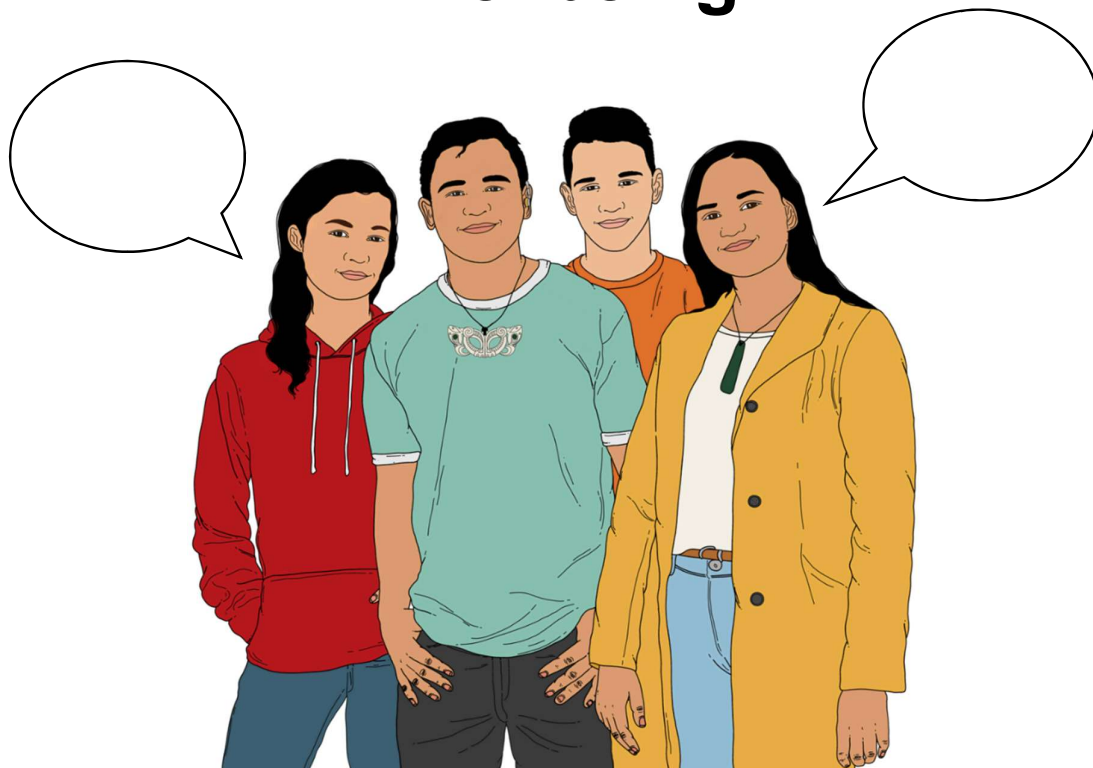


Summary of a report: Young people speak out about wellbeing



Published: May 2023

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About this summary



Te Hiringa Mahara – Mental Health and Wellbeing Commission wrote a report called:



Young people speak out about Wellbeing: An insights report into the Wellbeing of Rangatahi Māori and other Young People in Aotearoa



Te Hiringa Mahara – Mental Health and Wellbeing Commission is:

- a government agency
- **kaitiaki** of mental health and wellbeing in Aotearoa New Zealand.



Kaitiaki is the person or organisation that looks after / cares for something.



Mental health is about how you feel.

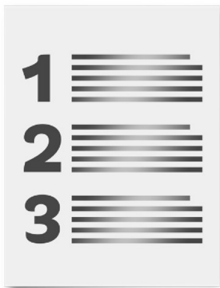


Wellbeing means things like:

- how we feel about ourselves
- getting support when we are feeling sad or worried
- feeling safe
- being able to decide what is important to us.



This is an Easy Read **summary** of the full report.



A **summary** tells you the most important ideas.

What the report is about



The report is about the wellbeing of:

- rangatahi Māori / young Māori
- other young people.



The report helps us all to understand what makes the wellbeing of young people in Aotearoa New Zealand:

- better
- worse.





The report says that young people can have poor wellbeing for lots of reasons like:

- having a hard time at home
- not living in good housing
- not feeling connected to their community
- not finding work
- not being able to get a good education.



The report looks at **4 main** reasons the wellbeing of rangatahi Māori and young people is being affected.



These 4 main reasons are:

1. Feeling unsure about the future / years to come



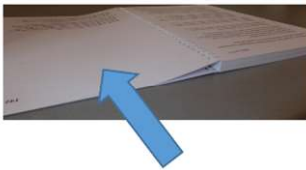
2. Racism and discrimination



3. Social media and online safety



4. Whānau / family wellbeing and intergenerational connections.



We will look more closely at the 4 main reasons on **pages 8 to 21**.

1. Feeling unsure about the future



Young people said they would feel happier about the future if:



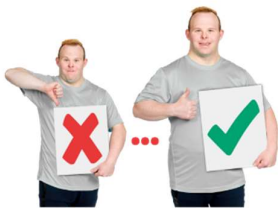
- government agencies involved rangatahi Māori and young people in decisions about their future / years ahead



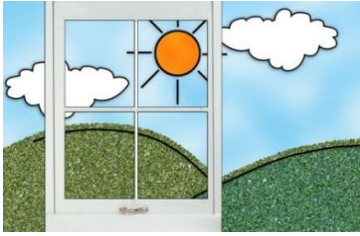
- there was better support for the things that young people are doing to slow down **climate change**



- more people around Aotearoa New Zealand had access to services like mental health services



- support services were more aware of how young people want services to change for the better.



Climate change is about changes that are seen in the weather / earth that last a long time.



