

Te Kete Mō
Ngā Tamariki
Wehe i te Kura



TE TĀHUHU O TE MĀTAURANGA
MINISTRY OF EDUCATION

Te Hauora

He Mahere Ako – Te Kete mā te
Hunga Wehe i te Kura

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He Kupu Whakataki



Te whakarite i te whaitua ako:

- Tākina te kaupapa, ka tono ai i ngā ākonga kia matapaki (takirua rānei, ā-rōpū iti rānei, hei akomanga rānei) i ngā whanonga, i ngā āhuatanga e whakaaro ana rātou ka tautoko i te ako, ā, kia pēhea ō rātou nā whanonga i a rātou e tuku ana i ō rātou whakaaro, i ō rātou wheako, tētahi ki tētahi.
- Tuhia ā rātou urupare ki te papa tuhituhi, ā, tirohia mēnā e tika ana te whakarāpopotohanga o ā rātou kōrero. Me rapu hoki te whakamāramatanga ki ngā urupare kāore anō kia tino mārama, ki ōu whakaaro, ki ō rātou whakaaro rānei.
- Uia ngā ākonga mēnā he mea anō hei tāpiri, ā, mēnā kei te whakaae te katoa ki ngā kōrero kua tuhia i mua i te kokenga whakamua ki te akoranga e whai ake.
- Ki te kore koe e mōhio pai ki te akomanga nei, me tuku pea ki a rātou te mana ki te whiri i ō rātou ake rōpū, i ō rātou ake takirua kia tau ai te whaitua ako, kia wātea ai rātou ki te tuku noa i ā rātou kōrero kia rere.
- Tērā e pāmamae, e pāwera te ngākau i ētahi o ngā kaupapa kei tēnei wāhanga. Nō reira me takatū te kaiako kei hiahia ngā ākonga ki tētahi taumata tautoko atu anō. Me whakarite pea ki te whakapā atu ki te hunga tautoko e hāngai ana.

Ko ngā matatika me ngā kawenga o ngā kaiako e whakaako ana i ngā take o te inu waipiro me te kai tarukino.

Me tūpato ngā kaiako ki ō rātou ake waiaro, ō rātou ake uara ki te inu waipiro me te kai tarukino. Me pēnei koe:

- Kaua e kōrero mō ōu ake wheako ki te inu waipiro me te kai tarukino ki ngā ākonga. Ki te uia koe, ka kōrero atu pea koe mō tō inu i te waipiro (mēnā e pēnā ana koe), ā, me whāki mārika he takahi ture te kai i te tarukino, hei tauira: “I ētahi wā e āta inu ana ahau i te waipiro, engari he whawhati ture te kai i te tarukino.”
- Kaua e tautoko i te inu inati a ngā ākonga i te waipiro, i tā rātou kai rānei i te tarukino - engari kaua hoki e kohete i a rātou.
- Me puta he akoranga i ngā kōrero a ngā ākonga mō ō rātou wheako ki te waipiro, ki te tarukino rānei. Me whakarite taiao haumarua kia wātea ai rātou ki te tuku kōrero, ki te whakawhiti whakaaro, engari māu tonu e whakatau ngā tikanga mō ngā mea e pai ana hei tuku (e haumarua ai te kaikōrero me te hunga whakarongo) me ngā kāore e pai.
- Kī atu ki a rātou ko ngā kōrero ka puta ki te akomanga ka noho tapu, ENGARI, he kawenga tonu kei runga i a koe ki te tāwharau, ki te whakamarumaru i a rātou. Ko te tikanga ia, mēnā ka whakaaro koe ka raru rawa tētahi o ngā ākonga (hei tauira, e whakaaro ana pea ki te patu whaiaro, ki te whakamōmori rānei) me kōrero rawa koe ki tētahi manutaki, ki tētahi kaitautāwhi, ki tētahi rānei kei te pae rangatira o te kura.

Huatau Nui

Ngā Mōtika me ngā Kawenga



E mārama ana

- Ki ngā taha e whā o te hauora: te taha tinana, te taha hinengaro, te taha whānau, me te taha wairua.
- Ki ngā mātāpono o te oranga hauora, o te oranga tautika.
- Ki te pānga o ōna whiringa ki tōna ao.
- Ki te oranga hinengaro.
- Ki ōna mōtika mō te hauora.
- Ki te hononga ā-hoa me ngā hononga taupiri.
- Ki te tū manawaroa ina tau mai he whakararu nui.

E mōhio ana

- Ki te whiri, ki te tiaki hoki i te oranga hauora.
- Ki te rapu āwhina mō tōna hauora hinengaro.
- Ki te ū ki ōna mōtika e pā ana ki te hauora.
- Ki te tiaki i a ia anō i ōna hononga ki ētahi atu.
- Ki te whakatupu i te manawaroa, ki te tiaki hoki i te oranga o tōna hinengaro.

E āhei ana ki:

- Te waihanga i tāna ake ketepāraha manawaroa, tae noa atu ki te kai i te kai hauora me te whakapakari tinana.
- Te whiri i ngā rautaki āta inu.
- Te whakamahi i ngā rautaki hauora pērā i te whakamanatu, i te arotū rānei.
- Te matapaki i ngā rautaki e tupu ai, e toitū ai ngā hononga tangata.
- Te āta kōrero mō ngā rongoā ki ngā raruraru hononga tāngata me te whakatoihara.

Te kauneketanga o te ako

1

Te Whare Tapa Whā

2

Nōu tōu ao, māu anō ō kōwhiringa

3

Hauora hinengaro

4

Kia kaha, kia māia, kia manawanui

5

Tō hono ki ētahi atu

6

Ō mōtika

Ngā kaupapa hāngai kīhai i kapi i tēnei mahere ako:

- Te tiaki i ō hononga ā-hoa i te wehenga i te kura.
- Te whakahoahoa ki hoa hou i te wehenga i te kura.

Te tīmatatanga me te whakamutunga o ngā akoranga

I mua i te tīmatatanga...

5 min

Tuhia te whāinga ako me ngā paearu angitu ki te papa, ka matapaki tahi ai ki ngā ākonga.

%

Te whakakapinga

5 min

- Tirohia te pai o te māramatanga o ō ākonga ki te whāinga o te akoranga.
- He aha te hua nui o te akoranga ki ō ākonga? Rapua he tauira i roto i ā rātou whakautu. E hāngai nui ana ngā urupare ki te kiko o ngā akoranga, ki te āhua o ngā ngohe, ki te āhua rānei o te tuku?
- He aha anō e hiahiatia ana e ngā ākonga? Ka arohia rānei e koe ērā hiahia (ō kokenga whakamua)?

Ngā rauemi tautoko



Ngā rauemi matua:

- <https://school-leavers-toolkit.education.govt.nz/mi/te-tiaki-i-ahau-ano-me-etahi-atu/>
- <https://school-leavers-toolkit.education.govt.nz/mi/te-tiaki-i-ahau-ano-me-etahi-atu/te-waipiro-me-etahi-atu-whakapoauau/>
- <https://www.headspace.com/mindfulness>
- <https://thelowdown.co.nz/>
- <https://school-leavers-toolkit.education.govt.nz/mi/te-tiaki-i-ahau-ano-me-etahi-atu/managing-stress-and-anxiety/>
- <https://www.headspace.com/meditation/meditation-for-beginners>
- <https://school-leavers-toolkit.education.govt.nz/mi/te-tiaki-i-ahau-ano-me-etahi-atu/nga-whanaungatanga/>
- <https://school-leavers-toolkit.education.govt.nz/mi/te-tiaki-i-ahau-ano-me-etahi-atu/te-whakatoihara-iwi-me-etahi-atu-momo-whakahawe/>

He whai painga whāiti:

- <https://www.healthnavigator.org.nz/healthy-living/t/te-whare-tapa-wh%C4%81-and-wellbeing/>
- <https://www.health.govt.nz/your-health/healthy-living/addictions/alcohol-and-drug-abuse/alcohol/effects-alcohol>
- <https://www.alcohol.org.nz/alcohol-its-effects/body-effects>
- <https://www.anxiety.org.nz/>
- <https://www.beyondblue.org.au/the-facts/anxiety/treatments-for-anxiety/anxiety-management-strategies>
- <https://www.healthnavigator.org.nz/health-a-z/s/stress/>
- <https://www.youthline.co.nz/friendships.html>
- <https://school-leavers-toolkit.education.govt.nz/mi/te-tiaki-i-ahau-ano-me-etahi-atu/nga-whanaungatanga/>
- <https://school-leavers-toolkit.education.govt.nz/mi/te-tiaki-i-ahau-ano-me-etahi-atu/te-mau-tonu-ki-nga-hononga/>
- <https://www.tereohapai.nz/> Te Reo Hāpai - A Māori language glossary

Ngā rauemi tautoko



He whai painga whānui

- <https://www.health.govt.nz/your-health/healthy-living/addictions/alcohol-and-drug-abuse/alcohol>
- <https://www.hpa.org.nz/campaign/say-yeah-nah-department-of-lost-nights>
- <https://school-leavers-toolkit.education.govt.nz/mi/te-tiaki-i-ahau-ano-me-etahi-atu/te-mau-tonu-ki-nga-hononga/>
- <http://youthlaw.co.nz/rights/human-rights/discrimination/>
- <https://www.hrc.co.nz/resources/responding-racism>
- <https://thespinoff.co.nz/atea/07-08-2018/te-tiriti-o-waitangi-the-comic-book/>
- <https://www.govt.nz/browse/law-crime-and-justice/human-rights-in-nz/complain-about-discrimination/>
- <https://www.employment.govt.nz/resolving-problems/types-of-problems/bullying-harassment-and-discrimination/discrimination/>

Akoranga 1 Te Whare Tapa Whā

1

Te roa o te akoranga: 50 min Taumata marautanga: 5/6

Te wāhi ki te ao Māori:

- Te whai i te hauora mā te tirohanga Māori ki Te Whare Tapa Whā

Te whakarite i te whaitua ako:

- Whakaritea te rūma kia taea ai e ngā ākonga te mahi ngātahi.
- He pūrere, he pouaka whakaata, he tukuata kia pai ai te mātaki i ngā kiriata, te titiro hoki ki ngā pae tukutuku.

Kupu hāngai:

- Taha tinana | Physical wellbeing
- Taha hinengaro | Mental and emotional wellbeing
- Taha wairua | Spiritual wellbeing
- Taha whānau | Family and social wellbeing

Rauemi:

- Kia 5 ngā pepa A3 kua tuhia ki tēnā, ki tēnā tētahi o ngā taha o Te Whare Tapa Whā
- He pepa hāpiapia, he pene
- Rauemi 1.1: Ngā taha o Te Whare Tapa Whā
- <https://www.healthnavigator.org.nz/healthy-living/t/te-whare-tapa-wh%C4%81-and-wellbeing/>
- Rauemi mō te Ngohe 1 me te 2: He tānga o tēnei mā ia ākonga <https://mhaw.nz/assets/MHAW-2019/wellbeing-plan.PNG>

Whāinga ako:

Kei te ako i te hiranga o te oranga hauora, te oranga tautika hoki.

Paearu angitu:

Ka noho mai ki ia taha o te Whare Tapa Whā o te ākonga tētahi whakaaro hei whakapiki i tōna hauora.

Raupapa mahi



I mua i te tīmatatanga...

 5 min

Tukua ngā whāinga ako me ngā paearu angitu ki ngā ākonga



Whakaara Matapaki: Te Whare Tapawhā

 10 min

Pitopito kōrero mā te kaiako: He mea hanga tēnei ngohe ki te āki i ngā ākonga kia āta whakaaro ki ngā momo āhuatanga o te hauora me te haere kōtui o ēnei e hauora ai, e tautika ai te orange o te tangata.

He pārongo mō tēnei ngohe: Ko Te Whare Tapa Whā, he tauira o ngā taha hauora e whā, he mea hoahoa e Tā Mason Durie i te tau 1984 kia tukuna ai he tirohanga Māori ki te hauora. Ko ngā taha e whā nei, ko te taha tinana, ko te taha hinengaro, ko te taha wairua, me te taha whānau.

