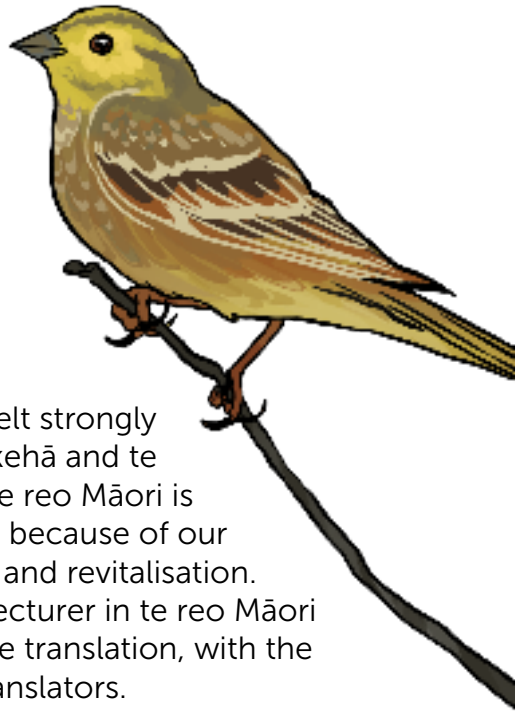




TE TAUTOKO I TE HUNGA
ĀNIWANIWA
O AOTEAROA

He Puka Whaitake mā Ngā
Mātanga Hauora Hinengaro





When developing this resource we felt strongly that it should exist both in te reo Pākehā and te reo Māori. This is not only because te reo Māori is an official language of Aotearoa, but because of our commitment to Māori language use and revitalisation. We were lucky to have Hēmi Kelly (lecturer in te reo Māori and licensed translator) complete the translation, with the support of a team of experienced translators.

A challenge we encountered during the translation process was that many of the words in this resource did not previously exist in te reo Māori, as the kupu 'takatāpui' has always held a space for all Māori of diverse genders, sexualities, and sex characteristics. We want to emphasise that the kupu we introduce here describe the essence of western understandings of sexuality and gender – in te ao Māori terms are not broken down like they are in te ao Pākehā. There isn't yet a consensus among the Māori people involved in this project about the best way to translate many kupu in this resource, so we see this document as a starting point for a wider kōrero around creating new kupu for sex, sexuality, and gender terms.

Kia ora, nau mai, haere mai. Koinei tā tātou rauemi hei tautoko i te hunga āniwaniwa i roto i ngā ratonga hauora hinengaro i Aotearoa!

Mā wai tēnei puka?

He puka tēnei mā te hunga e mahi ana i ngā ratonga hauora hinengaro i Aotearoa, pēnei i ngā kaiwhakamahereora, i ngā kaimātai hauora hinengaro, i ngā tākuta hauora hinengaro, i ngā kaihaumanu hinengaro, i ngā tohunga Māori, i ngā tauwhiro, i ngā nēhi hauora hinengaro me ngā tākuta, engari kāore e whāiti noa iho ana ki ēnei tūranga mahi. Ka whaitake hoki tēnei ki ngā kaihāpai rangatahi, ki ngā kaiwhakahaere rōpū me ngā hoa tautoko.

He aha te take me whai koe i tēnei puka?

Ahakoia kei hea koe e mahi ana i roto i ngā ratonga hauora hinengaro, kei te mahi koe i te taha o te hunga āniwaniwa. He nui ngā take matatini ka pā ki te hunga āniwaniwa i Aotearoa, ā, kāore ngā mātanga hauora hinengaro e āta whakangungua, i ngā wā katoa, kia mōhio ki ō rātou hiahia me ō rātou wheako. Kei a koe ngā pūkenga e tika ana hei tautoko, ā, mā tēnei puka e whakawhānui ō mōhiotanga, e whakapakari hoki aua pūkenga.

Nā wai tēnei puka i whakarite?

Katoa ngā pārongo kei konei i hua mai i ngā kitenga o te Rainbow Mental Health Support Experiences Study me te kaupapa o Out Loud Aotearoa. Hui katoa, neke atu i te 1600 tāngata nō te hunga āniwaniwa i Aotearoa i whai wāhi ki ēnei kaupapa mā te uiui, mā te rangahau, mā te tāpae kōrero rānei. I hui ngā kairangahau o Wellington's Youth Wellbeing Study nō Te Whare Wānanga o Te Upoko o Te Ika ki a RainbowYOUTH, rātou ko InsideOUT, ko Gender Minorities Aotearoa ki te waihanga i tēnei rauemi. Ka titiro hoki mātou ki ētahi atu rangahau i tēnei puka, e kitea ana i te whārangi 54 me te whārangi 55.

Ngā mihi

Ehara taku toa i te toa takitahi, engari he toa takitini. E mihi ana mātou ki ngā tāngata katoa i whai wāhi mai ki te rangahau, nā koutou i puāwai ai tēnei rauemi. Kei te mihi hoki ki te hunga i whakahoki kōrero mai ki te whakapakari i tēnei rauemi. Ngā mihi aroha ki a koutou.

Nā Bo Moore te whakaahua me ngā whakanikoniko: *bomoore.net*
Nā Hēmi Kelly i whakamāori.

I te whānuitanga o
tēnei puka, ka whakakitea atu e
mātou ētahi kōrero nā ngā tāngata o te
hapori āniwaniwa. Ka whakamahia ētahi
manu rerekē, tē mahi kē ai i ngā
ingoa tūturu.

Ka whakamahi mātou i ngā
karangatanga matua pēnei i te 'hunga
āniwaniwa', i 'te ira ā-koiora, te taeratanga me te
hunga irahuhua' i tēnei puka. Kua rongu pea koe
i ētahi atu karangatanga mō tēnei rōpū, pēnei i te
LGBT, i te LGBTQIA+ rānei. Ko tā mātou e whai nei
he kauawhi i te tangata mā te reo e whakamahia
ana me te mōhio anō kāore ngā karangatanga
e whakamahia nei e mātou e paingia
ana e te katoa.



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Tā Mātou Kaupapa (Ngā Mātāpono Matua)

E ū ana ngā pārongo kei tēnei rauemi ki ngā mātāpono matua e rima. I a koe ka tautoko i te hunga āniwaniwa i ngā ratonga hauora hinengaro:

1. Me tū whakamana

Ko tā te tū whakamana he hāpai i tētahi tirohanga huapai ki ngā tuakiri me ngā piringa āniwaniwa, ā, ka whakaarotia hoki te pānga o te whakahāwea ki ngā ao o ngā kiritaki ira ā-koiora, taeratanga, irahuhua hoki.

2. Whakautehia te rangatiratanga o te tangata

Whakautehia ngā tuakiri o ngā kiritaki āniwaniwa me ā rātou tikanga whakaputa i ō rātou tuakiri me te whai anō i ā rātou kōrero mō te tuakiri me te oranga hinengaro.

3. Kia kaha te huritao whaiaro

Mā te huritao ki ō ake tuakiri, huanga, whakapono hoki mō te ira ā-koiora, te taeratanga me te irahuhua e āwhina ngā kiritaki āniwaniwa. Ehara tēnei i te mahi ka oti noa, engari ka haere tonu, ka haere tonu.

4. Whakaūngia te kanorautanga o te hunga āniwaniwa

Whakakitea nuitia ai te hunga āniwaniwa hei rōpū kotahi e rite katoa ana. Mā ngā mātanga hauora hinengaro tēnei pōhēhē e wero mā te whakaū i te kanorautanga o ngā wheako me ngā matenga ka pā ki te hunga āniwaniwa.

5. Ākona ngā hiahia me ngā wheako āniwaniwa

E kapi ana i tēnei ngā mānuka nui ka takoto i mua i ngā tāngata ira ā-koiora, taeratanga, irahuhua hoki, tae atu ki tō rātou kaha me tō rātou manawaroa.





Te Tūāpapa



Ngā Kupu

Mā te mārama ki ngā ariā matua e pā ana ki te ira ā-koiora, te aronga taera me te ira e āhei ai te tangata ki te tautoko i te hunga āniwaniwa. Kāore mātou e whakamārama i ia karangatanga i konei, engari arā ētahi whakamārama kei konei hei āwhina i te pānuitanga o tēnei rauemi. Kia mōhio ake ai koe ki te reo me ngā kupu, tirohia te whārangi 54 kia, kei reira ētahi hononga ki ētahi rārangi kupu whai tikanga e rite tonu ana te whakahouhia.

Aronga Taera

E kōrero ana te aronga taera mō te pohane o tētahi ki tētahi atu (ā-tinana, ā-whakaingoingo, ā-pūkare, ā-wairua hoki). Kāore koe e mōhio ki ngā hiahia me ngā whanonga katoa a te tangata mā te mōhio noa iho ki tōna aronga taera – he rerekē ia tangata.

Hei āwhina pea, whakaarohia te aronga taera i tētahi ara hurihuri. Ka pūmau te aronga taera o ētahi tāngata mō te roanga o ō rātou ao, engari ō ētahi atu ka huri, ka neke i taua ara hurihuri.

Arā ētahi tāngata kāore kau e toko ake i a rātou te pohane ki te ai, te pohane whakaingoingo rānei, nō reira kāore rātou e whakanoho i a rātou anō i tēnei ara hurihuri (ka kōrerotia anō tēnei i te rauemi nei).



Te Tuakiri, te Whakaputanga me te Huringa ā-Ira

Ko te ira tētahi wāhanga o te tangata e whakamārama ai, e whakaputa ai hoki tātou i a tātou. Ki ētahi tāngata, kotahi anō te ira ā mate noa. Ki ētahi atu, ka huri te ira, arā ka huri i roto i te wā. Kāore hoki ētahi tāngata e whai ira, ā, e whakaarotia ana e ētahi atu ō rātou ira. E pā ana te whakaputanga ira ki te āhua o tā tātou whakaputa i a tātou ki te ao – hei tauira, ko te āhua o ngā makawe me ngā kākahu ka mau.

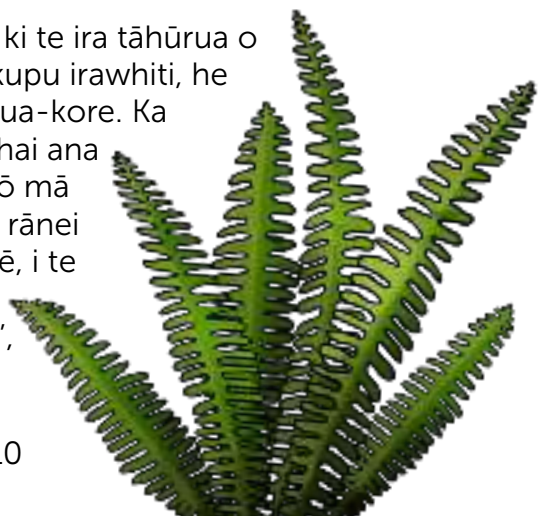
Ngā Tūpou

Ko ngā tūpou ngā kupu e whakamahia ana ina kōrero mō tangata kē hei whakakapi i tōna ingoa. Ko ngā tūpou matua ko ia, ko rāua me rātou, engari arā ētahi atu. Kāore e tika ā-wetereo nei te whakamahi i te rāua, i te rātou rānei ina kōrero mō te tangata takitahi. I te reo Māori, whakamahia ai te tūpou 'ia' hei kōrero mō te tangata ahakoa te ira.

Ngā Kupu Matua

Ko te irawhiti me te irahuhua ngā karangatanga whānui mō ngā tāngata kua rerekē te ira i tērā i whānau mai ai rātou. Ko te irapūmau te kupu mō ngā tāngata e rite tonu nei te ira ki tērā i whānau mai ai rātou. Ko te irakore te kupu mō ngā tāngata kāore nei e whai ira.

Kāore ngā ira tāhūrua-kore e tau ki te ira tāhūrua o te tāne me te wahine. Pēnei i te kupu irawhiti, he karangatanga whānui te ira tāhūrua-kore. Ka whakamārama pea te hunga e whai ana i tēnei karangatanga i a rātou anō mā te whakamahi i tētahi, i ētahi atu rānei o ngā kupu huhua (pēnei i te irakē, i te irahuri rānei), ka whakamahia noatia rānei pea te 'tāhūrua-kore', te 'tk' rānei.



Te Taihemarua/Ngā Rerekētanga Āhukatanga ā-Ira Koiora

He tapanga te ira ā-koiora e whakamahia ana hei whakamārama i te āhua o ō tātou tinana. Ahakoa kīia ai te nuinga o ngā tāngata he tāne, he wahine rānei i te whānautanga mai, ka taea ngā āhukatanga ā-ira (ira ā-tinana, ngā taihemahema, ngā tauira taiaki me ngā tauira pūira rānei) te whakarite kia rerekē.

