

He aha

Te pouri i roto i te tamaititanga me te taitamarikitanga

He aha te pouri i roto i te tamaititanga me te taitamarikitanga?

Ko te pouri i roto i te tamaititanga me te taitamarikitanga he āhua ngākau taumaha rawa me te pouri haere tonu. He nui ngā taiohi ka pouri mō tētahi wā poto. Ki te haere tonu tēnei hua pouri neke atu i te rua wiki, me matua rapu te tangata i te āwhina. Torutoru noa iho ngā taiohi ka rapu takitahi i te āwhina – e hiahia ana rātau ki te tautoko a ō rātau whānau, ō rātau hoa me ētahi atu pakeke aroha.

***** *Te āwhina i te taiohi e pouri ana: me matua mōhio koe ki ngā tohumate kei kitea te taiohi hei tamaiti porohianga e koe.*

He aha te pūtake?

Kāore he take pū o te pouri. E whakaarohia ana, he tinga ētahi tāngata mai i tō rātau hanganga ira, koiora rānei, ā ka tīmata te pouri i te ekenga mai o ētahi mahi kōhukihuki. Ka tae atu ēnei ki te wehenga o ngā mātua, te mutunga o tētahi whanaungatanga, te whawhai, te tūkino, te whakapakari o te tinana, te tuakiri hōkakatanga/hōkakatanga, taukumekume o te whakapono me ngā ūara ā-iwi, te raruraru i te kura, te kōrero whakahē, te kai waipiro me ētahi atu rongoa whakararuraru. I ētahi wā, e kitea ana ēnei take katoa. I ētahi wā, kāore i te tino kitea he aha i tīmata ai.

***** *PŪRĀKAU: Ko te tangata e pāngia ana ki te pouri, ka āhei ki te puta wawe.*

TIKA: Ko tētahi wāhanga o te pouri, ko ngā matū kei roto i te roro, nā reira i uaua rawa atu ai te mahi māmā.

He aha ngā tohumate?

He uaua te āta kite atu i ngā tohu o te pouri, nā te mea ko ētahi o aua tohu ka pōhēhētia hei mate whakapakeke. I roto i te pouri, ka tīni te āhua ngākau, te whanonga rānei o te taiohi kia kore e taea ai e ia āna mahi te mahi. Mēnā kua eke atu i te rua wiki te noho o ēnei tohumate, he tohu pea tērā o te pouri:

- te hinapouri me te māngeongo
- te tangitangi
- te kore e arotahi, te kore e hiahia, te kore hoki o te tutuki i te kura
- te kore e hiahia ki te mahi
- te noho taratahi
- te kore o te hiringa, o te manawa hoki
- te pukuriri, te whakatuki rānei
- ka raruraru te kai me te moe – he paku rawa, he nui rawa rānei
- te kārangī me te rutu noa
- te mate i te hara i te koretake rānei
- te whakaaro, mahi whakamomori

Ko wai ka pāngia?

He āhua huna te pouri, nā reira he uaua te tino kī, tokohia ngā taiohi e pāngia ana. Ko te kī, āhua tahi o ngā taiohi e rima ka pāngia i tētahi wā. I ngā whenua o te uru o te ao, kei te piki haere te pāpātanga o te pouri, ā, e heipū ana i ngā tau tōmua ake. Kei te honoa rawatia te pouri me te whakamomori, nā reira he mea nui te kite atu i ngā tohu me te rapu i te āwhina.

He aha i rerekē ai te pouri i roto i te tamaititanga me te taitamarikitanga ki te pouri i roto i te pakeketanga?

Ahakoa e ōrite ana ngā tohumate, ka nui atu te whakaatu mai a te tamaiti, a te taitama hoki i te riri me te māngeongeō i te whakaatu mai a te pakeke. He nui atu hoki te haumaruru, e āhua koa ana i tētahi rā, ā kei raro rawa i tētahi rā. I ētahi wā, kāore te hunga taitamariki i te tino mōhio ki ō rātau aronganui, ki te whakaputa tika hoki i ngā mea e koropupū ana i roto. Ki te pātaihia, ka whakaparau i te raruraru, ka whakaatu mai i ō rātau aronganui mā te whanonga whakatuki, pukuriri me te whakamōrearea i a rātau anō. Ko ngā mea tamariki iho, ka noho taratahi, ā ka āhua whakamā, āhua noho wahangū hoki, engari e pāngia ana rātau ki te pouri.



He mea nui te rapu wawe i te āwhina.

Mā te pouri e aukati te whanaketanga o te hunga taitamariki me te haehae hoki i ā rātau whakapono, tirohanga hoki ki a rātau anō me te ao. Ko te tākuta te mea tuatahi, māna e whakahaere te whakamātau ā-tinana kia kite ai, mēnā he take kē atu i te pouri.

Me pēhea te tuku haumanu?

Ka hia kē ngā āhua o te tuku haumanu. Ko te tikanga, ka whai wāhi te tohutohu me te haumanu (hei tauira, te haumanu whanonga ā-hinengaro) mā reira e whakaputaputa ngā tamariki ā rātau raruraru me te ako tikanga hei wetewtete i aua raruraru. I runga anō i te pakeke me te ao o te taitama, ka whai wāhi mai te haumanu ā-whānau, ā-rōpū rānei me te rongoa. Ki te wawe ake te kitetanga o te mate nei me te tuku haumanu, ka nui atu te wāhi ki te whakaoranga.

Kei whea ētahi atu pārongo?

**Te Tūāpapa Hauora Hinengaro o Aotearoa
Mental Health Foundation of New Zealand**

mō ngā rauemi, ripene whakaata, pukapuka me ētahi atu kōrero.

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(Tirohia 'information' mō te roanga atu o te whakaaturanga o te pouri i roto i te tamaititanga me te taitamarikitanga)

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