Nā te mea e whā ngā pakitara, ko te wharenuui hei tohu o ngā taha e whā. Ko te wāhi e piri ai te wharenuui ki te whenua ka noho hei tūāpapa ki ngā taha e whā. Mā te poipoi, mā te whakapakari i ngā āhuatanga e 5, ka tautokona te hauora, te orange o te tangata, o te whānau anō hoki.

Mēnā he taero kei te wero i tētahi o ngā pakitara o tō whare, ka whai kaha koe i te tūāpapa, i ērā atu pakitara hoki kia taea anō ai e koe te whakatika taua pakitara. Hei whakapakari i tō manawaroa ki te tū atu ki ngā āhuatanga uaua o te ao, whāia te ara ki te hauora mā te kōwhiri putuputu i ō takahanga whakapakari i tēnā taha, i tēnā taha.

Kua tikina i : <https://www.healthnavigator.org.nz/healthy-living/t/te-whare-tapa-wh%C4%81-and-wellbeing/> i te 24 o Mei 2021.

Tākina atu Te Whare Tapa Whā ki ngā ākonga.

<https://www.healthnavigator.org.nz/healthy-living/t/te-whare-tapa-wh%C4%81-and-wellbeing/>

Whakamāramatia atu ia taha, kātahi ka tuhia ēnei pātai ki te papa tuhituhi hei matapakinga ki ngā rōpū iti.

1. Ka whakaarohia tō orange i runga anō i ēnei āhuatanga e rima?
2. Ko tēhea te taha e tino kaha ana, e tino ora ana koe?
3. Ko tēhea taha e whakaaro ana koe ka taea pea e koe tō hauora te whakapiki ake ki reira?

1



He aha ngā mea e mōhio kē ana tātou?

 15 min

Te Ngohe ‘Nekeneke Taupuni’ mō te Whare Tapa Whā

Pitopito kōrero mā te kaiako: Kua whakaritea tēnei ngohe hei whakatenatena i ngā ākonga. Whakaritea kia 5 ngā pepa A3 kua tuhia tētahi āhuatanga o te Whare Tapa Whā (Rauemi 1.1) ki tēnā, ki tēnā.

Waiho atu ngā pepa A3 e 5 me ngā whakamārama mō ia taha o Te Whare Tapa Whā ki ngā wāhi rerekē o te rūma. Wehea ngā ākonga ki ngā rōpū e rima, kia 3-6 ki ia rōpū. Ka tīmata ia rōpū ki tētahi pepa rerekē. Ka 3 mineti ngā rōpū ki ia pepa, ki te pānui, ki te matapaki i tērā taha, kātahi ka tāpiri kia 2-3 ngā ariā mō te hiranga o taua taha ki ō rātou ao. Hei tauira: Taha wairua - te haere ki te karakia Katorika i ngā Rātapu, ki ngā karakia Jumu’ah rānei i ngā Paraire, te whakamanatu i ia wiki, te hīkoi rānei i te ngahere ki te whakatau i te wairua. Taha hinengaro - te kimi me te mihi i ngā painga o tō ao mō te 10 mineti i te mutunga o te rā.

Ōku Ara ki te Hauora

Tohaina atu tētahi tānga o te pukamahi ki ia ākonga. (Ka kitea te pukamahi i konei: <https://mhaw.nz/assets/MHAW-2019/wellbeing-plan.PNG>). Tonoa ngā ākonga kia whai whakaaro ki ā rātou mahi me ō rātou wheako e hāngai ana ki tō rātou noho ora ki ia taha o te Whare, kātahi ka whakaahua, ka tuhi rānei i aua āhutatanga. Anei ētahi whakaaro hei tauira: te au o te moe, te hauora o te kai, te auau o te whakapakari tinana, te inu waipiro kia iti, te noho tahi kanohi ki te kanohi ki ngā hoa, ki ngā whanaunga rānei. Me whakamōhio atu ki ngā ākonga ka tukua e rātou ō rātou whakaaro kei te pukamahi ki ō rātou hoa ako.

Te Tangata Whenua me te Manuhiri

Kia oti mai i ngā ākonga ā rātou ketepāraha manawaroa, tokorua ngā ākonga o ia rōpū ka tū hei manuhiri, ā, ka haria haerehia ā rāua kete ki ērā atu rōpū. Ki ia rōpū, ka tukuna tētahi o ngā whakaaro i ā rāua kete, ā, ka whiwhi i tētahi whakaaro mai i te ‘tangata whenua’, arā i ngā ākonga kīhai i nuku i ā rātou tēpu.

Whai ake i tēnā, ka hoki ngā ākonga ki ō rātou ake rōpū, ka tukua ngā whakaaro i kohia ai, ā, ka tāpiria hoki ērā i tino pai ki tēnā, ki tēnā ki ō rātou ake whakaaro e mau mai ana ki te pepa ‘Ara ki te Hauora’. Ka haria e ia ākonga tāna ake pepa ki te kāinga, ā, ka whakairia ki tana wāhi mahi kāinga ki te whakamahara i a ia ki te mahi i ētahi anō o ēnei mahi whakapiki i tana hauora.

1

Rauemi 1.1

Ko te Taha ki Te Whare Tapawhā

TE WHARE TAPA WHĀ

Te Taha Wairua
Spiritual

Te Taha Hinengaro
Mental & Emotional

Te Taha Tinana
Physical

Te Taha Whānau
Family & Social

Whenua
Land, Roots

Ko te whenua (te hononga ki te whenua, ki te taiao rānei)

E kaha ana te hono o te hauora o te whenua me te taiao ki tō hauora me tō oranga, koinei hei tūāpapa mō ērā atu kaupapa e whā. Ka whakaaro pea koe ki te whenua hei tūrangawaewae mōu. Ki te Māori, he wāhanga matua te whenua nō te tuakiritanga.

Kua kitea mā te hononga ki te whenua me te taiao e pai ake ai te oranga hinengaro me te oranga tinana.

Te taha tinana (te oranga tinana)

Ko te taha tinana, ko tō oranga tinana. E hāngai ana tēnei ki te āhua o te tipu, o te rongo, o te neke hoki a te tinana, me te āhua o tāu nā tiaki i tō tinana. Mā te whāngai me te whakapakari i tō oranga tinana e whaikaha ai koe i roto i ngā piki me ngā heke o te ao. Mēnā e ora ana te tinana, ka ora hoki te hinengaro.

Ko te taha hinengaro (te oranga hinengaro me te oranga kare ā-roto)

Ko te taha hinengaro, ko ō mahara, ko tō ngākau, ko tō hinengaro tonu, ko ō whakaaro me ō kare ā-roto. E hāngai ana tēnei ki te āhua o ō kare ā-roto, tae atu ki te āhua o tō whakawhiti kōrero me tō whakaaro.

He mea nui ki te katoa te tiaki i te taha hinengaro, ahakoa kua pāngia koe, kāore anō rānei koe kia pāngia e te mate hinengaro, e te ahotea rānei. Kia pakari te taha hinengaro, ka whaikaha ake koe i roto i ngā wero o te ao. Ka wātea koe ki te whakaputa i ō kare ā-roto me te toro ki ngā hoa, ki te whānau, ki ngā hoa mahi hoki ki te tonu tautoko, ina mate koe ki te pērā.

Ko te taha wairua (te oranga wairua)

Ko tō oranga wairua, ko tō mauri. Ko tō wairua, ko koe tonu, ko te wāhi tēnā i ahu mai ai koe me te wāhi e ahu atu nā koe ki reira.

He rerekē pea te āhua o te titiro a tēnā me tēnā ki te wairua. Ki ētahi, mā te wairua e taea ai te whakapono, ngā whakapono ā-hāhi rānei, te whakapono rānei ki tētahi mana atua. Ki ētahi atu, he hononga ā-roto te wairua ki te ao tukupū, ki ngā tapu rānei. Kāore he tika, kāore rānei he hē o ngā whakaaro ki te wairua, o ngā wheako wairua rānei, engari he wāhanga nui nō tō oranga hinengaro.

Ka whakaputahia pea te oranga wairua mā ngā whakapono, ngā uara, ngā tikanga me ngā ritenga e tautoko ana i te aroā whaiaro me te tuakiritanga. Mā te taha wairua e rongo ai te tangata i tōna aronga me tōna whaitaketanga i te ao, i te hononga hoki ki a ia anō, ki te whānau, ki te hāpori, ki te taiao me ngā tapu.

Ko te taha whānau (te oranga whānau)

E hāngai ana te taha whānau ki ērā e rongo nā koe i te huāngatanga nā rātou, ki ērā e manaaki ana i a koe, e haere ana hoki i te taha i a koe i tō ao.

E hāngai ana te whānau ki ngā whanaungatanga whānui, ā, ehara i ō whanaunga tata anahe, engari ko ō hoa, ko ō hoa mahi, ko te hāpori me ngā tāngata e manaakitia ana e koe. He tūranga, he mahi hoki tā tēnā, tā tēnā hei whakatutuki mā rātou i roto i ō rātou whānau, ā, ka whai wāhi hoki te whānau ki tō oranga ake me tō tuakiritanga.

Mā te noho tahi ki te whānau, mā te mahi mā rātou me te uru ki roto i ngā whakahaere e rongo ai koe i te whaitaketanga, i te hononga me te oranga. Ka whai painga koe, me te aha, ka pakari ake tō whānau. He nui te whai wāhi a te whānau ki tō oranga, inā hoki ko rātou kei te whakakaha, kei te tautoko, kei te tiaki, kei te whakaū anō i te tuakiritanga.

Retrieved from: <https://www.healthnavigator.org.nz/healthy-living/t/te-whare-tapa-wh%C4%81-and-wellbeing/> Accessed 24 May 2021.

He Mahere Ako – Te Kete mā te Hunga Wehe i te Kura

Te Hauora

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Akoranga 2

Nōu tōu ao, māu anō ō kōwhiringa

Te roa o te akoranga: 50 min Taumata marautanga: 5/6

Te whakarite i te whaitua ako:

- Whakaritea te rūma kia taea ai e ngā ākonga te mahi ngātahi.
- He pūrere, he pouaka whakaata, he tukuata kia pai ai te mātaki i ngā kiriata, te titiro hoki ki ngā pae tukutuku.
- Me āta kōrero ki ngā ākonga, i tēnei akoranga ka tuku pea ētahi i ō rātou kōrero whaiaro, nā reira me noho tapu aua kōrero.
- Me whakamōhio ki a rātou, mēnā kei te māharahara tētahi mō tāna ake kai waipiro, kai tarukino rānei, mō tā tētahi atu rānei, me kōrero ia ki a koe, māu ia e āwhina, e tautoko, kāore kau ana he whakawā.

Kupu hāngai:

- Mitigate | Whakamauru
- Psychosis | Mate Ahotea
- Depressant | Mea Whakapōuri

Rauemi:

- <https://school-leavers-toolkit.education.govt.nz/mi/te-tiaki-i-ahau-ano-me-etahi-atu/te-waipiro-me-etahi-atu-whakapoauau/>
- https://www.actionpoint.org.nz/trends_in_adolescent_drinking_in_new_zealand
- Where Can I Get Help for my Health Issues? « Topics « youthlaw.co.nz

Whāinga ako:

Kei te ako ki te pānga o ō kōwhiringa ki a koe anō, ā, ki tangata kē anō hoki.

Paearu angitu:

- Tukanga: He wāhi wātea e kore ai rātou e whakawāngia, ā, ka wātea rātou ki te kōrero mō tētahi raruraru.
- Hua: He kōrero tahi kia huritao ai tō hoa mēnā kei te raru ia i tāna inu waipiro, kāore rānei.

Raupapa mahi

I mua i te tīmatatanga...

5 min

Tukua ngā whāinga ako me ngā paearu angitu ki ngā ākonga

Ko ngā matatika me ngā kawenga o ngā kaiako e whakaako ana i ngā take o te inu waipiro me te kai tarukino.

