

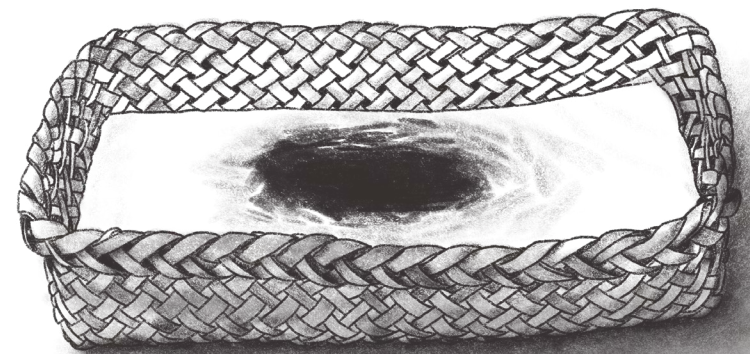


Ko te mauri,  
he mea huna i te Moana



Unlocking and unravelling  
our potential to heal

Ko te mauri, he mea tahuna  
i te moana was a study that held  
wānanga to gather the experiences  
of whānau Māori who had their  
**tamariki removed from their care.**



Whānau shared their personal  
pūrākau of growing up, becoming  
parents, and the challenges they  
faced as well as reflections on what  
could have helped them.

Through **whānau** pūrākau,  
they shared their **solutions**.

Whānau experiences  
can't be denied.  
**This is their reality.**

When whānau don't have  
the resources and  
support systems they need.  
**They have no choices.**

It's more than dealing with violence.  
**Whānau have to deal with so much.**

Yet throughout, there were many  
moments of aspiration **and hope.**



Whānau shared their  
experiences with the hope  
that **there will be change.**

**Here are their stories...**

**Them** vs **us** mentality.



I do have people in my life  
that's trying to **take my Kids**  
right now and  
judge me as  
a mum.

I don't actually know anyone  
who is perfect so I do  
make mistakes.



**Whānau know** they can do better  
and **want** to do better.

I do have people in my life  
that's trying to **take my Kids**  
right now and  
judge me as  
a mum.

I don't actually know anyone  
who is perfect so I do  
make mistakes.





I have tried to commit  
**Suicide** many times.

I wanted a family.

I wanted it better than  
how I was raised.

Whānau are **disconnected** from te ao Māori.



I have tried to commit  
**Suicide** many times.

I wanted a family.

I wanted it better than  
how I was raised.

**Whānau** know the power of connection  
and **want** to be better parents.



I had my baby **Ripped**  
from my breast  
at 1am in the  
**morning** by Police and  
**Oranga**  
**Tamariki**



**Absence of humanity and empathy.**

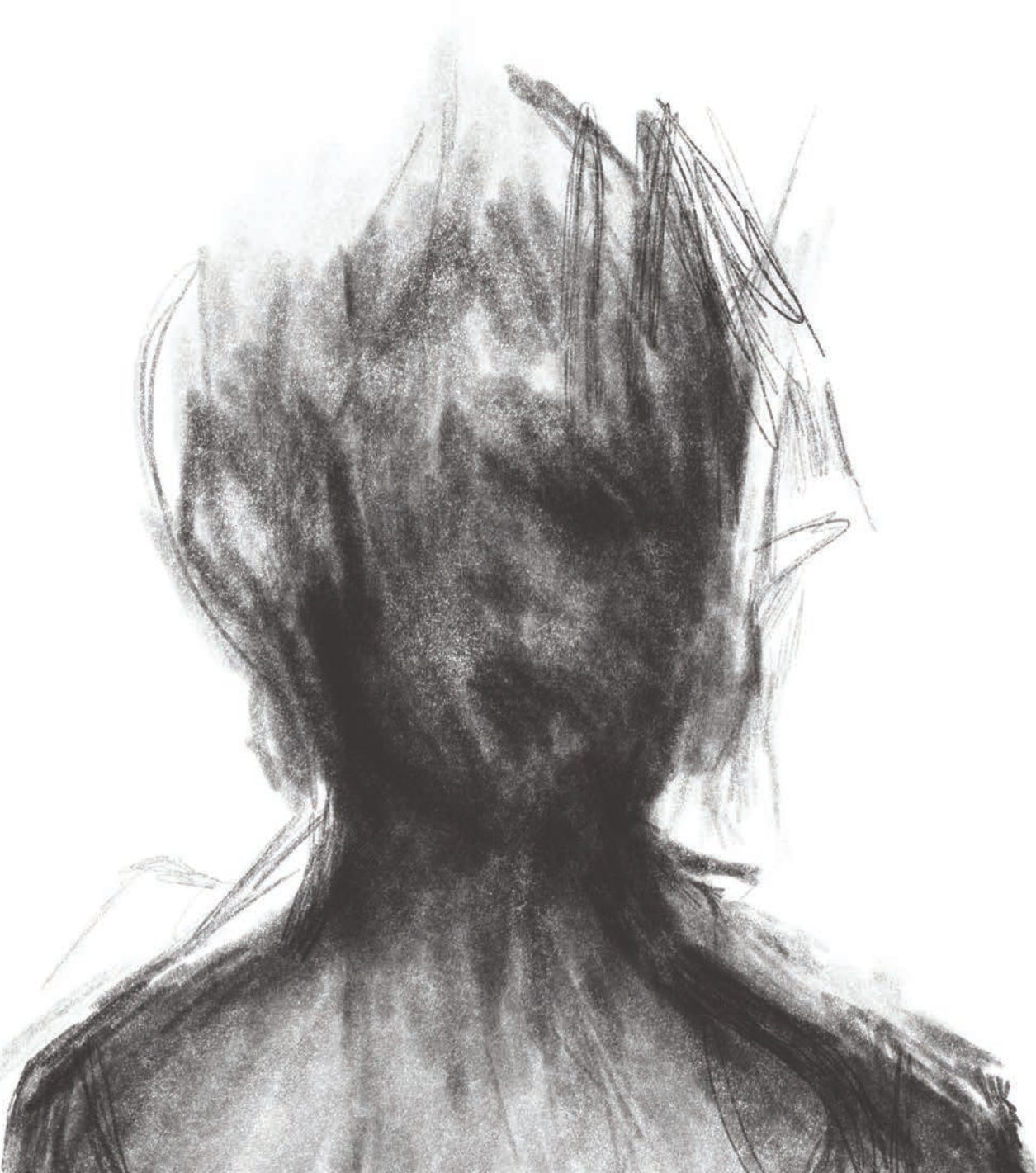
I had my baby **Ripped**  
from my breast  
at 1am in the  
**morning** by Police and  
**Oranga**  
**Tamariki**