Young people also said that new subjects should be taught at school like:



- civic engagement education which is how to be a part of the community



- mental health awareness
- financial literacy which is how to manage money



- household management which is how to look after the running of a house like cooking and cleaning
- what it is like to become an adult.



Young people also said that they need more access to:

- support that helps them find jobs
- education / learning
- housing that does not cost too much money
- support from people who know what they are going through.



2. Racism and discrimination



Racism is when people are treated unfairly because of their skin colour / where they come from.



Discrimination is when people are treated unfairly because of things like:

- being a man / women / someone of a different gender
- their sexuality
- their religion / beliefs
- their culture
- being disabled.





Young people feel like they are discriminated against a lot.



This is more so if young people are:

- rangatahi Māori
- from an ethnic group such as Pacific Islander or Asian.





Some of the ways young people want to see less discrimination is by making sure that services that support young people understand:



- how people treat them differently because of things like their:

- gender
- sexuality
- ethnicity



- what their culture means to them



- how bad things that have happened to them make them feel.



Young people also want to see:

- more checking to stop discrimination / racism on:
 - social media like Facebook / TikTok
 - media sites like news websites
- more work places that include disabled young people.



3. Social media and online safety

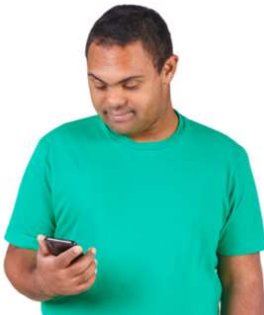


Being online / using social media is a big part of life for young people.



To make it fair for everyone to be online young people felt that everyone should have access to:

- the internet
- a computer
- a phone.





Young people need to feel safe while being online.



Young people can be better supported to be safe online if the people around them know how to be safe online like their:



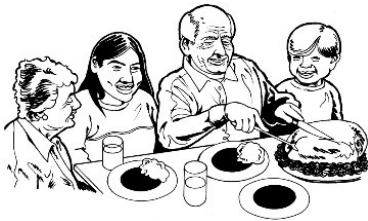
- caregivers
- whānau / family.



There also needs to be more checking on what kinds of news they are getting so they do not see news that:

- upsets them
- is not true.

4. Whānau wellbeing and intergenerational connections



Intergenerational connections

means connections between family members of different generations like:

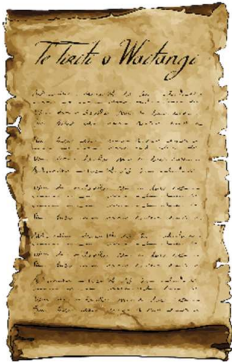
- tīpuna / grandparents
- mātua / parents
- pāpara / uncles
- whaea / aunties.

A big part of wellbeing is feeling connected to your:

- whānau / family
- culture.



Some ways of supporting young people and whānau to have good connections are by:



- iwi / hapū / whānau making decisions about their lives as talked about in **Te Tiriti o Waitangi / The Treaty of Waitangi**
- having ways that rangatahi Māori can connect with their:
 - whenua / land
 - whakapapa / family history.



Te Tiriti o Waitangi / The Treaty of Waitangi is about Māori and the New Zealand Government:

- making decisions together
- protecting things that are important to Māori.



Some more ways of supporting young people and whānau to have good connections are by:

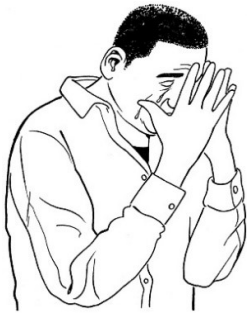


- parents / older whānau members having a good understanding of how to use online / social media

- having better support services for parents / caregivers who are looking after young people with:



- **mental health issues**
- **addictions.**



Mental health issues are when people may feel:

- sad / worried a lot
- confused
- sick
- unable to do everyday tasks.

Having mental health issues may also mean having conditions like:

- depression
- anxiety
- bipolar disorder
- schizophrenia
- eating disorders.



Addiction means not being able to stop yourself from using things like:

- drugs
- alcohol
- gambling – like:
 - betting money on the horse racing
 - going to a casino.

What happens next?



Te Hiringa Mahara will share the report with different government agencies.

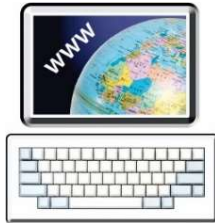
They will share what they found in the report:



- when talking to leaders in the Government
- when giving the Government advice on how to help the wellbeing of rangatahi Māori and other young people in Aotearoa New Zealand
- with support services that focus on **He Ara Oranga**.



He Ara Oranga is a different way of looking at wellbeing.



More information about He Ara Oranga is on the Te Hiringa Mahara **website**:

www.mhwc.govt.nz/our-work/he-ara-oranga-wellbeing-outcomes-framework/



This information is **not** in Easy Read.



Te Hiringa Mahara will also look to see if the things rangatahi Māori and young people have asked for:



- are available
- are up to date.

Where to find more information



For more information about Te Hiringa Mahara – Mental Health and Wellbeing Commission go to their **website**:



www.mhwc.govt.nz

You can contact them by:



- email:

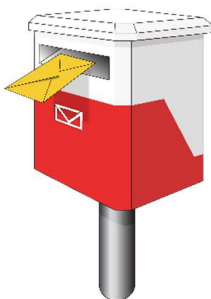
kiaora@mhwc.govt.nz

- post:

Te Hiringa Mahara

DX Box SP22502

Wellington





This information has been written by Te Hiringa Mahara | Mental Health and Wellbeing Commission.



It has been translated into Easy Read by the Make it Easy Kia Māmā Mai service of People First New Zealand Ngā Tāngata Tuatahi.



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