

# He Ara Oranga

## Wellbeing Outcomes Framework

Our vision:

“Tū tangata mauri ora, flourishing together.”  
This will be achieved when tāngata | people, whānau | families, and hapori | communities in Aotearoa experience...



### Wellbeing from a te ao Māori perspective



#### Tino rangatiratanga me te mana motuhake

Legal, human, cultural, and other rights of whānau are protected, privileged, and actioned.

Rights are in line with Te Tiriti o Waitangi and te ao Māori, which includes application of tikanga tuku iho.

Māori exercise authority and make decisions about how to flourish. Tino rangatiratanga is expressed in many self-determined ways.

Upholding whānau<sup>1</sup> rights is recognised as beneficial to Aotearoa.



#### Whakaora, whakatipu kia manawaroa

Whānau are culturally strong and proud – whānau flourish through the practical expression of ritenga Māori, tikanga Māori, and mātauranga Māori.

Māori express connection through awhi mai, awhi atu and the use of te reo me ōna tikanga every day – starting from infancy.

The beauty of Māori culture is celebrated and shared by all people in Aotearoa and globally.



#### Whakapuāwaitanga me te pae ora

Thriving whānau and equitable wellbeing are the norm.

Whānau have the resources needed to thrive across the course of their lives – especially mokopuna, who are unique taonga.

Whānau needs are met, and unfair and unjust differences are eliminated.

Whānau live in a state of wai ora, mauri ora, and whānau ora, which enables pae ora.



#### Whanaungatanga me te arohatanga

Whānau flourish in environments of arohatanga and manaaki.

Kaupapa and whakapapa whānau collectively flourish intergenerationally.

The active expression of strengths-based whakawhanaungatanga supports positive attachment and belonging.

Kotahitanga is realised.

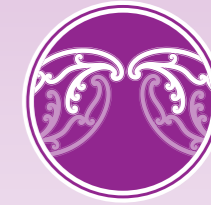


#### Wairuatanga me te manawaroa

The mauri and wairua of whānau are ever-increasing, intergenerationally.

While whānau are already resilient, whānau skills, capabilities, and strengths continue to grow.

Taonga Māori are revitalised and nurtured – the unique relationship and spiritual connection Māori have to te taiao, whenua, whakapapa, and whānau is actively protected, enhanced, and strengthened.



#### Tūmanako me te ngākaupai

Whānau are hopeful.

Whānau feel positive about self-defined future goals and aspirations.

Whānau have the resources and capacity needed to determine and action preferred futures.

### Wellbeing from a shared perspective

The ‘shared perspective of wellbeing’ and ‘te ao Māori perspective of wellbeing’ should not be read as direct translations. They represent related concepts of wellbeing from different worldviews. The ‘shared perspective of wellbeing’ may also apply to Māori.

#### Being safe and nurtured

People have nurturing relationships that are bound by kindness, respect, and aroha (love and compassion).

People of all ages have a sense of belonging in families and / or social groups. Where people experience disconnection, reconnecting or forming new positive connections is possible.

People feel safe, secure, and are free from harm and trauma.

People live in, learn in, work in, and visit safe and inclusive places.

#### Having what is needed

People, families, and communities have the resources needed to flourish.

This includes (among other things) enough money, financial security, access to healthy food, healthy and stable homes, safe physical activity, lifelong learning, creative outlets and time for leisure, including play for children.

People have the support and resources needed to maintain their health across their life course, and experience equity of health.

All people live in communities and environments that enable health and wellbeing.

#### Having one’s rights and dignity fully realised

All people have their rights fully realised and are treated with dignity.

People can fully participate in their communities and broader society, and live free from all forms of racism, stigma, and discrimination.

Rights framed by Te Tiriti o Waitangi, other New Zealand law, and international commitments are fully met.

The negative impacts of colonisation and historic breaches of rights are recognised and addressed.

#### Healing, growth, and being resilient

People and families experience emotional wellbeing.

This includes having the skills, resources, and support needed to navigate life transitions, challenges, and distress in ways that sustain wellbeing and resilience.

People and families can experience and manage a range of emotions – celebrating each other’s strengths and practising empathy and compassion – personal and collective.

Where adversity or trauma occurs, people experience support and belief in their capacity to heal and grow.

