

Te Whakaoranga mā te Taunaki Aropā

“Pupurutia hō whakaaro.
He ringa hei pupuru, he
taringa whakarongo, he
ngākau mārama noa iho
e hiahiatia ana.”

– HE TAUTANGATA



Tautoko Tāne
Male Survivors Aotearoa

“He whakaratarata te mahi noa a te tangata –ko te whānaungatanga me te whai hapori ētehi o ngā tino tikanga e whai ora ai tātou. He rongoā te whānaungatanga i te ngākau pai hei whakaora i ngā mamae o te hinengaro.

He mahi huna te taitōkai me te mahi pāwhera – i te takiwā kua motukia ngā here tāngata – nō reira, ko te tūhono anō i te tangata me te whakapono anō ki te tangata ngā tino whāinga hei whakaora anō. Ka huri ētehi mōrehu ki ngā kaupapa taunaki aropā hei rongoā whakatangata anō.”¹

Ka uua mā ngā mōrehu taitōkai te whakahoahoa ki ngā hoa, ki te whānau me ngā hoamahi hoki, me te aha, he wero nui te whakahoahoa ki te hapori whānui me ētehi ratonga tautoko hoki.

Ka whai pānga ēnei wero me ngā uauatanga whakahoahoa ki ngā āhuatanga e noho taratahi ai rātou, ā, ka māmā ake mā rātou ki te hoki atu ki ngā wara whakapōauau, ka kaupēhipēhi anō me te tūkino haere tonu.

Nā whai anō, ka kopi ake i ngā tikanga whakahoahoa mā te pono me te tika i te whakaoranga mā te taunaki aropā, i waenga tonu i ngā mōrehu me o rātou hoa taunaki aropā, e aro nui ana ki te haumarū ā-tinana, ā-haurongo hoki o ngā mōrehu i taua hononga. Mā tēnei hononga haumarū, i roto i te pono me te tika noa iho hoki, e whakatinanahia ai te whakahaumanu i te mōrehu, me tōna hoa taunaki aropā hoki.

Ka whakaūngia ngā tukanga taunaki aropā, i whakamātauria ki te hunga mate i ngā wara whakapōauau me ngā mate ā-hinengaro, ki te hāpai i te hunga i tāmia whānuitia, pērā i te pāwhera. Ko te wheako a te hoa taunaki aropā, arā, ko tō rātou mōhio tonu ki te wheako a te mōrehu, koinei tonu te matū e tutuki pai ai tēnei hononga taunaki aropā.

He aha te Whakaoranga mā te Taunaki Aropā?

Ko te whakaoranga mā te taunaki aropā tōna tikanga - he whakawhanake i ngā hononga tūturu e taunaki ana i te tangata i tō rātou ara whakahaumanu.

“E aro pū ana te taunaki aropā ki te tangata tonu, ā, ka tītokona e ngā mātāpono whai tūāpapa kaha.

Ka kitea ngā ōritenga mā roto i ngā wheako a te hoa taunaki aropā, e hua mai ai ko te whakapono i waenga i a rāua anō.

Ko te akiaki, te aroha, te tūmanako, te mana kōwhiri me te mahi tahi, ngā tino mātāpono i te kauwaka o te mahi taunaki aropā nei.

Ka whakatōngia te kaha ki roto ki te tangata ina mōhio a ia kua whai wheako ōrite hoki tōna hoa taunaki aropā, me te aha kua puta, kua ora anō a ia hoki. Nā tēnei āhuatanga i rerekē ai te momo tautoko ka riro, he rerekē tōna pūtakenga.”²

Ngā mata o te whakaora mā te taunaki aropā:

- ✓ Ka whakahoahoa ngā tāngata ki te whai tautoko i runga anō i ngā hua o te ako mā te whakawhiti wheako;
- ✓ He tirohanga auaki, he tautoko taupuhipuhi, he tautoko ā-rōpū;
- ✓ He rere kē te taunaki aropā ki ngā mahi a ngā ratonga kaiāwhina me ērā atu mahi haumanu. E aro pū ana ki te whakapakari i tētehi hononga pono ki te taha o tētehi hoa taunaki aropā kia hua mai ai ko tētehi ara whakarauora i te takirua.