Whakamahia ai te kupu 'taihemarua' me te kupu 'ngā rerekētanga āhukatanga ā-ira koiora' ina rerekē ake ngā āhukatanga ā-ira o tētahi i tō te tāne me tō te wahine, e mōhiohia whānuitia nei. He nui ngā kupu e whakamahia ana e te hunga taihemarua hei whakamārama i a rātou anō, ā, e whakapaetia ana 1.7% o te taupori o te ao ka whānau taihemarua mai, he rerekētanga rānei tō ngā āhukatanga ā-ira.

Te Ira me te Aronga Taera i waenga i Te Hunga Taihemarua

He nui ngā rerekētanga i waenga i te hunga taihemarua mō te āhua ki te ira. He nui te hunga taihemarua e kī ana rātou he tāne, he wahine rānei rātou, he ira tāhūrua-kore ētahi atu, e kī ana ētahi atu he taihemarua tō rātou ira, ā, whakamahia ai e ētahi atu tētahi whakatōpūtanga o ēnei kupu. He rerekē anō hoki te āhua o tā te hunga taihemarua tautuhi, whakaputa anō hoki i ō rātou aronga taera.

Whakataunga

Ahakoa e kore ētahi tāngata e mōhio he taihemarua rātou, he nui te hunga taihemarua ka whakatauhia tētahi rerekētanga taihemarua, ā, ko wai e mōhio mō āhea rawa puta mai ai tērā whakatau i te roanga o te ora o te tangata. Neke atu i te 40 ngā rerekētanga taihemarua. He mea nui te whai whakatau ki ngā tāngata taihemarua tokomaha, engari e huri ana te āhua o te titiro ki te taihemarua hei mate, hei tūāhua rānei me whakatika. Ko te whai ināiane he hāpai i ngā rerekētanga āhukatanga ā-ira hei wāhanga o te kanorautanga o te ira tangata.



He Kupu Āwhina e pā ana ki ngā Kupu



- Whakamahia ngā kupu e whakamahia ana e te kiritaki hei kupu mōna anō. He rite tonu te whakahāweatia me te pātaitia o te tuakiri o te hunga āniwaniwa i ia rā, ā, me waiho ngā ratonga hauora hinengaro hei wāhi whakamana, whakaora hoki e wātea ai ngā kiritaki ki te tūhura i a rātou anō me te noho i te mataraharaha.
- Kāore kau he ture, he paearu rānei e pā ana ki te whakamahinga o ngā ingoa tuakiri (pēnei i te irawhiti, i te taerarua, i te irakē rānei) – ko te mea nui e tika ana tērā kupu ki te tangata e whakamahi ana i taua kupu.
- Ki te whakamahia e tētahi kiritaki tētahi kupu kāore koe i te mōhio, pātaitia he aha te tikanga o te kupu ki a ia. He āwhina te whai mātauranga tūāpapa ki ngā kupu nā te hōhā ka pā pea ki te kiritaki ki te whakaako i ngā mātanga hauora hinengaro ki te reo me ngā kupu.
- Kia mahara, he ingoa tuakiri rerekē ka whakamahia pea e tēnā me tēnā i ngā horopaki rerekē i te taha o ngā tāngata rerekē, ka whakamahia rānei pea he tapanga kia māmā ake ai. Hei tauira, ka kīia pea tētahi he 'irakē' ia i te taha o ngā hoa, engari he 'taerarua' i te mahi.
- He nui ngā mātanga hauora hinengaro ka māharahara mō te whakamahi hē i ngā kupu, mēnā kāore e mōhiotia ana. Kia mahara, ka hapa te katoa – ki te hapa koe, whakapāha atu ka haere tonu ai.

“He mea nui ngā
kupu e kōwhiringia ana, inarā
he tokoiti mātou. Koirā pea te āhua o tō
mātou hono ki te ao, mā te kōwhiri i ētahi
kupu hei kōrero mō mātou, ā
mātou whanonga, ngā tāhuhu
kōrero mō mātou, he aha atu, he
aha atu. He mea nui te whakamana i
ngā tūpou me ngā ingoa – ina kīia
ahau e au anō he irawhiti ahau kua
ahau e karangahia he taerawhiti. He
mea āta kōwhiri ā mātou kupu, ā, kāore
au e whakaae kia rawekehia
ērā e tangata kē.”



Ngā Tāhuhu Kōrero

Ngā Tuakiri Āniwaniwa Takatāpui, Pasifika anō hoki

I mua i te tāmitanga, i whakaaetia te kanorautanga ira ā-koira, taeratanga, irahuhua hoki, puta noa i ngā ahurea o Te Moana-a-Kiwa, tae atu ki te ao Māori, ā, i whakaū te hunga takatāpui (te hunga Māori he kanorau ngā tuakiri ā-ira me ngā taeratanga) i tō rātou tuakiri mā roto mai i te whakapapa. Nā te tāmitanga o ngā moutere o Te Moana-a-Kiwa e te Pākehā i raru ai tēnei, ka uru mai ngā waiaro Pākehā, Karaitiana anō hoki ki roto i ngā tūranga ā-ira, ā-matatika, ā-taeratanga hoki. Nā te tāmitanga o Te Moana-a-Kiwa i tae mai ai ngā ture Pākehā i whakahē i ngā mōtika tangata taketake o te hunga āniwaniwa.

Te Ture Tāmitanga

I raro i te ture Pākehā, he hara ā-ture te moe a te tāne i te tāne, ā, he taikaha hoki te whiunga. Kāore te moe a te wahine i te wahine i kīia he hara ā-ture i Aotearoa, engari ka tukua pea ngā wāhine ka whai i ngā 'mahi ai kāore e tika ana' ki ngā whare kāwanatanga, ka whakamahia rānei ki te whai rongoā hinengaro. Nō te tekau tau 1970 i ara ake ai te kaupapa hei kōkiri i ngā mōtika mō te tāne moe tāne me te wahine moe wahine i Aotearoa, ā, ka whakatūngia ngā rōpū Whakawātea Takatāpui. Nō muri mai ka whakahouhia ngā ture, ā, nō te tau 1986 ehara te takatāpuitanga i te hara ā-ture, ā, nō te tau 2013 i puta ai te mana ōrite ā-mārena.

Ngā Tāhuhu Kōrero mō Te Hunga Irawhiti me Te Taihemaaru

I te nuinga o ngā tāhuhu kōrero nō muri mai i te taenga mai o te Pākehā kāore e kōerotia nuitia te tūranga ā-pāpori, ā-ture hoki o te hunga irawhiti, taihemaaru anō hoki. Kāore te hunga irawhiti i āhei ki te panoni ā-ture i ō rātou ira ā-koira tae noa ki te tau 1995, ā, kua roa hoki rātou e whakahāweatia ana i te ao ā-whare, ā-mahi, ā-pāpori anō hoki. He uua hoki te whai ratonga hauora whitake a te hunga irawhiti. Kua whakahēhia te oranga me ngā matenga o te hunga taihemaaru, ā, i ngā rima tekau tau kua hori kua pokaina ngā pēpi taihemaaru i Aotearoa, me te aha, kāore rātou e whai wāhi ki te whakaae.

Ngā Āhuatanga Ināianeī

Hāunga ngā kokenga ā-ture e pā ana ki ngā mōtika āniwaniwa i Aotearoa me te pikinga o te whakaaetanga ā-pāpori, kei te whānui tonu te whakahāweatia me te poapoataunutia o te hunga āniwaniwa. I ētahi wā, e mārāma te kite atu i tēnei, i te whakatiwheta ā-waha, ā-tinana me te mahi whakaito anō hoki. I ētahi atu wā, kāore e pērā raw ate mārāma o te kite atu.

Ka puta mai, ka huna tonu rānei!

Nā ngā whakapae whānui he taearo te katoa, arā he irapūmau, ā, ehara i te taihemarua, e manakotia whānuitia ana ka 'puta mai' te hunga āniwaniwa mō te āhua ki ō rātou tuakiri, ahakoa kāore e pērātia ētahi atu.

Ngā Pōhēhē me Ngā Whakapae

He nui ngā pōhēhē me ngā whakapae ka pā ki te hunga āniwaniwa e mea ana he tauwāhi, he kōwhiringa, kāore rānei e whaimana ō rātou tuakiritanga, ā, ka whai te katoa i te ira tāhūrua.

Ngā Ratonga Hauora

He nui ngā taupā kei waenga i ngā tāngata irahuhua me ngā ratonga hauora whakamana ira i Aotearoa, ā, e whakaaetia tonutia ana i raro i te ture ngā pokanga rongoā i ngā pēpi taihemarua, ā, e mahia tonutia ana tēnei i Aotearoa.

Te Kanorau o Te Whakahāwea

Ki ētahi tāngata āniwaniwa, pā mai ai te mae takatāpui, te mae irawhiti me te whakahāwea taihemarua i ia rā, me te aha, ka pāngia kinotia te hauora me te oranga. E tautokona ana, e whakamanatia ana ētahi atu tāngata āniwaniwa e ērā i ō rātou taha, engari he tokomaha kei te takiwā o wanganui i ēnei tūāhua e rua. He mea nui kia mahara tonu ki ēnei wheako kanorau i a koe ka mahi i te taha o ngā kiritaki āniwaniwa.





“Mā te āhua o tā mātou
whakaputa ā-ira i a mātou e
rerekē ai te pēheatia o mātou
i te pāpori.

He nui te whakatoihara
i pā mai ki a au i taku wāhi
mahi o mua, i te mutunga iho
nā tērā i mutu ai taku mahi. Ka
puta ana au ki hea rā ka pātaitia
taku ira e te tangata, e kore e
taea te karo, ahakoa haere
ai ki hea.”

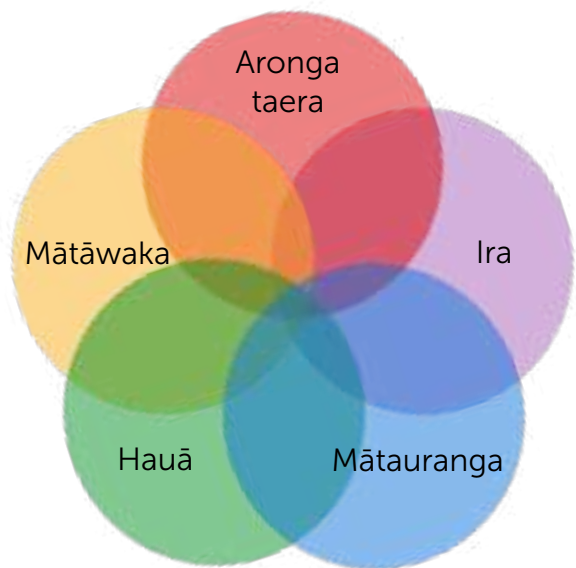


Ngā Pūtahitanga ā-Tuakiri

He anga te pūtahitanga hei whakamahi mā tātou e mārama ai tātou ki te āhua o te pūtahitanga atu o te aronga taera, te ira me te ira ā-koiora ki ētahi atu tuakiri matua o te tangata.

E tohu ana te pūtahitanga i te pānga o ngā pēhitanga i ngā wāhanga pāpori rerekē (hei taurira, te aronga taera, te ira, te mātāwaka, te hauā, te mātauranga, te pakeke me te kapapori), kāore e taea ēnei wāhanga te whakawehewehe. Ina neke atu i te kotahi ngā tuakiri o te tangata, **ka kino kē atu** ngā pānga o te pēhitanga – ka kaha kē atu ngā pānga kino o ēnei pēhitanga ki tētahi rōpū, ki tētahi tangata takitahi rānei ina pāngia ngātahitia te katoa.

Ahakoā whakahāweatia ai pea ngā kiritaki ira ā-koiora, taeratanga, irahuhua anō hoki i te āhua ki ō rātou tuakiri āniwaniwa, ka pāngia tonutia rātou e ētahi atu tūāhua whakahāwea rerekē. He nui ngā kiritaki ka pāngia pea e ngā pēhitanga maha, nō reira he rite te whaihua o te kōrero i ngā tūāhua pēnei i te tāmitanga, i te kaikiritanga, i te whakahāwea hauā, i te whakahāwea ira, i te whakahāwea kapapori, ki te kōrero i te mae takatāpui, i te mae irawhiti me te whakahāwea taihemarua.



