ME TE AHUREA

Kei tētahi haerenga au kia mārama ki a au anō i tēnei wā, ā ngā rangi kei te heke mai hoki me te noho whakahīhī mō te wāhi i tīmata mai ai au.



WHAKAHĪHĪ ANA KI A AU ANŌ

“Ko te waka ama tētahi mea e noho whakahīhī nei au ki a au anō me taku ahurea. Kua nui taku akoako mō taku ahurea me taku tīmatanga.

— Rangatahi, kua 17 tau te pakeke



KĀTAHI ANŌ KA TUTUKI!

“Nōku i te kura tuarua i nui rā taku tōmina kia mahi kapa haka, engari i ngākau kawa ōku hoa me te kī mai, ‘e hē, kua e mahi pērā...’ I tērā tau, kātahi anō au ka mahi. I reira au i mōhio ake ai ki a au anō me te kite i taku tuakiri i te ahurea Māori.”

— Rangatahi, kua 16 tau te pakeke

TĒNEI WAIARO



“Ko tēnei tētahi o aku rangatira. Inā te nui o tana whakaako mai. Inā te nui mō te ao Māori, mō te mau rākau, mō te kapa haka, mō ngā tikanga, mō te reo hoki. Inā te nui. Tae noa atu ki te ora noa me te whai i ngā pūkenga matua. Tēnei waiaro.”

— Rangatahi, kua 22 tau te pakeke

TE WHAKATAIRANGA I A TĀTOU ANŌ

“Koia anake te huarahi kia whakatairanga i a tātou anō, ā, i pēnā i ngā wā o nehe. Ko te huarahi rānei kia whakaatu i ō tātou raru, ngā tūāhua rānei puta noa i Aotearoa... Engari he rawe.”

— Rangatahi, kua 16 tau te pakeke





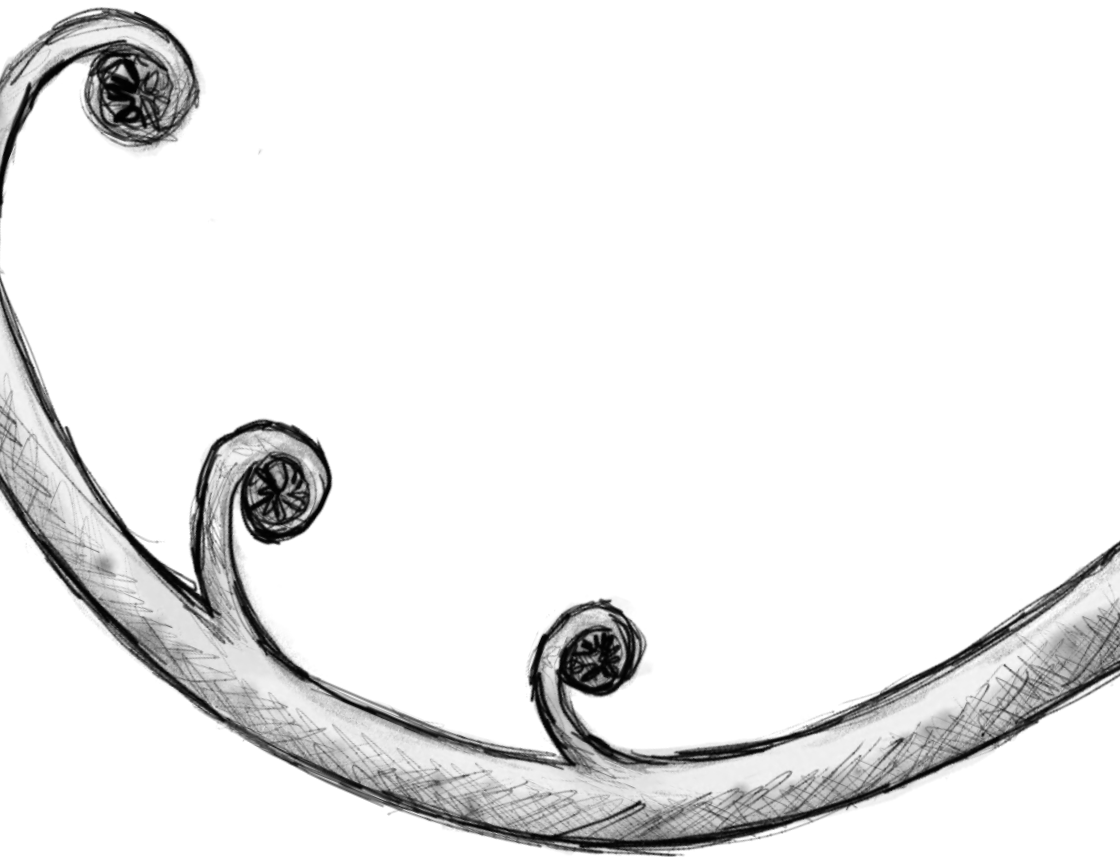
HE MAHI MĀORI NOA

“Ko te taka kai noa mā te katoa, me te whāngai i te iwi. Waihoki mēnā kāore i rawaka, he kai atu anō ka tunua, engari i rawaka tonu... Ko te mahi tahi me te whānau i te whare kai me ērā momo mahi, me te āwhina i a rātou, kua pēnā noa mai i taku tamarikitanga.”