Me tūpato ngā kaiako ki ō rātou ake waiaro, ō rātou ake uara ki te inu waipiro me te kai tarukino. Me pēnei koe:

- Kaua e kōrero mō ōu ake wheako ki te inu waipiro me te kai tarukino ki ngā ākonga. Ki te uia koe, ka kōrero atu pea koe mō tō inu i te waipiro (mēnā e pēnā ana koe), ā, me whāki mārika nei he mea whawhati ture te kai i te tarukino, hei tauira: “I ētahi wā e āta inu ana ahau i te waipiro, engari he whawhati ture te kai i te tarukino.”
- Kaua e tautoko i te inu inati a ngā ākonga i te waipiro, i tā rātou kai rānei i te tarukino - engari kaua hoki e kohete i a rātou.
- Me puta he akoranga i ngā kōrero a ngā ākonga mō ō rātou wheako ki te waipiro, ki te tarukino rānei. Me whakarite taiao haumarua kia wātea ai rātou ki te tuku kōrero, ki te whakawhiti whakaaro, engari māu tonu e whakatau ngā tikanga mō ngā mea e pai ana hei tuku (e haumarua ai te kaikōrero me te hunga whakarongo) me ngā kāore e pai.
- Kī atu ki a rātou ko ngā kōrero ka puta ki te akomanga ka noho tapu, ENGARI, he kawenga tonu kei runga i a koe ki te tāwharau, ki te whakamarumaru i a rātou. Ko te tikanga ia, mēnā ka whakaaro koe ka raru rawa tētahi o ngā ākonga (hei tauira, e whakaaro ana pea ki te patu whaiaro, ki te whakamōmori rānei) me kōrero rawa koe ki tētahi manutaki, ki tētahi kaitautāwhi, ki tētahi rānei kei te pae rangatira o te kura.

Whakaara Matapaki

5 min

Pitopito kōrero mā te kaiako: Kua waihangatia tēnei ngohe kia whakaputa mai ngā ākonga i ō rātou whakapono me ō rātou wheako mō te inu waipiro me te kai tarukino. Miramirahia te hiranga o te tapu o te kupu, o te ngākau whakawā-kore anō hoki. Me rite koe ki te whakatika i ngā whanonga tērā e rongo ai ētahi i te mamae, i te haumarua-kore rānei. Me whakatenatena kia aroha tētahi ki tētahi.

Tukuna te Rauemi 1.1 ki ngā ākonga. I roto i ngā rōpū iti, tonoa rātou kia tautohu i:

- ētahi ia e rua e kitea ana i te kauwhata.
- tētahi āhuatanga e whakaaro ana rātou he pārekareka, he rerekē, he whakaohorere rānei.

Ka tukua ā rātou whakautu ki te akomanga.

2



He aha ngā mea e mōhio kē ana tātou?



10 min

Pitopito kōrero mā ngā kaiako: He mea hanga tēnei ngohe kia kite ai koe i ngā āhuatanga o te inu waipiro me te kai tarukino e mōhiotia kētia nei e ō ākonga. Ka tukuna pēneitia rānei, ka whakaatahia rānei ki te papa, ka whakaritea rānei hei uiuinga Kūkara, hei uiuinga Microsoft, hei Kahoot rānei mēnā e taea ana, taha hangarau nei.

He kēmu patapatai (kua miramirahia ngā whakautu)

1. He aha te inuhanga waipiro haumarua mā te tangata iti iho i te 18 tau te pakeke?

a. Tae atu ki te 10 inu arowhānui i ia wiki

b. Kia kotahi te pia, te karaihe waina rānei i te rā

c. Te kore e inu
2. Mēnā kei raro iho tō pakeke i te 20, ko te tepe ā-ture mō te nui o te waipiro ki ō toto i a koe e hautū waka ana, ko te...

a. Kore

b. 250 karamu-miriona ki ia rita o te hā

c. 400 karamu-miriona ki ia rita o te hā

d. 450 karamu-miriona ki ia rita o te hā
3. Ko ēhea o ēnei he mate auroa o te inu waipiro?

a. Mate roro

b. Whakataunga heahea

c. He ririhau, he tūkino

d. He mate pōuri, he mānukanuka
4. Ko ēhea o ēnei he mate wāpoto o te kai tarukino?

a. Ka uaua te whakahā

b. Ko te wiriwiri, ko te hūkiki, ko te hūkeke

c. Ko te mānukanuka me te maurirere

d. Ko te katoa o ēnei kei runga ake nei
5. He tika rānei, he teka rānei: Ki te whakaaro koe kua tuwhene, kua mate ahotea rānei tō hoa i tana raukoti i te tarukino, ā, ka waea koe ki te 111, ka whakaraua pea koe.

2



Pitopito kōrero mā te kaiako:

He mea hanga ēnei ngohe ki te whakatenatena i ngā ākonga kia tautohu i ngā pānga ā-tinana, ā-hinengaro hoki o te inu waipiro, me te whakamauru i ērā pānga ki te tūpono kōwhiri rātou ki te inu. Miramirahia te kōrero ko te kore e inu i te waipiro te whiringa ora rawa, haumarua katoa, ka mutu kei te tino hāngai tēnei kōrero ki te hunga kāore anō kia 18 te pakeke.

Ngohe 1: Me tō mai ngā whakaaro o ngā ākonga mō te whakamauru i te pānga kino o te waipiro i te tuatahi, kātahi ka noho ēnei whakaaro hei urupare ki ngā whakaari wheako.

Ngohe 2: Ka mahi ngā ākonga ki ngā rōpū iti, ā, ka ohia manomano rātou i ngā momo mate ka puta i te inu waipiro, i te kai tarukino hoki. Pātai atu ki ngā ākonga mō ngā puna āwhina ina e māharahara ana rātou i tā rātou, i tā tētahi atu rānei inu waipiro, kai tarukino rānei. Hei āpiti atu ki ō rātou whakaaro, ko ngā rauemi ipurangi kua whakarārangihia ki te ngohe. Tukuna he wā ki a rātou ki te tiroiro i ngā rauemi ki ā rātou ake pūrere, whakaataria rānei ki te papa tuhituhi hei pānui mā te akomanga katoa.

1

Ngohe 1



5 min

Rautaki inu tūraru iti

Ki te inu waipiro koe, he aha ētahi mahi e taea ana kia māhaki ai te tūpono ka haurangi rawa koe? (inu wai, kai, āta inu, whakatā ki waho, puta ki te wāhi hau ora).

Ko ēhea o ēnei rautaki e tika rawa ana ki ēnei whakaari wheako e whai ake nei, ā, he aha ai?

Ko ēhea o ēnei rautaki e tika rawa ana ki ēnei whakaari whai wheako, ā, he aha ai?

Whakaari wheako 1:

Kua puta koe me ō hoa, ā, kātahi anō tētahi, ko Sophie te ingoa, ka hoko i te rauna tuatoru o ngā ‘Jagerbomb’. Kua āhua hiaruaki kē koe, ā, kei te tītaha kē te rūma. He aha te whiringa pai i tēnei tūāhua?

Whakaari wheako 2:

Kei tētahi pāti koe. Kei reira anō tētahi o ō hoa, a Keegan, engari kua kunanu haere tōna waha, he uaua hoki ki a ia te tū tika. Kua tata tana huaki i tētahi pia atu anō māna. He aha te whiringa pai i tēnei tūāhua?

Whakaari wheako 3:

Kei te inu koutou ko ō hoa mahi i muri i te mahi. Kotahi haora noa tō koutou roa e inu ana, engari he hunga tēnei kua waia ki te inu, ā, kei te rauna tuatoru kē koutou. Ko te tikanga, ka puta koutou katoa ki te kai tahi ki tō koutou rangatira. Kāore koe i te pīrangi kia tae haurangi atu koe, kei hē koe. He aha te whiringa pai i tēnei tūāhua?

Te kimi āwhina mō te raukotihanga o te waipiro me te tarukino

He āhuatanga whakararu tangata, whakararu taura tangata te kai tarukino me te inu waipiro. I roto i ngā rōpū iti, ohia manomanohia ngā momo āhuatanga e raru ai te tangata i te inu waipiro me te kai tarukino, e raru ai rānei ko ētahi atu.

Ka haere koe ki hea ki te rapu āwhina mēnā e māharahara ana koe ki tāu inu waipiro, kai tarukino rānei, ki tā tētahi atu rānei?

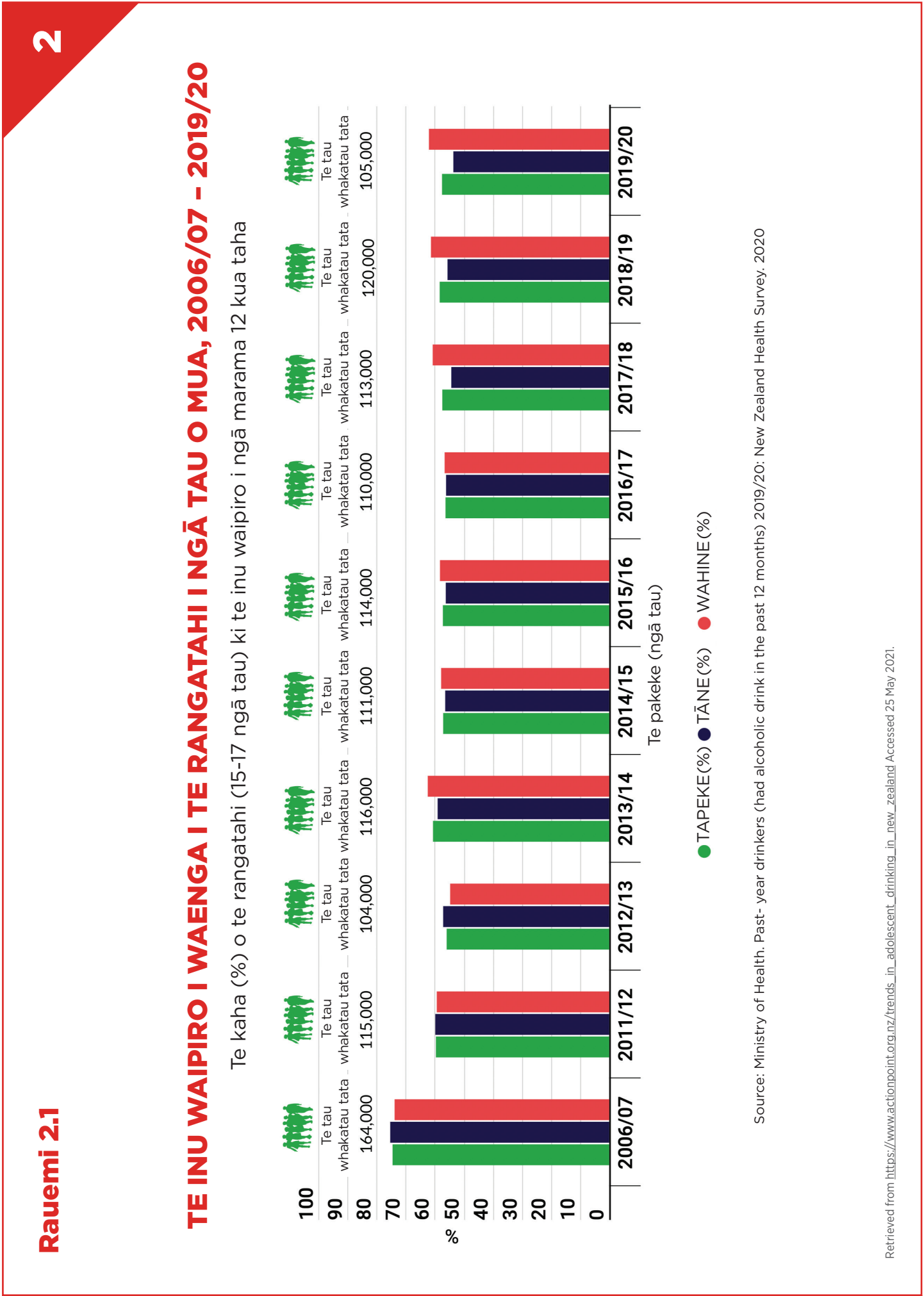
Ka whai āwhina ki hea:

The Alcohol Drug Helpline - He ratonga e wātea ki te katoa he pātai ā rātou e hāngai ana ki te waipiro, ki ērā atu tarukino hoki, ahakoa mā ratou tonu ngā whakautu, mā tangata kē rānei.

Alcoholics Anonymous - He rōpū e whakawhiti wheako ai koe ki ētahi atu e rite ana ō rātou raruraru ki ōu.

Youthline - E whakarato ana i te kupu ārahi, i te kupu tohutohu whānui ki te hunga rangatahi.

