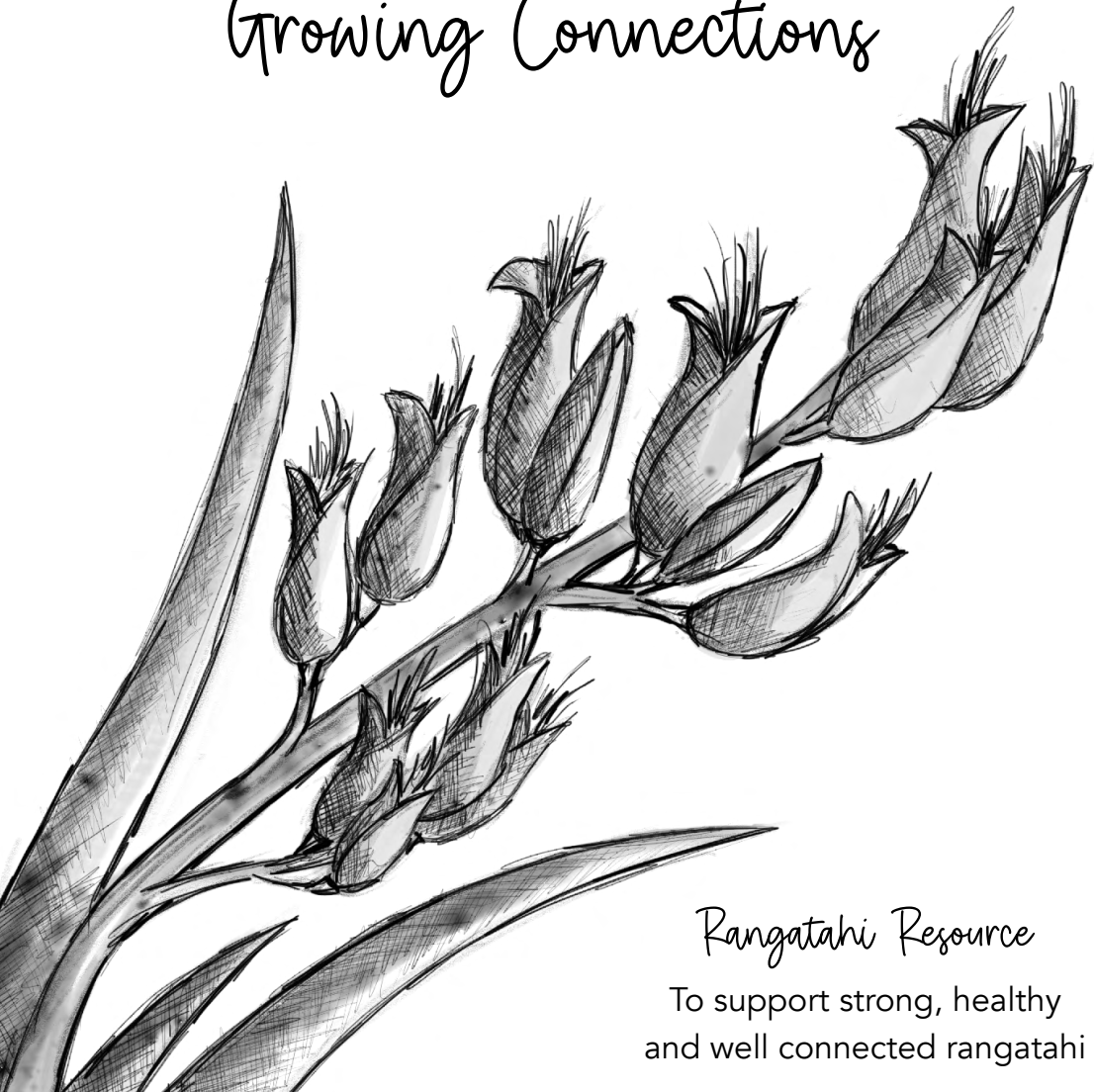


WHANAUNGATANGA

Growing Connections



Rangatahi Resource

To support strong, healthy
and well connected rangatahi

ABOUT THE PROJECT

This book tells rangatahi Māori stories about whanaungatanga and what it means to them.

We hope you can use the book to start conversations about whanaungatanga with your whānau and friends.