— Rangatahi, kua 17 tau te pakeke

TE WHAKAPUTA

He aha ngā mahi e rongō ai koe i te hononga ki tō whakapapa me tō ahurea?
Whakamahia te wāhi kei raro nei ki te tuhi, te tā, te whakaari, te ohia manomano
i ngā mea e rongō ai koe i te hononga ki tō whakapapa me tō ahurea.

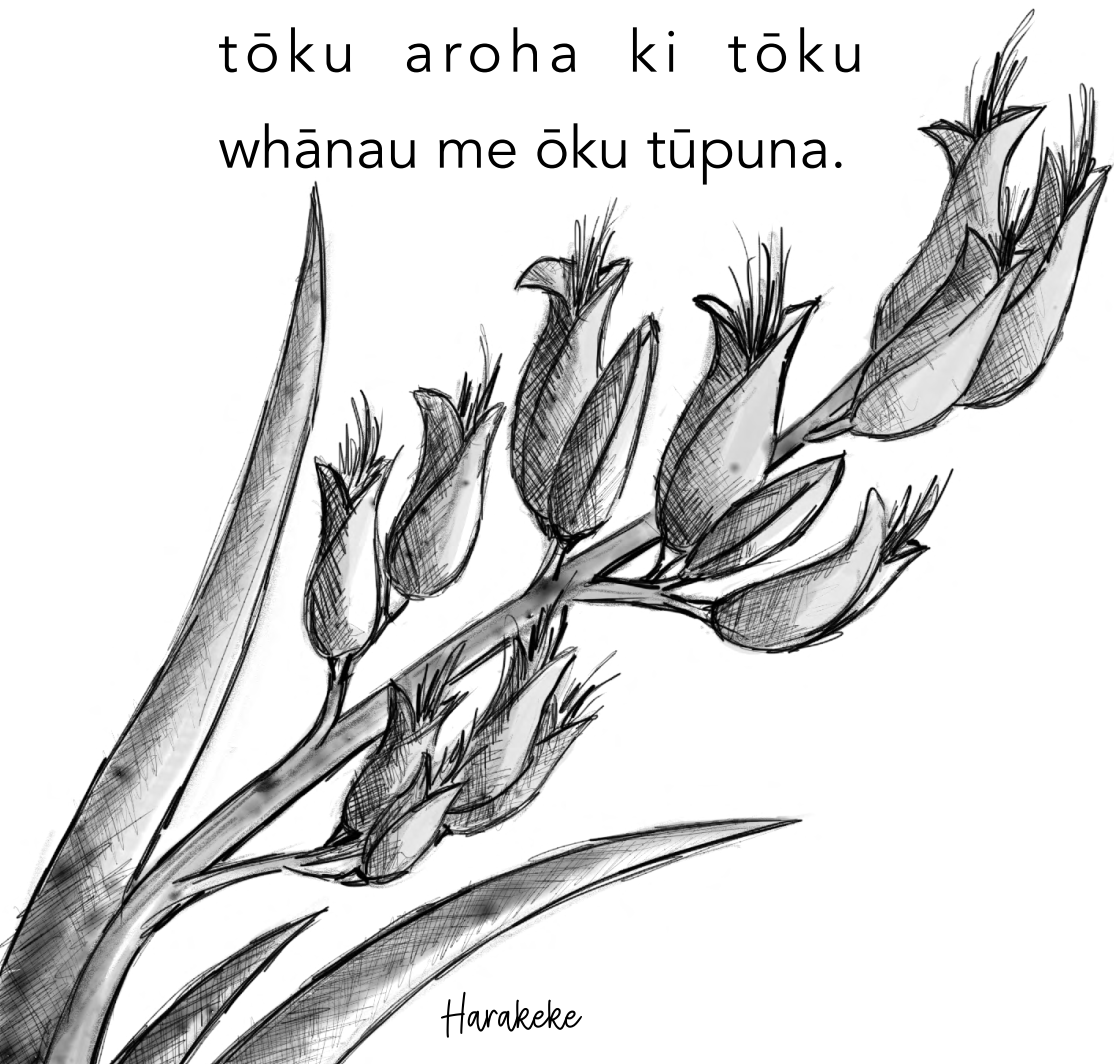




KA WHAKATAIRANGA AU I TOKU AROHA
KI TŌKU WHĀNAU ME ŌKU TŪPUNA

AROHA A-WHĀNAU

Ka whakatairanga au i
tōku aroha ki tōku
whānau me ōku tūpuna.



