

Te Poipoi i te
WHANAUNGATANGA



Rauemi ā-Whānau

Kia tautoko i ngā rangatahi
kaha, rangatahi hauora,
rangatahi whai hononga hoki

MŌ TE HINONGA

I roto i te whānau, ka uua pea ki te tautoko o ā tātou rangatahi kia hauora, kia kaha, kia māia hoki hei Māori. Kei reira ngā piki me ngā heke. Engari hei tā te nuonga o ngā rangatahi i roto i ā mātou mahi rangahau, ko te **whanaungatanga** tēnā ka tautoko i a rātou kia rongu i te hauora, te aroha me te hononga.

I whakamahia e te tīma rangahau, e **Te Kapo ake o te Māpurapura o te Oranga**, ngā whakaahua me ngā pakiwaitara kia kohikohia ngā tirohanga o ngā rangatahi Māori tini whāioio puta noa i Aotearoa kia mārāma ki ngā āhuetanga o te whanaungatanga i te ao hurihuri nei. I uia hoki ō rātou whānau, arā ngā tāngata e whai take ana, ā, i rawe hoki ā rātou kōrero ārahi. Waihoki, i patapataitia ngā ākongā e 7,500 i ngā kura tuarua me ngā kura.

I tautohua e ngā rangatahi ngā **mea matua e ono** e rongu ai rātou i te hononga, i te kaha, i te māia hoki hei Māori.

I tēnei pukapuka, **kōrerotia ai ngā kōrero a ngā rangatahi** me tā rātou rongu i te whanaungatanga. Kua waihangahia hei rauemi hei whakamahi mā te whānau kia pai ake te māramatanga ki te rangatahi, kia whakamahia ngātahitia rānei e te whānau. Ko te wawata, mā tēnei ka mōhio haere koe ki ngā matea matua o te rangatahi i a rātou e hautū ana i tō rātou oranga.

Te Māpurapura o te Oranga

X

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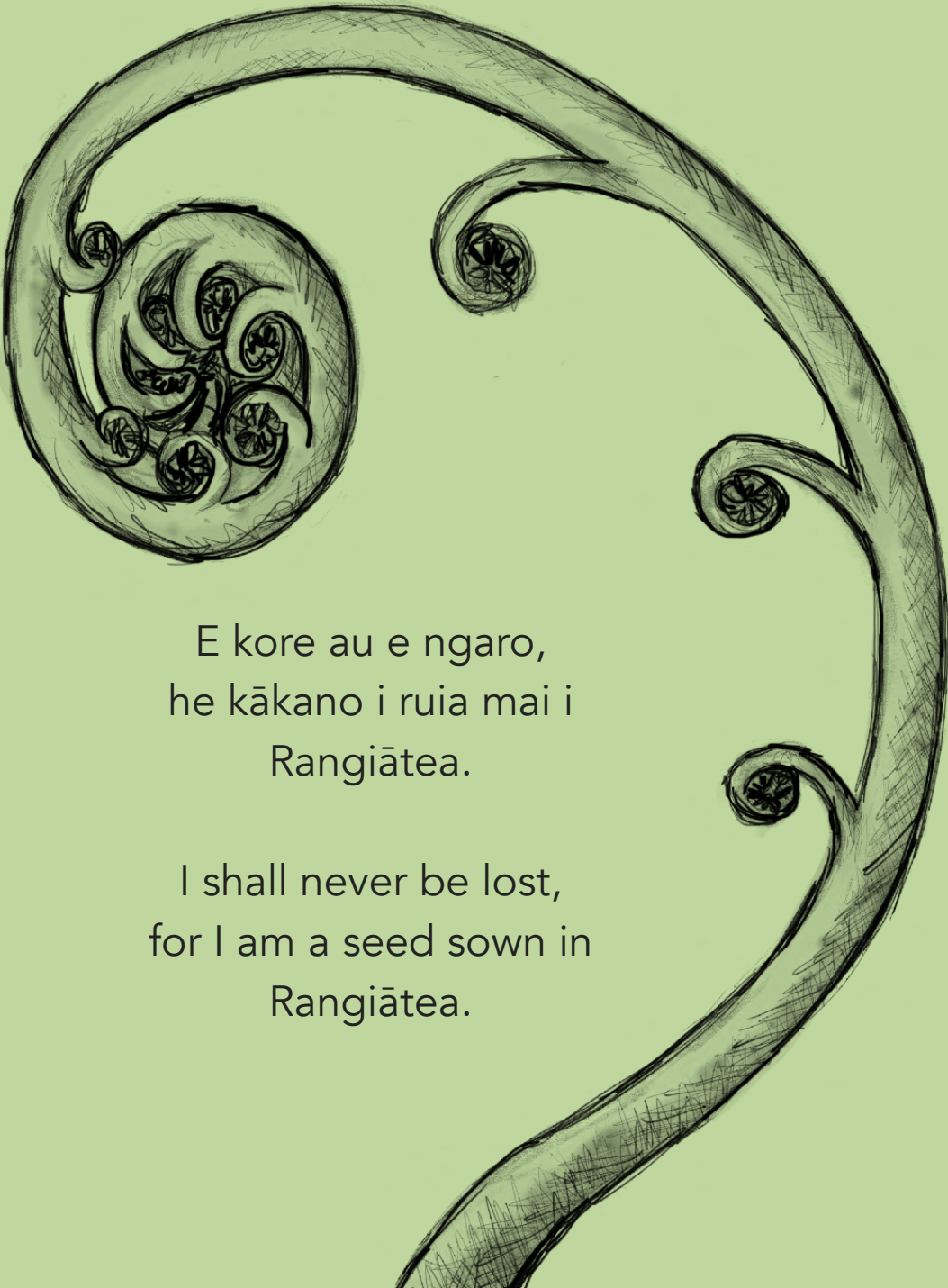
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Te Tahua: Clark, T., Le Grice, J., Shepherd, M., Groot, S., & Lewycka, S. (2017). Harnessing the spark of life: Maximising whānau contributors to rangatahi wellbeing. Health Research Council of New Zealand Project Grant (HRC ref: 17/315).

