

Atawhai: He aha ngā mea whai take ki te whānau? Te whakamarohi i te hauora i roto i ngā ratonga riri ā-whānau pāhekoheko

Pepa mā te Kaiwhakauru, 27 Ākuhata 2024

Kia ora, he kāhui rangahau mātou e manawanui ana ki te aukati i te riri ā-whare. He pōhiri tēnei ki a koe ki te uru mai ki tētahi kaupapa e whai ana kia mārama he aha ngā mea e whai take ana ki te whānau ina āhei atu ki ngā ratonga riri ā-whare. Nā Te Kaunihera Rangahau Hauora o Aotearoa (23/672) tēnei rangahau i tautoko.

Ka āwhina tēnei pepa mōhiohio i a koe ki te whakatau mēnā ka hiahia uru mai koe. Ka whakamārama i te take e mahi nei mātou i tēnei rangahau, te āhua o tō whai wāhi mai, ngā hua me ngā tūraru, ā, ka aha i muri i te wāhanga tuatahi. Ka kōrero i ēnei mōhiohio ki a koe me te whakautu i ō pātai. Kei a koe te tikanga ki te whai wāhi, ki te wehe rānei i te rangahau ahakoa te wā me te kore e whai pānga ki a koe.

Te Kaupapa o te Rangahau

Ka whai pānga te riri ā-whare ki te hauora me te ora o te whānau katoa. Nā te iti o te tautoko a te punaha hauora, e whai ana tā mātou rangahau ki te whakamāmā i te urupare a ngā kaiwhakarato hauora ki te riri ā-whare. E aro ana a 'Atawhai' ki te whakatipu hononga pono i waenga i ngā kaiwhakarato ki te tuari mōhiohio me ngā pūkenga, te whakarite he haumarū, he whai hua hoki ngā urupare ki ngā whānau he tuatini ngā matea.

Ka pōhēhē te tangata ka whakapai ake ngā ratonga riri ā-whare i te haumarū me te ora, engari he ruarua noa iho ngā taunakitanga o tēnei. He waiwai kia mārama ki ngā wheako o te whakamahi ratonga kia kaua ngā mahi tūkino e mahia anō. E hiahia ana mātou ki te mahi tahi me ngā whānau kia mārama ai ki *ngā mea e whai take ana ki a koe* i a koe e āhei atu ana ki ngā ratonga tiaki hei whakapai ake i te hauora me te ora.

E hiahia ana mātou ki te rongo kōrero i ngā whānau (16 tau, pakeke ake hoki) e hiahia ana ki te whai wāhi ki te panoni i tēnei taiao. Ka taea te kōwhiri me pēhea te whai wāhi mai, arā mā te āwhina ki te hoahoa i te rangahau, mā te uiui i a koe, mā te tū hei kaitaunaki rānei. I te wā o te rangahau, e whai ana mātou ki te tuku wāhi whakaora, ngā mahi tautoko me te mātauranga me tētahi pae taunaki hei whakatairanga i te panonitanga.

Kāore tēnei rangahau i te pātai mō ngā wheako o te haupatu, engari mō tō wheako o te āhei atu ki ngā ratonga. He mātanga te kāhui rangahau katoa ki te whakahaere kōrerorero haumarū, whakaaronui, i runga anō hoki i te mōhio ki te kohuki mō te riri ā-whare.

I pēhea taku tautohunga, ā, he aha ahau i pōhiritia ai ki te whai wāhi atu?

I tuari mōhiohia mātou mō tēnei rangahau mā te Whatunga Atawhai. Nā tētahi tangata e mōhio ana koe i whai whakaaro ki a koutou ko tō whānau, tērā pea ka rikarika koutou, ā, nānā koutou i hono mai ki a mātou. He pōhiri tēnei kia hui tahi tātou ki te kōrero me pēhea tō whai wāhi mai, me te whakatau i ngā āwangawanga, whakautu pātai rānei.

Me pēhea taku whakaae kia whai wāhi ki tēnei rangahau?

Kei a koe te tikanga ki te whai wāhi mai. Ki te hiahia koe ki te whai wāhi mai, tēnā whakakīhia te puka whakaae kua tāpirihia. Ka taea te wehe mai i te rangahau ahakoa te wā. Ki te wehe koe, kei a koe te tikanga ki te tango i ō raraunga, te whakaae rānei kia whakamahia. Engari, ina whakaputaina ngā kitenga, kāore pea e taea te tango i ō raraunga.

Ka aha i roto i tēnei rangahau?