**Whānau** do survive to tell their story.



**Love and harm can be intertwined.**



My Dad's  
Love was  
unconditional.

But you know on the other side,  
I used to see everything.

Syringes  
all over  
the floor, Pills,  
but I didn't  
care cause he was  
Cool.



**Whānau can** see past their pain.



My Dads  
Love was  
unconditional.

But you know on the other side,  
I used to see everything.

Syringes  
all over  
the floor, Pills,  
but I didn't  
care cause he was  
Cool.

When they took  
my kids away

It was sort of like  
I had **No** life.

So I just  
**Spiralled**  
down.

Having tamariki removed is **traumatising**.





When they took  
my Kids away

It was sort of like  
I had **No** life.

So I just  
**Spiralled**  
down.

**Whānau want** to share their stories  
because they need change.



I fell into a **depression**  
because I couldn't handle  
raising Children on my **Own**  
and I didn't have that  
Support from  
my Whānau  
because I **Ran**  
**away** from  
**Home.**

I was on my **Own.**



**Disconnection**

and **lacking support** from whānau.



I fell into a depression  
because I couldn't handle  
raising Children on my Own  
and I didn't have that  
Support from  
my Whānau  
because I Ran  
away from  
Home.

I was on my Own.



**Whānau know** the hardships of mothering alone  
and **know** their limits.

Whānau of 1.

Because I felt like I was  
**Isolated**  
and I was **Separated** so,

**No** one liked me,

**No** one wanted me.

I would **Never** ask for help.





**Whānau** have incredible strength  
to keep going.



Because I felt like I was  
**Isolated**  
and I was **Separated** so,

**No** one liked me,  
**No** one wanted me.

I would **Never** ask for help.

# Domestic Violence

Came back to my life.  
and that was my  
Comfort Zone.

That was my Normal  
being Abused  
was being loved.

There is repeated **generational abuse**  
within whānau.





# Domestic Violence

Came back to my life.  
and that was my  
Comfort Zone.

That was my Normal  
being Abused  
was being loved.

**Whānau** see that ideas of love need to change.





We want to go and tell them things,  
We are hindered by

What will  
they do?  
Are they  
going to  
charge us?

Are they  
going to come and  
get the kids?

Whānau have little or **no trust**  
in others to ask for help.



We want to go and tell them things,  
We are hindered by

What will  
they do?  
Are they  
going to  
charge us?

Are they  
going to come and  
get the kids?

**Whānau have** been let down  
and **want** to question the system.



There's always a connection  
in people without them  
realising.

until they use  
their voice.

The pūrākau shared here are not  
just stories, they are voices raised,  
connections made, and paths  
forged towards making change.



This mahi honours whānau experiences and looks towards a future where tamariki and their whānau can thrive.

This mahi was funded by the Health Research Council of New Zealand through the HRC 2023 Māori Health Research Career Development Award.

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The project led by Professor Denise Wilson, Dr Tanya Allport, Associate Professor Alayne Mikahere-Hall, Dr Leland Ruwhiu, Dr Nicole Coupe, Professor Tania Ka'ai, Ms Rolinda Karapu, Professor Stephen Reay, Dr Moana Eruera and Huri Campbell.

Illustration and design by Jordan Tane.



# Kei roto tō tātou rongoā

Mokopuna are safe when nurtured within their whānau and whakapapa.

Whānau Māori don't always have the knowledge and resources to help them do this.

Many also suffer from the effects of whānau violence and removal of their tamariki.

We wanted to learn with whānau and communities, by sharing what may have worked for whānau to reduce harm.

With whānau, we created ways to help lower whānau harm from violence and the removal of mokopuna from whānau.

Compiled and Illustrated by Jordan Tane.

This resource came from research with whānau as part of the **Ko te mauri, he mea tahuna i te moana** and **Kei roto tō tātou rongā** projects.

Funded by the Health Research Council.

Kei roto tō  
tātou rongā



TAUPUA WAIORA  
RESEARCH CENTRE

good health design

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