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



Horokaka

(*tūingoa*) hononga, taura here, te hononga hei whānau – he hononga mai i ngā wheako me te mahi tahi e rongo 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.

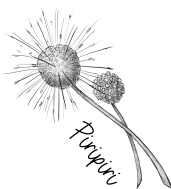
NGĀ MATEA E ONO

o ngā Rangatahi



01

Tautokona mai au kia
whakahihī i taku
whakapapa, i taku whenua
me taku haerenga ā-ahurea



04

Kia ngahau hei whānau



02

Whakaaturia tō aroha mā
tō noho ki tōku taha



05

Tiakina taku taha tinana, taku
taha hinengaro, taku taha kare
ā-roto me taku taha wairua



03

Tautokona mai au kia
māia taku tū



06

Āwhinatia au kia wawatatia,
kia kimihia hoki ngā
āhuetanga tika o taku
anamata



TAUTOKONA NGĀ RANGATAHI
KIA WHAKAHIHI I Ō RĀTOU WHENUA.
TE WHAKAPAPA ME TE HAERENGA Ā-AHUREA



TE WHAKAPAPA, TE WHENUA ME TE HAERENGA Ā-AHUREA

Kei te pīrangī ngā rangatahi Māori kia whai wāhi ngā whānau ki tō rātou haerenga ā-ahurea. He nui ngā mōhiotanga o ētahi, ā, tērā ētahi atu kātahi anō ka tīmata ki te ako. Kei te pīrangī rātou kia rongō i ngā kōrero mō ō rātou tūpuna me te whai wāhi ki te hono atu ki ngā whenua, te whakatairanga i te tuakiri, te ahurei me ngā taonga hei Māori.



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 rongoi i te koa... Kei reira katoa te aroha.”

— Rangatahi, kua 18 tau te pakeke



I WHAKAAKONA AU

“I whakaakona au (e ōku mātua) ki te whakaute, ki te āwhina i te marae. Ko taku pāpā tētahi o aua momo tāngata e pai ana ki te rongoa Māori me ngā mea Māori katoa, nā reira kua nui tana whakaako mai e pā ana ki ngā tikanga Māori...”

— Rangatahi, kua 17 tau te pakeke



TE TUAKIRI MOTUHENGA

“He rangi noa kia whakatairangatia e
mātou tō mātou tuakiri motuhenga, tō
mātou ahurei motuhenga, mā te whakaari
me te whakaatu i te Māoritanga.”

— Rangatahi, kua 18 tau te pakeke

TE WHAKAPAPA, TE WHĒNUA ME TE HAERENGA Ā-AHUREA

Māu tēnei wāhi e whakamahi kia whakaaroaro, kia tuhi, kia tā, kia whakaari, kia ohia manomano rānei i ngā mahi a tō whānau ki te tautoko i te haerenga ā-ahurea o tō rangatahi. Hei tauria, te kōrerorero, te mātakitaki i a Whakaata Māori, te noho ki te taha o te whānau, te peka atu ki te urupā, te wānanga, te mahi kapa haka, te kōrero Māori i te kāinga, te whakamahi i ngā rongōā Māori, ngā mahi toi, te waiata, te karakia, te marae, te mahi.

Pātaitia tō rangatahi kia mōhio ai me pēhea te āwhina atu.





TE WHAKAATU I TŌ AROHA

TE WHAKAATU I TŌ AROHA

Kei te pīrangi ngā rangatahi Māori kia whakaputa, kia whakaatu rānei tō rātou whānau i te aroha. I ētahi wā, ko ngā mahi o ia rā tēnā ka whakaatu i te aroha, i tō rātou matahīapo rānei ki ngā rangatahi.