Harakeke



MĀTĀMUA KO TE WHĀNAU

“Mōku ake, mātāmua ko te whānau, tae noa atu i ngā pākanga kiritahi... mātāmua ko ērā, i mua i ngā mea katoa. Ko ngā mea katoa me ngā tāngata katoa.”

— Rangatahi, kua 12 tau te pakeke



KO PĀPĀ RAŪA
KO TE TAMĀHINE

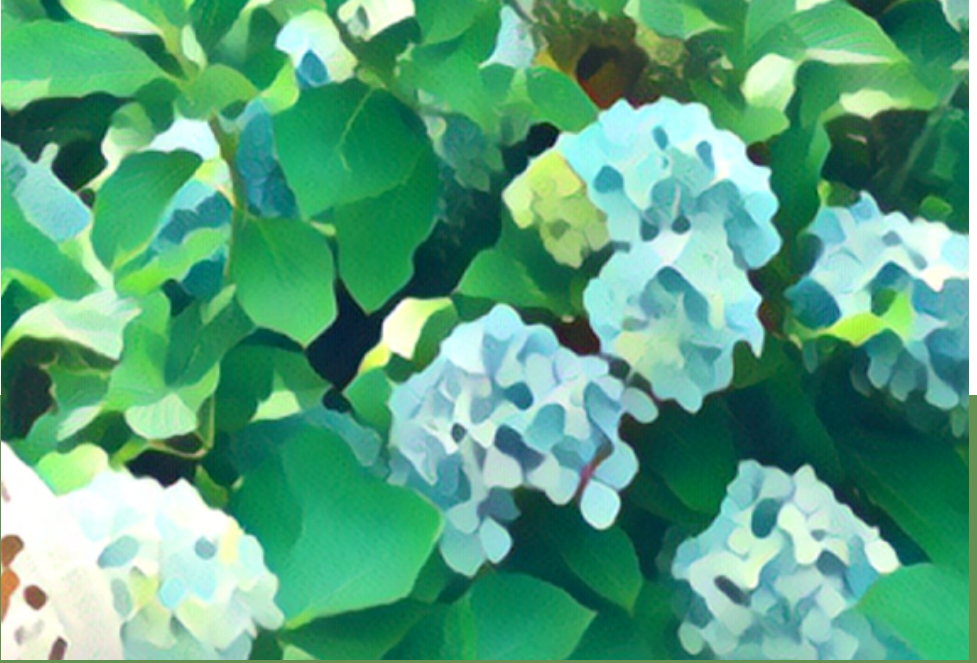




KO IA TAKU KAIKŌKIRI

“...ko ia [ko te pepī] taku kaikōkiri.
Ko ia pū te take e tū ai au hei kaiako.
...koia tētahi mahi ka taea e au e
whakaaweā ai ia kia tū hei wahine
Māori, hei wahine angitu hoki.”

— Rangatahi, Māmā, kua 22 tau te
pakeke



TE TINO A NAN

“I whakaahuatia tēnei i mua i ēnei putiputi nā te mea ko ēnei ngā tino a taku Nan... Kei tōna whare ēnei... Kua hinga ia ināiane, engari kei te tipu tonu, i ēnei rā tonu nei, i tōna whare, ā, he rawe tēnei ki a au; waihoki, i taku kitenga i tēnei i whakaaro ake ai au ‘Me mātua whakaahua au i tēnei.’”

— Rangatahi, kua 18 tau te pakeke



NGĀ KAIHANA HĪANGA

“He hokinga mahara tēnei ki a au, ahakoa kua pakeke ake ināiane, kua noho ki wahi kē atu, ko mātou tonu taua rōpū kaihana hīanga.” Ānana, ka whakakoakoa i a au. Nā te mea kua pēnei tonu mātou.”

— Rangatahi, kua 18 tau te pakeke

TE TAUTOKO

Ka haere koe ki a wai kia tautokona koe?
Ki ia wāhanga, tautohua tētahi tangata ka āwhina i a koe.