Kei **YouthLaw** hoki ngā rauemi huhua mō ngā take hauora huhua: <http://youthlaw.co.nz/rights/health-wellbeing/where-can-i-get-help-for-my-health-issues/>



He aha ētahi o ngā pānga o te waipiro?

He rerekē te maha o ngā pānga o te waipiro ki ngā tāngata. I tua i aua āhuatanga o te wairua whakarata ka pā mai ki te tangata, ka pā mai anō ētahi atu raruraru wā poto, wā roa hoki.

Ko ētahi o ngā raruraru wā poto ko te:

- koretake o ngā whakatau
- whakatuki me te whakarekerekere
- atarua
- māuiui me te ruaki.

Ka whai pānga anō pea ki tō hauora wā roa mā ētahi o ēnei āhuatanga:

- tūkino roro
- ka piki te pēhanga toto
- mate pukupuku ki te ate
- mate pukupuku ki te ū.

Hei pēhi pōuritanga, he pānga kino tō te waipiro ki tō hauora hinengaro. Kaua rawa e whakamahi ki te 'ārai' i ngā kare-a-roto, ā, kei reira anō ngā tikanga hauora ake hei whakarite i ngā uauatanga e pā ana ki a koe. Tirohia te tuhipānui i raro mō ētahi atu mōhiohio mō tēnei.

Me pēhea te whakarite kia tika ai taku inu waipiro?

He raruraru nui pea te porohaurangi haere me te kore e whakahaere tika i tō inu. He nui ngā āhuatanga ka taea te whakaawe te āhua o te urupare a tō tinana ki te waipiro, anei ētahi:

- Te kukūtanga o te waipiro i roto i te inu (ko ngā inu he nui te kukūtanga pērā i ngā waipiro nui te waiwaihā ka tere ake te ngongoa).
- Ko te āhua o te tere o te whakapeto i te waipiro.
- Te momo tinana (he nui ake te mōmona me ngā uaua o te hunga taumaha ake hei ngongo i te waipiro).
- Taipakeke, ira tangata, mātāwaka (hei tauira, he nui ake te kukū waipiro toto o (BAC) o te wahine i muri i te inu i te rahinga ōrite o te waipiro i te tāne nā te rerekē o te whakarau pūngao me te ngongotanga.

Ki te hiahia koe ki te inu waipiro, ko te mōrea iti o te inu tētahi tikanga pai kia tika ai te inu. E tūtohua ana kia tekau mōrahi ngā inu i te wiki mā te wahine me te tekau mā rima mā te tāne, ā, he 330ml te pātara o te 5% pia e ōrite ana ki te 1.3. He pai anō te whakatau tepenga mōu, ā, kia kaua e 'porohaurangi' hei whakarite ka noho koe ki te mōrea iti rawa.

Ahakoā, ehara i te mea ki te iti noa tō inu waipiro kāore he pānga kino mai, ka tino pai ake tō tūponotanga. Kia maumahara, ko te rahinga waipiro mō te hunga kei raro i te 20 tau he kore.

Ko te kore inu te mea pai rawa hei karo i ngā momo raruraru ka tūpono mai, ka mutu he kōwhiringa hauora ake, ahakoā ko te inu kia iti te mōrea te mea pai rawa hei whai.

Ka nui ake ngā kōrero o ngā hono Alcohol.org.nz e pā ana ki tērā mea te inu iti te mōrea, engari ko ētahi mea whaitake ruarua kia rua i te iti rawa ngā rā waipiro-kore i te wiki, ā, mō ngā wāhine hapū, e whakapae ana kei te hapū hoki, kaua rawa e inu waipiro.

Pēhea ētahi atu whakapōauau?

Pērā anō i te waipiro, he rerekē ngā wheako ka pā mai ki ētahi atu whakapōauau, e whakaaetia ana, takahi ture rānei. Ehara i te mea he kino te wheako o ngā tāngata katoa ka whakapeto whakapōauau, me tūpato koe ki ngā pānga mai ka taea o te whakapeto whakapōauau.

Pēnei i ēnei:

- he uaua te hēhē
- wiriwiri, kōwhitiwhiti me te hūkiki
- ahotea me te tūmekemeke
- kua kore i te ao mārama
- ngā pānga pāpori, pērā i te mauhere.

I mua i te whakapeto i tētahi momo whakapōauau, me mātua whai whakaaro koe ki te pānga o tō hauora tinana me te hinengaro, ā, he aha ngā momo pānga ki te hunga i tō taha. He mea nui kia tūpato ki ngā pānga ka taea o te whakapeto whakapōauau, me te inu, i a koe e kai rongoā ana.

Mēnā kei tētahi taiopenga koe, he kōwhiringa pea kei reira kia aromatawaitia ngā whakapōauau kia kitea hei aha kei roto. Ā, ehara i te mea ka haumarua i tērā te whakapeto whakapōauau, ko te mea kē kei te mōhio koe he aha kei roto kia pai ai tō whiriwhiri i runga i te mōhio.

Nō reira, mēnā kei te mōhio koe ki tētahi tangata kei te raruraru ia me te whakapōauau, ko tō tino māharahara ko tōna ake haumarua me te haumarua o ētahi atu. Me āta kōrero ki a ia, me whakatenatena, me tautoko i a ia kia anga whakamua. Ki te kai inati, mate ahotea rānei ia, waea atu ki 111. Kāore koe e uru ki te raruraru, ā, ka ora pea ia i a koe.

Mēnā kei te rapu koe i ngā mōhiohio āmiki, mārama ake mō ngā momo whakapōauau rerekē, tae atu ki te waipiro, tarutaru me te pī, tirohia te hono a te NZ Drug Foundation i raro.

Ki hea ahau haere ai ki te rapu āwhina?

Mēnā he pānga kino tō te waipiro me ngā whakapōauau ki a koe, ki tētahi rānei e pātata ana ki a koe, he wāhi kei reira ka taea e koe te totoro atu me te tiki āwhina.

Ko ētahi wāhi ka taea e koe te whakapā atu ko ēnei:

- Alcohol Drug Helpline – he ratonga e wātea ana ki te hunga he pātai ā rātau e pā ana ki te waipiro me ētahi atu whakapōauau, mō rātau anō, mō ētahi atu rānei.
- Alcoholics Anonymous – he rōpū e tuku whai wāhitanga ki ngā tāngata ki te tuari i ō rātau wheako me ētahi atu e ōrite ana ngā raruraru.
- YouthLine – he tuku ratonga arowhānui ake mā te hunga taiohi.

Retrieved from <https://school-leavers-toolkit.education.govt.nz/mi/te-tiaki-i-ahau-ano-me-etahi-atu/te-waipiro-me-etahi-atu-whakapouau/> Accessed 25 May 2021.

Akoranga 3

Oranga Hinengaro

Te roa o te akoranga: 50 min Taumata marautanga: 5/6

Te wāhi ki te ao Māori:

Ka hono ki Te Whare Tapa Whā - te taha hinengaro

Te whakarite i te whaitua ako:

- Whakaritea te rūma kia taea ai e ngā ākonga te mahi ngātahi.
- He pūrere, he pouaka whakaata, he tukuata kia pai ai te mātaki i ngā kiriata, te titiro hoki ki ngā pae tukutuku.
- Me āta kōrero ki ngā ākonga, i tēnei akoranga ka tukua pea e ētahi ō rātou kōrero whaiaro, nā reira me noho tapu aua kōrero.

Kupu hāngai:

- Mindfulness | Arotū
- Taha hinengaro | Mental and emotional wellbeing

Rauemi:

- He pepa A3 me te pene
- He kape o te Rauemi 3.1 mā te akomanga
- He kutikuti
- <https://www.headspace.com/mindfulness>
- <https://meditofoundation.org/medito-app> (FREE)
- <https://thelowdown.co.nz/>

Whāinga ako:

Kei te ako ki te tiaki i tō tātou oranga hinengaro.

Paearu angitu:

- Ka whakamārama te ākonga i tana whakaraupapa i ngā rautaki oranga.
- Ka tīpakohia tētahi rautaki oranga hei whakamātau i tēnei wiki.

Raupapa mahi

I mua i te tīmatatanga...

5 min

Tukua ngā whāinga ako me ngā paearu angitu ki ngā ākonga

Whakaara Matapaki: He aha kei runga rawa?

10 min

Pitopito kōrero mā te kaiako: He mea hanga tēnei ngohe kia whai wāhi ai ngā ākonga ki te whakangā, ki te whai whakaaro ki ō rātou ake oranga hinengaro. I mua i ā rātou matapakinga i ngā rōpū iti, tonoa ngā ākonga kia whakatau i te āhua o ō rātou piropiro/wairua, o roto i te 10: 1 = tino kino, 10 = pai mārika. Ehara i te mea me whāki tēnei whakataunga ki te akomanga, ki te rōpū iti rānei, ki te kore te ākonga e pīrangi.

Me whakamārama atu ki ngā ākonga kei a rātou te tikanga ki te nui rānei, ki te iti rānei o ā rātou ake kōrero ka whakaaturia ki te rōpū. Ka whiri pea ki te kōrero noa mō ngā take kei te kārewa o whakaaro, pērā i ā rātou kawenga mahi, ka mahue te kōrero mō ō rātou kare ā-roto. Me whakamārama hoki, ki te ngākau toimaha rātou, kei te wātea koe i te mutunga o te akoranga, i wā kē atu rānei ki te kōrero tahi mō ō rātou kare ā-roto. Me takatū koe ki te kōrero ki tētahi kaitohutohu, ki tētahi kaitautoko rānei.

- I mua i te tīmatanga, whakatauria tōu anō oranga hinengaro o roto i te 10: 1 = tino kino, 10 = pai mārika. E pai noa ana kia puritia tēnei whakataunga ki a koe tonu.
- I nga rōpū iti, ka whai wā ia ākonga ki te kōrero mō te take matua kei ōna whakaaro i tēnei wiki, kura mai, mahi mai, kawenga mai, whānau mai, hoa mai. Tukuna te rākau kōrero kia kotahi te ākonga e kōrero, kia mutu tāna, ko tētahi atu. Kaua e tukua he kupu ārahi ki te kore e tonoa. Ka kōrero pea tēnā me tēnā ākonga mō tētahi āhuatanga pai, tētahi mea rānei e pīrangi ana ia ki te whakanui, tētahi mea rānei kāore i te tino pai ki a ia. Māna anō e whakatau te nui rānei, te iti rānei o te kōrero ka tukuna.
- Kia oti katoa i ngā ākonga te whakapuaki he aha kei runga rawa i ō rātou nā whakaaro/ao i tēnei wiki, whakatauhia anō te āhua ki ōu nā piropiro/tōu wairua – āe rānei kua panoni?

3



He aha ngā mea e mōhio kē ana tātou?



5 min

Pitopito kōrero mā te kaiako: He mea hanga tēnei ngohe kia kitea ai ngā mea e mōhio kē ana te ākonga mō te whakapiki, mō te whakaū rānei i te oranga hinengaro. Ka hono atu ki te Akoranga 1 o tēnei wāhanga me tana aronga tahi ki te taha hinengaro o Te Whare Tapa Whā.

- Tukuna ngā pepa A3 me ngā pene karakara ki ia rōpū.
- Ka 2 mineti ki ngā ākonga ki te ohia manomano i ngā mea katoa e mōhio kē ana rātou mō te oranga hinengaro.
- Kia pau te 2 mineti, ka whakahuatia mai e ia rōpū kia kotahi te whakaaro i tuhia ai e rātou. Hei tāpirihanga, tonoa rātou kia tuku mai i tētahi whakaaro kīhai pea i tuhia e ērā atu rōpū.
- Ka tāpirihia e ngā rōpū katoa ngā whakaaro ka puta ake kāore kē i a rātou.

Pitopito kōrero mā te kaiako: Tēnā, i te Ngohe 2, ehara i te mea ka pai ake tētahi rautaki i tētahi atu. Kei te tangata tonu te tikanga mō te mea e pai ana ki a ia.

1

3

Ngohe 1



10 min

Ehara mā te moni e harikoa ai te tangata ... kei te hē kē rānei tēnei – mā te moni tonu e harikoa ai?