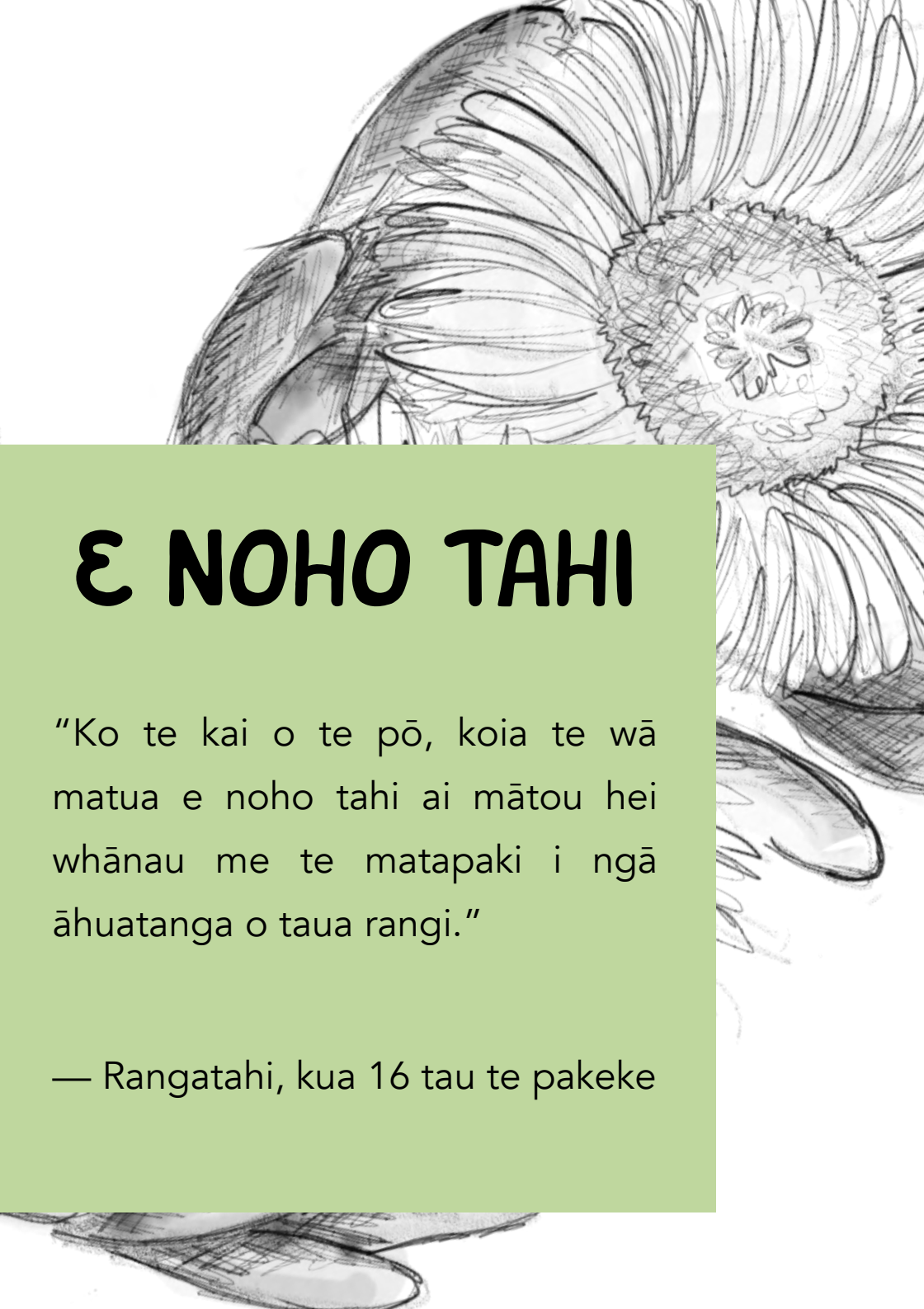
Horokaka



Ɛ ĀWHINA I A PĀPĀ

“Ko te āwhina i a Pāpā kia mahi tī,
te whakakaha i te whanaungatanga
i waenga i a māua.”

— Rangatahi, kua 15 tau te pakeke



Ē NOHO TAHI

“Ko te kai o te pō, koia te wā matua e noho tahi ai mātou hei whānau me te matapaki i ngā āhuatanga o taua rangi.”

— Rangatahi, kua 16 tau te pakeke



KA NUI TE AROHA

“He nui te aroha ka whakaaturia (e taku whānau) i waenga i a mātou me ētahi atu tāngata. Ki ōku whakaaro, ka pāorooro tēnei whakaute puta noa i te hapori e tukua aunoatia ana ki te tangata. E whakapono ana au ko te hononga i waenga i taku māmā me taku pāpā te tūāpapa o ēnei hononga i roto i tō mātou whānau. Inā te kaha. He toka tū moana rāua mai rā anō.”

— Rangatahi, kua 12 tau te pakeke

HE HONONGA MOTUHAKE

“Āe, ko taku tuahine tēnei. He motuhake tō māua hononga. Ahakoa, kāore e whakatinanahia ana i waenga i a māua anō i ōna wā, kei reira tonu. Nā, mēnā ka whakapāmamae tētahi i a ia, ā kāti, ko au e taituarā ana i a ia, ā, kei te pēnā hoki ia.”

— Rangatahi, kua 17 tau te pakeke



TANGATA MARAE

“He tāngata marae taku whaea kēkē me taku matua kēkē i taku neke whare. I ngā wā katoa, ka āwhina mai rātou i a au kia ngahau te noho me ērā momo mea...”

— Rangatahi, kua 16 tau te pakeke



TE WHAKAATU I TŌ AROHA

He rerekē tā tēnā, tā tēnā whakaatu i tōna aroha, ā, i ētahi wā, kāore i te whakakupuhia. Whakaarohia ngā huarahi maha hei whānau ka whakamaumahara koutou i tō rangatahi e arohaina ana ia (hei tauria, ka mahi kapu tī māna ka kino ana te rā, ka kōrerotia tō whakahihī i a ia, ka noho tahi kōrua). Māu tēnei wāhi e whakamahi kia tuhi, kia tā, kia ohia manomano rānei i ngā huarahi e whakaatu ai i tō kōrua aroha ki a kōrua.

Pātaitia te rangatahi mō te āhua o tana rongō i te aroha.





ME TAITUARĀ

ME TAITUARĀ

E pīrangi ana ngā rangatahi Māori kia noho koe hei taituarā, hei māngai hoki mō rātou. Ka hē rātou, engari me mōhio hoki rātou ahakoa te aha, ka **taitarā koe i a rātou i ngā wā katoa**. I ētahi wā, ka whakapuaki kōrero rātou ki ētahi atu o te whānau, nā reira he mea whakahirahira te whai wāhi mai o ētahi pakeke, ētahi tuākana, ētahi hoa hoki ki tō ratou ao. Kei te pīrangi hoki rātou kia ako ki te whakatau i ā rātou ake whakatau, kia tipu, kia whai reo hoki ki ngā kōwhiringa.





I TAE MAI TE WHĀNAU KI TE MĀTAKITAKI

“Mai i taku kēmu whutupōro tēnei whakaahua. Ko tēnei te kēmu tuatahi i tae atu ai te katoa o taku whānau ki te mātakitaki.”

— Rangatahi, kua 15 tau te pakeke



TAKU KATOA

“Ko te whānau te tūāpapa o ngā
mea katoa. Ki a au, ko te whānau
taku katoa nā te mea ka tautoko
mai, ka whakahihiko mai hoki kia
kaha ake au i ngā mea katoa.”

— Rangatahi, kua 18 tau te pakeke



KIA MĀIA TE TŪ

“Ki a au, ko ngā uara ka whakaakona mai e aku mātua me taku whānau ki a au ka titia ki te ngākau mō ake tonu atu. Kei te mōhio au ki te rerekē o te tika i te hē. Kua rite tonu tā rātou akiaki mai, ahakoa ngā awenga kino e karapoti ana i a koe, tē whakaata kē ai i aua kino, kia māia te tū.”