E whā ngā wāhanga o tēnei rangahau:

1. Ko tā mātou hiahia kia hui tahi me tō whānau ki tētahi wāhi hāneanea ki te whakarata me te āta whakamārama i te rangahau me te āhua o tō whai wāhi mai.
2. Ki te whai wāhi mai koe, ka whakatau pea koe kia uiutia koe mō te wheako a tō whānau i ngā ratonga riri ā-whare me te pānga ki tō hauora me tō oranga.
3. Ka whakamahia ngā raraunga ka kohia hei hanga kohinga kōrero kirimuna o ngā mea whai take ki ngā whānau, me ngā panonitanga e hiahia ana hei whakapai ake i te hauora me te oranga. E kore koe e tautohua i ēnei kōrero.
4. Ka pōhiritia koe ki te haere ki ngā awheawhe e rua kotahi rā te roa ki reira whakahuihui ai i ngā whānau me ngā ratonga hauora ki te whakaatu i ngā kitenga me te whakatipu i te māramatanga kotahi o ngā mea e hiahia ana hei whakapai ake i ngā ratonga.

Ka taea e koe te tohu ki te Puka Whakaae ko ēhea ngā wāhanga e hiahia ana kia whai wāhi atu. Ka hoki atu anō tātou ki ō hiahia tūmataiti me te āhua o tō whai wāhi atu i mua i ia wāhanga.

He aha ngā uauatanga me ngā tūraru?

E mōhio ana mātou he uaua, he pāiriiri pea te whai wāhi ki te rangahau riri ā-whare. Ka whai pānga te riri ā-whare ki te tangata takitahi, ki ngā tāngata o te whānau, o te hāpori, i roto hoki i ngā tūranga mahi. **He tino hira tō whai wāhi mai ki tēnei kaupapa.**

Ka pēhea te whakamauru i ēnei uauatanga, tūraru hoki?

Ka aro te wāhanga tuatahi ki te tūtakitaki me te whakatipu i te whakapono kia hāneanea ai koe, kia haumaruru ai hoki ki te whakatau koe ki te whai wāhi mai. Ka whakarato mātou i ngā arawātea mā koutou ko tō whānau ki te waha i ngā uauatanga, āwangawanga rānei. Hei kairangahau, e herea ana mātou i raro i te matatika ki te tautoko i tō haumaruru me tō oranga. Mēnā he āwangawanga ō mātou, ka mahi tahi mātou ki a koe ki te kōrero i ngā mahere haumaruru me ngā tukunga ki ngā mātanga. Tēnā tirohia ngā rauemi kua tāpirihia he whai take pea ki a koe.

Hei tāpiri atu, e whakarato ana a AUT Student Counselling and Mental Health i ngā hui tohuora tūmataiti koreutu e toru mā ngā kaiwhakauru pakeke o tētahi kaupapa rangahau a AUT. Ka whakatau ēnei hui i ngā take e hua mai ana i te whai wāhi ki te rangahau, ā, e wātea ana ā-kanohi, mā te waea, mā te hui ataata rānei. E āhei atu ai ki ēnei ratonga, waea ki (09) 921 9292, ka mea atu he kaiwhakauru rangahau koe, te ingoa o te rangahau me te ingoa o Tākuta Clair Gear. E wātea ana

he mohiohio anō ki: <https://www.aut.ac.nz/student-life/student-support/counselling-and-mental-health>.

Mēnā kāore ēnei kōwhiringa e pai ki a koe, he pūtea iti tā mātou hei āwhina i a koe ki te āhei atu ki tētahi kaitohuora tika mō tō ahurea. Tēnā whakapā atu ki tētahi o te kāhui rangahau ki te āwhina i a koe.

He aha ngā hua?

Mā tēnei rangahau e rangona ai ngā whakaaro o tō whānau hei āwhina ki te whakapai ake i te pūnaha mā ētahi atu. Ki te uru tonu tō whānau ki roto i te rangahau, ka whai wāhi koutou ki te mātauranga, te whakaora, te hono me ngā kaitaunaki.

He pēhea te tiaki i taku tūmataiti?

He mea hira ki a mātou tō tūmataiti. Ina whakapā tuatahi koutou ki tā mātou kāhui rangahau, ka whiwhi ingoa kirimuna koutou hei whakamahi mā mātou ki ngā tuhinga rangahau katoa. Ko ngā kairangahau i kōrero ki a koe anake ngā mea ka mōhio ko wai koe. Ka urupare mātou ki ō hiahia tūmataiti ina neke, panoni hoki puta noa i te rangahau.

Ngā uiui: Ki te kōwhiri koe/koutou ko tō whānau kia uiuitia koutou ka mōhio ngā tāngata o tō whānau ka whai wāhi mai me ngā kairangahau ko wai koe.

Ngā mahi ā-rōpū: Ki te kōwhiri koe/koutou ko tō whānau ki te whai wāhi ki ngā awheawhe ka mōhio hoki ētahi atu e whai wāhi ana ki te rangahau ko wai koe, ka whai pānga tēnei ki tō noho tūmataiti.