Ngā Tuakiri Āniwaniwa me te Hauora Hinengaro

Ngā Tāhuhu Kōrero mō ngā Tuakiri Āniwaniwa i te Hauora Hinengaro

I mua, i whakaparahakotia ngā tuakiri āniwaniwa i te rāngai hauora hinengaro. I whai wāhi ngā tūmomo tūāhua o te takatāpuitanga ki te Te Pukapuka Ako o Ngā Mate Hinengaro hei Whakatau Mate, hei Tatau hoki (the DSM) tae noa ki te tau 1987, ā, he 'mate' hoki te irahuhua tae noa ki te tau 2013. Kei te DSM tonu te tīrengi ā-ira (te auhitanga e pā ana ki te herekore o te tinana ki te tuakiri o te tangata) i te tau 2019, (e kīia ana tēnei he 'ira kore hāngai' i te International Classification of Diseases-11). He tokomaha ngā tāngata kua tono kia tangohia tēnei, engari e māharahara ana ētahi ka raru te wātea o ngā ratonga hauora, tautoko hoki ki te hunga irahuhua ki te pērā.

Nā te āhua o ngā whakaparahako o mua, ka nui te kore whakapono o ētahi tāngata āniwaniwa ki te rāngai hauora hinengaro, ā, e tino mataara ana rātou ki ngā tohu o te whakaparahako i roto i ngā ratonga hauora hinengaro.

Te Pōkaiha Tokoiti

Mā te **tauirā pōkaikaha tokoiti** e mārāma ai ngā raru nui o te hauora hinengaro i waenga i te hunga āniwaniwa. Hei whakapopoto ake, e mea ana te tauira ka pā ngā āhuetanga o te ao whānui ki ngā āhuetanga o te ao o te tangata – mā te poapoataunu ā-pāpori me ngā whakahāwea e kore ai e tau te noho o te hunga ira a-koiora, taeratanga, irahuhua hoki. Nā tēnei pōkaikaha e kaha ake ai te tūpono o te pā mai o ngā mate hauora hinengaro. E taunakitia ana te tauira pōkaikaha tokoiti e ngā rangahau whānui, ā, hei tā te rangahau, e rua ngā huarahi me whai e rongoātia ai te nui o ngā mate hauora hinengaro i waenga i te hunga āniwaniwa – arā te **huarahi pāpori**, kia iti ake ai te poapoataunu me te whakahāwea, me te **huarahi takitahi**, hei tautoko i te hunga ira ā-koiora, taeratanga, irahuhua hoki i a rātou ka pāngia e te pōkaikaha me te kōtonga.

Ngā Marau Matua i te Haumanu

Te Hunga Āniwaniwa me Ngā Piringa Taupiri

Me mahara hoki tātou, kāore ngā kiritaki katoa e whai piringa, kāore anō pea ētahi kia whai piringa, kāore rānei pea ētahi e pīrangi ki te whai piringa. Kāore pea e hāngai ngā wheako ā-piringa o te tangata ki tana aronga taera (hei taurira, kāore anō pea te tangata taeraru kia whai piringa, kia moe rānei i ngā ira neke atu i te kotahi). Ehara i te mea mā tērā e wātea ai tētahi, atu i taua tangata anō, ki te wero i tōna ira. Ko tētahi atu tūāhua hei manatu, he iti, he nui hoki ngā here i waenga i ngā haporī āniwaniwa o Aotearoa, ā, mā konei pea e uaua ai ngā piringa me ngā hoa taupiri.



Te Whaikaha i Te Pānga Mai o Te Poapoataunu ā-Pāpori me Te Whakahāwea

Kua meatia i runga ake nei, kua horapa te pōhēhē i mutu noa ngā poapoataunu me ngā whakahāwea i te hunga āniwaniwa i ngā whakamananga ā-ture, pēnei i te mana ōrite ā-mārena. Arā ētahi whakahāwea iti (e kīia ana he ngangau iti, arā ngā paki, ngā kōrero me ngā titiro whakawiri) he uaua te tautuhi me te wero, engari ka pā te pōkaikaha ki te nunui rawa i roto i te wā. Ka hiahia pea ngā kiritaki āniwaniwa ki te kōrero i ngā wheako whakahāwea, i ngā māharahara rānei mō te whakahāwea i roto i ngā ratonga hauora hinengaro.

Te Kōrero mō te Tuakiri

E kīia ana te tukanga e mārama ai tētahi ki tōna anō tuakiri me te kōrero i ētahi āhutatanga o te tuakiri ko te ‘puta mai’, ko te ‘whāki mai’. Ka uaua pea tēnei tukanga, inarā e māharahara ana te tangata kāore ērā i tōna taha e whakaae mai. Mā te kōrero mō te tuakiri e wātea ai, e āhei ai hoki tētahi ki te noho kāore nei ōna māharahara mōna anō.

Anei ētahi āhutanga nui me mōhio mō te putanga mai:

- Kāore e mutu noa te puta mai. He rite tonu te puta mai a ētahi tāngata āniwaniwa i ia rā, e hia kē rānei ngā putanga i te rā kotahi.
- Kua rerekē te kaha o te puta mai a ētahi i ētahi wāhanga o ō rātou ao. Hei tauira, ka whāki pea tētahi ki tōna whānau me ōna hoa, he iratāhūrua kore ia, engari kāore anō kia puta pērā mai i te mahi.
- Kāore te katoa e mārama ki tēnei ariā o te puta mai. Ki ētahi, kāore rātou i te ‘huna’ i te korenga o rātou e puta mai – he kōwhiringa whaiaro noa iho nā rātou.
- Ehara i te mea me puta mai ngā tāngata āniwaniwa ki te katoa e hari ai rātou. Ka whakatau pea ētahi kāore rātou e whāki ki ētahi nā te mea he pārongo whaiaro ō rātou tuakiri ki a rātou, kāore i te hāngai ki tana piringa ki tērā tangata, kāore rānei pea e haumaruru. I te nuinga o te wā, me whakaaro ēnei kaupapa rerekē mēnā ka kōrero tētahi i tōna tuakiri, kāore rānei.
- Ki te whāki tētahi ki a koe, mihia tērā tangata mōna i whakapono ki a koe. Ka āhei hoki koe ki te tautoko i ō kiritaki mā te whakarite wāhi, wā anō hoki, mā te āta whakarongo hoki.

I ngā kōrero mō te puta mai a tētahi, me whai ngā mātanga hauora hinengaro i te kiritaki. Kaua e whakaarotia ko te puta mai te mahi whakamutunga a te kiritaki mō te taha ki te whakapakari i tōna hauora hinengaro me tōna oranga.

Ngā Tamariki me te Whakatipu Tamariki

Ka pīrangi kōrero pea ētahi kiritaki mō te whakatipu tamariki me ngā tamariki i te taha o ō rātou mātanga hauora hinengaro. Ka nui te pōuri o ētahi ki te kore e taea e rātou te whakaira tangata, i runga i ngā tikanga o mua, i te taha o ō rātou hoa. Ka māharahara hoki ētahi ki te uaua o te whai tamariki mā te whāngai, mā te waiho rānei mā tētahi atu e kawē, mā te whakamoe rānei i te hua me te tātea. Ka pā hoki ngā pōhēhē ki ngā mātua āniwaniwa e mea ana ka tūkinotia ā rātou tamariki e ngā tuakiri o ō rātou mātua, ahakoa ngā whakahē a ngā rangahau i tērā pōhēhē. Ka wātea hoki ngā ratonga hauora hinengaro ki ngā mātua kia mōhio ai rātou me pēhea e tika ake ai tā rātou tautoko i ā rātou tamariki āniwaniwa.



Ngā Waiaro Huakore o Roto

Ka puritia i roto i ētahi tāngata āniwaniwa ngā waiaro huakore ā-pāpori ki te ira ā-koiora, te taeratanga me te irahuhua, ā, ka whakamā, ka koto hoki ētahi i ō rātou ake tuakiri. Ka whakahē, ka pīrangi panoni rānei te hunga e pupuri nei i ēnei waiaro huakore i roto i ō rātou tuakiri. Nā konei i whai tikanga ai te tautoko a ngā mātanga hauora hinengaro i ngā kiritaki ki te tūhura i te ahunga mai o ō rātou waiaro huakore.

Te Ratonga Hauora Whakamana Ira


Ko te ratonga hauora whakamana ira tētahi ratonga hauora e whakaū ana, e whakamana ana rānei i te ira o tētahi, tae atu ki ngā ratonga e pā ana ki te whakawhiti (hei tauira, te haumanu taiaki, te tango huruhuru ki te taiaho me ngā poka), tae atu hoki ki ngā haumanu e tautoko ana i te tangata e whakawhiti ana.

He nui ngā wā me mātua whiwhi reta tonu ngā kiritaki irahuhua e whai nei i ngā ratonga whakamana ira i tētahi mātanga hauora hinengaro kātahi ka wātea ki a rātou ngā ratonga e tika ana. Kāore ngā mātanga hauora hinengaro katoa e āhei ki te tuku i tēnei tonu, nō reira me tuku te kiritaki ki tētahi atu e āhei ana. Mā ngā mātanga hauora hinengaro e tautoko ngā kiritaki e whiriwhiri tonu ana i te ratonga hauora e matea ana e rātou. He pārongo atu anō mō ngā ratonga hauora whakamana ira kei te whārangi 38.


Te Toro i Ngā Ratonga Hauora Hinengaro hei Tangata Āniwaniwa

He nui ngā tāngata āniwaniwa ka kōrero mō ngā wheako huapai i te taha o ngā mātanga, ki ō rātou whakaaro, ka whakaaro nui, ka whakaute hoki rātou i a rātou, ā, ka whakarite hoki rātou i tētahi wāhi haumaru e wātea ai rātou ki te kōrero noa i ngā tūāhuatanga ka pā ki a rātou.

Tērā ko tēnei, he nui ngā tāngata āniwaniwa ka kōrero mō te uaua o te kimi tautoko, te roa o te tatari me te iti hoki o te tautoko e wātea ana. E mea hoki ana rātou kāore ngā mātanga hauora hinengaro e tino mōhio ana ki te ira ā-koiora, te taeratanga me te irahuhua, kāore rānei rātou e whakaaro ki te pānga o te poapoataunu ā-pāpori ki te hauora hinengaro o te kiritaki. Ka mate ngā tāngata āniwaniwa tokomaha ki te whakaako i ō rātou mātanga hauora hinengaro e koke ai rātou i roto i ngā haumanu.



“I rawe taku kaiwhakamahereora, ā, nāna ahau i āwhina i taku whakawhitinga. I āwhina mai ia i a au i ētahi āhuatanga tino uaua rawa atu.”



“Kāore au e pai ki te kore mōhio pea o te tangata ki tēnei kaupapa, ā, ka riro māku e whakamārama atu ki a ia me te whakautu i ana pātai rerekē, anō nei he tauhou ia kātahi anō au ka tūtaki, ā, ehara i te tangata, tōna tikanga, māna ahau e tiaki.”

“He pai noa iho
te kōrero mō taku hauora
hinengaro, me ōna āhuetanga
katoa, engari kia tae ki ngā take
irakē, ka āta tiakina ērā. Ka mahara
au, e tika ana rānei kia kōrero i
konei, me pēhea te nui o te kōrero,
kei te whakawākia rānei au, ahakoa
he kaiwhakamahereora, he whakaaro
tonu ō rātou, ahakoa kāore rātou
e wātea ki kōrero mai.”



He nui ngā wheako whakahāwea ā-pāpori, huakore anō hoki i pā mai ki ngā kaiwhakauru o tā mātou rangahau i roto i ngā ratonga hauora:

- e 45% i whakahāweatia i waho atu i ngā ratonga hauora i runga i te āhua o te ira ā-koiora, o te taeratanga, o te ira rānei
- e 22% i whai wheako huakino i te taha o tētahi mātanga hauora
- e 36% i rongu i ngā kōrero a ētahi atu tāngata āniwaniwa i whai wheako huakino i ngā ratonga hauora hinengaro

He nui ngā tāngata āniwaniwa ka māharahara ki te whakahāwea mai, ki te ohorere, ki te anipā rānei o ngā mātanga hauora hinengaro ina kōrero atu rātou mō ō rātou ira ā-koiora, aronga taera, ira rānei.

Nō reira, ko te mahi a ngā mātanga hauora hinengaro, he whakatō i te whakapono ki roto i ngā kiritaki, he whakaatu atu hoki e mārāma ana tātou ki ngā pānga mai o te mae takatāpui, te mae taeraru, te mae irawhiti me ngā whakahāwea taihemarua. Ka whakawhānuihia ēnei kōrero i te wāhanga e whai nei.



**Puka Mahi:
Te Whakarite Mahi
hei Hāpai i Te Hunga
Āniwaniwa**



Te Huritao Whaiaro ki Te Tuakiri

Ko te huritao whaiaro tētehi wāhanga matua o te tautoko i ngā kiritaki āniwaniwa, ā, he tukanga mutunga kore tēnei. He rite te whakaaweawetia o te mātanga hauora hinengaro e ngā kōrero me ngā waiaro ā-pāpori ki ētahi atu, ā, me āta whai tātou ki te wete i ō tātou ake whakapono me ngā whakapae kāore nei e āwhina i ngā kiritaki āniwaniwa.