Spark of Life

x

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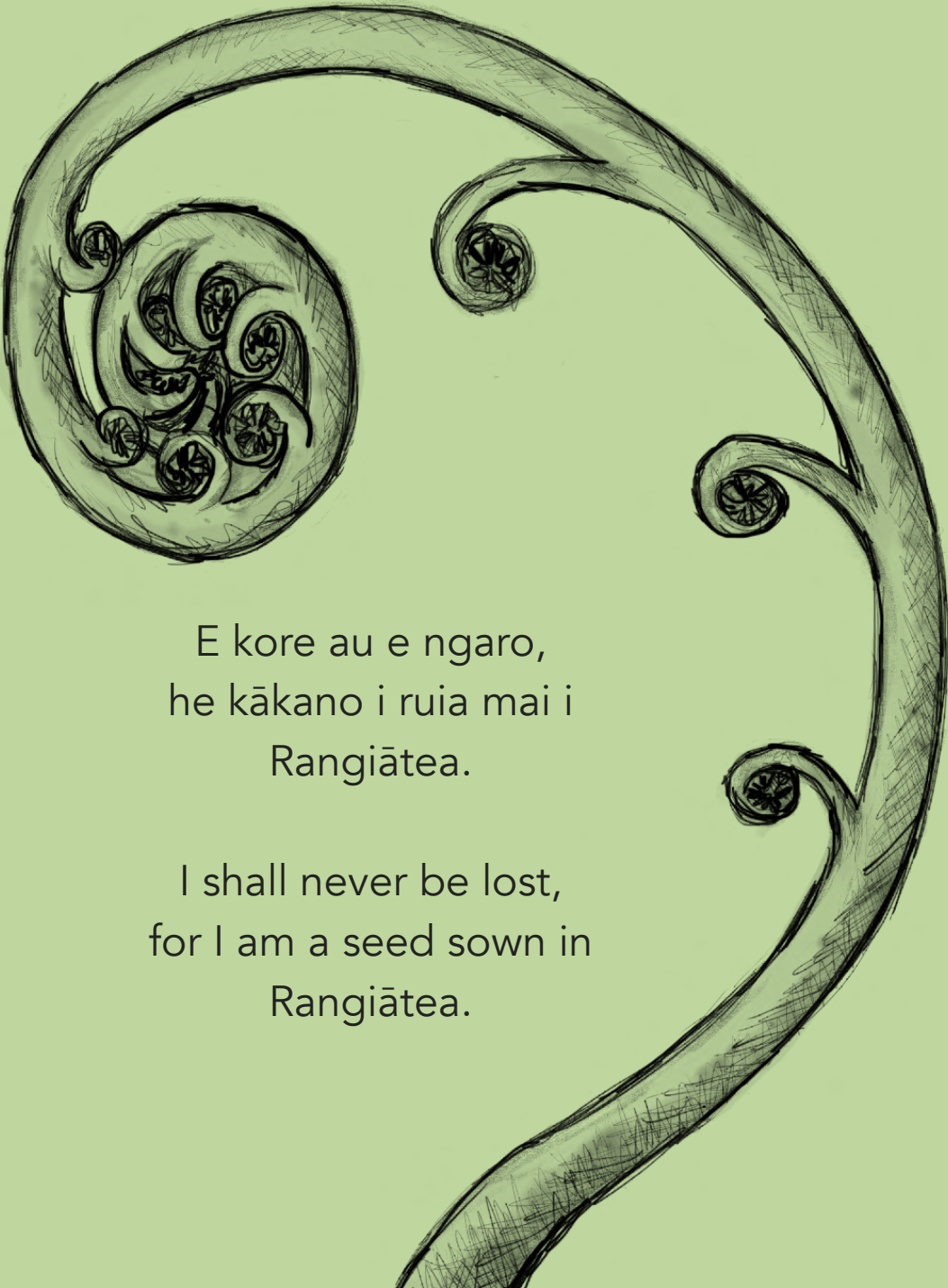
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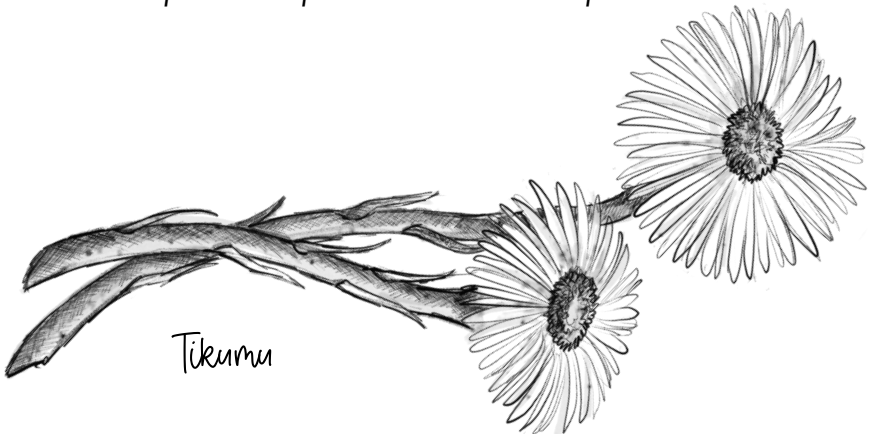


E kore au e ngaro,
he kākano i ruia mai i
Rangiātea.

I shall never be lost,
for I am a seed sown in
Rangiātea.

WHANAUNGATANGA

(noun) relationship, kinship, sense of family connection - a relationship through shared experiences and working together, which provides people with a sense of belonging. It develops as a result of kinship rights and obligations, which also serve to strengthen each member of the kin group. It also extends to others to whom one develops a close familial, friendship or reciprocal relationship.



SIX THINGS

Rangatahi Need



01

I am proud of my whakapapa and culture



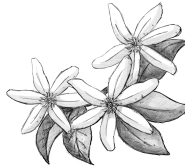
04

I spend time with people who matter to me



02

I express aroha for my whānau and tūpuna (ancestors)