Pōti ā-Akomanga: Ka taea e te moni te hoko te harikoa - āe rānei, kāo rānei? Tonoa ngā ākonga kia whakatū i ō rātou ringa ki te pōti ki tētahi o ngā whakautu.

Kōrero pātaritari: Ki tā te rangahau, ka piki ngātahi te oranga kare ā-roto me te whiwhinga moni, tae atu ki tētahi taumata. E ai ki tētahi rangahau o te 2010, i tirohia ai ngā uiuinga a te 450,000 Amerikana, ko ngā tāngata i nui ake te whiwhinga moni, e mea ana kei te nui anō hoki tō rātou oranga kare ā-roto. Engari ka tae ki te \$75,000 (kei te takiwā o te NZD\$105,000) te whiwhinga moni ā-tau, i reira ka tīmata te heke iho o te rongo i te oranga kare ā-roto.

I tikina i <https://www.insider.com/can-money-buy-happiness> i te 25 o Mei 2021.

Matapakinga: Ki ngā rōpū iti, matapakihia tēnei kōrero. Kei te whakaae koutou ki tēnei? He aha ai? He aha i kore ai? Me noho takatū ki te tuku i ō koutou whakaaro ki te akomanga.

2

Ngohe 2



15 min

Whakaraupapa Kāri Rautaki Oranga Hinengaro

Tohaina atu tētahi tānga o te Rauemi 3.1 ki ia ākonga. Tonoa rātou kia kuti i ngā kāri. Kātahi ka whakaraupapahia e tēnā, e tēnā, mai i te mea tino nui te tūpono ki te mea tino iti tūpono ka whakamahia e ia hei rautaki oranga hinengaro. Me whakamārama ki te rōpū he aha i pērā ai te raupapa.

I te otinga o te ngohe, ka whiria e ngā ākonga tētahi rautaki whakapiki oranga hinengaro hou hei whakamātautanga mā rātou i taua wiki, kātahi ka whakahoki kōrero mō te pai rānei o te rautaki, me ngā āhuatanga i pā ki a rātou i te whakamātauranga o te rautaki.

Rauemi 3.1

3

Ko te nohopuku maharanui

Ko te maharanui, ko te whakaaro mō te ako ki te whakawhāiti, ki te whakahiwa hoki i ō mahara katoa ki te ināiane, e mōhio ana koe ki ō whakaaro me ō kare ā-roto, ā, kāore kau he piroiroi mai, he whakawā mai rānei.

He māmā ake te kōrero mō te whakatau i a koe anō ki te ināiane i te whakatutuki i tērā whakaaro, inā hoki he rite tonu te rauroha a te nuinga ki te inanahi, te māharahara rānei ki te āpōpō. Mā te nohopuku e tau ai pea ngā kare ā-roto o mua me te kaikaha ki te āpōpō, ā, koinā te take e whakaakona nei tātou i roto i te nohopuku ki te whakakaha ake i te arotahi ki te ināiane i tō ao.

Mō ētahi atu mōhiohio, toro mai ki: <https://www.headspace.com/articles/how-to-be-more-present> OR <https://meditofoundation.org/medito-app>

Ko te āta whakahā

Kia anipā koe, ka tere ake, ka pāpaku ake hoki tō whakahā. Me whakamātau koe ki te āta whakapōturi i tō whakahā. Whakamātauria te whakahā hōhonu, kia 4 hēkona e hā ana te manawa, kukua mō te 4 hēkona, kātahi ka tukua mō te 4 hēkona, ka tatari ai i konei mō te 4 hēkona anō.

Ko ngā rohenga ā-hauora

He whai tikanga te whakatakoto i ētahi rohenga ā-whaiaro pai mō te taha ki te whakarite i ētahi hononga pai, ki te whakapakari i te kiritau, ki te whakaiti hoki i te pōkaikaha, i te anipā me te mate pāpōuri.

Ko ētahi rohenga hei tīmatanga māu:

1. Whakahētia ngā mea kāore koe e hiahia ki te mahi, kāore rānei koe e whai wā ki te mahi.
2. Whakaaetia kia āwhinatia koe, waihoki me tonu āwhina hoki koe!
3. Tiakina te wā kei a koe, ā, kaua e tuku i a koe kia taumaha i te mahi.
4. Tonoa kia wātea koe, e tika ana me whai wā te katoa ki te noho takitahi.
5. Kia kaha te kōrero ki te kore e pai ki a koe te āhua o te pēheatia ōu e tētahi atu, te āhua rānei o te takahia o ō matea.
6. Whakanuia ngā mea e hirahira ana ki a koe mā te whakaaro ki a koe anō i mua i ētahi mea.

Mō ētahi atu mōhiohio, toro mai ki: <https://roadtogrowthcounseling.com/importance-boundaries-relationships/>

Ko te whakamutu i te murakehu ngākaukino

Whakaarohia te āhua o tō murakehu. Ka pā te āhua o ōu nā whakaaro ki te āhua o ōu nā kare ā-roto. Mā te anipā e nui kē atu ai pea ō whakaaro ki te mōrearea o tētahi pūāhua, me te aha, ka whakahāweatia pea tō āhei ki te whaikaha i taua pūāhua. Me whakamātau koe ki te whakaaro atu ki ētahi atu whakamāramatanga ki tētahi pūāhua e anipā nā koe, tē whakaaro tika atu ai ki te horopaki kino katoa. Tirohia ngā meka e taunaki ana, e whakahē ana hoki i te pono o tō whakaaro.

Mō ētahi atu mōhiohio, toro mai ki: <https://www.headspace.com/mindfulness/stop-negative-self-talk>

Ko te kori tinana

Mā te kori tinana e iti iho ai ngā tohumate me te taumahatanga o te pōkaikaha. Mā te kori tinana e pakari ake ai hoki te kiritau, ngā pūkenga whaikaha me ngā āheinga hirikapo i roto i ērā e pāngia ana e te pōkaikaha, e te mate pāpōuri, e te anipā rānei.

Hei manatu mā te hinengaro, ko te āhua nei ehara te kaha me te roa o te kori tinana i te mea nui, engari ko te auau kē o te mahi. Kua kitea mā te hokihoki ki te kori tinana e māmā nei, e āhua māmā nei rānei e pai ake ai ngā piropiro.

Ko te kōrero ki tētahi hoa

Mēnā kua āhua roa e pōuri ana koe, ko te mahi tuatahi e ora ake ai koe, ko te kōrero pea ki tētahi mō ō kare ā-roto. Ka kōrero pea koe ki tētahi hoa, ki tētahi nō te whānau, ki tētahi kaiako rānei e whakaponotia ana e koe.

I ētahi wā, he uaua te kōrero mō te āhua o ō kare ā-roto ki tētahi, ā, he āwhina pea te tuhi i ō whakaaro me te tonu atu ki tētahi māna e pānui kātahi ka kōrero ā muri ake nei.

Kāore pea te whakahoki e rite ki tāu i tūmanako ai, engari kaua e waiho mā tēnā koe e whakapāhunu. Kōrero ki tētahi atu, kāore te katoa e āhei ana, e kaha ana rānei ki te āwhina i runga i tāu e mate nā.

Kia mahara koe, e pai ana te noho i runga i te ngākau pāiriiri, ā, he wā ōna ka taumaha te nuinga. He tikanga māori, he tikanga pai hoki te toro ki te tonu āwhina.

Mō ētahi atu mōhiohio, toro mai ki: <https://thelowdown.co.nz/>

Akoranga 4

Kia kaha, kia māia, kia manawanui

4

Te roa o te akoranga: 50 min Taumata marautanga: 5/6

Te wāhi ki te ao Māori:

Ka hono ki Te Whare Tapa Whā - Te taha hinengaro

Te Whakarite i te whaitua ako:

- Whakaritea te rūma kia taea ai e ngā ākonga te mahi ngātahi.
- He pūrere, he pouaka whakaata, he tukuata kia pai ai te mātaki i ngā kiriata, te titiro hoki ki ngā pae tukutuku.
- Me āta kōrero ki ngā ākonga, i tēnei akoranga ka tukua pea e ētahi ō rātou kōrero whaiaro, nā reira me noho tapu aua kōrero.

Kupu hāngai:

- Resilience | Manawaroa

Rauemi:

- Rauemi 4.1
- He kāri mā te akomanga e rite ana te rahi ki ngā kāri pakihi
- <https://school-leavers-toolkit.education.govt.nz/mi/te-tiaki-i-ahau-ano-me-etahi-atu/managing-stress-and-anxiety/>
- <https://www.headspace.com/meditation/meditation-for-beginners>
- <https://www.anxiety.org.nz/>
- <https://www.beyondblue.org.au/the-facts/anxiety/treatments-for-anxiety/anxiety-management-strategies>
- <https://www.healthnavigator.org.nz/health-a-z/s/stress/>
- <https://www.youthline.co.nz/friendships.html>

Whāinga ako:

Kei te ako i ngā rautaki ki te whakapakari i te manawaroa.

Paearu angitu:

- Ka tautohu i ngā rautaki whakapakari manawaroa.
- Ka āta arotū mō te 10 mineti.

Raupapa mahi

4



I mua i te tīmatatanga...

 5 min

Tukua ngā whāinga ako me ngā paearu angitu ki ngā ākonga



Whakaara Matapaki

 10 min

Te wānanga i te ‘peka tītoki’ me te ‘manawaroa’

Pitopito kōrero mā te kaiako: He mea hanga tēnei ngohe ki te whakatenatena i te ākonga ki te whakaaro mō te tikanga o te kupu ‘manawaroa’, ā, ki te huritao i te ‘whakapeka tītoki’, arā, te ‘hardening up’, i te ahurea o Aotearoa. Tukuna te tikanga o te ‘manawaroa’ i raro nei hei āwhina i te matapaki mō te ‘whakapeka tītoki’ me te ‘manawaroa’.

Manawaroa: Ko te kaha o te tangata ki te hoki ora mai i ngā āhuatanga uaua rawa o tōna ao. Ehara i te mea mā te manawaroa e kore ai te tangata e rongu i te taimaha, i te whakangarungaru o te whatumanawa, i te mamae rānei. Ko tā ētahi, ko te manawaroa he rite ki te kaha, ki te tū mārō. Engari kāore te tangata manawaroa e huri tuarā atu ki te mamae o te ngākau – ka whakaae, ka anga atu kē ki taua mamae, me te kimi ara e puea ake ai ia i ngā taumahatanga, i ngā uauatanga kua pā ki a ia.

- I roto i ngā rōpū iti (3-6 ākonga) matapakihia ngā whakaaro o te ahurea ‘Kiwi’ mō te ‘whakapeka tītoki’ me te ‘manawaroa’. He rite te tikanga o ngā mea e rua? Mēnā he rerekētanga, he aha kē te rerekētanga? Ka pēhea koe? Ka whai kia rite koe ki te peka tītoki, ka manawaroa rānei? He aha ai?

Pitopito kōrero mā te kaiako: Ka āwhina atu tēnei ngohe i ngā ākonga ki te hono atu ki ērā mōhiotanga kē o rātou mō te manawaroa.

4



He aha ngā mea e mōhio kē ana tātou?

 5 min

Whakaarohia te kupu ‘manawaroa’ – he aha te tikanga o tēnei ki a koe? Ko ēhea ngā āhuatanga ōu e whakaaro nei koe he āhuatanga manawaroa? Tukua ō whakaaro ki te rōpū, waihoki me tuku te papa kōrero ki ia tangata.

Pitopito kōrero mā te kaiako: Ngohe 2: Ko tēnei ngohe, he arotū ka ārahina, e wātea ana hei whakamahi i te pae tukutuku o ‘Headspace’. Pāwhiritia te hono, ka panuku whakararo ki te arotū. Ka nuku pea te akomanga ki tētahi wāhi e taea ai e rātou te whātoro, te noho hāneanea hoki, ka puta rānei ki waho. Mēnā kei roto, me whakaheke pea te whitinga o ngā rama. Whakatenatenahia rātou kia rapu wāhi e taea ai e tēnā e tēnā te noho hāneanea ki te papa, ki tētahi tūru rānei e kore ai tētahi e titiro hāngai mai, e whakapā mai rānei ki a ia. Hei āwhina, me kī atu pea, he āhuatanga rerekē tēnei ki ētahi, e kore rānei e tau te noho o ētahi, engari ki ētahi atu ka tau rawa, ka whai hua, nā reira hei tautoko i tērā hunga, me noho mū te katoa mō te katoa o te whakamanatu. Kua wātea hoki koe ki te whakamanatu tahi ki ō ākonga - he mea nui hoki te whakatauiria i te mahi tika.