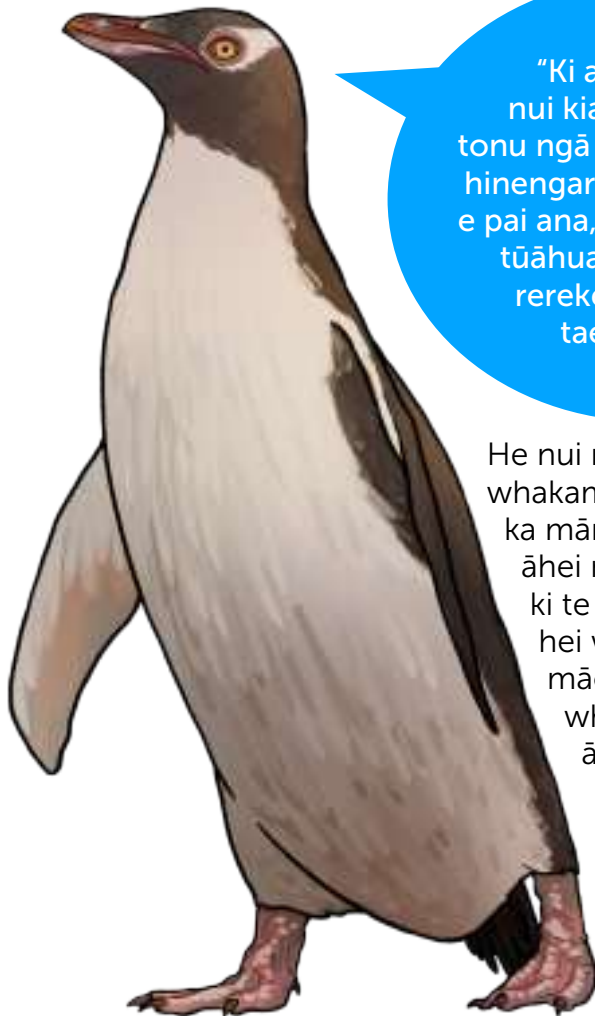
Kāore e rite tonu tā tātou huritao ki ō tātou ake tuakiri, whakapono hoki e pā ana ki te ira ā-koiora, te aronga taera me te ira, mēnā nō te tokomaha tātou. Mātua whakaarohia ēnei pātai, ka pānui tonu ai. Ka hiahia pea koe ki te ohia manomano, ki te tuhi rānei i ō huatau i a koe e whakaaro ana:

- He aha ngā kupu ka whakamahia e koe hei whakamārama i tō ira ā-koiora, i tō aronga taera me tō ira?
- Ka pēhea te pānga o ōu ake tuakiri me ō ake tirohanga ki āu mahi i te taha o ngā kiritaki āniwaniwa.
- He aha ngā kōrero ki a koe i te roanga o tō ao mō te ira ā-koiora, te aronga taera me te ira? I ahu mai pea i ngā mātauranga ōkawa, i te whānau, i ngā hoa, i te ao pāpaho, i ngā akoranga whakapono, i te pāpori whānui rānei.
- He pēhea tō hāneanea i a koe e mahi ana i te taha o ngā kiritaki āniwaniwa? Me aha koe e piki ake ai tō māia me tō mātauranga?
- Kei te wātea koe ki te āta whakaaro ki ēnei kaupapa i ngā tirohanga mahi rongoā? He aha ō mōhiotanga mō ngā whakapono me ngā mātauranga o tō kaitiro tiro mahi rongoā mō te ira ā-koiora, te taeratanga me te irahuhua?
- Kua ohorere koe i ētahi o ngā pārongo kei tēnei rauemi? He aha ngā pārongo hou, ā, he aha ngā mea i mōhio kē koe?

Te Haumanu Whakamana

He mahi te haumanu whakamana e hāpai ana i tirohanga huapai ki ngā tuakiri āniwaniwa me ngā piringa, ā, e whakaarohia ana te pānga me te poapoataunu me te whakahāwea ka pā ki ngā kiritaki ira ā-koiora, aronga taera, irahuhua anō hoki.

Ko te whakaū me te whakamana i ngā tuakiri āniwaniwa kei te uho o te haumanu whakamana.



“Ki a au, he mea nui kia whakamana tonu ngā mātanga hauora hinengaro, kei te pai koe, e pai ana, he nui rawa ngā tūāhua e mea ana he rerekē te ira me te taeratanga.”

He nui ngā mata o te whakaū me te whakamana. Ki ngā kiritaki kātahi anō ka mārama haere ki ō rātou tuakiri, ka āhei ngā mātanga hauora hinengaro ki te kōrero i ngā tuakiri āniwaniwa hei wāhanga o te kanorautanga māori o te ira tangata me te whakahē i ngā tirohanga ā-pāpori e mea ana he rerekē. Ki ngā kiritaki kua taunga kē ki ō rātou tuakiri, kei roto pea te whakaū i te korenga o te ohore o te mātanga hauora hinengaro ka kōrerotia atu ana te tuakiri āniwaniwa o te tangata.

Arā ētahi mātanga hauora hinengaro e mahara ana he take rānei tō te haumanu whakamana – inā rā ko tā te haumanu he whakamana?

E ai ki ngā rangahau i ngā tāngata āniwaniwa mā ngā tikanga haumanu māori e mū tonu ai ngā kōrero mō te ira ā-koiora, te taeratanga me te irahuhua. Me uaua ka tīmata i ngā mātanga hauora hinengaro ngā kōrero mō te ira ā-koiora, te aronga taera me te ira i te haumanu, ka waiho kē mā ā rātou kiritaki e tīmata. Ahakoa e mahia ana tēnei i runga i ngā whakaaro nui ki te kiritaki, ka mahara ngā kiritaki āniwaniwa he tohu te kore i kōrero kua oti kē i te mātanga hauora hinengaro tōna tuakiri te whakatau. He tohu anō te kore i kōrero mō te ira ā-koiora, te aronga taera me te ira e rāhuitia ana ēnei kaupapa inā hoki ka pātai te mātanga hauora hinengaro mō ērā atu wāhanga whakahirahira katoa o te ao o te kiritaki.

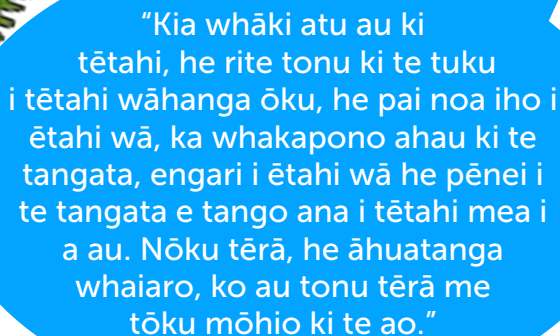
“Ehara i te mea ko te kore noa iho i kōrero, ko taua āhua tonu me ā rātou whakapae tonu, mā tērā e taumaha ai koe, kua whakaaro kē rātou he taearo ahau, ā, ka āhua ninipa ina whakatikahia atu e au.”



Te Pātai mō Te Tuakiri

He nui ngā huarahi e wero ai ngā mātanga hauora hinengaro i te kore i kōrero a te pāpori i te ira ā-koiora, te aronga taera me te ira. Ko te huarahi e tino mārāma ana pea ko te pātai tonu ki te kiritaki mō te āhua o tana tuakiri i te whakamātautau, i te wāhanga 'whakahoahoa' rānei o te hui.

He take whakawehewehe te pātai mō te ira ā-koiora, te aronga taera me te ira. Ki ētahi kiritaki, e tohua mai ana tērā kāore anō tō rātou mātanga hauora hinengaro kia whakapae i tōna tuakiri, ā, kātahi ka wātea ia ki te kōrero mō tōna tuakiri. Ki ētahi atu, he whakatarā i a rātou te pātai mō ō rātou tuakiri i te horopaki o te hauora hinengaro.



"Kia whāki atu au ki tētahi, he rite tonu ki te tuku i tētahi wāhanga ōku, he pai noa iho i ētahi wā, ka whakapono ahau ki te tangata, engari i ētahi wā he pēnei i te tangata e tango ana i tētahi mea i a au. Nōku tērā, he āhuatanga whaiaro, ko au tonu tērā me tōku mōhio ki te ao."



Ko tētahi atu huarahi hei whai, atu i te pātai hāngai mō te tuakiri ko te whakatakoto i te kaupapa kōrero o te ira ā-koiora, te aronga taera me te ira hei kōrero pea mā te kiritaki me te kore i āki i a ia ki te pērā. Hei tauira, ka kī pea koe, 'Ko te ira ā-koiora, te aronga taera, te ira rānei tētahi kaupapa e pīrangi ana koe ki te kōrero i konei?'

Whakaritea he Wāhi Haumanu Tautāwhi

Kia whānui te reo

Ko tētahi mahi tino māmā, nui hoki te āwhina hei mahi mā tātou e kite ai ngā kiritaki e ngākau tūpore ana tātou ki te hunga āniwaniwa ko te whakawhānui i te reo. Ko te reo whānui ko te reo e tuwhera ana, kāore e whāiti, kia kore ai e whakapaetia te tuakiri o tētahi, e whakawhāiti rānei i ō rātou wheako. Hei tauira, atu i te pātai me he tāne, he wahine rānei tā te kiritaki, anei he kōrero:

He hoa tōu,
he hoa rānei ōu?

Tēnā, māu e
kōrero mai mō ngā
piringa whai tikanga
o tō ao?



Ko te whakamahi i te reo whānui ko te kōrero mō tētahi me te whakamahi i te tūpou ia, rātou rānei (e mōhiotia nei hei tūpou herekore), ko te whakamahi rānei i te ingoa o te tangata kia rongo rā anō i ētahi atu kōrero mōna, kia ako rānei i ngā tūpou e paingia ana.

Te Whakaū i Te Matatapu

I a koe ka kōrero ki ngā kiritaki āniwaniwa mō ō rātou ingoa me ō rātou tūpou, pātaitia atu me he tikanga mihi, whakapā tūmatanui rānei ā rātou e paingia ana. Hei tauira, i te wā e karangahia ana ia i te rūma tatari, i ngā whakapāpā ōkawa rānei ka tukua atu. Me pātai hoki koe ko wai te ingoa, he hoki ngā tūpou e whakamahia ana e te kiritaki i waenga i te whānau, i te kura, i te mahi rānei, i ētahi atu wāhi anō hoki.

Te Kōrero me Te Whakaū i Ngā Tūpou

Ko tētahi tikanga āniwaniwa pai ko te kōrero i ō tātou ake tūpou i a tātou ka whakamōhio atu ko wai tātou me te pātai anō ki ō tātou kiritaki he aha ngā tūpou e paingia ana e rātou. Kāore anō pea ētahi kia rongo kōrero mō ngā tūpou, nō reira he huarahi pai tēnei e horapa ai te kōrero. I a koe ka pātai mō ngā tūpou, pātaitia ngā kiritaki katoa, kua ko ngā kiritaki anahe e mahara ana koe he āniwaniwa – kia pātaitia ngā tūpou o ētahi, kua ko ētahi atu, ka mahara pea ngā kiritaki kua whakaarotia kautia rātou he irawhiti.

Atu i te pātai hāngai ki te tangata mō ngā tūpou, pātai atu ki te kiritaki he aha tōna hiahia kia mihia ia, whakaurua rānei he pātai tūpou ki tētahi puka rēhita, whakauru rānei. Kia mahara hoki koe ki te whakatakoto i ētahi tauira o ngā tūpou (pēnei i te ia, rāua, rātou) kia mārāma ai rātou ki te tikanga o tāu e pātai nā, ā, waiho hoki te pouka kia wātea. Ka āhei hoki koe ki te whakamōhio atu i ō tūpou mā te whakauru atu i ōu ki tō waitohu ā-īmēra, ki tō kāri ID, ki ō tohu ingoa ranei.

Kia ora,
whakamahi
ai au i te tūpou
ia. He aha ō
tūpou?



He aha tāu e
pīrangī ai kia
mihia koe?

I a koe ka kōrero, ka pātai rānei mō ngā tūpou, whakamōhioatia atu tō kiritaki ka āhei ia ki te kōrero ki a koe ina rerekē ōna tūpou. Ka āhei hoki koe ki te whakatika i te ira o tō kiritaki i te Rārangi Hauora ā-Motu kia rite ai ki tōna tuakiri, ahakoa kāore anō kia whakarerekētia tōna ingoa ā-ture, tōna ira rānei (mēnā kāore koe e wātea ki te whakarerekē i ēnei tūāhua, pātaitia ō kaimahi whakahaere, whakapā atu rānei ki te Manatū Hauora). He āwhina nui tēnei i ngā rerenga, i te hunga kimi whakaruru, i ētahi atu kaiheke rānei kāore e wātea ki te whakatika i ēnei pārongo i ngā tuhinga ōkawa o Aotearoa kia kīia rā anō rātou he kainoho pūmau.