05

I take care of my body, mind, heart and spirit



03

I connect to whenua (land) or other spaces

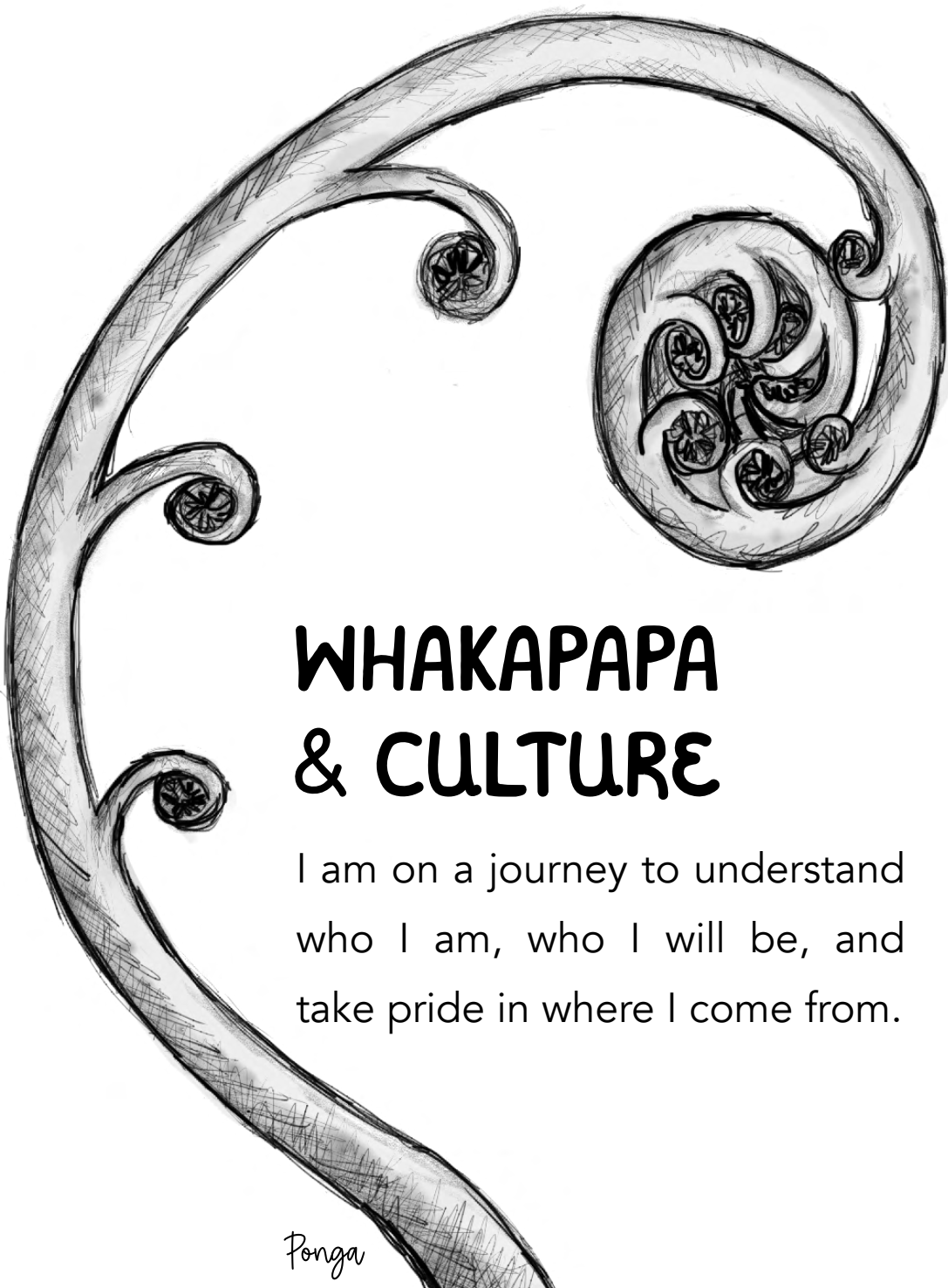


06

I am growing through shared experiences and trying new things



**I AM PROUD OF MY
WHAKAPAPA AND CULTURE**



WHAKAPAPA & CULTURE

I am on a journey to understand
who I am, who I will be, and
take pride in where I come from.

Ponga



PROUD OF WHO I AM

“Waka ama makes me proud of who I am and that of my culture. I’ve learnt more about my culture and where we come from and who I am.”

— Rangatahi, age 17



I FINALLY DID IT!

"All throughout high school I wanted to do kapa haka really bad but I had all these toxic friends who were like, 'nah, don't do it...' I finally did it last year. That's where I really found myself a lot more and found my identity with my Māori culture."

— Rangatahi, age 16

THIS MINDSET



“This is one of my rangatira. He’s taught me so much. So much about te ao Māori, about mau rākau, kapa haka, tikanga, te reo. So much. Even just about living and having these basic skills, having this mindset. This attitude.”

— Rangatahi, age 22

EXPRESS OURSELVES

“That’s the only way we can express ourselves and what happened back in the past. Or our way to portray the problems, or things happening around New Zealand... That’s pretty cool though.”

— Rangatahi, age 16





WHAT WE'VE DONE

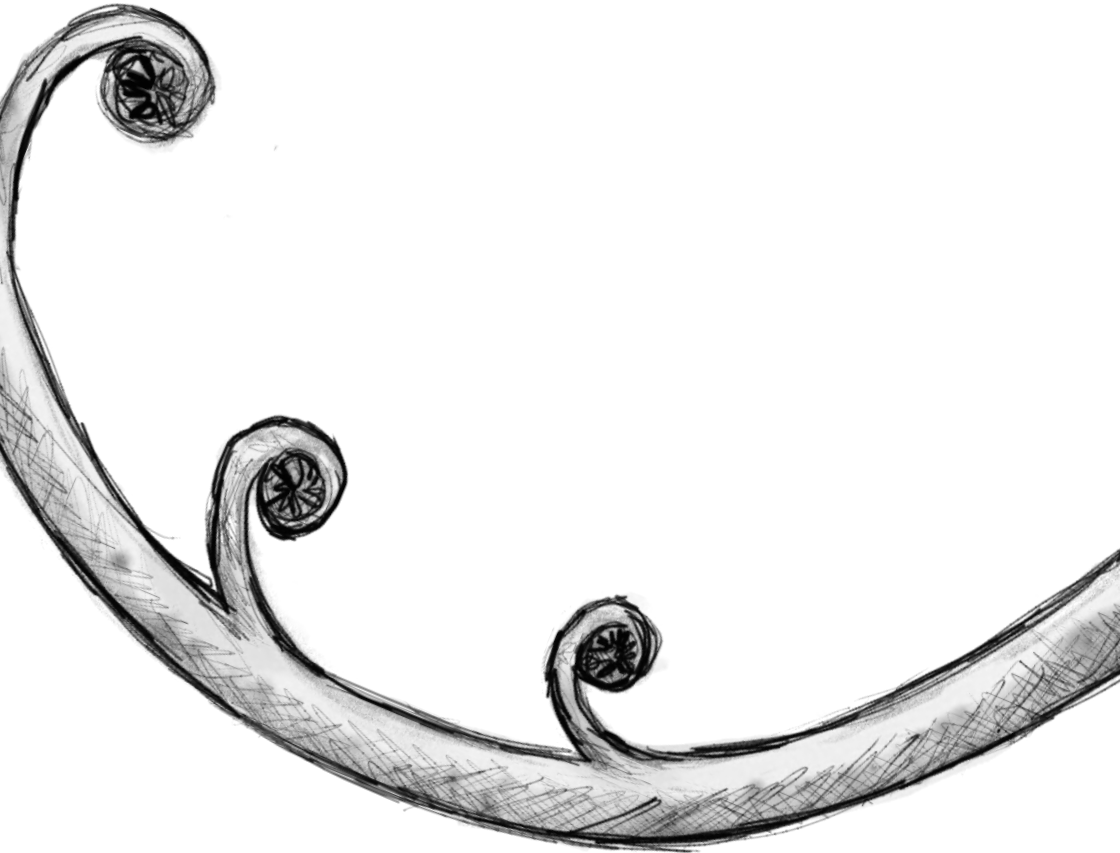
“Just putting on the kai for everyone, making sure everyone’s fed. And if there wasn’t enough, we’d just cook some more, but there was heaps... Working with family in the kitchen and stuff, and helping them out, it’s just what we’ve done since we were little.”

— Rangatahi, age 17

EXPRESS

What makes you feel connected to your whakapapa and culture?

This space below is for you to write, draw, perform or brainstorm what makes you feel connected to your whakapapa and culture.