Mātauranga

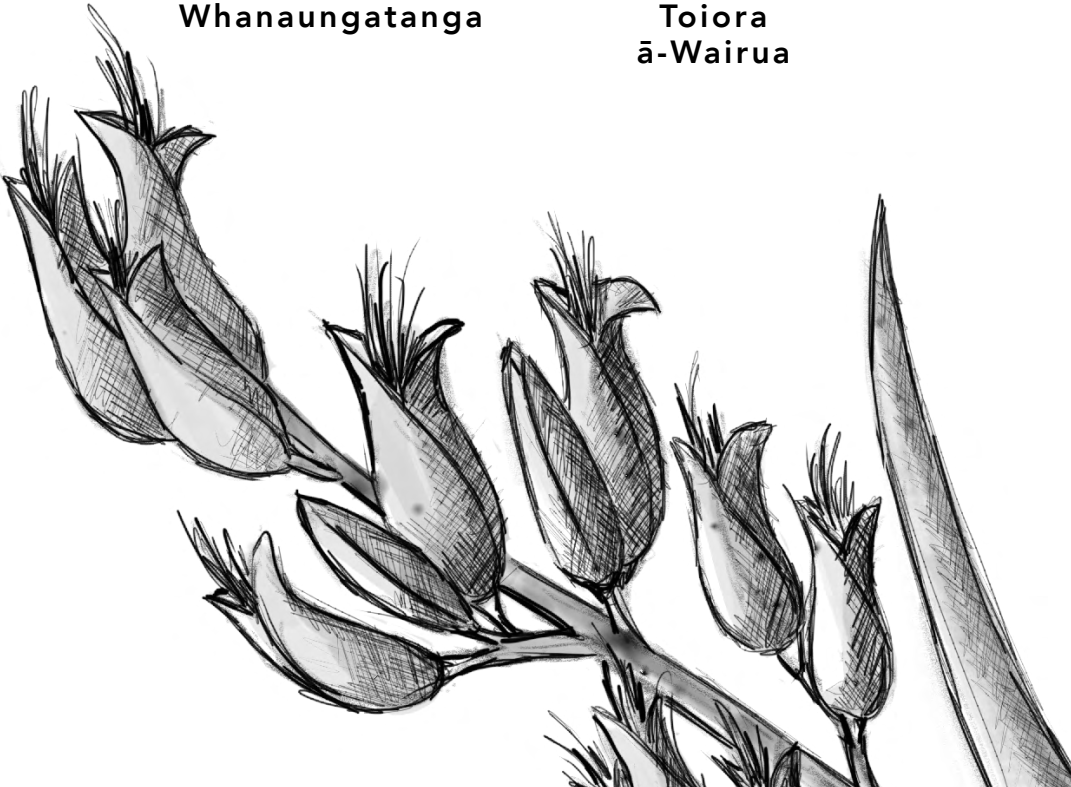
**Toiora
ā-Hinengaro**

Ngā Hoa

**Toiora
ā-Tinana**

Whanaungatanga

**Toiora
ā-Wairua**

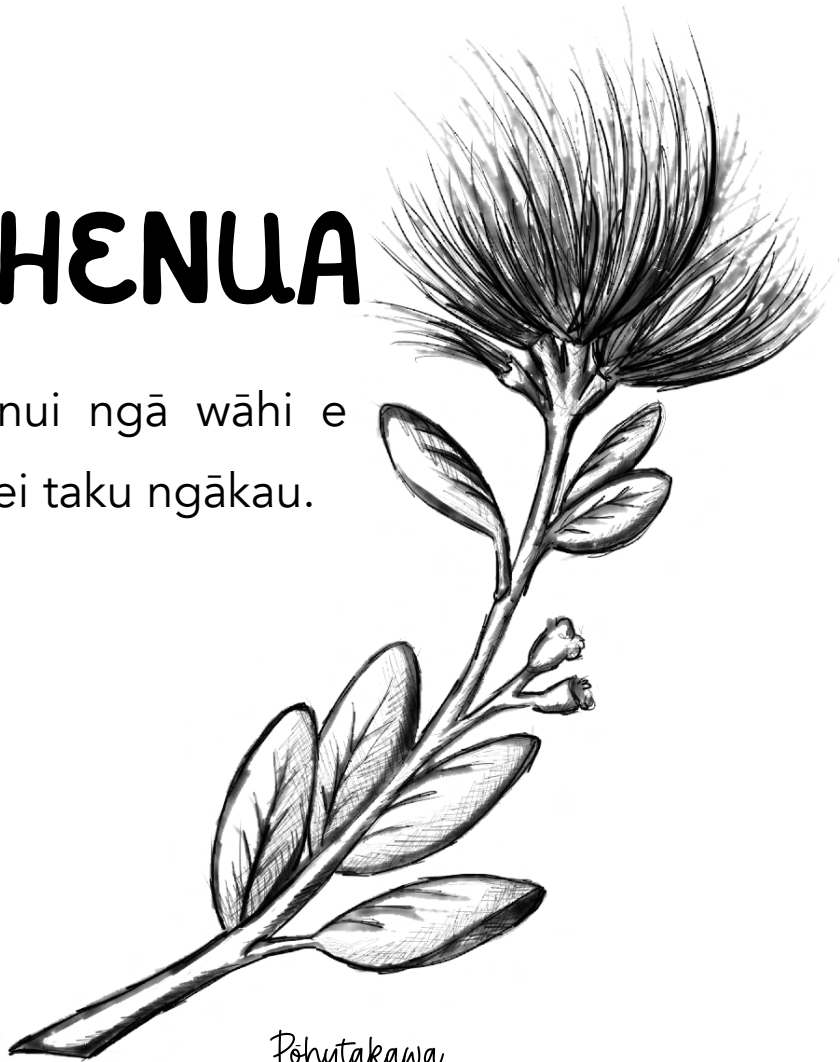




HE HONONGA ŌKU KI TE
WHENUA ME ĒTAHI ATU WĀHI

WHENUA

He nui ngā wāhi e
rū nei taku ngākau.



Pōhutakawa



Ē MĀRAKERAKE ANA TE KITEA TE AROHA

“Ko tēnei taku āhuru mōwai. Pēnā i tāu e kite nā, kei te taha o te moana te kāinga, ā, ko te marae ... kei waho tata atu i te whakaahua. Aroha ana au ki tēnei wāhi, he pēnā i tētahi whare tawhito, engari kei te arohaina. Arohaina ana. Ehara i te whare whai rawa, engari ka rongu i te koa... Kei reira katoa te aroha.”

— Rangatahi, kua 18 tau te pakeke

"TĒTAHI WAHI E RIKARIKA NEI AU KI TE HAERE

KI TE WHAKAARO NO...