— Rangatahi, kua 13 tau te pakeke

KA WHAKAAKO IA I A AU

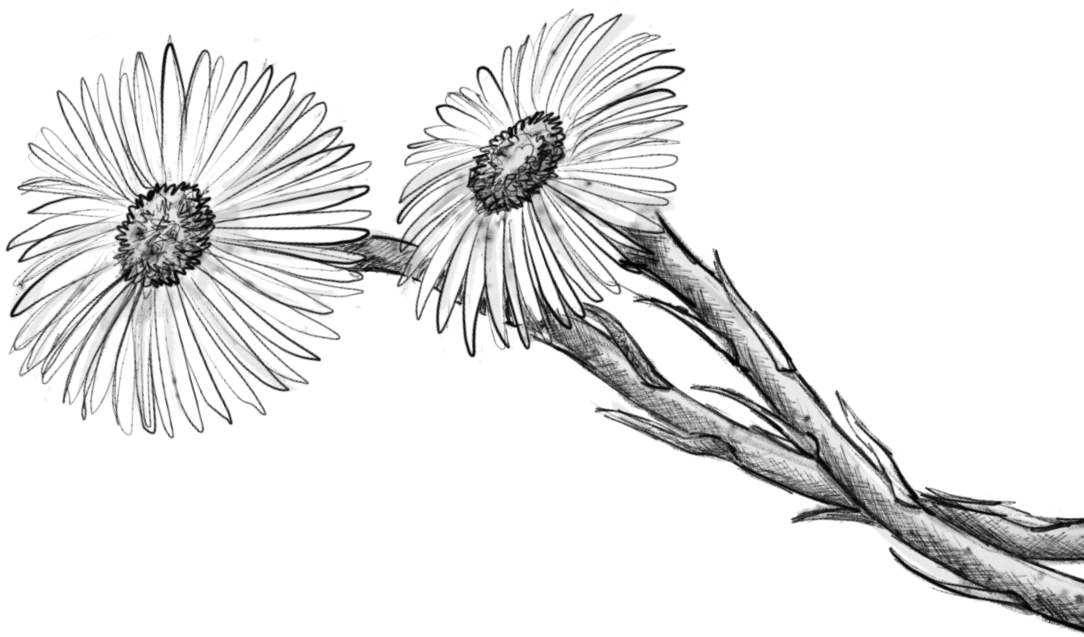
“...taku tuahine, he whakahirahira ki a au. Kua nui tana whakaako mai i a au ki te ao Māori. Ka pānui ia i ngā pukapuka i tuhia ai e taku pāpā, ā, ka kaha tana whakaako mai, ka kaha hoki tana ārahi mai i a au kia tika aku tikanga me te kore e whai i te ara hē. Kua nui tana pānga mai ki taku oranga, nā reira ko ia taku katoa.”

— Rangatahi, kua 17 tau te pakeke

ME TAITUARĀ

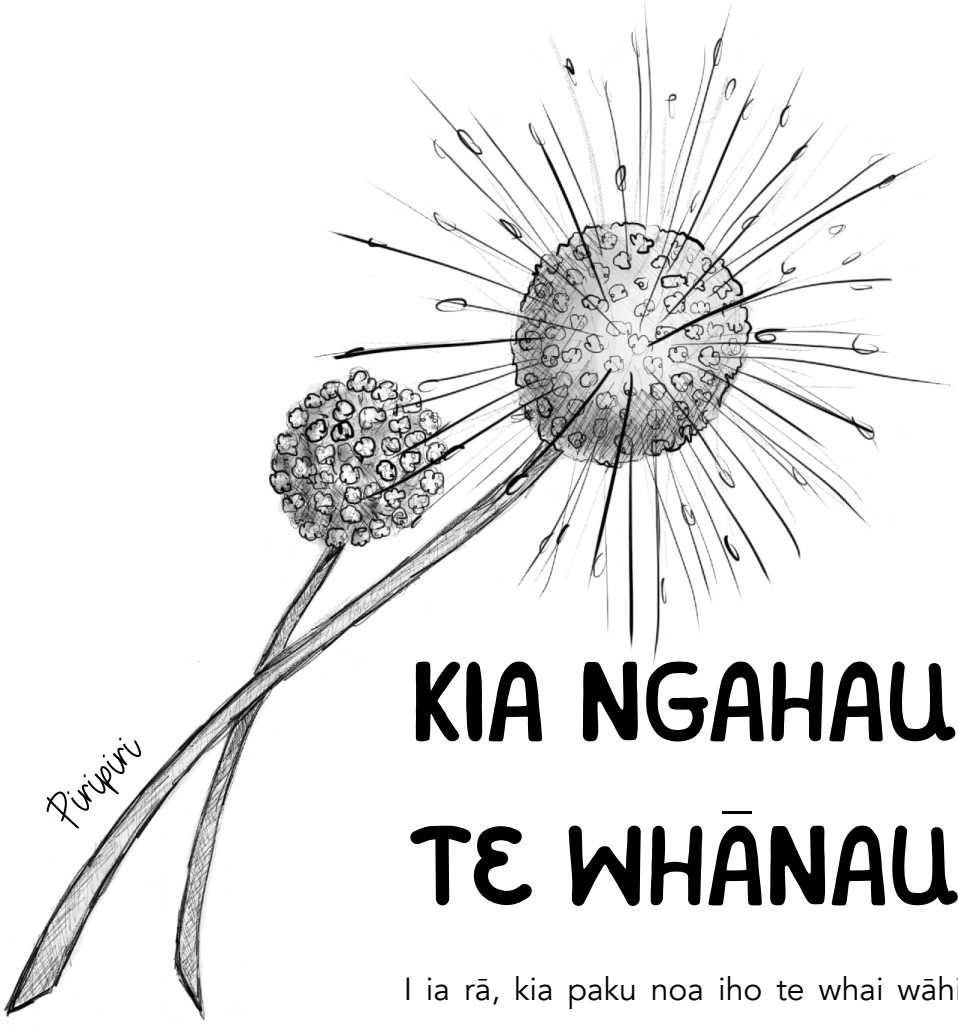
He uaua kia noho hei taituarā mō ō tamariki. Whakaarohia tētahi wā i **māia ai tō tū** hei painga mō tō rangatahi. I pēhea ō kare ā-roto i taua wā? I tahuri atu koe ki a wai kia tautokona koe? Ka pēhea hoki tō whakamōhio atu ki ō tamariki kei konā katoa koe kia taituarā i a rātou? Ko wai atu hei taituarā mō ō tamariki?