“Ko te tūāpapa o te taunaki aropā i hua mai i te whakapono mā ngā tāngata kua rongo kē i ngā wero te toro atu ki te tautoko, ki te akiaki, ki te hāpai me te arataki hoki i te hunga e rongo ana i ngā āhuatanga ōrite.”³

E aro pū ana te whakaora mā te taunaki aropā ki te tangata tonu

Aro pū ki te tangata

Ko te hononga tangata te tūāpapa

Ka tīmata ki te rāhiri; he whakarata me te whakahoahoa

Ko te taunakitanga ka hāngai ki te wheako o te tangata me te momo tautoko e hiahiatia ana

E ahu ana te taunakitanga ki ngā whāinga o te oranga pai

He whakaaweawe i ngā tūmanako me te whakahaumanu, kia ora ake ai

Ko te oranga ake o te tangata he aronga mai i te tīmatanga ki te mutunga rā anō

Ka whai i te ara roa ki te haumanutanga

Ka whakamahia ngā tukanga e whakatairanga ana i te ora me ngā haepapa ake o te tangata

He mahi tūao te taunaki aropā; kei te hiahia o te tangata ki te takihono, te takiputa rānei

Ka panoni, ka tupu rānei hoki ngā hononga, i te wā ka mutu ngā mahi taunaki

Ko te painga kē o te hōtaka whakaora mā te taunaki aropā me te aro pū ki te tangata tonu, me te rerenga kētanga ki ngā rongoā e aro ana ki tētehi mate, ka whakarāpopotonga ki ngā ripanga e tāiri iho nei:⁴

Aro pū ki te mate

Ko te whakataunga māuiui te tūāpapa

Ka tīmata ki te aromātai i te māuiui

Ko ngā ratonga ka tukuna e hāngai ana ki te whakataunga māuiui me te mahere rongoā

E ahu ana ngā ratonga ki te whakaiti i te māuiui

Ko ngā mahere rongoā e aro ana ki ngā tohumate, ā, ko te māuiui e aro ana ki te whakahaumanu

Ko te ora i ngā tohumate me te māuiui te aronga matua kia aro pai ki te whakahaumanu

Ka whai i te ora i ngā tohumate kia iti ake, ā, ka whakaora

Ka whakamahia ngā āhuatanga e whakahaere ana i te māuiui me te whakaiti i te tukino ka hua i te māuiuitanga

Ka mutu te ratonga i te wā kua ora i te māuiuitanga

He mahi a te mātanga, nō reira, me noho tapu ngā tukanga katoa, ā, ko te hononga hei whakatika noa iho i te māuiuitanga

Ngā Iho Matua o te Whakaora mā te Taunaki Aropā:

✓ “Ko te whāriki o Te Whakaora mā te Taunaki Aropā ko te whakapono ki ngā painga o ngā rawa o te tangata, me te aha ko ngā wheako taumaha ka pā ki te tangata hei kura nui, kura roa;

✓ Ka pakari ake te whakaora mā tetaunaki aropā i runga anō i te mārāma ki te haumanutanga;

✓ Ka aro te whakaora mā te taunaki aropā ki ngā āhuatanga e mauroa ai te haumanutanga - te whai mahi, te tūhono anō ki ngā whānau, te eke me te whai i ngā tūmahi whakaora, me te whai wāhi ki ngā hāpori;

✓ Ka whakatōngia te tūmanako ki te whakaora mā te taunaki aropā, me te hono ki tētehi kua pā te wheako; me te aha

✓ Ehara te whakaora mā te taunaki aropā i te mahi whakatika, erangi rā he mahi whakakaha.”⁵

Ka kitea ēnei iho matua i ngā mātāpono e ono e tītoko ana i te whakaora mā te taunaki aropā:

Kura Wheako

Ka whai i ngā iho matua o te ako i ngā kura me te māramatanga ka hua mai i te whakawhitiwhiti i ngā wheako o te taitōkai, me te tukanga haumanu hoki, i te whakaora mā te taunaki aropā.

Kura Whānaunga

Ka whakawhirinaki te tukanga whakaora mā te taunaki aropā, ki ngā hononga tōrua i waenga i ngā tāngata, e kīia ana ko ‘te whānaungatanga o ngā wheako ataata’ - he hononga i runga i te whakapono e āhei ai ngā hoa ki te whakawhiti i ō rātou wheakotanga e whai ora ai te takirua.

Kura Pitomata

He takepū matua ngā pūkenga o te katoa i roto i ngā mahi whakaora mā te taunaki aropā – ko te pitomata e pakari ai te oranga pai o te tangata. Ko te mau ki tēnei pitomata te iho matua i tō mātou ara ki te whai i te aronga, i te māramatanga me te wana hoki, i te oranga o te tangata.

Kura Ako

Ko tētehi wāhanga nui o te whakaora mā te taunaki aropā, ko te āhei i ngā hoa ki te whai wāhi ki te ako i waenga i a rāua anō; mā te whakawhiti i ngā wheako ki te ako, me te ako hoki ki te mahi tahi e hua mai ai ko ngā rautaki hōu ki te whakawhānaunga i waenga i a rāua tahi anō, waihoki i waenga i ngā hāpori e mahi tahi ai rāua.

Kura Mana Motuhake

Ka whakakoia e ngā tikanga whakaora mā te taunaki aropā, ngā tika o te tangata ki te tārei i ō rātou ake ao - he whakapono ki te mana taurite o ngā tāngata katoa ki te whakahaere i ō rātou ake oranga; ko te whakahaere me te whai wāhi ki te kōwhiri i ngā take i tō rātou ao.