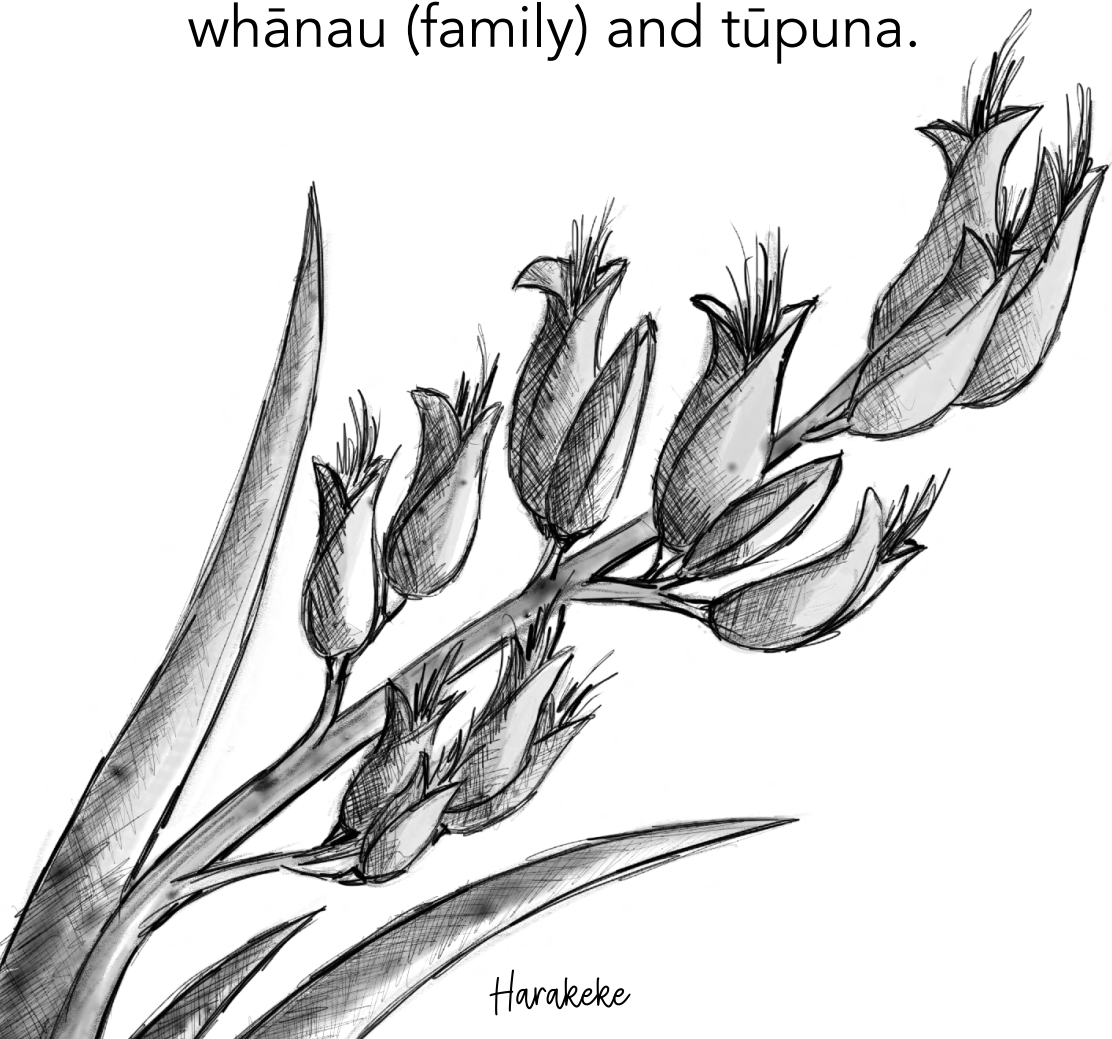




**I EXPRESS AROHA FOR MY
WHĀNAU AND TŪPUNA**

AROHA WHĀNAU

I express aroha for my
whānau (family) and tūpuna.



Harakeke



FAMILY FIRST

“For me, it’s family first, especially immediate family... and they come first, ahead of everything else. Everything else, and everyone else.”

— Rangatahi, age 12

FATHER & DAUGHTER





SHE IS MY START

“...she [pepī] is my start. She's literally the reason why I'm becoming a teacher. ...it's one thing I could do for her, that would influence her towards becoming a successful Māori woman.”

— Rangatahi, Māmā, age 22



NAN'S FAVOURITE

"I took a photo in front of these flowers because these were my Nan's favourite... She has them at her house... she's passed away now, but they still, to this day grow at her place which is pretty cool and when I saw this I was like 'I need to take a photo.'"

— Rangatahi, age 18



CHEEKY COUSINS

"It just reminds me of, even though we are all old now, all living in different areas, we are still the same bunch of cheeky cousins. Like whanaungas. Oh it brings joy to me. Cause we are all still the same."

— Rangatahi, age 18

SUPPORT

Who can you go to for help?

For each area identify an important person who you can go to for help.