Pātaitia tō rangatahi mō ō rātou kare ā-roto i taua wā.





**KIA NGAHAU
HEI WHĀNAU KOTAHI**



KIA NGAHAU TE WHĀNAU

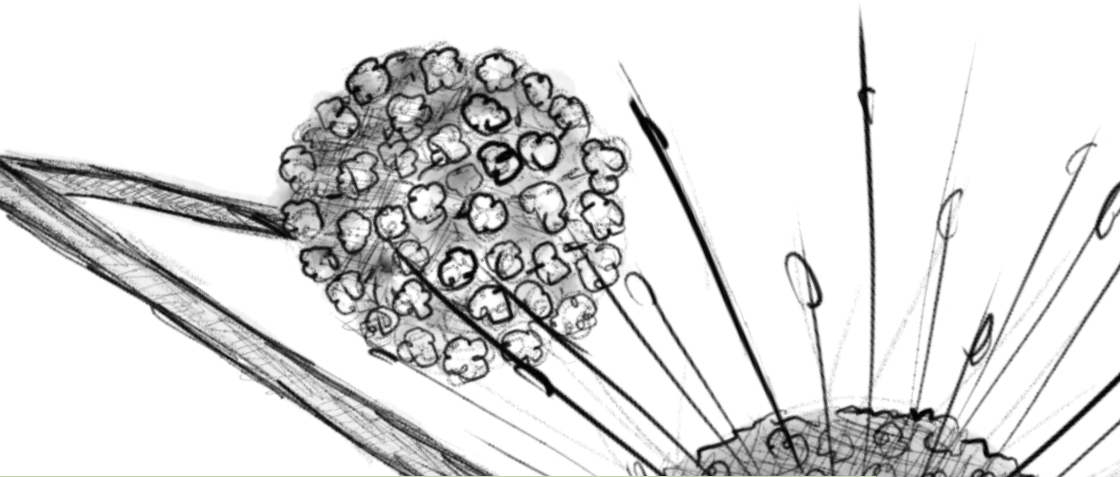
I ia rā, kia paku noa iho te whai wāhi atu pēnei i te **whakato**i i a koutou anō, i te waiata rānei i tētahi waiata heahea. Waihoki, ki ngā kaupapa nui hoki e hui tahi ai ngā tāngata ki te whakangahau i roto i te kotahitanga. I ētahi wā, he nui, he taumaha hoki ngā kaupapa kei te rere, engari ko te whai wā ki te katakata tahi te painga kē atu.

TĀ TĀTOU WHAKAATU I TŌ TĀTOU AROHA

“Ki te mōhio mai koe ki a au, ko au te ngutu komekome, nā reira mēnā au ka noho tahi ki a rātou, ka koa katoa au, ā, i ngā wā katoa he... whakatoī tā rātou ki a rātou, engari koia noa tā mātou whakaatu i tō mātou aroha.”

— Rangatahi, kua 16 tau te pakeke





HANGAREKA ANA

“He kauanuanu ngā kōrero katoa i roto i te whare kai, tē tunu kē noa ai i ngā kai, kei te kōrero pakiwaitara, kei te katakata, kei te waiata, kei te whakarongo ki te puoro, katoa mai i roto i te wāhi o te marae.”

— Rangatahi, kua 20 tau te pakeke



AKU IRĀMUTU

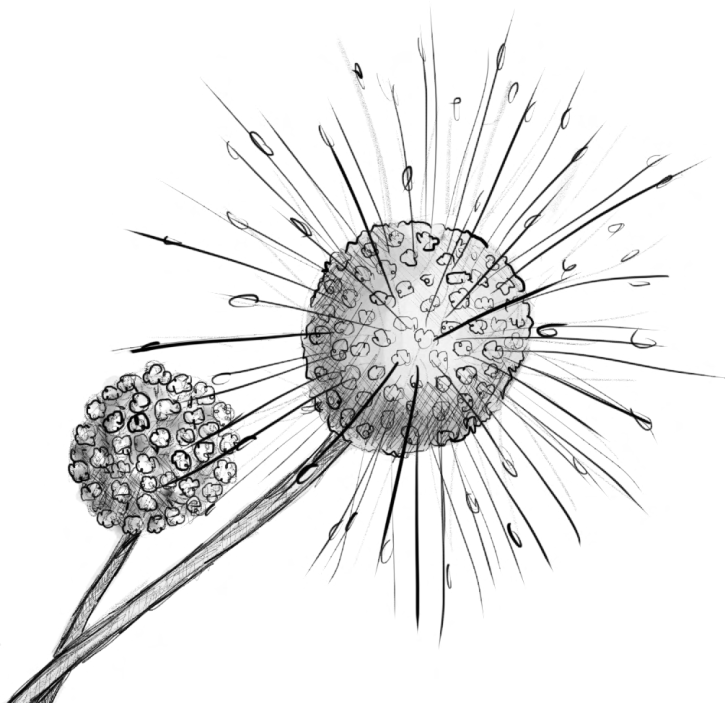
“Ko te rōpū i roto i taku whakaahua, ko mātou ko ētahi o aku irāmutu. He mea whakahirahira ki a au taku whānau, ā, ... he iti noa iho ngā wā e kitekite ai au i a rātou. Nā reira ki te kite atu i a rātou, he hangareka noa te mahi, pēnei i tēnei whakaahua.”