Te Whakarite i Tō Ratonga hei Wāhi Haumarū mō Te Hunga Āniwaniwa

Ko te whakarite i tētahi wāhi haumarū mō ngā kiritaki āniwaniwa tētahi mahi me oti i te taumata o ngā whakahaere, tae atu ki ā tātou ake mahi. Mā te whakauru i ēnei āhuatanga e nui ai te pānga o te haumarū ki ngā kiritaki āniwaniwa i tūtakitanga tuatahitanga ki tētahi mātanga hauora hinengaro.

Ngā Wharepaku

Me kotahi, neke atu rānei, te wharepaku ira katoa, ira herekore rānei hei whakamahi mā te katoa i ia ratonga hauora hinengaro. Mā tēnei e whakaū ehara i te wahine, i te tāne anahe ngā kiritaki katoa, ā, he mea nui tēnei ki ērā kāore pea e rongō i te haumarū, kāore rānei e hāneanea i te whakamahi i te wharepaku tāne, wahine rānei. I ōna wā, mā te panoni noa iho i te tohu e tutuki ai tēnei.

Ngā Puka

Me tuwhera te āhua o te pātai mō te ira i roto i ngā puka katoa i tō ratonga, arā me nui ake i ngā kōwhiringa e rua e tohu noa ana i te tāne, i te wahine rānei. Ko te huarahi māmā, ko te waiho i tētahi pouaka kotahi kia wātea. Ki te mate koe ki te whakamahi i ētahi pouaka kati, whakaurua ētahi kōwhiringa, pēnei i te 'irahuhua', te 'irawhiti tāne', te 'irawhiti wahine', te 'takatāpui' me te 'tāhūrua-kore'. Me waiho e koe tētahi wāhi wātea, me wātea hoki te tangata ki te tohu i ētahi kōwhiringa maha. Whakaarohia ake me mōhio rānei koe ki te ira o te kiritaki, te ira ā-koiora e tohua ana i tana tiwhikete whānau, i ngā mea e rua rānei. Me mārāma tēnei hei āwhina i ngā kiritaki ki te whakakī i ngā puka kia tika.

Ngā Tohu

He tokomaha ngā tāngata āniwaniwa ka whai āwhina i ngā tohu e kitea ana. He kara āniwaniwa, irawhiti rānei pea e iri ana i tō rūma tatari, he pānui, he whakatairanga rānei e whakakite ana i ētahi tāngata e rerekē nei ngā āhuatanga ā-ira koiora, ā-ira, ā-aronga taera rānei.

Te Kimi i Te Kauhanganui

Ki ētahi tāngata, ko tō rātou tuakiri āniwaniwa te aronga matua i ngā hui ki a koe, engari ki ētahi, kāore pea tērā e hāngai ki te take i toro atu ai rātou. Me kimi te kauhanganui i a koe ka tautoko i ngā kiritaki āniwaniwa e wātea ai rātou ki te kōrero mō ō rātou tuakiri, engari me aro noa iho ki tērā i ngā wā e tika ana.

“Mēnā i taku taha tētahi mātanga hauora hinengaro, he rite tonu tana hokihoki ki taku ira, ki taku taeratanga rānei, kāore pea au e tau i tērā tūāhua, māna, e mārāma te kite koirā te pūtake o taku [auhitanga], ā, koirā hoki pea.”



I te nuinga o te wā kāore he raru o te pātai ki ngā kiritaki āniwaniwa me e pāngia ana tō rātou hauora hinengaro e tō rātou tuakiri, ki ō rātou whakaaro, o te pātai rānei me e hiahia ana rātou ki te kōrero mō te ira ā-koiora, te taeratanga, te ira rānei i ngā haumanu. He mea nui te āta whakaaro me pēhea te tuku i ngā pātai mō te tuakiri. He rerekē te marohi nā te tuakiri o tētahi i **puta mai ai** tōna raru ā-hauora hinengaro me te pātai mēnā e whai pānga ana te **pōkaikaha ka puta mai i te whakahāweatanga me te whakarerenga** ki tōna hauora hiengaro me tōna oranga.

Ngā Mātauranga Tūāpapa

Me mātua whai mātauranga tūāpapa mō te ira ā-koiora, te taeratanga me te irahuhua. He ōrite te whai tikanga o te whai mātauranga tūāpapa ki tērā o te mōhio ki te kiritaki kei mua i a koe. Engari ki te kaha rawa te whakawhirinaki ki ngā mātauranga tūāpapa, ka hē pea ā tātou whakapae mō te āhua e pā nei ki ō tātou kiritaki.

Ngā hapa o ngā mātanga hauora hinengaro e kitea nuitia ana...

... me pēhea e kore ai e hapa!

E whai ana te tangata ki te kimi i tētahi pūtake, i tētahi whakamārama rānei mō te tuakiri o tētahi. Hei tauira, e marohitia ana nā tētahi raru nō te tamarikitanga i puta mai ai te tuakiri āniwaniwa o tētahi. Tēnā ko tēnei rānei, ka pātai mō ngā tohu o ngā tuakiri āniwaniwa i te wā o te tamarikitanga.

I te nuinga o te wā, ka kimi tātou i te pūtake o ētahi mea ki te mahara tātou he rerekē ērā mea, ā, me panoni rānei ērā mea. Ehara te tuakiri i tētahi o aua mea, nō reira hei aha noa iho i whai ai ki te kimi i te pūtaketanga o ngā tuakiri o ō tātou kiritaki (hei āpiti atu - e kore e taea!)

Ko te whai kia hono koe ki te kiritaki, hei tauira, ka kōrerotia tētahi hoa, whanaunga, kiritaki o mua rānei ahakoa kāore e hāngai ana. Mā tēnei pea e rongu ai te kiritaki kua whakaritea ia ki ētahi atu kāore nei he paku tauritenga.

Mahia ai tēnei hei whakaatu atu e ngākau tūpore ana te tangata ki te tangata āniwaniwa, engari he huarahi atu anō hei whai e tutuki ai tēnei (ā, he nui ngā whakaaro kei tēnei rauemi).

Ko te whakapae i te tuakiri o tētahi i runga i tōna ingoa, tōna āhua, te āhua rānei o ngā kaupapa kōrero i ngā haumanu.

Kia whānui te āhua o te reo, kōrerotia ngā tūpou e whakamahia ana e koe, pātaitia hoki ngā tūpou o te kiritaki (tirohia te whārangi 29).

Kāore e whakaahuatia ngā tūāhuatanga katoa e whai pānga ana ki te ao o te kiritaki (hei tauira, te kaikiritanga, te whakahāwea ira tangata, te whakahāwea hauā, te mae takatāpui, te mae irawhiti me te whakahāwea taihemarua).

Ki te kore te kiritaki e wātea ki te kōrero mō ngā tāmitanga, ka hua mai anō taua tāmitanga i ngā ratonga hauora hinengaro. Mā ngā mātanga hauora hinengaro e tuku pātai tuwhera mō te āhua o te pā o ēnei tūāhua ki te ao me te hauora hinengaro o te kiritaki.



**Te Orotau i Ngā
Wheako Kanorau
i waenga i
Te Hunga
Āniwaniwa**



Ngā Tikanga ā-Ira Whānui me Ngā Tuakiri Āniwaniwa

He rerekē te pāngia o ngā tāngata āniwaniwa e ngā tikanga ā-ira whānui me ngā whakaaro horapa. Kua tautuhia i raro nei ētahi o ngā whakaaro matua kua horapa e pā ana ki ngā tikanga ā-ira whānui i roto i ngā tuakiri āniwaniwa, engari nōhea rawa e kapi i ēnei tauira.

- Pāngia ai ngā wāhine āniwaniwa e te whakahāwea ira tangata me te whakahāwea wahine, āpiti atu ki ngā whakahāwea i tō rātou tuakiri āniwaniwa. Nā konei kāore ētahi wāhine e kitea, arā ka whakapaetia he taearo rātou e ō rātou hoa me ngā ratonga hauora, me te aha, ka pikihia ō rātou matenga me ō rātou wheako. Ka kaha kitea ētahi atu wāhine (pēnei i ngā wāhine irawhiti, arā ka kitea nuitia, ā, ka whakaitia ō rātou mōtika matatapu i ia rā, me te aha, ka kaha te pōkaikaha me te mānukanuka. Mā te mānukanuka hoki e nui ake ai te tūpono o te tūkinō ā-tinana, ā-ai hoki.
- Pāngia nuitia ai ngā wāhine moe wāhine e ngā whakaaro horapa e mea ana he tautāne rātou katoa, ka whai hoki ō rātou piringa i te 'tauira' o te piringa taearo (kua rongō pea koe i ētahi pātai pēnei kāore e tika ana, 'ko wai ka mau i te tarau?'), ā, e piri ana rātou ki te wahine, he kore nō rātou e hiahiatia e te tāne, he mea tūkinō ā-ai rānei rātou e te tāne.
- Mā ngā whakaaro horapa ā-ira e horapa ai te whakahē, te whakaiti rānei i ngā tūkinō tara ā-whare i ngā piringa āniwaniwa (hei tauira, arā te pōhēhē kāore e rite te taumaha o te tūkinō a te wahine i te wahine ki te tūkinō a te tāne i te wahine). Hei tā ngā rangahau, he āhua rite te nui o ngā tūkinō tara ā-whare i ngā piringa āniwaniwa ki tērā i ngā piringa taearo, engari kāore e rite te kaha o te pūrongotia.
- Ka ākina pea ngā tāne moe tāne ki te whakaatu i tō rātou ira kia hāngai ai ki ngā tikanga ā-ira whānui (arā he kaha, he wairua whakataetae, he tautāne hoki). He nui te whakakitea o rātou hei mōioio, hei tauwahine, hei ngū hoki ina whakatauritehia. Ka pāngia pea ngā tāne āniwaniwa e te poapoataunu me te tūkinō ki te kore rātou e whai i ngā whakaaro kua horapa mō ngā ira, tēnā ko tēnei, ka aukatihia atu rātou e ngā hapori āniwaniwa ina whai atu rātou.

Te Hunga Irawhiti

I kīia ake rā i runga ake nei, i roto i tēnei rauemi he karangatanga whānui te irawhiti mō tētahi e rerekē nei tōna ira i tērā i whānau mai ai ia. Inā te kanorau o te hunga irawhiti, kua noa iho mō te āhua o tā rātou tautuhi i ō rātou anō ira, engari mō te āhua o tā rātou whakaputa, whakamārama hoki i ō rātou ira.

Te Tīrengi ā-Ira

Ko te tīrengi ā-ira (e kīia nei i ētahi wā he ‘ira kore hāngai’) te auhi ka puta mai i te kore hāngai o te ira o tētahi, o tana tuakiri rānei me tōna anō tinana. Wheako ai te nuinga (engari kua te katoa) o ngā tāngata irawhiti i te tīrengi ā-ira, ā, ka rerekē hoki te kaha o te pā mai o te tīrengi ā-ira i roto i te wā. Ka kōrero ētahi e pāngia nei e te tīrengi ā-ira mō tō rātou mauāhara ki ō rātou tinana. Hei tā ētahi atu he momo mānatunatu, he kārangirangi rānei kāore e taea te ngāueue, e kore e tau te noho, e kore rānei e mauri tau. He rite tonu te kōrero a ētahi mō te rongo e hē ana tētahi mea engari kāore e āta mōhiotia he aha. Ko te tauaro o te tīrengi ā-ira ko te koa me te ora o te ngākau i te tika o te ira, i te rongo rānei e hāngai te tinana o te tangata ki tōna tuakiri – e kīia ana tēnei e ētahi he hākoa ā-ira.

Te Whakawhitinga

Ko te whakawhitinga te whakawhiti a te tangata i te ira i whakapaetia ai ia (i te nuinga o te wā ko te ira i whānau mai ai ia) ki te ira nāna anō i kōwhiri. Ehara i te mea kotahi anahe te hurahi whakawhiti. Anei ētahi huarahi whakawhiti:

- Whakawhiti ā-pāpori – ka whakamahi i ētahi ingoa me ētahi tūpou rerekē, ka rerekē te āhua o ngā makawe me ngā kākahu, ā, ka hereherea, ka whakanuitia rānei ngā ū.
- Whakawhiti ā-ture – ka panoni ā-ture i ngā ingoa me te ira i runga i ngā tuhinga ā-ture, pēnei i te uruwhenua.
- Whakawhiti ā-rongoā – ka tangohia ngā huruhuru ki te taiaho, ka haumanu taiaki, ka pokaina hoki, pēnei i ngā poka ā-kanohi, ngā poka ā-runga (te tango, te whakarahi rānei i ngā ū), te tango i te kōpū, te poka ā-raro (kia rerekē ai ngā taihemahema), ka kīia hoki tēnei he poka whakarerekē ira, he poka whakarerekē ira ā-koiora rānei.

