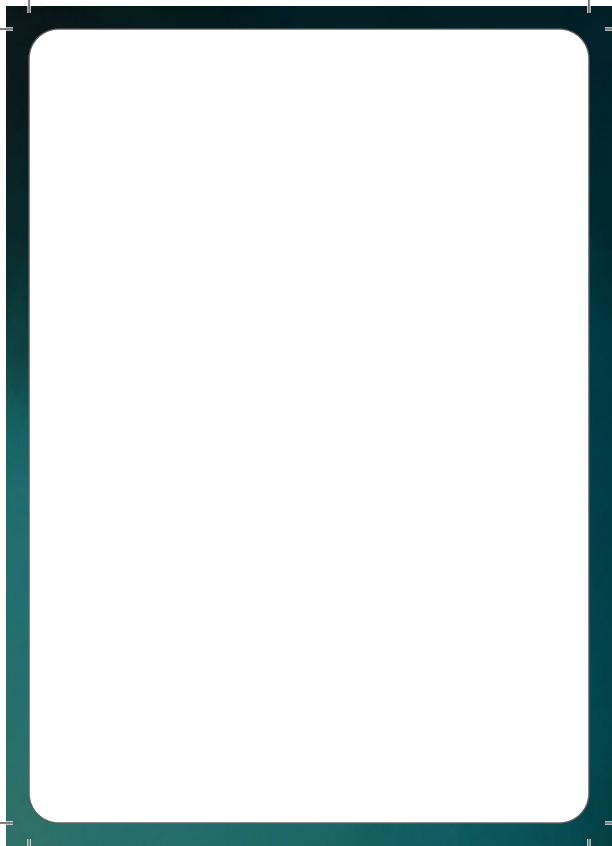
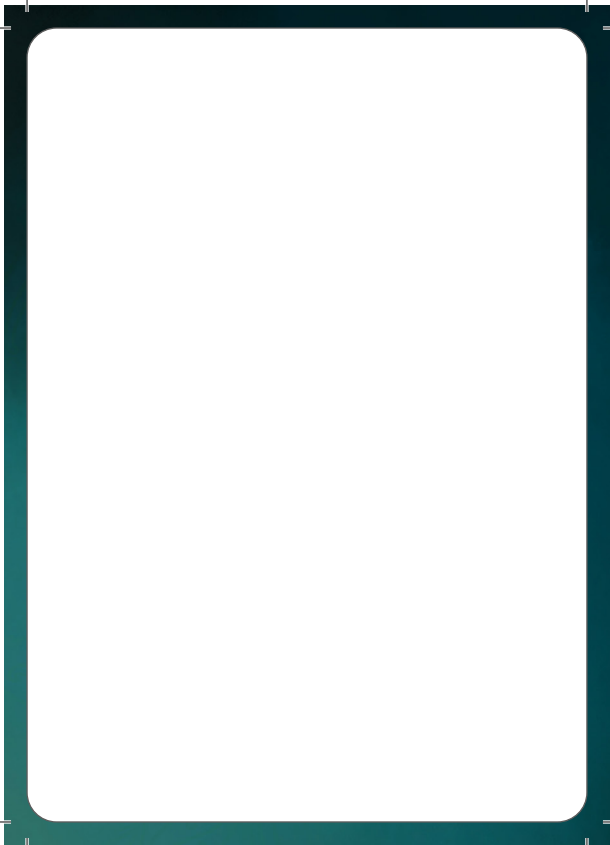
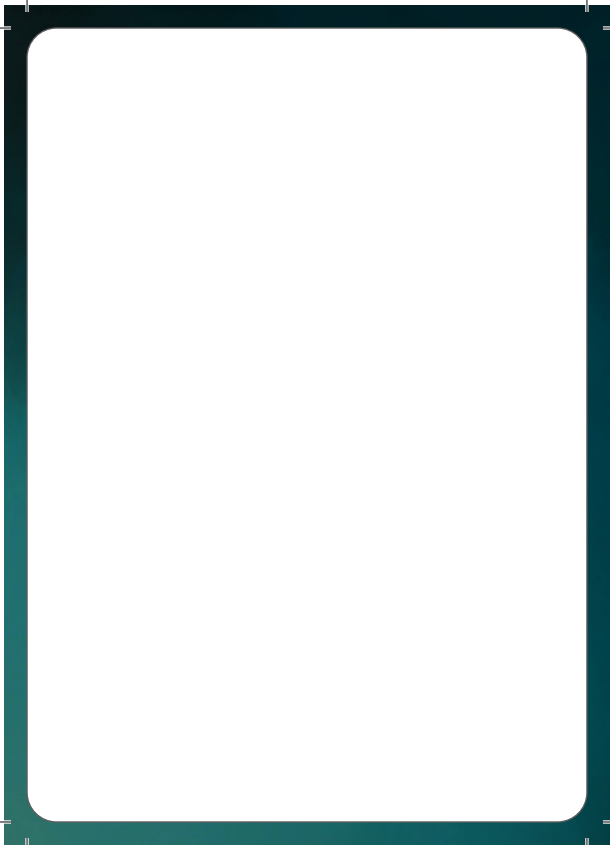