— Rangatahi, kua 22 tau te pakeke

KIA MATAKUIKUI

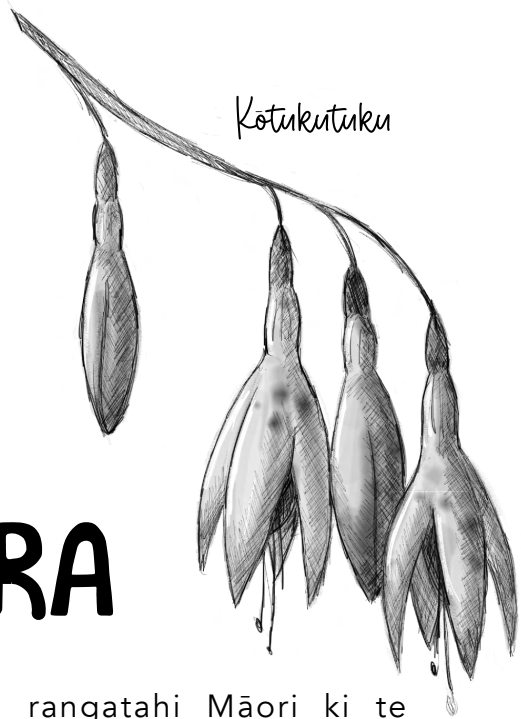
He aha ētahi o ngā mahi iti e ngahau ake ai ngā mahi hei whānau?

Pātaitia tō rangatahi mō ngā mahi ngahau pai rawa atu hei mahi ā-whānau.



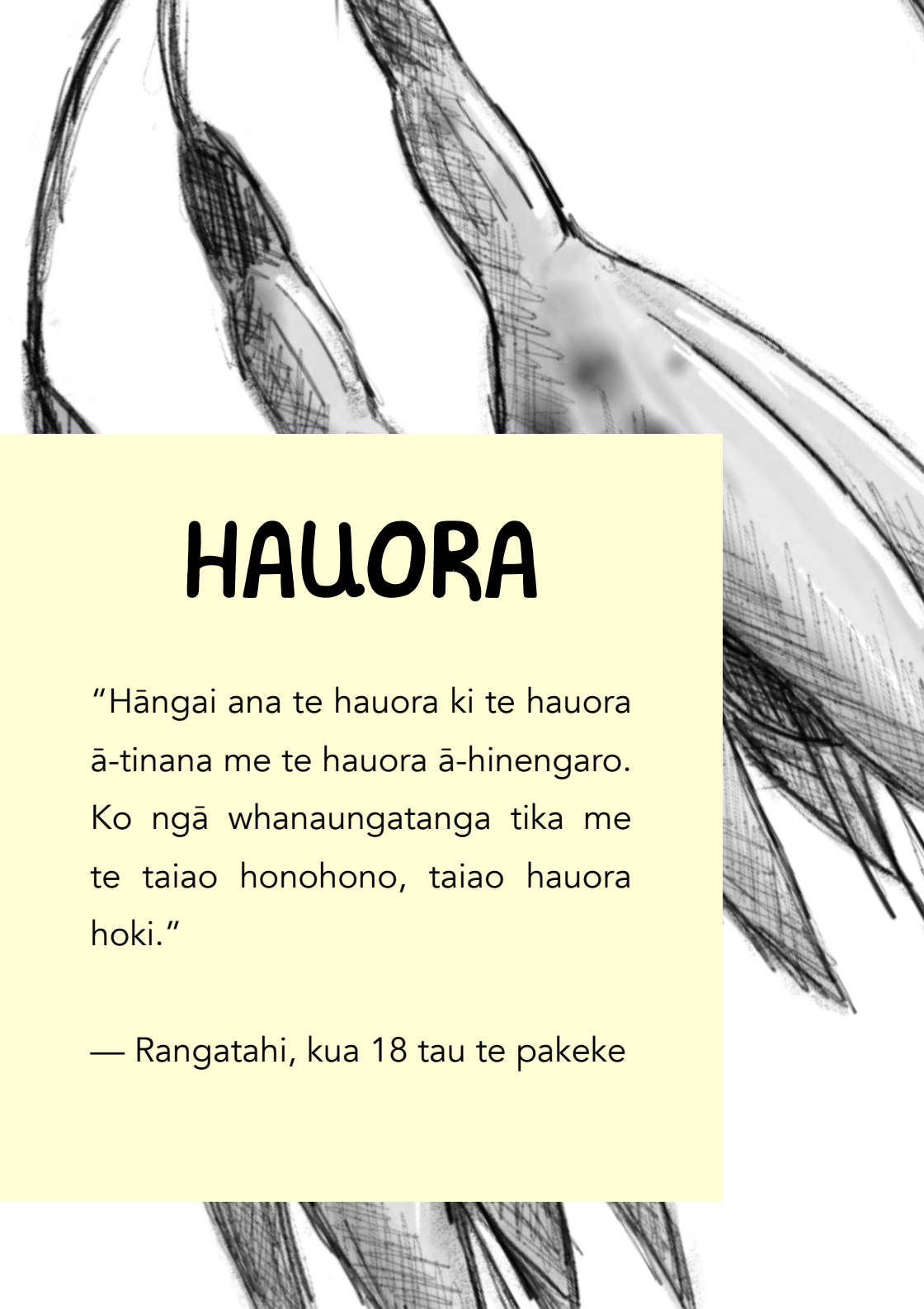


TE TIKI I TE TAHA TINANA, TE TAHA
HINENGARO, TE TAHA KARE Ā-ROTO,
ME TE TAHA WAIRUA



HAUORA

Kei te mōhio ngā rangatahi Māori ki te whakahirahiratanga o te hauora. He matatini, he whakaahotea hoki i ētahi wā te tiaki i te tinana, ngā kare ā-roto, te hinengaro me te wairua e panoni haere ana. Ka piki i ōna wā, ka heke i ōna wā, nā reira he mea nui ki te whānau te whakariterite. Ko te āwhina i a rātou kia kite i ngā mea ka āwhina i a rātou i ngā wā uaua ētahi o ngā pūkenga matua ki te pakeke. I kōrero ngā rangatahi mō ngā huarahi tini ka taea e ngā whānau kia āwhina e hauora ai rātou. I kōrerotia hoki ngā ngohe me ngā wāhi i haere ai rātou e tautoko ai i tō rātou toiora.