Ngā Kōrero Horapa mō Te Hunga Irawhiti...

... Ngā kōrero tika!

Me whai tātou ki te wero i ngā pōhēhē mō te āhua o te noho hei irawhiti me te whakamōhio atu kāore he huarahi 'tika' mō te āhua o te noho hei irawhiti.

Kei te mōhio ngā tāngata irawhiti katoa he irawhiti rātou i te wā o te tamarikitanga.

Ka mōhio ngā tāngata irawhiti he irawhiti rātou i ngā tau rerekē o te oranga.

Ka whai ngā tāngata irawhiti katoa i te ira tāhūrua (arā he tāne, he wahine rānei).

He tokomaha ngā tāngata irawhiti he ira tāhūrua-kore, e pātai ana rānei rātou i ō rātou ira, kāore rānei rātou e tautuhi i tētahi ira.

Katoa ngā tāngata irawhiti ka whakaatu i ō rātou ira i te āhua o ngā tikanga o mua, i runga rānei i ngā whakaaro horapa (arā, katoa ngā tāne irawhiti he tino tautāne, ā, katoa ngā wāhine irawhiti he tino tauwāhine).

He nui ngā tikanga e whakaatuhia ai, e whakaputahia ai anō hoki e ngā tāngata irawhiti ō rātou ira – pēnei i ngā tāngata irapūmau.

Katoa ngā tāngata irawhiti me whakawhiti mā te whai i ngā poka rongoā me ngā wawaotanga e wātea ana ki a rātou.

He rerekē te whakawhiti a tēnā me tēnā, ā, kāore te katoa e mate, e pīrangiri rānei ki ngā wawaotanga katoa e wātea ana ki a rātou.

Nā te iti o te kiritau i puta mai ai ngā raru ka pā ki ngā tāngata irawhiti.

Ahakoa he wāhanga nui te kiritau o te haumanu i ngā kiritaki irawhiti, me neke atu i te kiritau hei whakatau i ngā tūāhua taraweti.

Ina pāngia te tangata irawhiti e te tīrengi ā-ira i taua wā tonu e raru ana tōna hauora hinengaro, me mātua whakatau ngā raru hauora hinengaro.

Nā te iti o ngā ratonga hauora whakamana ira e wātea ana i kino ake ai ngā raru hauora hinengaro, nō reira ka taea (me taea) ngā ratonga hauora whakamana ira me ngā haumanu hauora hinengaro i te wā kotahi.

Ngā Ratonga Hauora Whakamana Ira

Ko te ratonga hauora whakamana ira ngā ratonga hauora e whakaū ana, e whakamana ana rānei i te ira o tētahi, tae atu ki ngā ratonga whakawhiti (pēnei i te haumanu taiaki, te tango huruhuru ki te taiaho me te poka), tae atu hoki ki ngā haumanu e tautoko ana i te tangata i te wā o te whakawhitinga.

He wāhanga nui ngā ratonga hauora whakamana ira o te hauora o te tangata e hiahia ana ki ēnei ratonga. E tohu mai ana ngā rangahau mā te toro i ngā ratonga whakamana ira e heke ai te auhi ā-hinengaro me te tīrengi ā-ira, e piki ai anō hoki te kounga ā-oranga (tirohia te whārangi 55).

Ngā Ratonga Hauora Whakamana Ira i Aotearoa

- E utua tūmatanuitia ana ngā ratonga whakamana ira. E tautoko ā-pūtea ana te Manatū Hauora i ngā pokanga taihemahema, ā, e tautoko ā-pūtea ana ngā Poari Hauora ā-Rohe i ētahi atu mahi rongoā.
- I te nuinga o te wā e wātea noa iho ana i ētahi wāhanga o te motu ngā ratonga e utua tūmatanuitia ana, ā, i ngā wāhi e wātea ana ngā ratonga hauora ka hia marama, tau rānei te roa o te tatari.
- I mua, i mate te hunga e hiahia ana ki ngā ratonga whakamana ira ki te whiwhi i tētahi whakataunga mate ‘māuiui tuakiri ā-ira’ i tētahi mātanga hauora hinengaro e toro ai rātou i taua ratonga hauora. Ināianei, kua whakawhitia te ‘māuiui tuakiri ā-ira’ i te DSM ki te ‘tīrengi ā-ira.’
- Ināianei, me tīrengi ā-ira te tangata e wātea ai ngā ratonga hauora whakamana ira ki ia, ā, he rite tonu te tonoa o ngā mātanga hauora hinengaro mā rātou e whakamātau tā te kiritaki i wheako ai mō te taha ki te tīrengi ā-ira.

Te Whakaae i Runga i Te Mōhio

Ko te tauira tino pai mō ngā ratonga hauora whakamana ira ko te tauira o te ‘whakaae i runga i te mōhio’ e whakautu nei i te tino rangatiratanga o te tangata irawhiti. Ko te here o tēnei tauira, me mārama te kaiwhiwhi ki ngā tūraru ka puta mai pea, ki ngā hua o te rongoā, ki ētahi atu huarahi atu i te rongoā, ā, ka wātea hoki ki te whiriwhiri i ēnei kōwhiringa.

Ngā paki mō ngā ratonga hauora whakamana ira...

... Ngā kōrero pono!

Ko tētahi wāhanga o te aromatawai i ngā ratonga hauora whakamana ira ko te mōhio, āe rānei, kāore rānei he 'tino irawhiti' te kiritaki (hei tauira, kua pāngia ia e te tīrengi ā-ira, ā, e pūmau ana tōna tuakiri ā-ira). Me waiho ngā kiritaki kāore i pāngia pēnei kia whakaaro tonu.

Kāore he huarahi 'tika' hei whakaputa i te ira, i te irawhiti, i te whakawhitinga rānei. Kia mahara hoki, mā ngā taipā me te roa o te tatari e kaha ake ai te auhi me te tūpono o te whakamomori.

Āwhinatia te kiritaki mā te whakahaere i tētahi aromatawai hauora hinengaro ā-pāpori whānui, mā te tūhono i te kiritaki ki ētahi atu ratonga tautoko me te tautoko anō i te kiritaki. Kei ngā ngā kupu tohutohu o Aotearoa kei te whārangi 55 ētahi pārongo hei ārahi i tēnei tukanga.

Mā ngā mātanga hauora anahe e whakaū te āhua o ngā ratonga hauora whakamana ira e matea ana e te kiritaki irawhiti.

Me whakapono ngā mātanga hauora ki te rangatiratanga o tētahi i runga i te whakaaro e mōhio ana ia he aha te huarahi tika mōna mō te taha ki ngā ratonga hauora whakamana ira.

He tokomaha ngā rangatahi irawhiti kāore e pūmau tonu te tuakiri irawhiti ka pakeke ana, nō reira me aukati e te mātanga hauora ngā ratonga hauora whakamana ira kia mōhio rawa ia kāore e huri ngā whakaaro o te kiritaki, ā, kāore ia e āwhitu ā muri ake.

He āhuatanga hurihuri te ira, ehara i te mea nā te huri o te tuakiri ā-ira i hē ai te whakatau o mua ki te whai i ngā ratonga hauora whakamana ira. Hei āpiti atu, kāore te tino nuinga o ngā tāngata whai ratonga hauora whakamana ira e āwhitu i tā rātou i whakatau ai.

Atu i te whai kia mōhio mēnā he 'tino' irawhiti te kiritaki, ka pērā rānei ā haere ake nei, ko tā tātou he whakapono ki ngā kiritaki irawhiti kia kīia mai tātou he aha tā rātou e mate nei.

Te Hunga Takatāpui



Ko te tikanga o te kupu takatāpui, ko 'te hoa tāpui, e rite nei te ira.' Kua whakamahia tēnei kupu hei kupu mō ngā Māori o ngā ira huhua, o ngā taeratanga me ngā āhuetanga ira koiora katoa.

Te Tuakiri me te Whakapapa

Arā ētahi pōhēhē nui e mea ana he 'tūāhua Pākehā' ngā tuakiri āniwaniwa, kāore rānei i whai wāhi ki te ao Māori o mua te ira ā-koiora, te taeratanga me te irahuhua. Engari, kua roa te takatāpui e uariatia ana i ngā haporī Māori, ā, kua hia rautau e kōrerotia ana ngā tuakiritanga takatāpui me ngā piringa i roto i ngā waiata, ngā whakatakī me ngā pūrākau. Mā te kupu takatāpui e hono ai te tuakiri o tētahi hei Māori ki tōna irā koira, ki tōna ira, ki tōna taeratanga rānei, ā, ka ora te ngākau o ētahi takatāpui tokomaha i heke iho mai o rātou ira, taeratanga hoki i o rātou tupuna.

Te Whakahāwea, te Tautoko me te Noho Herewete

Ka whakahāweatia pea te takatāpui i runga anō i tōna tuakiri āniwaniwa, hei āpiti atu ki tērā ko te kaikiritanga me te ngaukino tuku iho i ahu mai i te tāmitanga. He tokomaha ngā takatāpui e tautokona ana, e arohaina ana hoki e o rātou whānau, engari e ātetehia ana ētahi e te whānau, ā, kua wetekia hoki ngā here ki te hapū, te iwi me te ahurea Māori whānui. Kitea nuitia ai te wetenga o ngā here i waenga i ngā Māori noho tāone, ko te nuinga hoki kāore anō kia whai wāhi ki te haere ki o rātou whenua tīpuna.

Te Toro i Ngā Ratonga Hauora Hinengaro

He tokomaha ngā takatāpui e ākina ana ki te whiriwhiri i tētahi wāhanga kotahi o o rātou tuakiri i a rātou ka toro i ngā ratonga hauora hinengaro. Ko tā te mātanga hauora hinengaro, he whai kia mārāma te āhua o te takatāpui hei Māori, hei tangata āniwaniwa hoki. Pātai atu mō te āhua o te hono o tōna ahurea hei Māori ki tōna ahurea āniwaniwa, ā, tautokona hoki ērā e whai ana ki te whiriwhiri anō i ngā here ki te ao Māori.

Te Hunga Āniwaniwa Pasifika

Kua roa e whai wāhi ana ngā hāpori āniwaniwa, kaua noa iho i roto i te ao Māori, engari i roto i ētahi atu ahurea o Te Moana-a-Kiwa. Whakamahia nuitia ai te kupu 'Pasifika' mō te tangata i whānau mai i Aotearoa, engari nō Te Moana-a-Kiwa ōna tīpuna. He matatini ake ngā tuakiri Pasifika i ngā tuakiri mātāwaka kotahi nā te mea e maharatia ana e te tangata Pasifika tōna tuakiri tuku iho, tōna tuakiri hei tangata nō Aotearoa me tōna tuakiri hei tangata Pasifika e noho manene ana (e motu ana pea te here o tēnei tuakiri manene ki ngā ahurea o mua, pēnei i tō Hāmoa, i tō Tonga rānei, engari e mau tonu ana pea ētahi āhuetanga o aua ahurea).

Ngā Tuakiri Āniwaniwa Taketake puta noa i Te Moana-a-Kiwa

Ko ngā tuakiri āniwaniwa o mua, puta noa i Te Moana-a-Kiwa, ko te Mahu (Hawaii), te Vakasalewalewa (Whīti), te Palopa (Papua New Guinea), te Fa'afafine, te Fa'afatama rānei (Hāmoa, Amerika Hāmoa), te Aka'vaine (Kuki Airani), te Leiti (Tonga), te Fakafifine (Niue) me ētahi atu. I te nuinga o te wā, he tūranga ā-pāpori, he haepapa anō hoki ka pā ki ēnei tuakiri. Nā te kore hāngai o ngā ariā o te ao Pākehā ki te horopaki o ō tātou ahurea, ka mārāma ake ngā kupu nei i roto anō i te horopaki o tōna anō ahurea.

Ngā Tuakiri Āniwaniwa Pasifika me te Tāmitanga

Ahakoia te noho mai a ngā tuakiri āniwaniwa i roto i ngā ahurea o Te Moana-a-Kiwa, nā te tāmitanga i whakararu ngā māramatanga o mua e pā ana ki te taeratanga me te ira. Nā konei e karohia ana, e paparehia ana pea ngā tuakiri o te hunga āniwaniwa i roto i ō rātou whānau, hāhi me te hāpori whānui. Ka ākina hoki pea te hunga āniwaniwa Pasifika ki te whakahāngai i ō rātou ira, tuakiri ā-taera anō hoki ki ngā tikanga Pākehā kāore e hāngai ki ngā whakapono o ō rātou hāpori whānui me ō rātou whānau.