Education

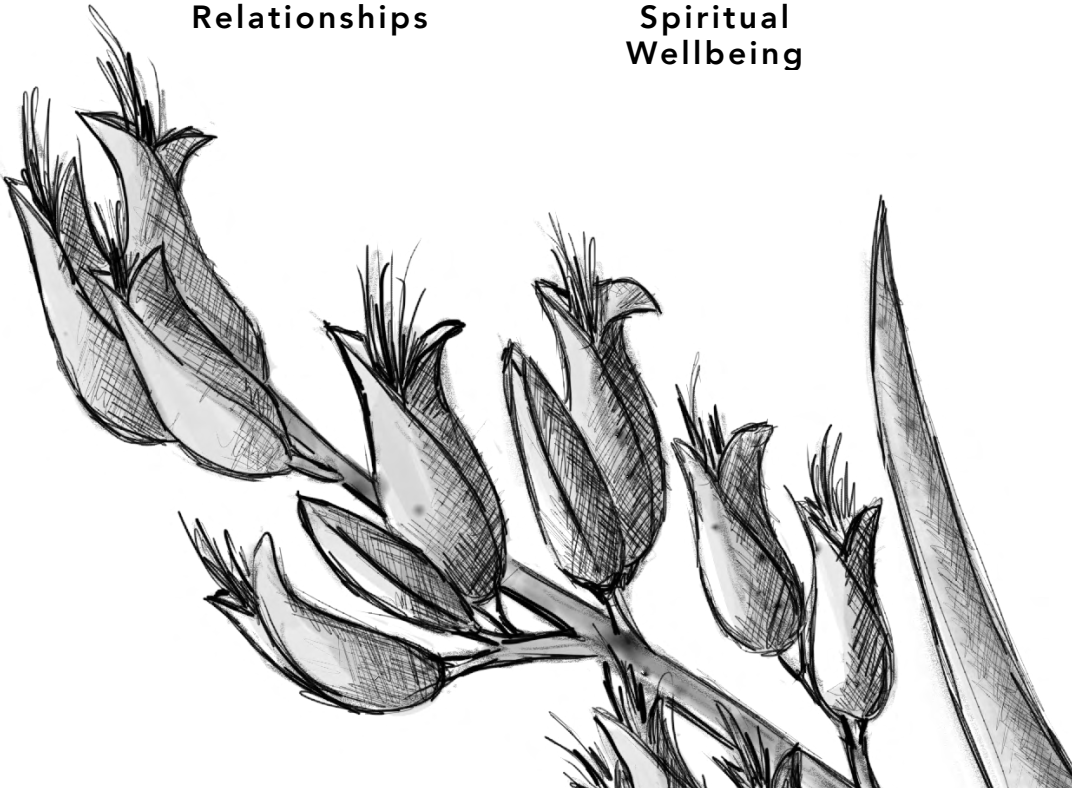
**Mental
Wellbeing**

Friends

**Physical
Wellbeing**

Relationships

**Spiritual
Wellbeing**

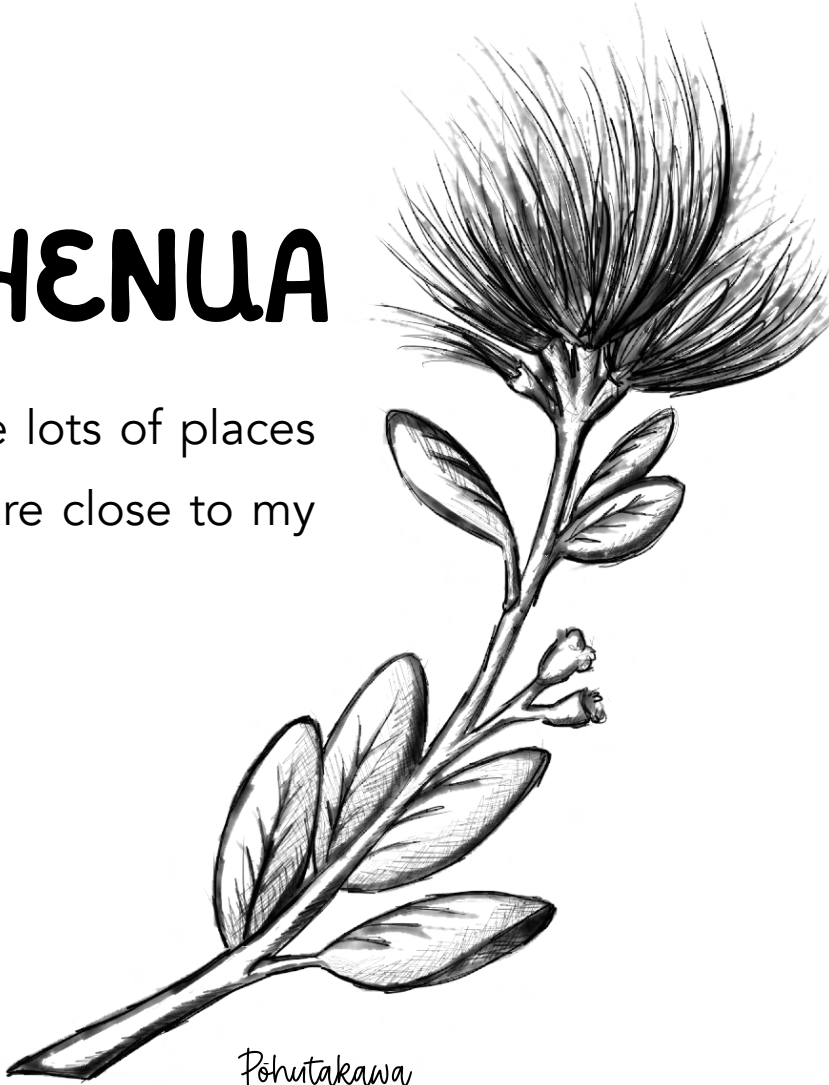




**I CONNECT TO WHENUA
OR OTHER SPACES**

WHENUA

I have lots of places
that are close to my
heart.





LOVE IS SO PRESENT

"This is my safe haven. As you can tell the home is right there next to the sea and the marae is just... out of the photo. I love this place its like an old, old house but I love it. I love it. It's not the flashiest place but, I just feel happy... The love is so present."

— Rangatahi, age 18



"ONE PLACE I LOVE TO GO

AND JUST THINK...

IT'S MY TŪRANGAWAEWAE."