HAUORA

“Hāngai ana te hauora ki te hauora
ā-tinana me te hauora ā-hinengaro.
Ko ngā whanaungatanga tika me
te taiao honohono, taiao hauora
hoki.”

— Rangatahi, kua 18 tau te pakeke

MĀTĀMUA ANA KO TE HAUORA

“Ki a au, mēnā e tika ana kia whakatā, me whakatā. Kaua e pīkautia ngā mea katoa i te wā kotahi, kaua e kaha rawa tō pana i a koe anō. Mēnā e tika ana kia whakatā, me whakatā. Mēnā me hoki ki te kāinga, me pā rānei i ngā wai. Rapuhia te whakaora. Rapuhia nā te mea e noho mātāmua ana te hauora. I ngā wā katoa... Rapuhia noatia te hākoako mōu ake.

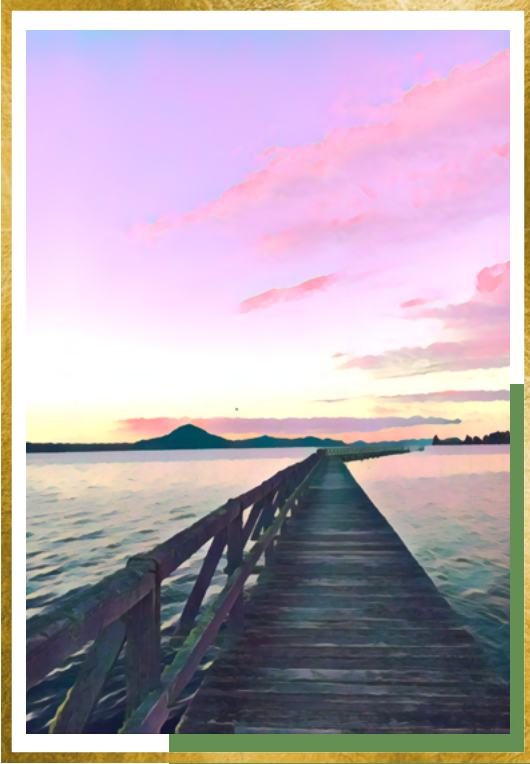
— Rangatahi, kua 13 tau te pakeke



NGĀ IHO PŪMANAWA Ā-WHĀNAU

“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 22 tau te pakeke



HE WĀHI KA WHAKAWHENU A I A AU

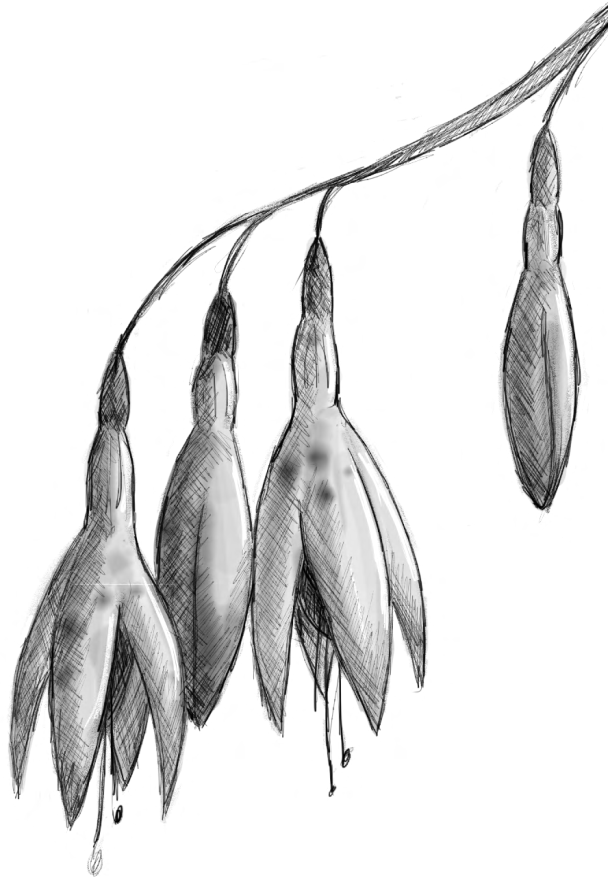
“Koia tētahi wāhi e whakawhenua nei i a au, ko taku āhuru mōwai ina au ka ngaro, ka pōraruru rānei. Ka haere noa au ki korā me te whai whakaaro. Koia taku tūrangawaewae, te wāhi e noho hāneanea nei au kia whakawhenua i a au anō.”

— Rangatahi, kua 20 tau te pakeke

HAUORA

He rerekē tā tēnā, tā tēnā poi poi i tōna taha hinengaro, taha tinana, taha kare ā-roto, taha wairua anō hoki, tae noa atu ki ngā wā taumaha. Me pēhea koe e āwhina ai i te rangatahi kia whakatau i ngā mea ka tautoko i a rātou kia kaha, kia manawaroa hoki?

Pātaitia tō rangatahi mō ngā mea ka āwhina i a rātou kia kaha, kia manawaroa hoki.





ĀWHINATIA AU KI TE WAWATA ME TE
WHAKATAU I NGĀ MEĀ TIKA KI A AU
MŌ TE ANAMATA

NGĀ WAWATA MŌ TE ANAMATA

Kei te pīrangī ngā rangatahi Māori kia ākina, kia tautokona rātou i a rātou e whai ana i ngā whāinga me ngā wawata mō te anamawa. Kei te pīrangī ngā rangatahi kia **kitea tō rātou pito mata** e koe me te āwhina i a rātou kia tūhura i te āhua o te anamata.