Te Toro i Ngā Ratonga Hauora Hinengaro

I a koe ka tautoko i te hunga āniwaniwa Pasifika, pātaitia he ngā kupu me ngā tūpou e tika ana mō rātou. Ka whakamahi pea ētahi tāngata Pasifika i ētahi kupu taketake, pērā i ērā kei runga ake nei, engari ka pai pea ki ētahi ngā kupu pēnei i te 'takatāpui, i te 'taeraru', i te 'irawhiti', i ētahi atu kupu rānei i ētahi horopaki rerekē. Pēnei anō i te tautoko i te takatāpui, pātai mō te hononga i waenga i te tuakiri Pasifika o te kiritaki ki tōna tuakiri āniwaniwa, ākona hoki ētahi kōrero mō ngā tuakiri Pasifika me ngā tirohanga ahurea ki te ao.

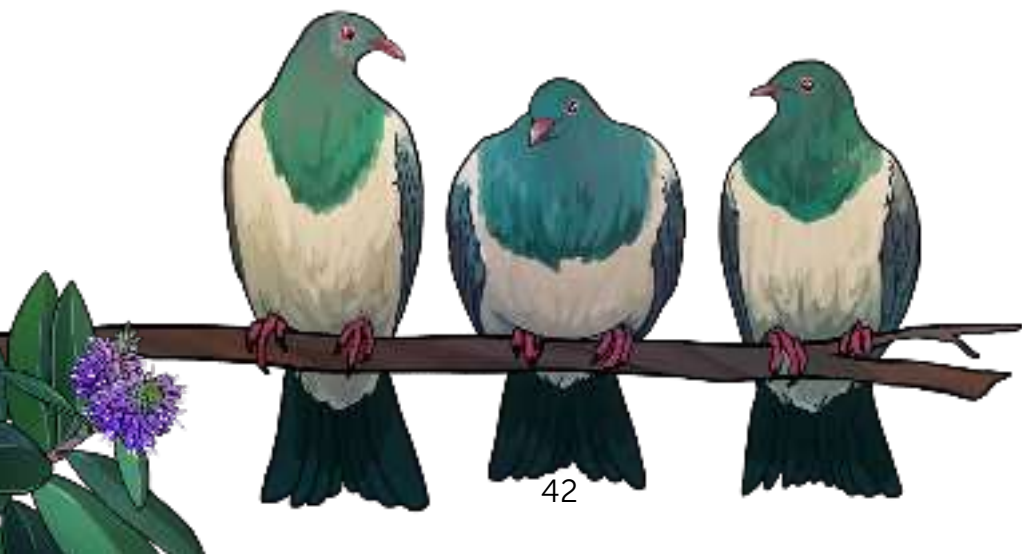
Te Hunga Pohane Ira Huhua

Ko te pohane ira huhua tētahi karangatanga whānui mō te pohane ki ngā tāngata, neke atu i te ira kotahi. Ko ngā aronga taera e kitea nuitia ana i raro i tēnei karangatanga ko te taeraru, me te taerarau.

He aha te rerekētanga o te Taeraru me te Taerarau?

- Hei tā ētahi, ko tā te taeraru he pohane atu ki te tāne me te wahine, hei tā ētahi atu, he pohane ki te tangata, ki ngā ira rānei, neke atu i kotahi.
- Ko tā te irarau, he pohane atu ki te tangata, ahakoa te ira. Ki ētahi tāngata tokomaha, e whakaū ana te kupu 'taerarau' i te whakaaro neke atu i te rua ngā ira.

Kei te āhua o te whakamārama e whakamahia ana e te tangata me ka rite tonu, ka rerekē noa ake rānei te taeraru me te taerarau. Whakamahi ai ētahi tāngata pohane ira huhua i ngā kupu e rua hei whakamārama i a rātou anō, engari ētahi atu, ka whakamahi noa i tētahi, ā, he kupu atu anō ā ētahi (pēnei i te taeratini).





Ngā Whakaaro Horapa me Ngā Pōhēhē mō te Pohane Ira Huhua

He nui te pōhēhē he tāhūrua te aronga taeratanga. Nā tēnei i pōhēhētia ai he tauwāhi noa iho te pohane ira huhua. Ka pōhēhē ētahi atu ka takatāpui, ka taearo rānei ā tōna wā te tangata pohane ira huhua, engari kāore anō ia kia 'whakatau i ōna whakaaro.' Ko ētahi atu whakaaro horapa, e whakameremere noa iho ana te tangata pohane ira huhua, he tīwekaw rānei, me eke rānei te rongō i te pohane ki ngā tāngata o ngā ira huhua ki 'tētahi taumata' e pohane ai rātou ki ngā ira huhua. Ki ētahi tāngata tokomaha e pohane ana ki ngā ira huhua, pēnei tonu ētahi e tohu ana ō rātou piringa o nāianei i ō rātou aronga taera. Hei tauira, ka pōhēhētia pea he wahine moe wahine te wahine e piri ana ki te wahine, ahakoa tana taera tonu ki ngā tāngata ira huhua.

Te Pohane Ira Huhua me te Hauora Hinengaro

He kino kē atu ngā rerekētanga ā-hauora hinengaro o ngā tāngata pohane ira huhua i waenganui i te hunga āniwaniwa. Hei tā ngā kairangahau, e ahu mai ana tēnei i te kore e kitea, i te mae taeraru, i te korenga hoki o te haporī taearo me te haporī takatāpui e hāpai i tēnei hunga.

Te Hunga Taihemarua/VSC

Whakamahia ai te kupu taihemarua, arā ko ngā rerekētanga āhuatanga ā-ira (VSC) ina whānui ake te āhua o te ira koiora o tētahi i te tāne, i te wahine rānei. I roto i ngā mahi hauora, ka nui te kūare me pēhea e tika ai te tautoko i te hunga taihemarua, i te hunga rānei e rerekē ana ngā āhuatanga ā-ira. Ko tētahi o ngā pōhēhē kikino rawa, me 'whakatika' te taihemarua. E ākina tonutia ana ngā tāngata taihemarua (ngā mātua rānei o ngā pēpi taihemarua) kia rawekehia rātou (hei tauira, he poka, he haumanu taiaki rānei) mō te āhua ā-waho te take, kia hāngai ai rānei ō rātou tinana ki te tāhūrua o te tāne me te wahine. I ōna wā, mahia ai tēnei i muri tata mai i te whānautanga, me te aha, kāore ētahi tāngata taihemarua tokomaha e tukua kia whakaae ki ngā raweketanga rongoā. Hei tāpiri atu, ka nui ngā muna e pā ana ki ngā tuakiritanga ā-taihemarua, arā ki ngā rerekētanga āhuatanga ā-ira.

Te Mahi a Ngā Mātanga Hauora Hinengaro

He mea nui te tono i ngā tāngata taihemarua tokomaha, i te hunga rānei e rerekē ana ngā āhuatanga ā-ira ki ngā ratonga hauora hinengaro ā-pāpori me ngā tautoko ā-hoa, tae atu hoki ki ō rātou whānau. Me whai wāhi, me whai wā, me whai taringa whakarongo hoki ngā tāngata taihemarua hei whakaaro i ngā pātai ko wai anō rātou, he aha te tikanga o te taihemarua ki a rātou, ā, he pēhea hoki te āhua o te pānga ki ō rātou piringa ki ētahi atu. Ka hiahia hoki pea ngā tāngata taihemarua i ngā pārongo mō ngā hāpori taihemarua. Ka puta mai pea ēnei pātai i te mōhiotanga he taihemarua rātou, i ngā tau maha o muri mai rānei. Ka hiahia tautoko pea ngā whānau o te hunga taihemarua whakatau i ō rātou māharahara, me ō rātou pōuritanga ki tō rātou whanaunga, hei tautoko hoki i a rātou i roto i ngā ratonga hauora.

Te Hunga Taerakore



Kāore te hunga taerakore e rongō i te taera ki tētahi, e hōkaka rānei ki te ai.

He rite tonu te pōhēhētia o te taerakore hei:

- **takakautanga** (ka rongō pea te tangata i te pohane engari kāore e ai i runga i ōna anō whakaaro, i ngā whakaaro ā-whakapono rānei);
- **whakaingōingō kore** (kāore e rongō i te whakaingōingō);
- **irakore** (kāore e whai i tētahi ira).

He tokomaha ngā tāngata taerakore he piringa whakaingōingōa ō rātou e kīia ana pea rātou e rātou anō he whakaingōingō irarite, he whakaingōingō irarua, he whakaingōingō irarua rānei. Mahimahi ai ētahi tāngata taerakore (ka toko ake tonu te hiahia ki te ai ahakoa kāore e pohane atu ana).

Te Tūāwhiorangi i waenga i te Taerakore me te Taeratanga

Kei waenga te taerakore matawaenga i te taerakore me te taeratanga. Ka pā pea te taeratanga ki te hunga kei tēnei takiwā o te tūāwhiorangi i ōna wā, ka rangona rānei pea te pohane i muri mai i te piri tata ki tētahi. Ka kīia pea rātou e rātou anō he 'taerariki', he 'gray-ace' rānei.

Te Takahitanga o te Taerakoretanga

He nui ngā mate kua whakamāramatia i te DSM e rite nei te āhua ki te irakoretanga (hei tauira, te Mate Pohane Iti o te Tāne me te Mate Pohane Iti o te Wahine, e whai wāhi ana ki ēnei ngā tohumate, pēnei i te 'korenga o te pohane'). Nā konei ka pōhēhētia he māuiui te irakoretanga. Engari, kāore te hunga irakore e whai wāhi ki ēnei whakataunga mate, heoi anō ka pā tonu ki a rātou ngā pōhēhē e mea ana kei te hiahia ai, kei te rata ki te ai, ka ai hoki rānei te katoa. Ka hiahia kōrero pea te tangata irakore mō te rongō i te rerekē ōna i ētahi atu, mō te whakawetiwetihia ōna, mō te ākina rānei ōna e ngā tikanga ā-pāpori e pā ana ki te ai me te taeratanga.

Te Hunga kāore e Moe Takitahi

I tētahi piringa kāore e moe takitahi, kua whakaae ngā tāngata o te piringa kia moe tētahi, ētahi rānei i ētahi atu. Kīia ai hoki ngā piringa kāore e moe takitahi he piringa moe takitini, he piringa wātea rānei.

Anei ētahi whakaaro whai tikanga mō te hunga kāore e moe takitahi:

- Kitea ai te moe takitini i ngā piringa āniwaniwa, taearo anō hoki, engari kitea ai ngā waiaro huakore ki ngā piringa āniwaniwa, moe takitini anō hoki (hei tauira, kāore e whakaaro nuitia ana te piringa). Nō reira, kua kaha kē atu te pānga o te hunga āniwaniwa moe takitini e ēnei waiaro huakore.
- He kupu, he tapanga rerekē ā ngā tāngata rerekē hei whakaahua i ō rātou piringa (hei tauira, kāore e moe takitahi, he moe takitini, he piringa wātea). Tēnā, pātaitia tō kiritaki he aha te tikanga o te kupu, o te tapanga rānei ki a ia.
- Kāore e rite te moe takitini ki te pūremu. He kōwhiringa oranga tēnei e whai ana kia tika, arā ka whakaae ngā tāngata katoa o te piringa ki te whakaaetanga, ā, he ōrite te manaakitia o te katoa.
- Arā ētahi pōhēhē e mea ana kāore te hunga moe takitini e pūhaehae, ki te pūhaehae rānei te tangata kāore e tika mōna te moe takitini. Kāore ēnei pōhēhē i te tika – ahakoa te tūmomo piringa ka tītengi, ka pūhaehae rānei pea te tangata, ā, ka hiahia pea ia ki te kōrero i ēnei kare ā-roto i ngā haumanu.
- Ka whakaarotia pea e ētahi te hunga moe takitini he hunga e whakaitihia ana, ā, kāore ētahi atu e whakaaro pērā. Aua atu, ka rere ngā whakawā a ētahi, ka hiahia tautoko pea te hunga moe takitini i roto i ngā ratonga hauora hinengaro.



Te Hunga Āniwaniwa Hauā

He nui ngā tūmomo hauātanga, tae atu ki ērā ka pā ki te kite, te neke, te whakaaro, te maumahara, te ako, te kōrero, te rongō, te hauora hinengaro me ngā whanaungatanga o te tangata. E hāngai ana te taurira pāpori o ngā hauātanga ki ngā mōtika hauātanga, ā, he huarahi anō tēnei atu i ngā taurira whāiti e mahara nei ka mau tonu ngā hauātanga.