— RANGATAHI, AGE 20



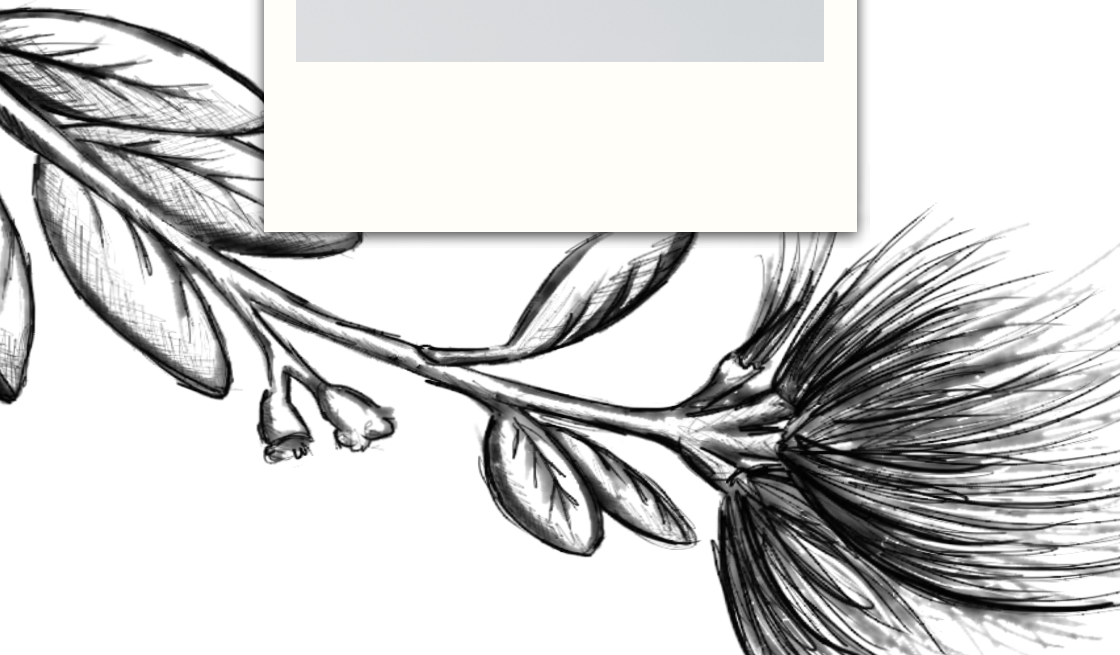
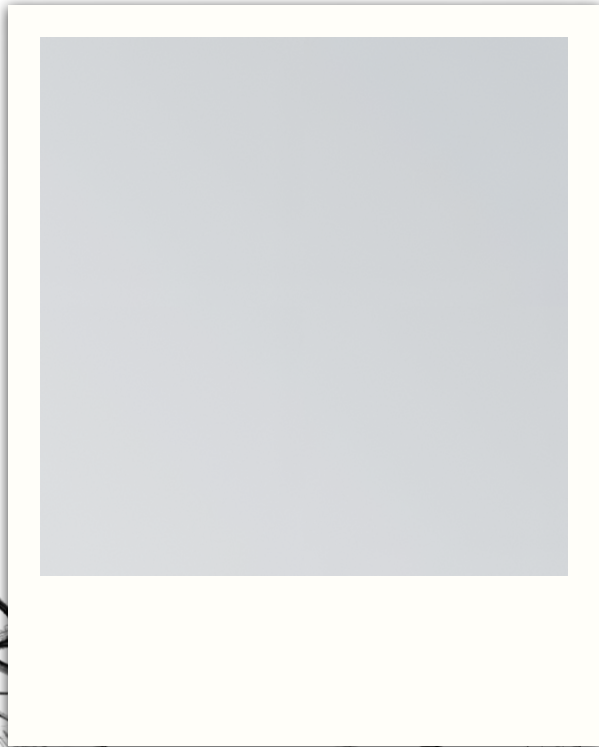
BEAUTIFUL THING

“Then this picture here is my friend in the bush and I thought it was so beautiful seeing Papatūānuku thrive in this sense. Just being able to see Papatūānuku thrive is a beautiful thing, and embracing her and walking in her presence and Tāne Mahuta’s presence, not like walking on a track.”

— Rangatahi, age 18

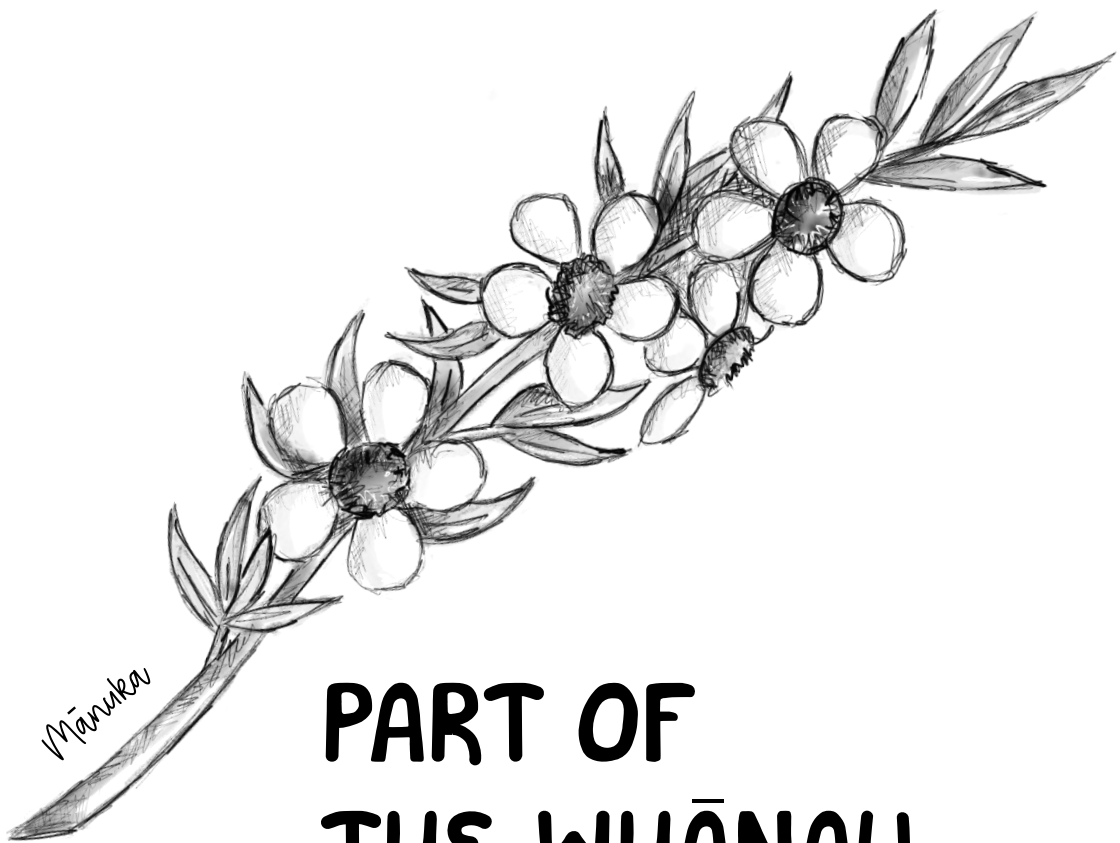
CAPTURE

Where is your favourite space or place?
This space below is where you can draw, write or add
a photo of your favourite space or place.





**I SPEND TIME WITH PEOPLE
WHO MATTER TO ME**



PART OF THE WHĀNAU

I spend time with people
who matter to me.