Karo





TE WHAKATAU RAPANGA

“Mēnā au ka manawareka ki tētahi mahi, i ngā wā katoa ka āwhina mai [te whānau] kia whai huarahi e mahia ai taua mahi.”

— Rangatahi, kua 17 tau te pakeke

KIA MARAE AKU KŪAHA

“Nā, ko taku whare rongoā (o te anamata)... He whare rongoā ka whakapiki i ngā Māori, kaua i te taha tinana anake, engari i te taha hinengaro me te taha wairua. He whare rongoā ka whānui hoki ōna kaupapa. Ka pīrangī au kia whakarato i ngā ratonga kaiāwhina, ratonga mahere kai, ratonga ārahi i te oranga me ērā momo ratonga ka āwhina i ngā Māori kia rangona te angitu. Ka pīrangī hoki au kia whai wāhi ngā rongoā me ngā tikanga Māori. I pīrangī au kia kanorau te āhua o taku whare rongoā e rongo ai ngā mātāwaka katoa e noho marae ana te whare.”

— Rangatahi, kua 18 tau te pakeke



TE ĀWHINA TĀNGATA

“Kei te pīrangī au kia whai tamariki, kia whai umanga hoki kia āwhina i ngā tāngata. I whakatōkia mai te pīrangī kia āwhinatia ngā tāngata i roto i taku umanga e aku mātua. Mahi tākuta mai, kaiako mai, kaimahi tari toko i te ora mai, e pīrangī noa ana au kia āwhina tāngata.

— Rangatahi, kua 13 tau te pakeke

KIA KAHA, KIA MANAWAROA HOKI

“Kei te pīrangi au kia kaha, kia manawaroa hoki (aku tamariki), me te whai māia me ngā rautaki kia tika rawa atu ā rātou kōwhiringa e whai wāhi ai rātou ki te eke ki te pito mata ka taea. Ko tētahi wawata hoki ki a au, ko tā āku tamariki hāpai ake i te hapori. Kia noho hei kirirarau whai hua ki te hapori. Mā te whakamahi pea i ō rātou pūmanawa me ngā pūkenga e whakairohia ai te anamata, engari hoki, ko te hāpai i tō hapori tētahi mea whakahirahira, mea matua hoki i tō mātou whānau. Ki a au, ko taua manawaroa me te whai rautaki kia whakatīrewa i a rātou kia tika ai ngā kōwhiringa.

— Te matua o tētahi rangatahi



KAUA KOE E TUKUA KIA HAUKOTIA

“Nā, kua e whakahauraro me ō wawata. Mēnā me kaha te whakangungu, kia kaha te whakangungu. Kua koe e tukua kia haukotia.”

— Rangatahi, kua 13 tau te pakeke

NGĀ WHĀINGA ANAMATA

I ētahi wā, ka ahotea te rangatahi i te kōrero mō ngā āhuatanga o te anamata, ā, i ētahi wā ka rīkarika te rangatahi. Me pēhea koutou, hei whānau, e tautoko ai i a koutou anō kia tutuki ngā whāinga me ngā wawata. Me pēhea koutou e tono āwhina ai i a koutou anō kia tutuki ai aua whāinga? Ko wai atu hei āwhina i a koe kia tutuki ai aua wawata?

Pātaitia tō rangatahi mō ngā whāinga me ngā wawata me te tautohu me pēhea e mahi tahi ai kia tutuki ai.



NGĀ RAUEMI

Whakamahia ngā whārangi e whai ake nei kia
tautohua ngā rauemi mā tō rangatahi.

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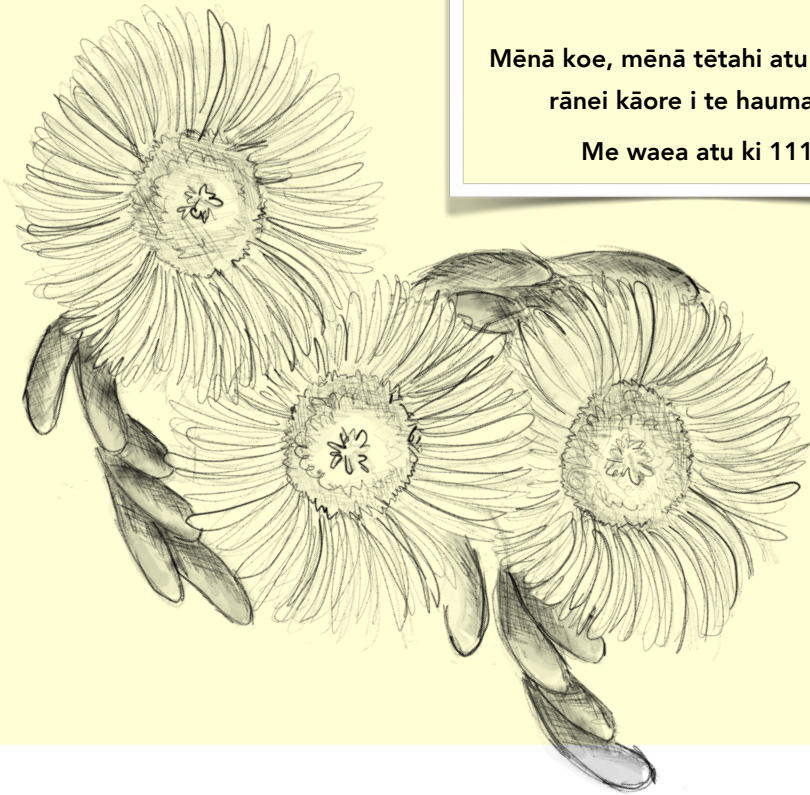
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taipitopito me ngā paehono
Tirohia te paehono kei raro nei**

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