Ngohe 1: Ketepāraha Manawaroa

Mā ngā kōrero kei tēnei hononga <https://school-leavers-toolkit.education.govt.nz/mi/te-tiaki-i-ahau-ano-me-etahi-atu/managing-stress-and-anxiety/> mā te Rauemi 4.1 rānei ka waihangahia he ketepāraha manawaroa hei rauemi kaupare atu i te pēhi mai o taimaha. Ka pupuri tonu pea te ākonga ki te kāri ka mau pea ki tana wāreti, ka whakapirihia rānei ki tana rātaka. Me kuhu mai ēnei kōrero e whai nei:

He kī horipū mō te manawaroa e pai ana ki a koe

Whakamaharatanga: Ko ngā mea e taea e koe te whakahaere, ko ngā mea e kore e taea

KETEPĀRAHA MANAWAROA

Rautaki mō te manawaroa 1

Rautaki mō te manawaroa 2

Whakamanatu

Ko te arotū, he mahi whakapakari i te manawaroa kia kore ai e rukiruki rawa te taimaha, e pēhi rawa mai ngā āwangawanga o tō ao. Me he rite tonu tō mahi i tēnei mahi, ka pakari ake te manawaroa, pērā i tō puta ki te whare korikori e pakari ake ai te tinana. Ka taea hoki te tō mai te whakamanatu hei rautaki i aua wā e kaha rongo ai koe i te mānukanuka, kei raro rawa rānei kōrua ko wairua e putu ana.

Ehara i te mea me whakapau hāora rawa ki te whakamanatu e piki ai tō ora. Mēnā he auau tō whakamanatu, kia poto noa taua mahi, ka nui anō te oranga, ahakoa kāore pea koe i te rongo rawa i te taimaha i te wā e mahia ai te arotū.

- Kei te pēhea kē ō piropiro/tō wairua ināiane? I te āwhata 1-5 (1 = kino, taimaha, mānukanuka, 5 = tūrangahakoa, harikoa, mauritau) e noho ana koe ki hea?
- Whakamātauria tēnei whakamanatu e ārahina ana, 11 mineti te roa, mā te hunga kātahi anō ka timata, ki tō kotahi rānei me ngā pokitaringa, ki te akomanga rānei me te rorohiko a te kaiako. <https://www.headspace.com/meditation/meditation-for-beginners> (Kei te hauruatanga o te whārangi te whakamanatu utukore nei - ehara i te mea me waihanga pūkete.)
- Kei te pēhea ngā piropiro/tō wairua ināiane? I te āwhata 1-5 (1 = kino, taimaha, mānukanuka, 5 = tūrangahakoa, harikoa, mauritau) e noho ana koe ki hea? Kua pai ake ōu piropiro/tō wairua i te whakamanatu?

4

Rauemi 3.1

Te whakahaere i te āwangawanga me te hēmanawa

He aha au e āwangawanga nei, e hēmanawa nei i ngā wā katoa?

E hia kē nei ngā take nā reira tātou ka rongo i te āwangawanga me te hēmanawa i ngā whakamātautau, ngā whanaungatanga, ngā tohe ā-whānau, te moni, te aha atu, te aha atu. He nui ngā aupiki me ngā auheke i te ao e noho nei tātou. Heoi anō, ahakoa ka pērā i ētahi wā, kāore e pai kia rangona ēnei āhuatanga i ngā wā katoa.

Nō reira, ki te kore koe e mōhio ki te wā whakamutunga i tau ai tō mauri, tēnā pea kua tae ki te wā me āta titiro koe ki ngā take e pōkaikaha nei koe. Nā te mea, ki te mōhio koe ki ngā take nā reira koe ka āwangawanga, ka hēmanawa hoki, tēnā pea ka taea e koe te whakamāmā ēnei āhuatanga.

Ka taea e au ōku kare ā-roto te whakahaere kia pai ake ai taku oranga?

Āe rā, ka taea. He tikanga whakatau i te āwangawanga me te hēmanawatanga e āhei ana te ako. Otirā, ehara i te mea mā ēnā tikanga e tau ai te katoa o ngā taumhatanga e pēhi nei i a koe (koinei te ao e noho nei tātou). Heoi anō kia mārama koe ki te takenga mai o te āwangawanga me te hēmanawatanga, me te mōhio hoki ka aha koe i taua wā tonu, ka pai ake tō whakahaere i ngā pānga ki a koe.

Kia maumaharatia, e rua ngā pānga nā reira ka āwangawnaga, ka hēmanawa hoki te tangata:

Ngā take ā-roto - koinei ngā āhuatanga ka taea e koe te whakahaere kia māmā iho ai ngā taumahatanga i tō ao, i ōu kare ā-roto hoki. Ko ngā taumatanga o tētahi whakamātautau uaua rānei; i ōu whanonga rānei ka puta mai i ētahi tūāhuatanga; i tō ake oranga tīnana, oranga hinengaro anō hoki.

Ngā take ō waho - koinei ngā āhuatanga tē taea e koe te whakahaere pērā i tētahi kiritaki pukuriri i tō mahi rānei, i te pānga o tētahi mate ki tētahi o te whānau rānei, te mate urutā ā-ao rānei.

Anei tētahi tino kōrero nā tētahi tino kaitito hei āwhina:

“Ki te kore koe e rata ki tētahi āhuatanga, tēnā panonitia. Ki te kore e taea, panonitia tō waiaro.” (nā Maya Angelou, he kaitito ruri nō America).

E kī ana te kōrero nei mehemea, ki ōu whakaaro, kei te whakangongotia koe e ōu hoa rānei, kāore rānei e pai ki a koe āu mahi i te kura, tāu rangahau mātauranga matua rānei inātata nei - me whai mōhiotanga ki ngā panonitanga e tika ana kia pai ake ai ēnei tūāhua. Tēnā pea kāore ōu hoa i te mōhio e pērā ana rātou, kātahi koe ka kōrero ki a rātou, mea rawa ake, ka whakapāha rātou ki a koe. Mehemea kāore koe i te eke ki ngā taumata o te mahi inātata nei, kimihiā tētahi huarahi hei whakatika i taua āhuatanga. Ka tutuki pea mā te kōrero tahi me tō kaiako, tō kaiwhakahaere rānei.

Te karo i te āwangawanga me te hēmanawa i te pānga mai o tangata kē

Ahakoa e aroha ana tātou ki ō tātou whānau me ō tātou hoa, he wā ōna ko rātou te take ka āwangawanga, ka hēmanawa hoki tātou. Mēnā e pokea ana rātou me ō rātou ake raru, kei te tūkinotia rānei tātou e rātou, ehara i te mea ka māmā te karo i te mamae ka rangona i ēnei tūāhuatanga ō rātou. He mea patu i te mauri.

Nō reira e rua ngā huarahi hei whai māu ki te hua mai tēnei āhuatanga

Whakapā atu ki a rātou ka kōrero tahi ai. Heoi anō, whāia tētahi huarahi whaimana, arā, kia kore ai rātou e rongo i te whakawāngia o ō rātou whanonga (kāore pea rātou i te mōhio e pēnei ana rātou). Ka tīmata pea mā te ui e pēhea ana rātou, e taumaha ana rānei rātou i tēnei wā. Kātahi ka whakamārama ki a rātou ōu kare ā-roto me ngā kōrero ‘mōu anō’ arā, ngā tauākī e whakamahi ana i te kupu ‘au’ kaua ki ngā tauākī e whakamahi ana i te kupu ‘koe’ kia kore ai rātou e whakaaro kei te whakawā koe i a rātou.

‘I pāpōuri ahau i te korenga ōu i whakahoki kōrero mai ki a au inatahirā. Kāore au i mōhio he aha koe i pēnā ai.’

Ko te kōwhiringa tuarua mōu anake, mēnā kāore koe i te tino mōhio ki te tangata, kāore rānei koe i te hiahia ki te whakapā atu ki te tangata (pērā i tētahi hoamahi, i tētahi ākonga i tō akomanga rānei). Ka uaua i ētahi wā engari kei pāpōuri, tukua te mamae ki rāhaki. Ehara i te mea kei a koe te tikanga mō ngā kare ā-roto o tangata kē me ā rātou mahi hoki. I te nuinga o te wā he mea ahu mai ai i ngā āhuatanga o ō rātou ake ao.

E rima ngā huarahi hei whakataui i te āwangawanga me te hēmanawatanga

- 1 Kia mataara ki ngā take e toko ake ai te āwangawanga me te hēmanawa i a koe, ā, me whakarite mahere hei whakakaha i a koe ina tūpono aua āhuetanga.
- 2 Me tiaki koe i a koe anō mā te whakakorikori i tō tinana (ka hīkoi mō te toru tekau miniti kia miria koe e te hau), me whai wā hoki ki te moe me te kai i ngā kai hauo ra (mō te nuinga o te wā)
- 3 Kōrero atu ki tētahi tangata e whakapono ana koe ka noho matatapu āu kōrero. Māu, otirā mā kōrua ka māmā ake ai.
- 4 Ahakoa pūoro mai, whakatau mauri mai; te kōrero tahi me tō hoa rānei, me whai wāhi koe ki te mahi i ngā mahi e rata ana koe.
- 5 I a koe ka rongo i te āwangawanga me tahuri koe ki te whakamahi rautaki whakatau mauri pērā i te whakaharatau i te ihomatuatanga, te whakahaere i tō hā, te tuhituhi i rō pukapuka pitopito kōrero rānei.

- He rauemi hei āwhina i a koe anō me ētahi kōrero whaiaro mō ngā tāngata kua pāngia e te āwangawangatanga. <https://www.anxiety.org.nz/>
- Beyond Blue - Tekau ngā rautaki hei āwhina i a koe ki te whakahaere i te āwangawangatanga. <https://www.beyondblue.org.au/the-facts/anxiety/treatments-for-anxiety/anxiety-management-strategies>
- Health Navigator - He tiwhiri hei whakatau i te āwangawangatanga. <https://www.healthnavigator.org.nz/health-a-z/s/stress/>
- Youthline - He tino tiwhiri hei whakahaere i ngā tohe ka hua mai i waenganui i ngā whānau me ngā hoa. <https://www.youthline.co.nz/friendships.html>

Retrieved from <https://school-leavers-toolkit.education.govt.nz/mi/te-tiaki-i-ahau-ano-me-etahi-atu/managing-stress-and-anxiety/> Accessed 26 May 2021.

Akoranga 5 Tō hono ki ētahi atu

Te roa o te akoranga: 50 min Taumata marautanga: 5/6

Te whakarite i te whaitua ako:

- Whakaritea te rūma kia taea ai e ngā ākonga te mahi ngātahi.
- Me āta kōrero atu ki ngā ākonga, i tēnei akoranga ka tukua pea e ētahi ō rātou kōrero whaiaro, nā reira me noho tapu aua kōrero.
- I te tīmatanga o te akoranga, whakaritea te akomanga mō ngā whakaari wheako ka matapakihia, i te mea kei roto rā ētahi āhuetanga o te korenga e whakaae ki ētahi mahi ka pā ki a rātou, he mea whakatoimaha, whakararu pea i ētahi. Tukuna ngā ākonga kia tohu tārehu mai ki a koe mēnā e raru ana ētahi i ēnei mahi.

Kupu hāngai:

- Relationships | Hononga tāngata
Intimate relationship | Hononga taupiri
Friendship | Hononga ā-hoa
- Takatāpui | Homosexual, lesbian, gay
- Whānau

Rauemi:

- Rauemi 5.1, tirohia rānei tēnei <https://school-leavers-toolkit.education.govt.nz/mi/te-tiaki-i-ahau-ano-me-etahi-atu/nga-whanaungatanga/>
- Rauemi 5.1, tirohia rānei tēnei <https://school-leavers-toolkit.education.govt.nz/mi/te-tiaki-i-ahau-ano-me-etahi-atu/te-mau-tonu-ki-nga-hononga/>

Whāinga ako:

Kei te ako e pēhea ana te āhua o ngā hononga tāngata hauora.