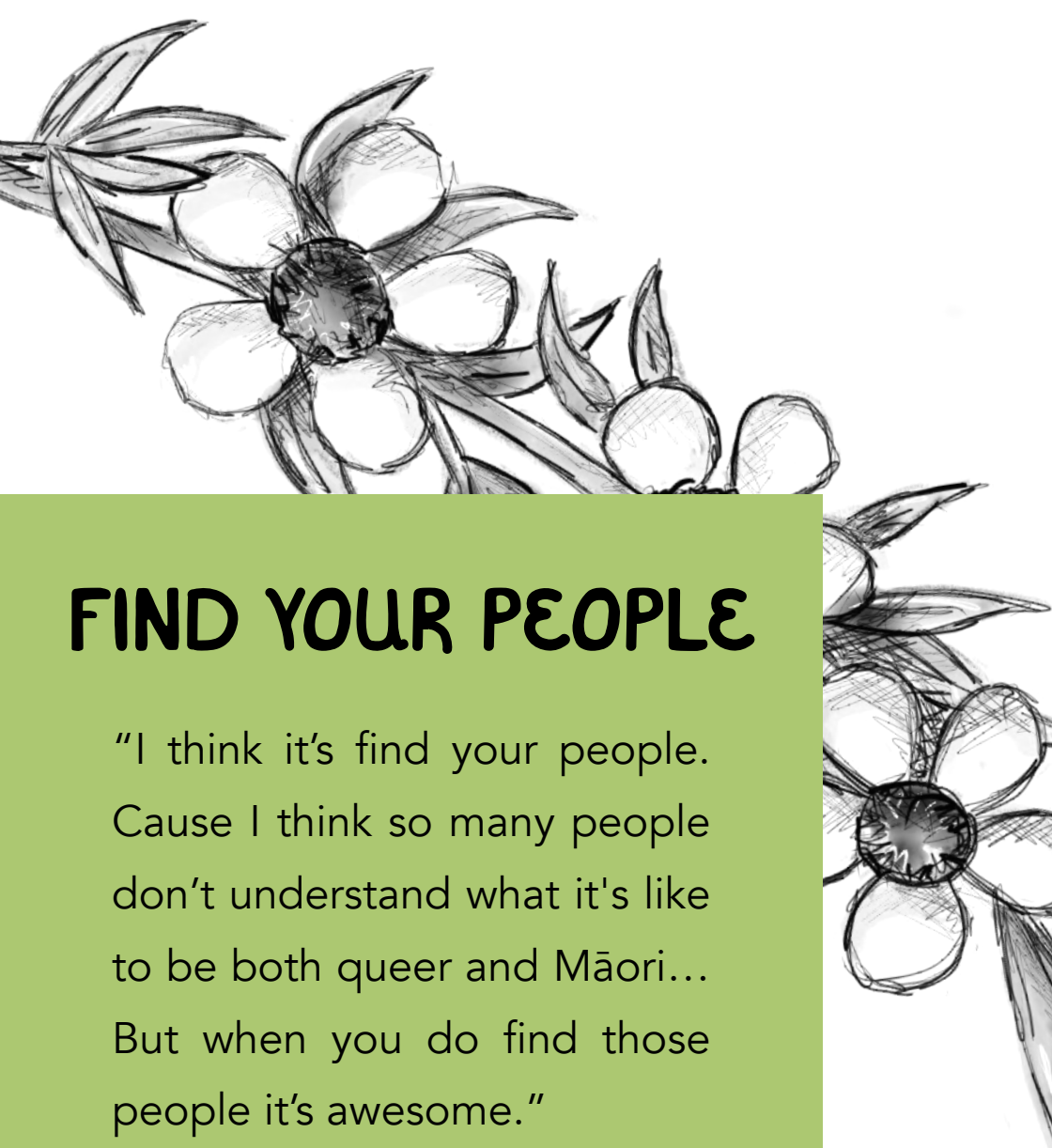
KEEPS ME GROUNDED

“[My best friend is] beautiful, she keeps me grounded when I’m feeling sorry for myself. She’s like ‘no, snap out of it’ and it is always good to have a friend like that.”

— Rangatahi, age 18

Brotherhood





FIND YOUR PEOPLE

"I think it's find your people. Cause I think so many people don't understand what it's like to be both queer and Māori... But when you do find those people it's awesome."

— Rangatahi, age 20

PEOPLE WHO MATTER

Answer the questions below.

Who is important to you and WHY?

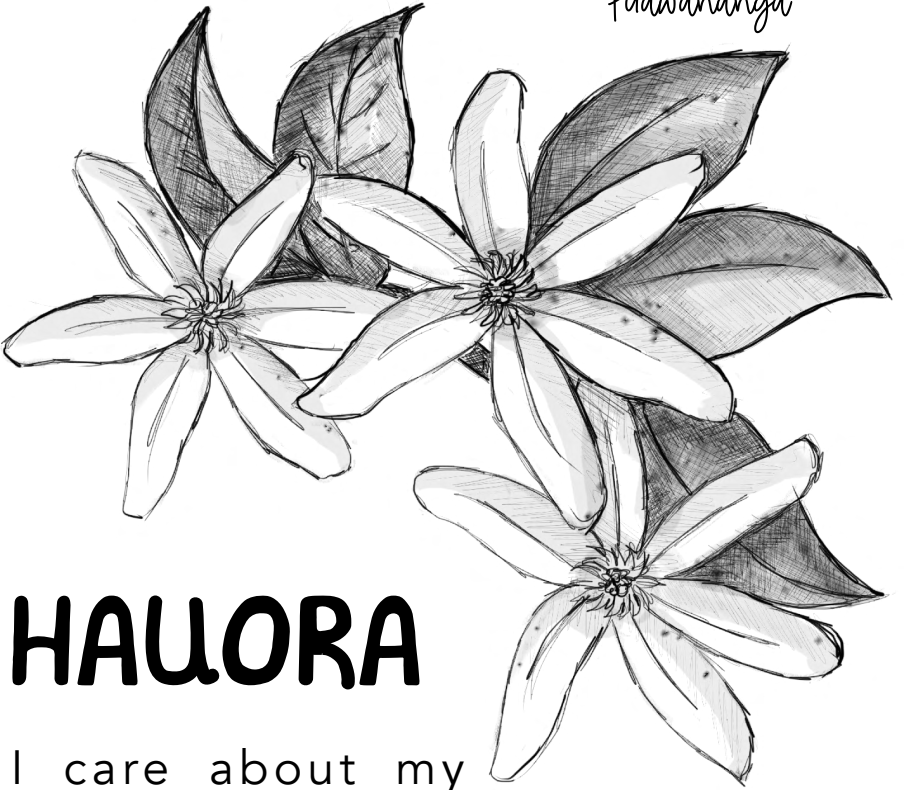
What things about that person matter to you?