#### Being connected and valued

All people are valued for who they are and are free to express their unique identities.

People are connected to communities in ways that feel purposeful and respectful. People are meaningfully connected to their culture, language, beliefs, religion and / or spirituality, and can express important cultural values and norms.

People experience connection to the natural world and exercise guardianship of the environment.

#### Having hope and purpose

People, families, and communities have a sense of purpose and are hopeful about the future.

There is respect for people’s voices, perspectives, and opinions.

People make self-determined decisions about the future and have the resources needed to pursue goals, dreams, and aspirations.

Communities of belonging make their own choices, have resources, and are trusted to develop solutions for themselves.

<sup>1</sup> ‘Whānau’ is used here to include people, families, hapū, iwi, and communities.

# He Ara Oranga Te Tarāwaho Putanga Toiora

Te whakakitenga:

“Tū tangata mauri ora.”

Ka tatū tēnei mō ngā tāngata, ngā whānau me ngā hapori o Aotearoa, inā ka whai wāhi ki te...



## Toiora mai i te tirohanga o te ao Māori



### Tino rangatiratanga me te mana motuhake

Ka haumarutia, ka whakatiketikehia, ka whakatinanahia hoki ngā mōtika o te ture, o te ira tangata, o te ahurea, me ētahi atu mōtika o te whānau.

Ka hāngai ngā mōtika ki Te Tiriti o Waitangi me te ao Māori tae atu ki te whakamahinga o te tikanga tuku iho.

Ka hua mai te tino rangatiratanga i te iwi Māori ki te whakatau i ō rātou ake take.

Ka whakamanahia ngā mōtika o te whānau, hei painga mō Aotearoa.



### Whakaora, whakatipu kia manawaroa

E pakari ana te ahurea o ngā whānau; ka matomato te tipu o te whānau mā te whakatinana i te ritenga Māori, te tikanga Māori me te mātauranga Māori.

Ka whakapuakina e te Māori ngā hononga mā te tikanga awhi mai, awhi atu, me te whakamahi i te reo me ōna tikanga, ao, pō noa; mai i te wā e poniponi ana.

Ka whakanuia, ka tuaritia te ataahua o te ahurea Māori e ngā tāngata katoa i Aotearoa, huri noa i te ao.



### Whakapuāwaitanga me te pae ora

Ka noho māori ngā whānau ora me te toiora taurite.

Ka riro i ngā whānau ngā rauemi kia ngaruru; tau iho ki ngā mokopuna, he taonga motuhenga hoki.

Ka tatū ngā hiahia a ngā whānau, ā, ka mukua atu ngā tāwewētanga whakatakē.

Ka noho ngā whānau i raro i te maru o te wai ora, te mauri ora me te whānau ora hei whakaputa ki te pae ora.



### Whanaungatanga me te arohatanga

Ka puāwai ngā whānau i roto i te taiao o te arohatanga me te manaaki.

Ka matomato te tipu o ngā kaupapa me ngā reanga katoa o te whakapapa whānau.

Ka whakatauiratia ngā torokaha o te whakawhanaungatanga hei taunaki i te hononga pai me te noho tau. Ka whakatinanahia te kotahitanga.

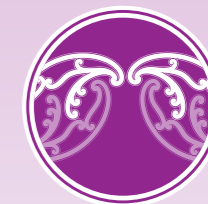


### Wairuatanga me te manawaroa

Ka piki tonu te mauri me te wairua o ngā whānau, tuku iho ki ngā reanga.

Ahakoia e manawaroa ana ngā whānau, ka tipu haere tonu ngā pūkenga me ngā kaha o te whānau.

Kia whakahouhia, kia manaakitia hoki ngā Taonga Māori; ka haumarutia, ka whakanikohia, ka whakakahangia hoki te hononga ahurea me te hononga wairua a te Māori ki te taiao, ki te whenua, ki te whakapapa me te whānau.



### Tūmanako me te ngākaupai

E kauae runga ana ngā whānau.

E whakaaro pai ana ngā whānau ki ngā anamata, ki ngā aronga me ngā wawata motuhake.

Kei ngā whānau ngā rauemi me ngā āheitanga ki te whakatau me te whakarite i ō rātou ake anamata.

