

Ka whakahuatau te rangatahi mō te Toiora:

He pūrongo tirohanga ki te Toiora o te Rangatahi Māori me te Rangatahi o Aotearoa



Te Hiringa Mahara

Mental Health and Wellbeing Commission

He whakarāpopoto

He tāpiritanga tēnei pūrongo ki ngā kohinga māramatanga o ngā whanatūtanga o te toiora rangatahi, inā rā ko tēnei te kaiwhakaawe i te hauora hinengaro.

He maha ngā tūāhua e pā ana ki te hauora hinengaro, pērā i te āhuetanga noho ki te whānau me te hāpori, pērā i te whai whare, pērā i te whai mahi me te whai mātauranga rānei. He tini ngā tōritenga ki te rōpū rangatahi tēnā i ētahi atu hunga, pēnei i te toiora whakamōrea. E mārama ake ai te whakapaitanga ake o ēnei toiora, me hākiri ake te taringa ki ngā reo, ki ngā tirohanga me ngā wheako o te rangatahi.

E whā ngā ariā whanatūtanga o te toiora rangatahi i tūtohungia mai. I raro i ia o ngā ariā nei ko te karanga hohenga. He mea nui kia mōhiohia, kāore i tatū noa ngā karanga hohenga, otirā kāore te katoa o ngā take rangatahi e whakatauhia ana ki konei. Heoti anō, ka whakaata kētia ko ngā āwangawanga a te rangatahi i hua ake i ngā karanga a te marea kia arotakengia ngā take rangatahi nei, atu i te tau 2018 me te tau 2021 ka tahi, ka rua i te arotake tuhinga ngaiio, ā, i ngā whakamanatanga a ngā rangatahi Māori me te rangatahi i tīpakongia hei māngai mā ngā pūtahitanga rōpū rangatahi, rōpū whakahaerenga rānei (pēnei i ngā rangatahi Māori, i te hunga takatāpui, i te hunga hauā, i te hunga taurima a te kāwanatanga me ērā e rongō ana i ngā auhi).

He anamata pāhekeheke

Ki tā te rangatahi o ēnei rā he anamata pāhekeheke kei mua i te aroaro, ā, he mea tuku iho ēnei raru pāpori, ōhanga, taiao hoki. Me mahi katoa tātou:

- Ki te whakanoho kei te reretahi, kei te whai rauemi ngā tari kāwanatanga ki te whai wāhi mai o te rangatahi Māori me te rangatahi ki ngā whakataunga mō ō rātou anamata. Ka mutu kia whakatanatanahia tō rātou mana.
- Ki te tautoko me te whakamana i ngā hohenga rangatahi mō te huringa āhuarangi i te mea ko rātou tonu te anamata.
- Kia whakaurungia ki te marautanga ko te mātauranga whiriwhiri kōrero ki te marea, ko ngā pūkenga ao noho, ko te aroā ki te hauora hinengaro, ko te mātau ahumoni, ko te whakahaere i ngā take kāinga, ko te arohaehae mō te kauneke ki te pakeketanga.
- Kia whakarahi ake ngā huarahi ki ngā tautoko whiwhinga pūtea, ki ngā whare whakaruru, ki te mātauranga me ngā huarahi ki ngā pou ārahi.
- Kia whakawhānuitia ngā ratonga tauawhi ki ngā wāhi katoa, pēnei i ngā ratonga o te hauora hinengaro me ngā waranga.
- Kia tuitui ngā kaituku ratonga i ngā tautoko i runga i ngā urupare mai a te rangatahi ki ngā momo rāngai. Kia aromatawaitia ngā tūraru ka pā ki te rangatahi.

Te kaikiri me te whakahāwea

Ko ngā whakahāwea ki te hunga takatāpui, ki te hunga iwikore, ko te kaikiri me ngā tuinga o te tāmi tangata whenua ētahi take nui ki te rangatahi, inā rā ki te rangatahi Māori me ngā mātāwaka ririki. Ko te tūmanako a te rangatahi kia kitea:

- Ngā whakapikinga ki te aroturuki i ngā tūāpapa pāpāho me ngā takawaenga tōhaunui ki te kaupare i ngā tūāhua kaikiri o ngā whakaputanga pāpāho me ngā tūāpapa paepāpori.
- Ngā huarahi maha mō te hungamahi e whakauru nui ana i ngā rangatahi hauā.
- Te whakatairangatanga o ngā aroā ki te pūtahitanga, ki te matatau ahurea me ngā taurima hei pou tiringa mō ngā ratonga katoa e tīkina ana e te rangatahi.

Te paepāpori me te noho haumaruru

He mea hanumi te paepāpori me ngā ātea tuihono ki te ao o te rangatahi. Kei reira ngā hua me ngā raru. E haumaruru ai tēnei ātea mō te rangatahi:

- Me whakahaepapa te horanga atu o ngā taputapu me ngā hangarau tuihono hei whakaahei i ngā whai wāhitanga taurite ki ngā hononga pāpori, inā rā ki ngā taiwhenua me ngā kāinga huamoni iti.

Me whakawhanaketia ngā aratohu me ngā ture haumaruru mā ngā kaitiaki me ngā whānau hei tautoko i te noho haumaruru a te rangatahi.

- Ko te aroturuki me te whakahaere hātepe hei tātari i ngā mea auhi o te paepāpori.

Te toiora whānau me ngā hononga ā-whakatipuranga

Mā ngā hononga ki te whānau me te ahurea ka whanake te aumangea ahurea me te toiora pono.

- Kia riro te tino rangatiratanga ki ngā iwi, ki ngā hapū me ngā whānau ki te waihanganga me te whakahaere i ngā whakataunga mō tō rātou anō ao. E whakahuangia ana tēnei i Te Tiriti o Waitangi.
- Kia whakawhanaketia ngā āhuatanga me ngā huarahi mō te rangatahi Māori ki te whakatipu i ngā hononga ki te whenua me te whakapapa mēnā e motukia ana te taura here whānau.
- Kia tautokotia ngā mātua me ngā pakeke o te whānau, arā, ngā kaumātua me ngā kuia, kia whai māramatanga ake ki te paepāpori hei opeope i ngā hononga ā-whakatipuranga.
- Kia tukuna ngā tautoko ki ngā mātua, ki ngā kaitiaki me ngā pakeke o te hunga rangatahi e rongō ana i te auhi, i te waranga rānei.

Ahakoā kāore he 'whakamahutanga' māmā, he urupare ngāwari rānei ki ēnei tūāhua, mā mātou ngā kaitiaki o te hauora hinengaro me te toiora, mā ngā hoa kāwanatanga, mā ngā hapori, mā te iti me te rahi hei kawē anō i te karanga hohenga ki te whakatanatana i te mana o te rangatahi Māori me te toiora o te rangatahi.



Te Kāwanatanga o Aotearoa
New Zealand Government