Kura Taurite

Ka whakamana ngā tikanga whakaora mā te taunaki aropā i te tika o te tangata kua pāngia ki te taitōkai, arā, kia whai ai rātou ki ngā hua ōrite ki ērā atu o ngā tāngata o te hāpori, ā, kia wātea hoki ai rātou i ngā āhuatanga whakahāwea katoa.

Ko Ētehi Hua o te Whakaora mā te Taunaki Aropā

Ka hui ki ngā tāngata e kōrero ana i te reo ōrite ki a koe

He tikanga tūmatawhānui te whakawhiti i tō wheako me te kōrero e pā ana ki ngā āhuatanga kua pā ki a koe, i te wā e tūhono ana ki tō hoa me te whai i ngā tikanga whakaora mā te taunaki aropā - arā, ko ngā āhuatanga e whai pānga ana ki tō hononga ki te kaupapa me te rongoā e kimi ana koe. He mea nui te mōhio e mahi tahi ana koe ki tētehi tangata, e kōrero rānei ana koe ki tētehi rōpū, e mārama ana ki ō kōrero.

Ka ako tahi ki te hunga kua pā ngā wheako ōrite

Ka tūtaki koe ki ngā tāngata i ahu mai i te wāhi e tū nā koe, me te aha kua rongo hoki rātou ki ngā wheako ōrite ki ōu, ā, kua whai ara whakahaumanu i a rātou anō. Ka āhei koe ki te whakapakari i ngā pūkenga whai kaha, i a koe e ako ana i ngā rautaki i puta ai ērā atu tāngata ki te ora. Ka auau tonu ngā whakamaharatanga mō te tūturutanga o ngā rongoā me te whakapono tonu.

Kāore he whakawā

Ahakoia ngā āhuatanga kua pā ki a koe, ngā kupu ka whiua e koe, te āhua rānei o tō whiu i ngā kupu, kāore e kore kua pērā hoki tō hoa taunaki, kua kite rānei ia i taua āhua, kua rongo rānei i tētehi atu. Hei aha atu māu te māharahara mō ngā whakaaro o tō hoa taunaki, o tō rōpū tautoko rānei, i a koe e whakawhiti ana i ō wheako.

E aro ana ki te tūmanako me te haumanutanga

Kāore ngā tikanga whakaora mā te taunaki aropā i te aro ki ngā take e hē ana, erangi ka aro kē ki ngā rautaki e taea ai te whakatutuki mā te mahi tahi. Ka mahi tahi koe ki ngā tāngata kāore e aro ana ki te whakatika i ngā raruraru, i ngā ngoikoretanga rānei, erangi ka aro kē ki te whakapakari i ō pūkenga hei hanga rautaki hōu mō te anamata - hei whakaaweawe me te hāpai hoki i te ara ramaroa ki te oranga tonutanga.

Māu anō ō ake kōwhiringa

Māu anō tō ara whakahaumanu e para. Māu anō hei kōwhiri i te nui, i te iti rānei o tō kuhu ki ngā tūmahi whakaora mā te taunaki aropā, me ngā ratonga tautoko hoki. Kei a koe hoki te tikanga ki te takiputa.

Ko ētehi o ngā hua kua puta i te hunga kua kuhu me te whai ora mā te taunaki aropā:

- ✓ Ka tupu te kiritau me te māia

- ✓ Ka whai take

- ✓ Ka tupu te hiahia ki te panoni i ngā āhuatanga o te ora

- ✓ Ka tupu te hiahia ki te kuhu ki ngā tūmahi whai tikanga

- ✓ Ka tupu te kounga me te maha o ngā hononga - ka rahi ake te puna hoa tautoko

- ✓ Ka tupu te manaroa me te pai o te oranga

- ✓ Ka mātau ake ki te oranga tonutanga me te āhei ki te whai rongoā

- ✓ Ka tupu te āhei ki te whakawhiti kōrero me te mahi tahi ki ērā atu ratonga tautoko

- ✓ Ka whai hua mēnā kāore i tutuki pai ki ērā atu ratonga

- ✓ He ara takoha mā te hāpae i ētehi atu.



Kāore koe i tō kotahi...
mehemea kua pā te taitōkai
ki a koe.

Kua pā te tautōkai ki te 1
i roto i te 6 o te hunga tāne,
i raro iho i te 16 tau te pakeke.

Mā mātou koe hei tautoko, kia
hākoakoa, kia ora ake ai tō anamata...

✓ He noho matatapu

✓ Kāore he whakawā

✓ Mana-motuhake

✓ E aro ana ki te tūmanako me te
whakahaumanu

✓ Kotahi tonu te waihoe ki te koke
whakamua

✓ ...Ki te oranga tonutanga

www.malesurvivor.nz

“E kore a muri e hokia,
ā, ko te ara ramaroa ki
te mutunga rā anō.”

– C. S. LEWIS