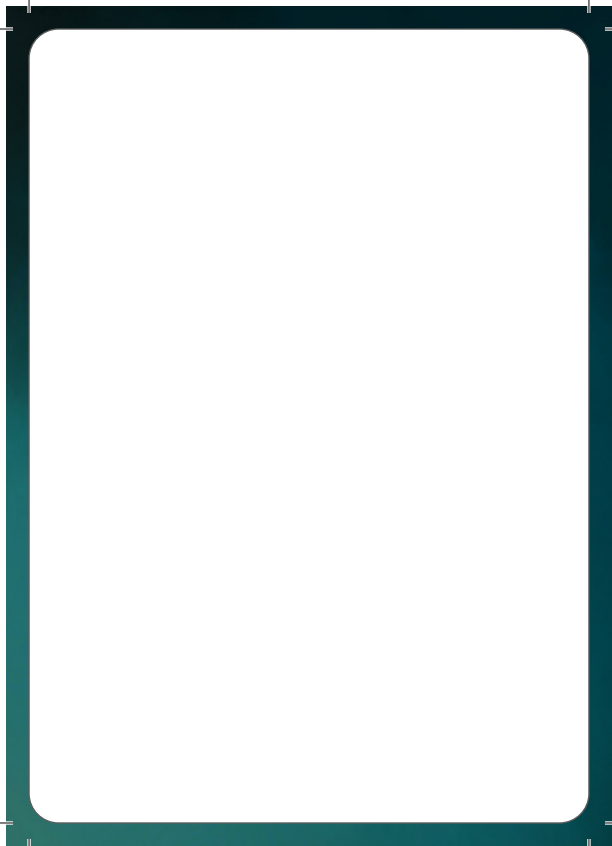
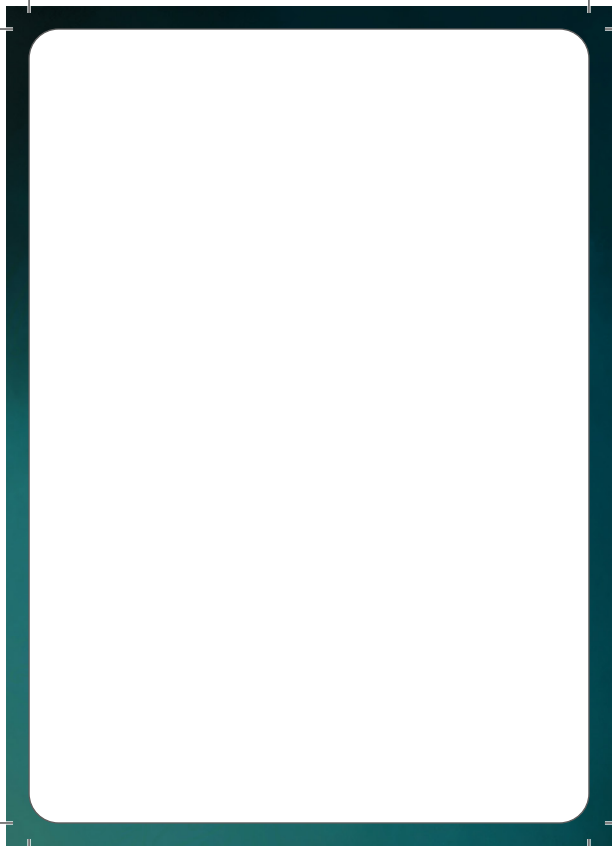