KOIA TAKU TŪRANGAWAEWAE."

— RANGATAHI, KUA 20 TAU TE PAKEKE





HE MEA ĀTAAHUA

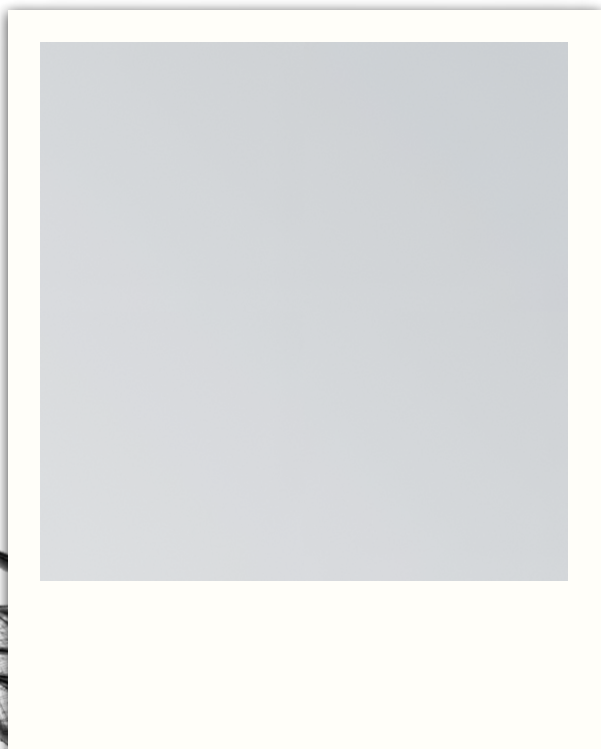
“Nā, i tēnei whakaahua nei taku hoa i rō puihi, ā, i ātaahua rirerire ki a au te kite atu i a Papatūānuku e matomato nei te tipu. Rerehua ana te kite atu i a Papatūānuku e taurikura nei te tipu, me te kauawhiawhi me te hīkoikoi i a ia me Tāne-mahuta, kua ko te hīkoi noa i tētahi ara.”

— Rangatahi, kua 18 tau te pakeke

WHAKAAHUATIA

Kei hea tō tino wāhi?

Whakamahia tēnei wāhi kei raro nei ki te tā, te tuhi, te tāpiri rānei i tētahi whakaahua o tō tino wāhi.





**KA NOHO TAHI AU ME NGĀ
TĀNGATA WHAKAHIRAHIRA KI A AU.**



HE WĀHANGA O TE WHĀNAU

Ka noho tahi au me ngā
tāngata whakahirahira ki a au.