## Toiora mai i te tirohanga whānui

Kei pōhēhē he whakamāoritanga te 'tirohanga ao whānui, o 'te tirohanga ao Māori'. He hononga tō ēnei huatau toiora, engari ka ahu mai i ngā tirohanga rerekē. He wā ka ōrite anō ngā 'tirohanga ao whānui' ki tō ērā o te tirohanga Māori.

### Haumarua kia noho āhuru

Ka noho āhuru ngā hononga a ngā whānau i roto i te māhaki, i te whakaute me te aroha.

Ka mauri tau ngā reanga pakeke katoa i roto i ō rātou whānau/ rōpū pāpori rānei. Ki te noho momotu ētahi tāngata, ka āhei rātou ki te tūhono anō, kia renarena anō ai te taukaea tangata.

Ka noho haumarua, ka noho whakamaru te whānau, ā, ka wātea i ngā tūkinu me ngā whakawhiu.

Ka noho, ka mahi, ka haere hoki ngā whānau ki ngā wāhi haumarua.

### Whāia ngā mea e hiahitia ana

Kei ngā whānau ngā rauemi kia tipu matomato.

Ka tāpiritia (me ētahi atu mea) ko te pūtea, ko te haumarua pūtea, ko te whai wāhi ki ngā kai hauora, ki ngā kāinga ora, ki ngā mahi korikori, ki ngā akoranga pūmau, ki ngā toa auaha, me te whai wā ki ngā ngahau pērā i ngā tākaro mā ngā tamariki.

Ka whai tautoko, rauemi hoki ngā whānau hei whakapūmau i te hauora i te roanga o tō rātou oranga, ā, kia rongo ai rātou i te mana taurite i te hauora. Ka noho ngā whānau i roto i ngā hapori me ngā taiao tuku hauora, toiora hoki.

### Whakamanatia ngā mōtika me ngā mana o te tangata

Ka whai mana ngā mōtika o ngā whānau, ā, ka noho rangatira rātou.

Ka whai wāhi ngā whānau ki te hapori me te pāpori whānui, me te noho wātea i te kaikiri, te ngaukino me te whakaparrahako.

Ka whai mana, ka hāngai hoki ngā mōtika o te whānau ki Te Tiriti o Waitangi, ki ngā ture whaipānga o Aotearoa me te ao hoki.

Ka whakatikahia ngā pānga kino o te whakawaimehatanga me ngā takahitanga ō mua.

### Whakaora kia tipu kia manawaroa

Ka rongo ngā whānau i te toiora kareāroto. Kia riro ki ngā whānau, ngā pūkenga, ngā rauemi me ngā tautoko hei hautū i ngā auheke, i ngā taero me ngā ngaru whakapuke o te wā, e pakari ake ai te toiora me te manawaroa.

Ka rongo, ka tāroi hoki ngā whānau i ngā tūmomo kareāroto - ka whakanuia ngā kaha a tēnā, a tēnā o te whānau.

Ahakoia ki hea rongohia ai te taumaha me te ngaukino rānei, ka whai tautoko, ka whai pono hoki ngā whānau ki te whakaāhei, ki te whakaora me te whakatipu hoki i a rātou anō.

### Tūhono kia whai uara

Ka whai uara ngā whānau, ā, ka wātea ki te whakapuaki i ō rātou tuakiri ake.

Ka tūhono ngā whānau ki ngā hapori i runga i te wairua whai take me te whakaute. Ka tūhono anō ngā whānau ki ngā ahurea, reo, whakapono, hāhi, wairuatanga rānei, ā ka āhei ki te whakapuaki i ngā uara me ngā mahi ahurea.

Ka whai hononga ngā whānau ki te ao tūroa, ā, ka whakatinana i te kaitiakitanga taiao.

### Manako kia whai tikanga

Ka whai tikanga ngā whānau, ā, e aro whakamua ana.

Ka rongohia, ka whakautetia ngā whakaaro, kōrero hoki.

Ko ngā whānau tonu ka whakatau i ō rātou take mō ō rātou anamata, ā, ka whai rauemi hei aru i ngā whāinga, ngā moemoeā me ngā wawata.

I roto i te hapori manaaki ka whakataungia ō rātou ake kōwhiringa, ka riro rauemi, ā, ka whakaponotia rātou ki te kimi huarahi.