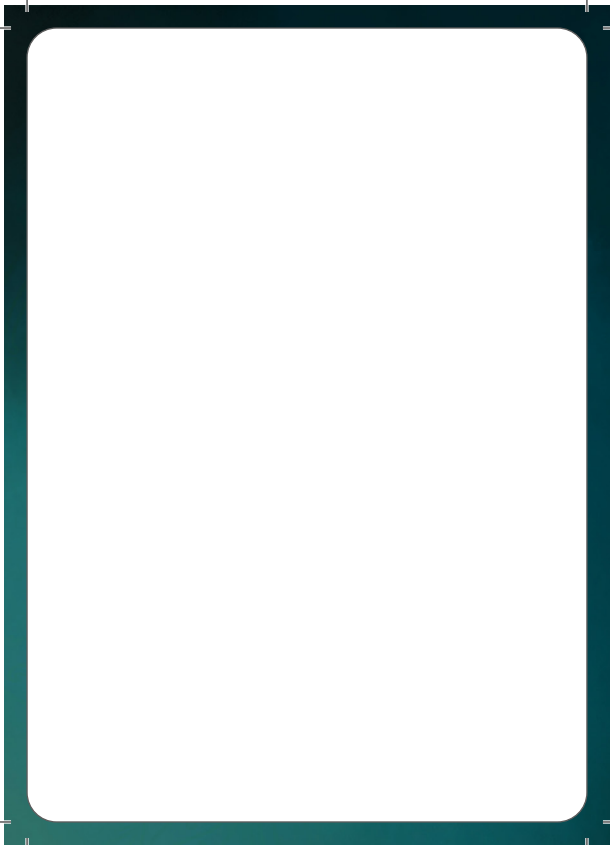


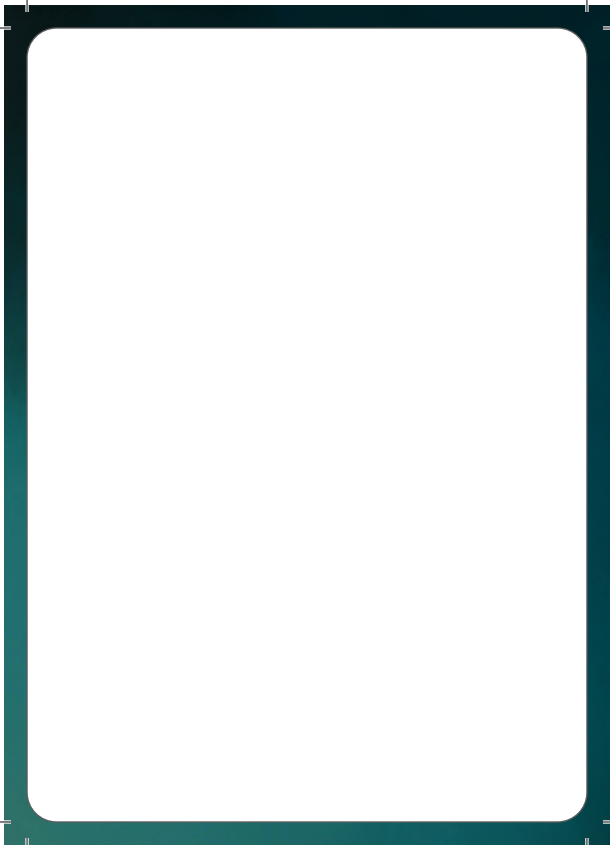


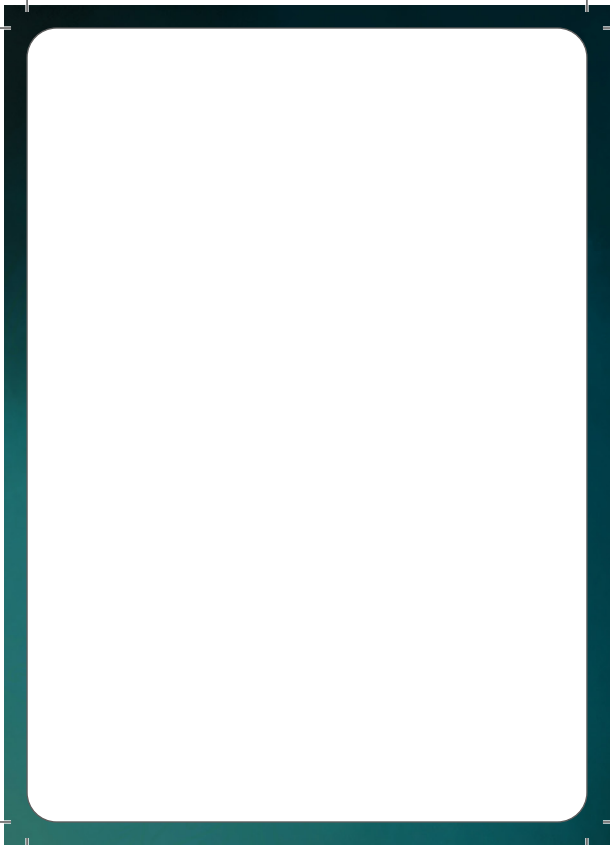