TE WHAKAWHENUA I A AU

“He ātaahua [taku hoa piripono],
ko ia e whakawhenua ana i a au
nōku ka hinapōuri. ‘E hē, maranga
mai’ tāna mai ki a au, ā, he rawe
kia whai hoa pēnā i tēnā.”

— Rangatahi, kua 18 tau te pakeke



TE HAUMITANGA

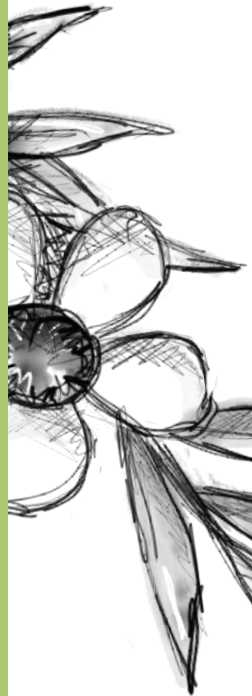




RAPU[̄]HIA Ō HAUMI

“Ki a au, me rapu ō haumi. Nā te mea he tokomaha ngā tāngata kāore i te mārāma ki te noho hei takatāpui, hei Māori hoki... Engari ki te kitea aua tāngata, inā kē te rawe.”

— Rangatahi, kua 20 tau te pakeke



NGĀ TĀNGATA WHAKAHIRAHIRA

Whakautua ngā pātai kei raro nei.

Ko wai e whakahirahira ana ki a koe? He aha ai?

He aha ngā āhuatanga o te tangata e whakahirahira ana ki a koe?





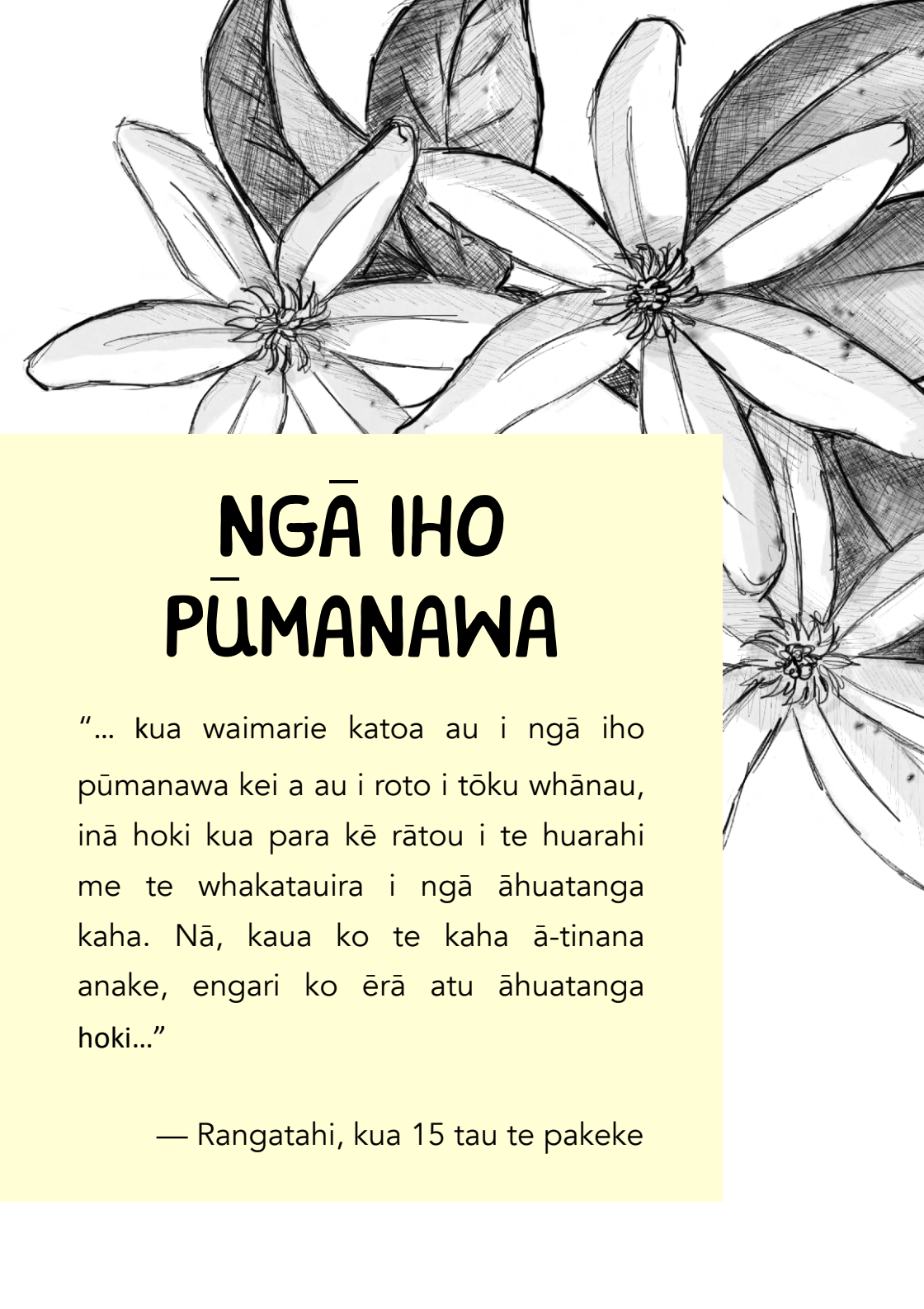
HE MEA NUI KI A AU TAKU TAHA TINANA,
TAKU TAHA HINENGARO, TAKU TAHA
KARE Ā-ROTO, ME TAKU TAHA WAIRUA