Ki ētahi tāngata, ko te tautuhi i a rātou anō hei hauā tētahi wāhanga nui o ō rātou tuakiri, engari kāore pea ētahi atu e tautuhi i a rātou anō hei hauā. He mea nui te pātai ki te tangata mō ngā kupu e whakamahia ana e te tangata hei whakamārama i a ia anō me te whakamahi anō i aua kupu tonu. Anei he whakaaro hei manatu māu i a koe ka tautoko i te hunga āniwaniwa hauā:

- Kāore ngā hauātanga katoa e kitea, he nui te hunga āniwaniwa hauā me whāki i ō rātou hauātanga, āpiti atu ki te tuakiri āniwaniwa.
- Neke atu i te kotahi ngā hauātanga o ētahi tāngata.
- Pēnei tonu ana ētahi kāore te hunga hauā e hiahia ai, e hiahia piringa rānei, tērā rānei he taearo, he irapūmau rānei. Nā tēnei kāore ētahi hunga āniwaniwa hauā tokomaha e whai i ngā mātauranga taeratanga e tika ana, kāore rānei rātou e pātaitia mō te ai me te ngā piringa e ngā mātanga hauora. Mā ngā mātanga hauora hinengaro tēnei e whakatika mā te whakataki i ngā kōrero whakaute, puare hoki mō ēnei kaupapa.
- I ōna wā, ka aro ngā mātanga hauora ki tētahi tuakiri kotahi o ō rātou kiritaki, tē aro ai ki ētahi atu. Hei taurira, ka aro noa iho ki te hauātanga o te kiritaki engari kāore e kōrero mō tōna taeratanga, tōna ira, tōna mātāwaka rānei. Kāore hoki pea e whakaarotia te taeratanga me te ira o te tangata nā tōna hauātanga (kitea ai tēnei i te hunga irawhiti takiwātanga).
- Kāore pea e wātea kau ki te hunga hauā ngā rōpū, ngā pāpono me ngā wāhi āniwaniwa. Manohi anō, kāore pea ngā rōpū, ngā pāpono me ngā wāhi hauā e hāpai ii te hunga āniwaniwa. Mā tēnei e iti ai ngā tautoko e wātea ana ki te hunga āniwaniwa hauā.

Ngā Rerenga Āniwaniwa me Te Hunga Kimi Whakaruru

Ko ngā rerenga te hunga kua rere i ō rātou whenua nā te kaha o ngā takahitanga me ngā whakawhiunga ka pā pea ki ō rātou mōtika tangata. Ko taua kaupapa anō te take i rere ai te hunga kimi whakaruru i ō rātou whenua, ā, e kimi whakaruru ao whānui ana rātou, engari kāore anō kia kīia rātou he rerenga (ka 10 ki te 12 marama pea te roa o tēnei tukanga). Kia tuku te tangata kimi whakaruru i tana tonu i te tūranga rerenga, ka wātea ki a ia ngā ratonga hauora tūmatanui e wātea ana ki ētahi atu rerenga (tae atu ki ngā ratonga hauora whakamana ira).

Ngā Tuakiri Āniwaniwa me Ngā Mōtika Tangata

I ētahi whenua maha, e rite tonu ana te tūkinotia o ngā mōtika tangata o te hunga āniwaniwa. He tūkinu pea tēnei nā te whānau, ngā tāngata o te hapori, ngā māngai kāwanatanga, nā te iti o te whakamarumarua a ngā pirihihana, nā te kaha rānei o te whakahāwea, nā te aukati hoki i ngā ratonga taketake me ngā tautoko ā-pāpori. Ko te tukunga iho, he nui te hunga āniwaniwa e ākina ana ki te whakarere i ō rātou whenua tipu ki te kimi i tētahi wāhi haumarua hei kāinga mō rātou.

Ngā Rerenga Āniwaniwa me Te Hunga Kimi Whakaruru i Aotearoa

I te nuinga o te wā ka ngaukino ngā whakawhiunga kua pā ki ngā rerenga me te hunga kimi whakaruru. Kia tae mai ki konei, me kōrero te kaikimi whakaruru i te āhua o tōna ao katoa hei tonu i te tūranga rerenga. Ka hoki mai anō te ngaukino i tēnei tūāhua, i te nuinga o te wā karekau he tautoko ā-whakamahereora, ā, me 'whakakite' hoki te tangata i tōna taeratanga, i tōna ira rānei. He uaua tēnei ki te hunga i huna i a rātou anō, ki te tangata rānei kāore i tōna reo ngā kupu e tika ana hei whakamārama i tōna tuakiri. Mō te tokomaha, kāore e mutu noa te tūkinu me te whakahāwea i te taenga mai ki konei, ka pā tonu te kaikiritanga, te whakatoihara me te whakatakētanga. He rite tonu te karo a ngā rerenga āniwaniwa me te hunga kimi whakaruru i ō rātou hapori kaiheke ā-rohe me te kore i whāki i ō rātou tuakiri. Ko te tukunga iho, ka noho mehameha ā-pāpori rātou.

Te Toro i Ngā Ratonga Hauora Hinengaro

I a koe ka tautoko i ngā rerenga me te hunga kimi whakaruru, ārahina rātou ki ngā rōia rerenga i te tuatahi mō ngā take kōkota, kimi whakaruru rānei, ā, tūhonoa rātou ki ngā kaiwhakamāori mātau e rarata ana ki te hunga āniwaniwa. Kia mārama koe ki ngā tuakiri ā-ahurea me ngā tūāhua o te kiritaki, kimihia ngā whakahaere tikanga e tika ana, ā, tūhuratia hoki ngā whakahaere ā-hapori hei tautoko i a rātou.



Te Kaha me te Manawaroa

Ko ngā āhuatanga huakino, pēnei i te poapoataunu, i te whakahāwea me ngā rerekētanga ā-hauora kei te uho o te nuinga o ngā kōrero, ngā rangahau me ngā rauemi mō te hunga āniwaniwa o te pāpori. Ahakoa te whai tikanga o ēnei kaupapa, me uaua ka whakamihī tātou i te kaha me te manawaroa o te hunga ā-koiora, taeratanga, irahuhua anō hoki.


I whakakapi mātou i tā mātou rangahau ki tētahi pātai mō ngā whakamīharotanga o te tū hei āniwaniwa, ā, ka waiho i konei hei pānui māu ētahi o ngā whakahoki mai. I a tātou ka tautoko i ngā kiritaki āniwaniwa, me mahara tonu tātou ki ngā āhuatanga pai anō hoki!




“Ka tuwhera ake tō titiro ki te ao, ka whānui ake tō aroha me tō mōhio ki ētahi atu, he hari anō hoki i roto i te mōhio ki te tūmomo mamae e rongo nei ētahi atu, e kore au e tuku noa i tērā.”

“Ko ngā uara irakē mō te hapori, te whakaputanga me te kanorautanga. He tāhuhu kōrero ātaahua ā tātou e kī ana i ngā huatau atamai me ngā tāngata mīharo!”







“Ko taku tino
tūāhua! Ko te manawa
pupuke, ko te kotahitanga
me te aroha.”



“Ko ngā tāngata
kua tūtaki nei au i te hapori
tōku whānau! He kaha ki te
tautoko, he tūpore, he hātekēhi
hoki rātou. He manawa titī, he
māia hoki rātou.”



“Ko te whai wāhi
atu ki tētahi hunga aroha
nui, mīharo anō hoki e rite
tonu nei tā rātou wero
i ngā hē o te ao.”



“Ko au tonu tēnei.
Kāore au e pīrangī kia
rerekē ake. Ina te rerehua,
te kaha ki te atawahi, te
kanorau me te māia
hoki o te hapori.”

Tēnā koe mōu i tautoko i tā tātou kaupapa mā te pānui i tēnei puka. Ko te tūmanako kua kaha ake koe ki te tautoko i te hunga āniwaniwa o Aotearoa.

Ka whakahoutia tēnei puka hei ngā tau e tū mai nei hei whakaatu i ngā mātauranga me ngā tikanga hou. Me he kupu whakahoki āu, me he pātai rānei mō tēnei rauemi, haere ki tā mātou pae tukutuku:

www.rainbowmentalhealth.nz



Hei pānui atu anō

He nui noa atu ngā pārongo i hiahia mātou ki te whakauru ki tēnei rauemi, engari kāore i taea nā ngā here ā-wāhi, ā-rauemi anō hoki. He akiaki tēnei i a koe ki te whakawhānui i ō mātauranga ki ngā rangahau me ngā rauemi e whai ake nei. Nā te iti o ngā marau nō Aotearoa ake, nō tāwāhi ētahi o ēnei.

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Ngā Whakahaere Āniwaniwa i Aotearoa

Gender Minorities Aotearoa

He whakahaere whakawhiti ahurea e whakahaerehia ana e te irawhiti e whai ana ki te whakaū i te hauora o te hunga takatāpui, irawhiti, taihemarua hoki.

www.genderminorities.com

InsideOUT

Whakarato ai a InsideOUT i ētahi papamahi, i ētahi rauemi me te tautoko anō i ngā kura, i ngā whakahaere ā-hapori me ngā wāhi mahi hei wāhi anō mō te hunga āniwaniwa.

www.insideout.org.nz

Intersex Awareness New Zealand

Whakarato ai a Intersex Awareness New Zealand i ētahi pārongo, i ngā mātauranga me ngā whakangungu mā ngā whakahaere me ngā mātanga e whakarato ana i te hunga taihemarua me ō rātou whānau.

www.ianz.org.nz

OUTLine

He tau waea tautoko e matatapu ana mā ngā tāngata o te hapori āniwaniwa.

www.outline.org.nz

RainbowYOUTH

E ū ana a RainbowYOUTH ki te āwhina i te irakē taiohi me te hunga irahuhua (LGBTIQ) kei raro iho i te 27 tau te pakeke, tae atu ki ō rātou hapori whānui.

www.ry.org.nz

He nui ngā whakahaere mā rātou koe e tautoko, e whakamōhio, e whakangungu hoki. E kite ai koe i ngā whakahaere āniwaniwa i tō rohe, haere ki www.imlocal.co.nz kei reira te rārangi o ngā rōpū tautoko i te irakē me te irahuhua, puta noa i Aotearoa.





I ahu mai ngā pūtea tautoko i a:

RULE FOUNDATION
rulefoundation.nz



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oakley mental health
research foundation



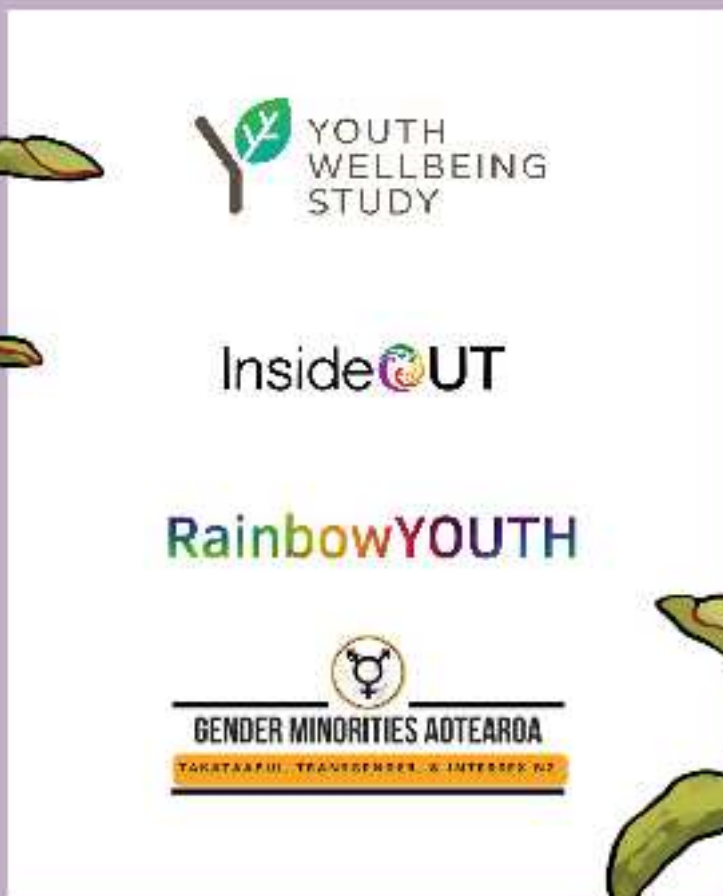
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Te Rau Matatini

He kōrero anō kei rainbowmentalhealth.nz



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