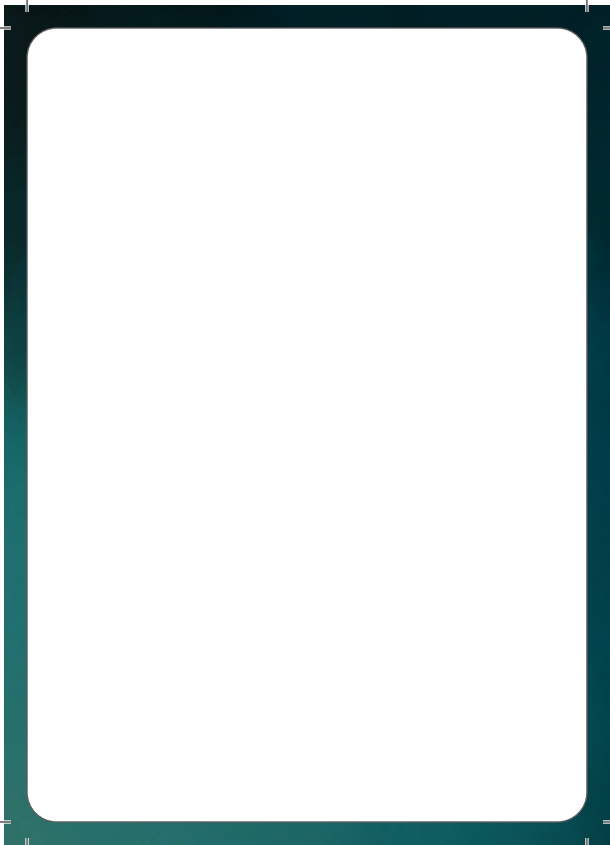


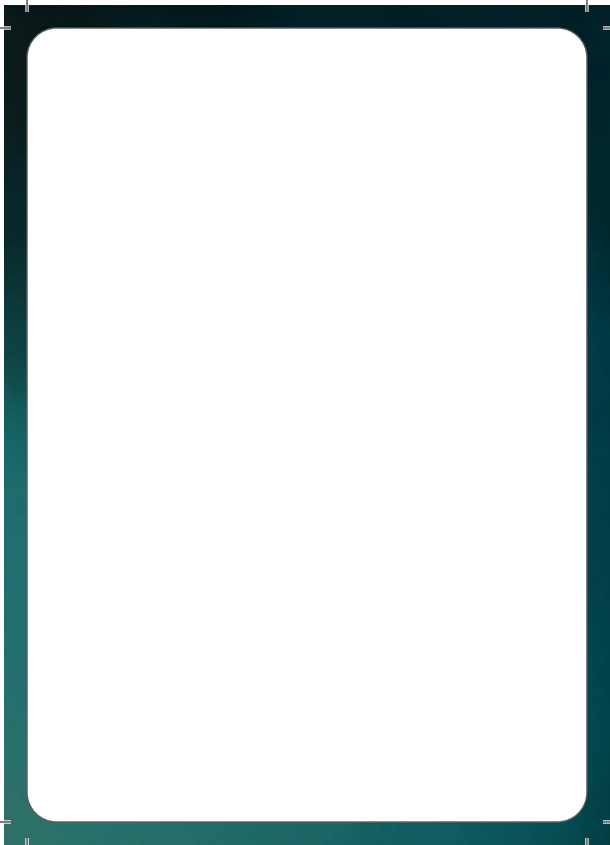