Puawānanga



HAUORA

He mea nui ki a au
taku tinana, taku
hinengaro, aku kare
ā-roto, me taku
wairua.



NGĀ IHO PŪMANAWA

“... kua waimarie katoa au i ngā iho pūmanawa kei a au i roto i tōku whānau, inā hoki kua para kē rātou i te huarahi me te whakatauirā i ngā āhuatanga kaha. Nā, kua ko te kaha ā-tinana anake, engari ko ērā atu āhuatanga hoki...”

— Rangatahi, kua 15 tau te pakeke



"TE WHĀNAU KA PĪRANGI
KORIKORI I IA RĀ."

— RANGATAHI, KUA 17 TAU TE PAKEKE



TE PĀNGA

“Nā, ko tēnei taku tīma whutupōro, ā, kei te whakaatahia te pānga o te whutupōro ki tōku oranga. I tūtaki au ki ngā tāngata maha mai i ngā huarahi kanorau, ngā hoa pūmau, ngā hoa o te whānau, me te noho tonu ki taua taiao ā-whānau.

— Rangatahi, kua 22 tau te pakeke



HĪKOI MAI

“He whakaahua tēnei o te wā i whakarite ai taku whānau kia hīkoi haere, ā, i nui tā mātou whakahau i tōku pāpā, taku tuahine, aku tuākana anō hoki kia hīkoi tahi e whai wā ai tātou ki te noho tahi hei whānau.”

— Rangatahi, kua 17 tau te pakeke



KUA EKE KI TE PAKEKETANGA

“Ki a au, ko tētahi wāhanga o te noho hauora ā-whanaungatanga nei ko te noho tahi me ngā tāngata, nā te whakapōreareatanga ōu e te noho taratahi. Engari i tino rongō au i te hauora i taku huritau 18 nā te mea i kitea taku ekenga ki te pakeketanga, ā, i whakahīhi au i tēnā.”

— Rangatahi, kua 18 tau te pakeke

HAUORA

He aha ngā āhuatanga o tō tiaki i a koe anō?
Tautohua ētahi mea mai i ngā wāhanga e whai ake nei.