E kore mātou e pūrongo i ngā taipitopito ka tautohu pea i a koe. Ka tangohia ngā mōhiohio tautohu i ngā raraunga katoa, ka tiakina ki ngā tūmau kapua haumarua a AUT. Ka noho wehe ngā puka whakaae hiko i ngā kōnae raraunga, ka whakakorehia ngā tānga pepa. Ka whakakorehia ngā mauhanga matihiko, tānga pepa hoki i te ono tau i muri i te whakaputa i ngā kitenga.

E hia te utu o te whai wāhi ki tēnei rangahau?

Ka noho tahi ki te tūtakitaki me te whakautu pātai mō te āhua rua ki te toru hāora. Ki te whakatau tō whānau ki te whai wāhi mai, mā koutou e kōwhiri i te nui o te wā hei mahi i ngā wāhanga ā muri ake. Ka taea e mātou te tuku koha ki a koe e hāngai ana ki te mahi i mahia e koe (atu ki te \$100).

E hia te roa ki a au ki te whai whakaaro ki tēnei tono whakauru?

He roa te wā ki a koe ki te whakatau mēnā ka whai wāhi mai, kāore rānei. Ka kati pea tēnei āheinga hei te Hūrae 2025.

Ka whiwhi kōrero whakahoki ahau mō ngā otinga o tēnei rangahau?

Ahako ka whai wāhi mai koe, kāore rānei, ka taea tonu te kōwhiri ki te whiwhi kōrero whakahou mō te rangahau. Ka whakairi mātou i ngā karere rangahau me ngā taiopenga ki te paetukutuku Atawhai (www.atawhaitia.co.nz).

Me aha ahau mēnā he āwangawanga ōku mō tēnei rangahau?

Mēnā he āwangawanga ōu mō te kaupapa, whakapā atu ki a Tākuta Claire Gear, Kaitirotiro Matua ki kiaora@atawhaitia.co.nz, ki 0800 WHAANAU (0800 9422628) rānei. Me tuku ngā āwangawanga mō ngā mahi whakahaere i te rangahau ki te Hekeretari Matua o AUTECH, ethics@aut.ac.nz, (+649) 921 9999 x 6038.

Me whakapā atu au ki a wai mō ētahi atu mōhiohio mō tēnei rangahau?

Puritia tēnei Pepa Mōhiohio me tētahi tārua o te Puka Whakaae hei mauhanga māu. Whakapā mai ki a mātou ki kiaora@atawhaitia.co.nz, ki 0800 WHAANAU (0800 9422628) rānei.



Te tiaki i tō oranga

E mōhio ana mātou he uaua te whai wāhi atu ki te rangahau e whakatau ana i tētahi kaupapa uaua, pāiriiri hoki, arā ko te riri ā-whare. Ki te hiahia koe ki te kōrero ki tētahi tangata, he whai take pea ēnei rauemi ki a koe:



E whakarato ana a **Shine** i tētahi waea āwhina koreutu, i te ao i te pō, ki 0508 744 633 me te kōrerorero tukutuku, tae atu hoki ki ngā wharenoho haumarū, kaitaunaki, hōtaka haumarū me ngā ratonga aumangea ā-whānau. Haere ki www.2shine.org.nz



E whakarato ana a **Tauranga Women's Refuge** i ngā ratonga tautoko me te hāpaia mā te tairaru riri ā-whare tae atu ki te Waea Tairaru 0508 744 633, ngā wharenoho haumarū taupua, me te mātauranga mō te noho haupatu-kore mā ngā wāhine me ngā tamariki. Haere ki <https://taurangawomensrefuge.co.nz/>



Need to talk? Waea koreutu, pātuhi rānei ki 1737 (waea rānei ki 0800 1737 1737) ahakoa te wā ki te kōrero ki tētahi kaitohuora mātanga, kaimahi tautoko aropā rānei.



Kei te paetukutuku **Are You OK?** ngā mahi, te tautoko me te haumarū māu, mā tētahi atu rānei e pāngia ana e te riri ā-whare. Haere ki www.areyouok.org.nz



He ratonga ā-waea, ā-ipurangi hoki a **Puāwaitanga** hei tautoko i te iwi o Aotearoa ki te whakapai ake i tō rātou oranga wairua – arā te hauora. Haere ki <https://puawaitanga.nz/>



www.kahukura.co.nz

E whakarato ana a **Hohou Te Rongo Kahukura** i ngā rauemi hei āwhina ki te whakatipu hapori Uenuku kāore he haupatu i te hoapiri, he taitōkai kore hoki. Haere ki



Kei a **Pasefika Proud** tētahi rārangi o ngā Kaiwhakarato Ratonga Tautoko Whānau Pasefika. Haere ki <https://www.pasefikaproud.co.nz>



Ko **He Waka Tapu** te kaitaurima i te Waea Āwhina 0800 24/7 HEY BRO (0800 439 276) e whakarato tautoko ana mā ngā tāne e whakaaro ana ka tūkino pea ia i tētahi tangata e aroha nei ia, tētahi o tōna whānau rānei. Haere ki <https://www.hewakatapu.org.nz/>