Paearu angitu:

- He aratohu atawhai, tōtika, whai hua anō hoki.

Raupapa mahi

5



I mua i te tīmatatanga...

 5 min

Tukua ngā whāinga ako me ngā paearu angitu ki ngā ākonga



Whakaara Matapaki

 10 min

Te Āwhata Uara

Pitopito kōrero mā te kaiako: I te ngohe nei ka tonoa ngā ākonga kia whakaaroaro ki ō rātou waiaro, ki ō rātou whakaponono mō ngā whakawhitiwhiti kōrero i ngā hononga tāngata - ahakoa hononga ki te hoa rānei, ki te whanaunga rānei, he hononga taupiri kē rānei.

Pānuitia te tauākī uara tuatahi i raro nei mō ngā hononga tangata. Tonoa ngā ākonga kia tū ki te wāhi e tika ana mō tēnā mō tēnā i tētahi āwhata nui kua hora ki te papa, mai i te “Whakaae Mārika” ki te “Whakahē Mārika” ki te tauākī kua whakahuatia. Kia oti te tauākī tuatahi, ka pēnei anō te mahi mō ērā atu tauākī.

Kia mutu ia tauākī, tonoa ia ākonga kia kōrero ki tētahi e tū ana i tōna taha mō te take i whiria ai e ia tōna tūranga. Hei mahi totoro, ka ‘whētuaia’ pea te āwhata kia whakawhiti whakaaro tahi ai ngā ākonga he tino rerekē ō rātou tūranga uara.

Tau-ākī Uara

- Ki te nui ake tāku utu i tā taku hoa, e tika ana kia iti ake taku kawe i ngā mahi tiaki i te whare.
- Ina e aroha tūturu ana taku hoa ki a au, kua mōhio kē ia e pēhea rawa ana taku whatumanawa.
- Mēnā e noho pūmau ana kōrua ko tō hoa taupiri, kāore he take o te kōrero mō te whakaae ki te ai.
- I te mea kua moe tāhae tō whaiāipo (me te aha, kua wehe kōrua), kei te wātea koe ki te toha i ngā whakaahua kirikau ōna.
- Ko te hononga taupiri pai rawa atu, ko tērā e kore rawa ai kōrua e whawhai.
- Mēnā nāu tētahi i whakamamae (ā-tinana rānei, ā-whatumanawa rānei), ka ea tō hara i tō whakapuaki noa i tō kaniawhea ki a ia, mēnā he tūturu rawa tēnā whakapāha.

5



He aha ngā mea e mōhio kē ana tātou?

 10 min

Pitopito kōrero mā te kaiako: He mea hanga tēnei ngohe hei āwhina atu i ngā ākonga ki te tautohu i ō rātou mōhio ki ngā hononga pai. Whakatenatenahia rātou kia whakaaro mō ngā hononga ā-hoa nei, ā-whānau nei hoki, kua mō ngā hononga taupiri, ngā hononga mateoha anake.

Ka tangohia e ia rōpū tētahi pepa A3, ka tāngia ki runga te anga o tētahi tangata (kua he tangata rākau noa!)

Kei te wāhi e wātea ana ki waho atu i te tangata, ohia manomanotia ngā kōrero me ngā mahi a te hunga e rere ana te ngākau whakaute i ō rātou hononga taupiri, i ō rātou pirihoanga. Ki roto i te tangata, ohia manomanohia ngā kare ā-roto, ki ō koutou nā whakaaro, ka rangona i ngā hononga taupiri, i ngā pirihoanga e pērā ana te āhua.

Tukua ētahi o ō koutou whakaaro ki te akomanga.

Pitopito kōrero mā te kaiako: He mea hanga te ngohe ‘Agony Aunt’ nei hei whakatenatena i ngā ākonga kia whāwhā i ngā rauemi kei te pae tukutuku <https://school-leavers-toolkit.education.govt.nz/mi/te-tiaki-i-ahau-ano-me-etahi-atu/nga-whanaungatanga/> tae atu ki ngā hononga ki pae tukutuku anō. I ngā kura kāore e kaha ana te hono ki te ipurangi, tohaina he tānga o te Rauemi 5.1 ki ngā ākonga, engari me whakatenatena tonu rātou kia titiro ki aua rauemi pae tukutuku ina taea, i te mea he nui te āwhina i reira.

1

Ngohe 1

 15 min

Agony Aunt

Mā te whai i te hono nei, <https://school-leavers-toolkit.education.govt.nz/mi/te-tiaki-i-ahau-ano-me-etahi-atu/nga-whanaungatanga/>, i te Rauemi 5.1 rānei me te Rauemi 5.2 mō te Agony Aunt, tukuna ō kupu āwhina ki ngā kaitito i ngā reta mō ngā tūāhua kua pā ki a rātou.

Ngā whanaungatanga

He aha ngā momo whanaungatanga?

Ngā hoa me te whānau; i a koe e pakeke haere ana i tōu ao, he maha ngā momo whanaungatanga ka taea e koe me ngā tāngata. Kei roto i ēnei ko ngā momo whanaungatanga whaiāipo, ai hoki/rānei.

Ahakoa he aha ngā mea kei roto koe, ko te mea nui he tōtika. E taea ai tēnei me whakapau kaha me te whakaute mai i a koe me ētahi atu tāngata kei roto, engari he hua kei roto ina tautoko ana i tētahi whanaungatanga whaihua ake, rata ake hoki.

Mēnā kei te rapu mōhiohio atu anō koe mō ngā whanaungatanga ira tangata tauwhiti, takatāpui hoki, he rawe te paetukutuku You, Me, US i raro hei rauemi.

Me pēhea taku whakarite he tōtika tōku whanaungatanga?

He tōtika te whanaungatanga mō te hunga whai pānga katoa mēnā he haumaru, rata, whakaute hoki. Mēnā kei te raruraru tētahi, ā, kāore ia i te whakarongohia, he tohu tērā ehara i te tōtika.

Ko ētahi mea e tautoko ana i tētahi whanaungatanga tōtika ko te:

- kawenga tūhonohono
- ngā whakawhitiwhiti kōrero whaitake me te whakaute
- ōrite - he ōrite te mana.

Mēnā ko te whanaungatanga me tētahi hoa makau, he mea hira kei te whakaae tahi, otirā mō te taha ki ngā mahi ai. Kaua rawa koe e pēhi i te tangata, e pēhia rānei koe, kia mahi i tētahi mahi kāore koe i te hiahia.

I Aotearoa ko te taipakeke i raro i te ture e āheitia ai te ai ko te 16. Me mātua 16 ō kōrua tau ko tō hoa i te iti rawa, ā, me āta whakaae i mua i te mahi ai.

Me whakapā atu ahau ki a wai mēnā kei te māharahara ahau mō te tūkinotanga?

Mēnā kāore i te tōtika tō whanaungatanga, ā, kei te māharahara koe mō te tūkinotanga, tērā ētahi wāhi ka taea e koe te whakapā atu mō ngā āwhina, tohutohu rānei. Pēnei i ēnei:

- Women’s Refuge - He whakahaere e tuku āwhina ana ki ngā wāhine me ā rātau tamariki. Waea atu ki 0800 REFUGE (733 843).
- Shakti Youth - E arotahi ana ki te tautoko i ngā wāhine me ngā tamariki nō ngā hapori o Āhia, Awherika me Rāwhiti Waenga i Aotearoa. Waea atu ki 0800 SHAKTI (742 584).
- Shine - E whai ana a Shine ki te ārai i ngā momo tūkino ā-whare katoa puta noa i te motu. Waea atu ki 0508 744 633.
- Mēnā ki ōu whakaaro kei te tūpono pā koe ki te tūkinotanga, me waea atu ki ngā pirihimana i 111 i ngā wā katoa.

Te whakawhaiāipo ā-tuihono

I ēnei rā tokomaha ngā tāngata e tūtaki ā-tuihono ana hei whai hoa, hei whakawhaiāipo, hei onioni rānei

He haumaru rānei te whakawhaiāipo ā-tuihono?

Hei whakaarotanga mō te whakawhaiāipo ā-tuihono.

- Mēnā kei te tūtaki koe i tētahi tauhou, me whāki atu ki tētahi hoa piripono ōu, ki tētahi o te whānau rānei, ko wai taua tangata, ā, hei āwhea, ki whea hoki kōrua tūtaki ai.
- Hei te tūtakitanga tuatahi, me hui ki tētahi wāhi tūmatanui.
- Kia haumarutia tō tuakiritanga.
- Kia mataara ki ngā tāngata tītipa, ki ngā hīanga anō hoki.

Mō ētahi kōrero e pā ana ki te noho haumaru i ngā whakawhaiāipo ā-tuihono tirohia: Netsafe – Safe relationships.

Te tuku whakaahua kirikau

Kāore i te tika kia tonoa koe e te tangata, ki te tonu rānei koe i te tangata ki te tuku whakaahua kirikau o te tangata.

Mehemea ka tuari koe i tētahi whakaahua, he uaua te whakahaere i te tuaritanga o taua whakaahua ki tangata kē, ka pēhea hoki taua whakaahua e tuari ai.

Te Karihika

He aha te karihika?

I te nuinga o te wā, ko te karihika he mea onioni e kitea ai i ngā ataata, i ngā whakaahua, i ngā pukapuka, i ngā mōheni anō hoki, mō te whakahihiko i te taera te take.

He pai rānei ki te mātakitaki?

Ka mātakitaki ētahi tangata i te karihika hei whakahihiko taera, hei whai mōhiotanga hoki mō te onioni. Heoi anō, he pānga kino pea ō te karihika ki te tangata.

He wā ōna ka whāiti te rapu a te tangata i te karihika. He wā hoki ōna ka whakaatuhia ētehi tāngata te karihika e ō rātou hoa, ka tūponotia rānei i te wā e rapu ana te tangata i mea kē. Mā te tūpono i te karihika e whakarerekē ai pea ngā kare ā-roto o te tangata, pērā i te manawarau, i te whakamauāhara, te hīkaka, te manawarū tae atu ki te mōrikarika hoki.

He pai noa iho rānei te karihika?

He pai noa iho te whakaaro pākiki ki te onioni. Heoi anō, me uaua ka kitea ngā whanonga haumaru i te karihika, ka mutu, te āhua nei he wā ōna kāore i whakaaetia te onioni.

Kua pokaina ngā tinana o ētehi o ngā kaiwhakaari karihika, me te aha, ka whakaatuhia pea ngā whanonga pērā i te takahi, te takariri, te taikaha, me te tūkino.

I ētahi wā he whakaari noa iho te karihika, ā, kāore e whakaatuhia ana te whakahoahoa haumaru. I te nuinga o te wā kāore e whakamahia ana ngā pūkoro ure.

Ka pāngia peheatia au?

Te āhua o te tinana – Kua pokaina ngā tinana o ētehi o ngā kaiwhakaari karihika. Ki te whakataurite i te tinana o tangata noa ki ngā tinana o ngā kaiwhakaari karihika, ka hē pea ngā whakaaro mō te tinana tangata, me te aha, ka manawarau pea te tangata.

Te pānga ki te whakahoahoatanga me te onioni. Mā te mātakitaki i te karihika e tau ai pea ngā kawatau kore whai hua, me te aha, ka mimiti haere te pai o te onioni tūturu.

Ka manawarau pea te tangata i te whakataurite i te karihika ki tā te onioni tūturu.

He wā hoki pea ōna ka kino haere te onioni me te kore haumaru.

Ngā waiaro – Mā te mātakitaki i te karihika e pōhēhē ai te tangata he pai noa iho te onioni tūkino. Nā te mea e hia kē te karihika e aro ana ki ngā hiahia me ngā pēhitanga o ngā tāne ka whakaarohia te wahine ānō nei he mōkai.

Mā te mātakitaki i te karihika e tau ai pea ngā whakaaro me ngā kawatau kore whai hua mō te onioni.

Ka haere ngātahi ngā whakahoahoa onioni pai me te whakaae, te whakaute, te haumaru anō hoki.

Ka warawarahia te tangata e te karihika?

I ētahi wā ka warea te tangata e te karihika, me te aha, kei raro ia e pūtu ana.