**I CARE ABOUT MY BODY,
MIND, HEART AND SPIRIT**

Puawānanga



HAUORA

I care about my
body, mind, heart
and spirit.



ROLE MODELS

“... I’ve been really lucky with having the whānau role models that I have, because they’ve given me the path and example of what strong is. So, like not just physically strong but in all other aspects as well...”

— Rangatahi, age 15



*"Family that want to do
exercise everyday."*

— Rangatahi, age 17



THE IMPACT

“So this is our rugby team and that’s highlighting the impact of rugby on my life. Met so many people from so many walks of life, met so many life-long friends, family-friends and just still going off that whānau environment.”

— Rangatahi, age 22



COME FOR A WALK

“This photo is when our family planned to go for a walk and we really encouraged my Dad, sister and brothers to come for a walk and spend some family time.”

— Rangatahi, age 17



MADE IT TO ADULTHOOD

“I think part of being healthy in terms of whanaungatanga is being with other people, because isolation drives people mad. But I notice that I felt especially healthy on my 18th because I realised that I’d made it to adulthood and that was something to be proud of.”

— Rangatahi, age 18

HAUORA

How do you look after yourself?
Identify things for the following areas.

Taha Hinengaro

Mental and emotional
wellbeing

Taha Tinana

Physical wellbeing

Taha Whānau

Social wellbeing

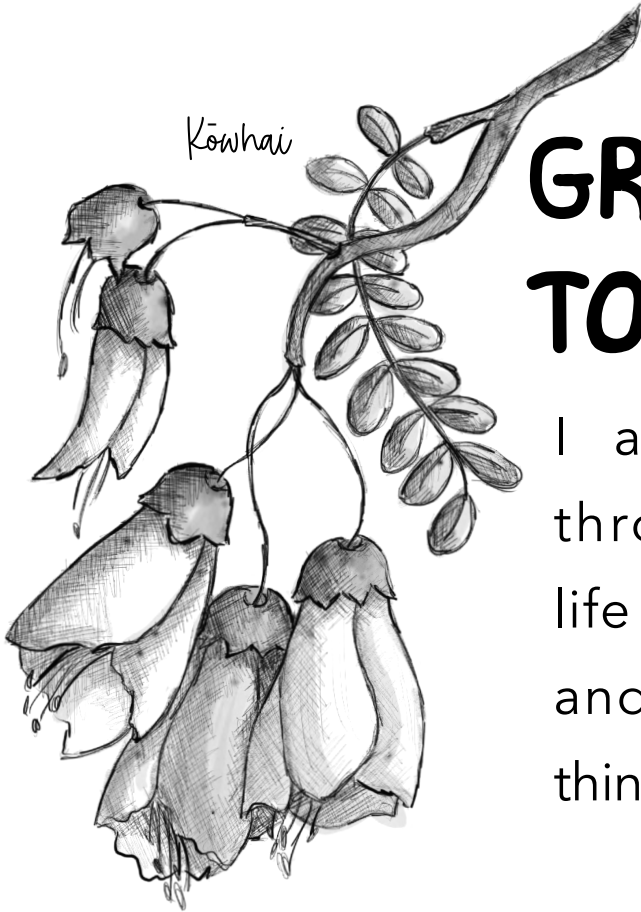
Taha Wairua

Spiritual wellbeing





**I AM GROWING THROUGH
SHARED EXPERIENCES**



Kōwhai

GROWING TOGETHER

I am growing
through shared
life experiences,
and trying new
things.



REALLY SURPRISED

"I got excellence in art. I think in all my subjects I did art, painting, photography, music and te reo. I got top in te reo and painting... and I got a scholarship, so I was really surprised because I didn't know if I was going to get into uni."

— Rangatahi, age 18



SUPPORT EACH OTHER

"We tramped up to the Pinnacles hut as a group. And it was really challenging, but I think we all pulled through as a team and I think that signifies being together, being able to support each other. And I think this is whakawhanaungatanga."

— Rangatahi, age 15



WALK WITH THE GIRLS

“That was like the biggest protest I’ve ever been to... And it was good to walk with the girls and be like, yeah. Mana Wahine, Wāhine Toa.”

— Rangatahi, age 18

REFLECT

What things are you proud of?
Finish the statements below.

I am proud of myself for...

I would be really proud of myself if I...

My next big step is to...



RESOURCES

Use the following pages to identify resources.

A flower is placed next to resources which relate to a theme.

Use the key below.

01

I am proud of my whakapapa and culture



02

I express aroha for my whānau and tūpuna (ancestors)



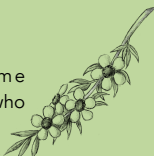
03

I connect to whenua (land) or other spaces



04

I spend time with people who matter to me



05

I take care of my body, mind, heart and spirit



06

I am growing through shared experiences and trying new things



RELATIONSHIPS

The Lowdown
What's UP
Youthline
Harmonised
E Tū Whānau



BULLYING, ABUSE AND RACISM

What's UP
ICON
Netsafe
Are you OK?



FEELING DOWN

The Lowdown
All Right
Sparx
Aunty Dee
1747 Textline



GENDER & IDENTITY

Rainbow Youth
Outline
Mental Wealth
Advice Hub



DATING & SEX

What's UP
Family Planning
Mates & Dates



ALCOHOL & DRUGS

Quitline
Alcohol/Drug
Youth Helpline
NZ Drug
Foundation



GET INSPIRED

Inspiring Stories
Good 2 Great
Action Station



**FOR MORE INFORMATION
AND DIRECT LINKS CHECK
OUT THE LINK BELOW**

www.youth19.ac.nz

**IF YOU OR SOMEONE ELSE MIGHT
BE UNSAFE RIGHT NOW
CALL 111**

SPECIAL THANKS

We would like to extend a special thank you to the rangatahi and their whānau who participated. We would also like to thank the research team and their efforts and also others who contributed to the resource for their efforts.

Spark of Life

x

Kei ōu ringaringa te ao.

The world is yours.



Poroporo

For more information about this research project - Harnessing the Spark of Life: Maximising whānau contributors to rangatahi wellbeing, check out the link below.

www.youth19.ac.nz