Taha Hinengaro

Te Toiora o tō hinengaro me ō kare ā-roto

Taha Tinana

Te toiora ā-kikokiko o tō tinana

Taha Whānau

Te toiora o tō whanaungatanga

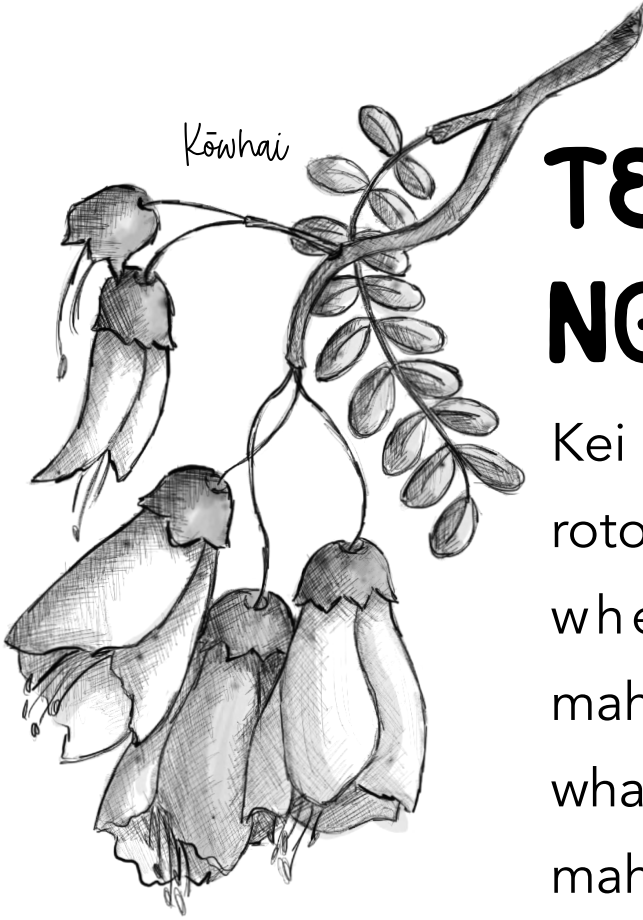
Taha Wairua

Te Toiora o tō wairua





**KEI TE TIPIU AU MĀ ROTO RAWA
I NGĀ WHEAKO ME TE MAHI TAHI**



Kōwhai

TE TIPU NGĀTAHI

Kei te tipu au mā
roto rawa i ngā
wheako me te
mahi tahi, me te
whakamātau i ngā
mahi hōu.



I OHORERE KATOA

“I kairangi aku māka i te toi. Ki ōku whakaaro, i aku kaupapa katoa, i mahi rā au i te toi, te peita, te whakaahua, te puoro me te reo. I eke panuku au i te reo me te peita... I whakawhiwhia au ki tētahi karahipi, nā reira i tino ohore au nā te mea kāore i tino mōhio mēnā rānei ka wātea au ki te haere ki te whare wānanga.”

— Rangatahi, kua 18 tau te pakeke



ME TAUTOKO TĒTAHI I TĒTAHI

“I hīkoi ā-rōpū mātou ki te whare i ngā Pinnacles. He wero nui hoki tēnā, engari i mahi tahi te tīma kia koke tonu, ā, ki a au ka tohu tēnā i te āhua o te noho tahi, ko te tautoko a tētahi i tētahi. Waihoki, ki a au ko tēnei te whakawhanaungatanga.”

— Rangatahi, kua 15 tau te pakeke



TE HĪKOI TAHI ME AKU TUHI MĀREIKURA

“Koia tētahi o ngā porotēhi nui rawa atu i tae atu ai au... He rawe hoki ki te hīkoi tahi me ōku hoa me te whakaae. Mana Wahine, Wāhine Toa.”

— Rangatahi, kua 18 tau te pakeke

HURITAO

He aha ngā mea e whakahīhī nā koe?
Whakaotia ngā kōrero kei raro nei.

Kua whakahīhī au i...

Ka whakahīhī au mēnā ka...

Ko taku whāinga ko te...



NGĀ RAUEMI

Whakamahia ngā whārangi e whai ake nei kia tautohua ētahi rauemi.
E noho ana tētahi putiputi ki te taha o ia rauemi e hāngai ana ki tētahi uara.
Whakamahia te kī kei raro nei.

01

Whakahihī ana au
i taku whakapapa
me taku ahurea



02

Whakaatu ai au i taku
aroha ki taku whānau
me aku tūpuna



03

Hono ai au ki te
whenua me ngā
wāhi



04

Noho tahi ai au
me ngā tāngata e
whakahirahira ana
ki a au



05

Tiakina ai taku taha
tinana, taku taha
hinengaro, taku taha
kare ā-roto, taku taha
wairua hoki



06

Tipu haere ai au
mā roto rawa i ō
tātou wheako me
te whakamātau i
ngā mea hōu



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
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GENDER & IDENTITY

Rainbow Youth
Outline
Mental Wealth
Advice Hub



DATING & SEX

What's UP
Family Planning
Mates & Dates



ALCOHOL & DRUGS

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Youth Helpline
NZ Drug
Foundation



GET INSPIRED

Inspiring Stories
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Action Station



**Mō te roanga ake o ngā
taipitopito me ngā paehono**

Tirohia te paehono kei raro nei

www.youth19.ac.nz

**Mēnā koe, mēnā tētahi atu tangata
rānei kāore i te haumarū,**

Me waea atu ki 111

KA NUI TE MIHI

E mihi kau ana ki ngā Rangtahi me ō rātou nā whānau i whai wāhi mai. E mihi atu ana hoki ki te rōpū rangahau i te nui o kaha i whakapaua me ērā atu tāngata i tākoha mai ki tēnei rauemi.

Te Māpurapura o te Oranga

X

Kei ōu ringaringa te ao.

The world is yours.



Poroporo

Mō te roanga ake o ngā taipitopito mō tēnei hinonga rangahau – Te Kapo ake o te Māpurapura o te Oranga: te whakamōrahi i tā te whānau whai wāhi i te toiora o te rangatahi, tirohia te paehono kei raro nei.