Kāore e taea e ētahi te whakamutu i te mātakitaki ahakoa e hiahia ana ki te whakamutu.

Ki whea au e whai āwhina ai?

Mehemea kei te āwangawanga koe i te nui o te karihika e kite ai koe, mā konei koe e whakamātautau i a koe anō Do I Watch Too Much Porn?

Mehemea kei te hia āwhina koe ka kitea mā The Light Project.

Rauemi 5.2

Te Kaiwhakahoki Reta

Ko te horopaki:

Kua whai mahi koe i tētahi pae tukutuku kawē pūrongo nui, ā, e mahi ana koe i roto i te whare hei kaiwhakahoki i ngā reta ka tukua mai ki a koe – ‘Tēnā koe, e te Kaiwhakahoki Reta’. Ko tāu mahi, he kōwhiri i tētahi o ngā reta e whai nei, ā, tuhia, whakaarihia rānei tētahi whakahoki ka āwhina i te kaituhi ki te whakatika i tāna raruraru.

Ko te Reta 1:

Ki te Kaiwhakahoki Reta,

Kua noho tahi māua ko tōku hoa rangatira, ko Alex mai anō i te kura tuarua māua. E aroha nui atu ana ahau ki a ia, engari e mauāhara ana ōku hoa me ōku mātua ki a ia. Ki a au nei, e tarahae ana ōku hoa nā te mea kāore au e puta atu i ō rātou taha ināianeī. Ko te hiahia o Alex kia noho tonu ahau i te kāinga, ā, ka tarahae ia ina puta au kāore ia i tōku taha. Kua hōhā ahau i te pāti ināianeī, ā, ko te āhua nei kei te āhua tamariki tonu ngā whakaaro o ōku hoa. He pērā anō ōku mātua. Ki a rāua, he kaha rawa a Alex ki te tohutohu mai i a au, waihoki he nui rawa āna whakatau i tō māua hononga. He kaha kē a Alex ki te tiaki i a au, ā, kua āwhina mai ia i a au ki te whakaea i taku kāri taurewa mā te homai i tētahi pūtea pūkororo tino iti nei. Kei te mōhio a Alex kāore rāua e pai ki a ia. I tō mātou pekanga whakamutunga, i karawhiu a Pāpā i a Alex nā te mea i kī noa iho a Alex ki ōna whakaaro i te nui rawa tāku kai, me te aha, ka mōmona haere ahau! I muri mai i tērā, i kī mai a Alex kāore ia i rongo i te mahana, waihoki me tūraha māua i a rāua. E āhua whakamomori ana ahau ki ōku hoa me ōku mātua, me pēhea e koa tonu ai i a au te katoa?

Nā Pita e pōkaikaha nei.

Ko te Reta 2:

Ki te Kaiwhakahoki Reta,

E āhua whakamā ana ahau, engari kua whakaaro ake ahau kei te kaha rawa pea taku mātakitaki i ngā ataata karihika, me te aha, e pāngia kinotia ana taku hononga ki taku hoa. I tīmata māua ko tōku hoa ki te mātakitaki i ngā ataata karihika i a māua e ekeke ana, waihoki i tino pai. I pai ki a māua tahi, engari nō nā tata nei kua kaha kē atu taku mātakitaki i tōku kotahi. Kua kite au, kāore au e rongo i te wairua ki te kore au e mātakitaki i te ataata karihika, ahakoa kāore tōku hoa e hiahia ki te mātakitaki i tōku

taha. Kua noho tēnei hei take whawhai mā māua, ā, kua riri mai ia nā te mea kāore au e hiahia ki te ai ki te kore māua e mātakitaki ngātahi i te ataata karihika. Kua ngana ahau ki te whakamutu i tēnei mahi, engari kāore i pau te rā. E huna ana ahau i tēnei mahi i tōku hoa, engari kāore e kore kua mōhio ia, ā, tērā pea ka wehe māua i a māua. Kāore au e mōhio ana me aha ahau. Tēnā, āwhina mai.

Nā te tangata tūkari o te pō.

Ko te Reta 3:

Ki te Kaiwhakahoki Reta,

Kei a mātou ko ōku hoa mai i te kura tētahi pae kōrero i te ipurangi e kōrero tahi ai, e tohatoha ai hoki mātou i ngā atakata me te whakatoi i a mātou anō. He tino ngahau, engari nō nā tata nei ka whakaipoipo tōku hoa, a Jordan ki tētahi kōtiro tino ātaahua, waihoki kua tīmata tana tuku i ētahi whakaahua kirikau ōna ki tā mātou pae kōrero. Ki taku mōhio, kāore te kōtiro e mōhio ana, ā, ka kaha pā mai te ikimoke nā te mea ka noho tahi mātou ki a ia i ētahi wā. Kāore e tau ana i roto i a au te mahi a Jordan, engari ko te āhua nei he pai noa iho ki ērā atu o ngā tama. I whai ahau ki te kōrero ki a Oli, ko ia tōku tino hoa, engari i kata noa iho ia nā te mea he tino ātaahua te kōtiro nei, ā, ko wai kāore e hiahia titiro atu ki tērā? Kāore au e mōhio ana me aha ahau, me kōrero rānei ahau ki a Jordan? Me kōrero rānei ahau ki te kōtiro?

He Whakaaro Whakataumaha.

5

Akoranga 6

Ō Mōtika me ō Kawenga

Te roa o te akoranga: 50 min Taumata marautanga: 5/6

Te wāhi ki te ao Māori:

Ka whai wāhi ngā ākonga ki te hono i ō rātou wheako o te kanorau, o te kauawhi, o te whakatoihara rānei ki ngā mea e ako ana rātou.

Te whakarite i te whaitua ako:

- Whakaritea te rūma kia taea ai e ngā ākonga te mahi ngātahi.
- Me āta kōrero atu ki ngā ākonga, i tēnei akoranga ka tukua pea e ētahi ō rātou kōrero whaiaro, nā reira me noho tapu aua kōrero.
- I te tīmatanga o te akoranga, whakaritea te akomanga mō ngā whakaari wheako ka matapakihia, i te mea kei roto rā ētahi āhuatanga o te korenga e whakaae ki ētahi mahi ka pā ki a rātou, he mea whakatoimaha, whakararu pea i ētahi. Tukuna ngā ākonga kia tohu tārehu mai ki a koe mēnā e raru ana ētahi i ēnei mahi.

Kupu hāngai:

- Inclusion | Kauawhi
- Diversity | Kanorau
- Discrimination | Whakatoihara
- Privilege | Whiwhi painga
- Colonisation | Tāmitanga iwi taketake

Whāinga ako:

Kei te ako kia mārama tātou ki ō tātou mōtika tangata, ki ō tātou kawenga tangata.

Rauemi:

- <https://school-leavers-toolkit.education.govt.nz/mi/te-tiaki-i-ahau-ano-me-etahi-atu/te-whakatoihara-iwi-me-etahi-atu-momo-whakahawea/>
- Rauemi 6.1, tēnei hono rānei <http://kirwaninstitute.osu.edu/wp-content/uploads/2018/07/Being-an-Active-Bystander-2017.pdf>

Paearu angitu:

- Ko te huri ki te pārekareka hei wero haumaru i te whakatoihara.

6

Raupapa mahi

6



I mua i te tīmatatanga...

 5 min

Tukua ngā whāinga ako me ngā paearu angitu ki ngā ākonga



Takenga Matapaki

 10 min

Pitopito kōrero mā te kaiako: He mea hanga tēnei ngohe hei akiaki i ngā ākonga kia tūhono i te whakatoihara me te whakaweti, ā, kia āta whakaaro hoki ki tō rātou tūranga ki te karo atu i te whakatoihara.

Tonoa ngā ākonga kia āta whakaaro ki te whakapātaritari kei raro iho nei mō te kotahi mineti i mua i tā rātou matapaki ki te rōpū. Me tohutohu pea kia whakaaro rātou ki ngā āhuatanga haumaru i te tūnga atu ki te wero i te kaiwhakaweti ina kōrero rātou mō taua āhuatanga.

Whakapātaritari: Ki te noho noa koe i te wā e whakawetihia ana tētahi atu, he rite tōu nā hara ki tō te kaiwhakaweti.

6



He aha ngā mea e mōhio kē ana tātou?

 10 min

Pitopito kōrero mā te kaiako: He mea hoahoa tēnei ngohe i runga i te whai kia mārama ngā ākonga ki ngā kupu hāngai o tēnei akoranga, ā, kia whakaaro hoki rātou ki ngā tauira tūturu o te whakatoihara i tō rātou ao.

Kupu tāpiri: Ka ngau tēnei mea te whakatoihara ki te iwi o te tangata, ki tōna ira, ki tōna hōkakatanga, ki tōna hauā, ki tōna whakapono, ki tōna pakeke, ā, ki tana tūranga mahi hoki.

Tāngia te Tapawhā Kupu i raro nei ki te papa tuhituhi hei tāwhai mā ngā ākonga.

Ka whiria e ia ākonga o roto i te rōpū tētahi kupu rerekē hei kuhu ki waenga pū o te tapawhā. Kia oti te mahi, ka whakaaturia pea ā rātou tapawhā ki te rōpū, ā, ka matapakihia ngā tauira kua tautohungia.

He aha te tikanga o tēnei kupu? (tā te papakupu)	He aha te tikanga o tēnei kupu? (ki āu ake kupu)	Tāngia he whakaahua, he hoahoa rānei ki te whakaatu i te tikanga o te kupu.
Kupu taurite (tikanga ōrite):	Kupu: (Whiria tētahi: Inclusion Kauawhi, Diversity Kanorau, Discrimination Whakatoihara, Privilege Whiwhi painga, Colonisation Tāmitanga iwi taketake)	Kupu tauaro (tikanga tauaro):
He tauira tūturu nō tōu ao:	Whakamahia ki te rerenga:	He tauira tūturu nō te ao o tangata kē:

Te kimi māramatanga me te wero i te whakatoihara

Pitopito kōrero mā te kaiako: He mea hanga te Ngohe 1 hei whakataki i ētahi whakaaro mō te āhua o te whakatoihara me ngā ara e taea ai e ngā ākonga tēnei ngārara te wero atu. I mua i tō tīmata i te kiriata, tohua ngā kōrero hei āta kimi mā rātou. Kia mutu tā rātou mātaki, ākina rātou kia whakautu i ngā pātai i roto i ō rātou rōpū.

Mātakihia tēnei kiriata <https://school-leavers-toolkit.education.govt.nz/mi/te-tiaki-i-ahau-ano-me-etahi-atu/te-whakatoihara-iwi-me-etahi-atu-momo-whakahawea/>

Mā te whakamahi i te kiriata, i te pae tukutuku hoki, ka whakautua ēnei pātai ki ō rātou rōpū:

1. He aha tēnei mea te ahurea kauawhi?
2. He aha ngā momo āhuatanga ka whakatoiharatia?
3. He aha ngā mate ka pā ki te tangata i te whakatoihara?
4. He aha te hononga i waenga i te whakatoihara me te tāmitanga iwi taketake?
5. He aha ētahi mea e toru e taea ana e koe ki te kite rānei, ki te rongo rānei koe i te whakatoihara?

Te wero i te whakatoihara i runga i te haumaru

Kāore e kore ka pāngia koe e te whakatoihara i tō ao, ā, he pai tonu kia whakarite urupare koe e taea ai e koe te tū matatū mōu ake, hei tuarā rānei mō tētahi atu. I ngā rōpū iti, whakamahia te Rauemi 6.1 He Rautaki Whakatika me tētahi o ngā whakaari wheako i raro iho nei, ka matapaki ai i te ara pai hei karo, hei ātete rānei i te whakatoihara.

Whakaari wheako 1: Ka kaitaina tō hoa e tērā atu o ō hoa i ōna hū hou, kua kīia he ‘gay’.

Whakaari wheako 2: Ka tūtaki koe ki tētahi tangata hou, ka tere tonu tana ui mō te whenua/wāhi i ahu mai ai koe, ā, ka mihia koe i te pai o tō reo Pākehā.

Whakaari wheako 3: Ka kōrero paki tētahi o tō rōpū mō te pāwhara wahine.

Whakaari wheako 4: Ka kōrero tō hoamahi i tētahi kōrero kaikiri mō te iwi o tō kōrua rangatira.