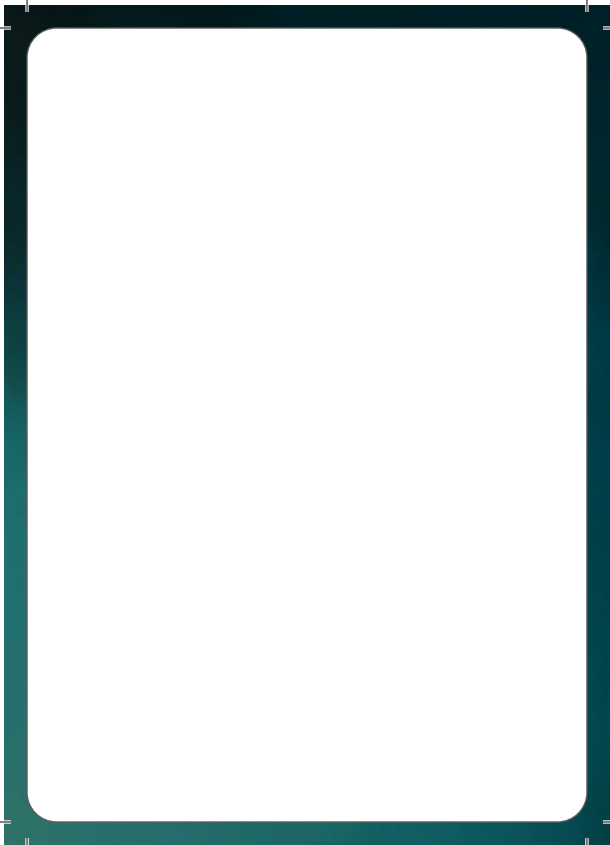


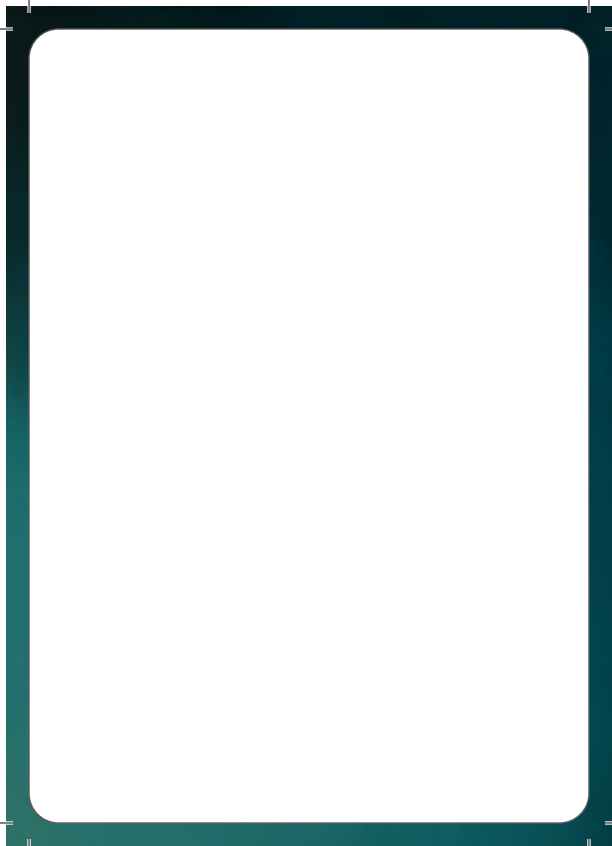


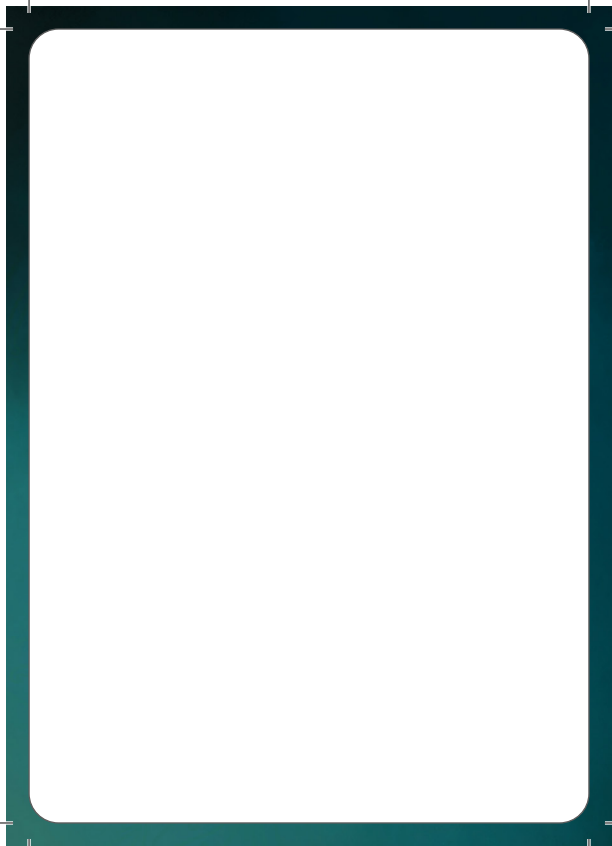


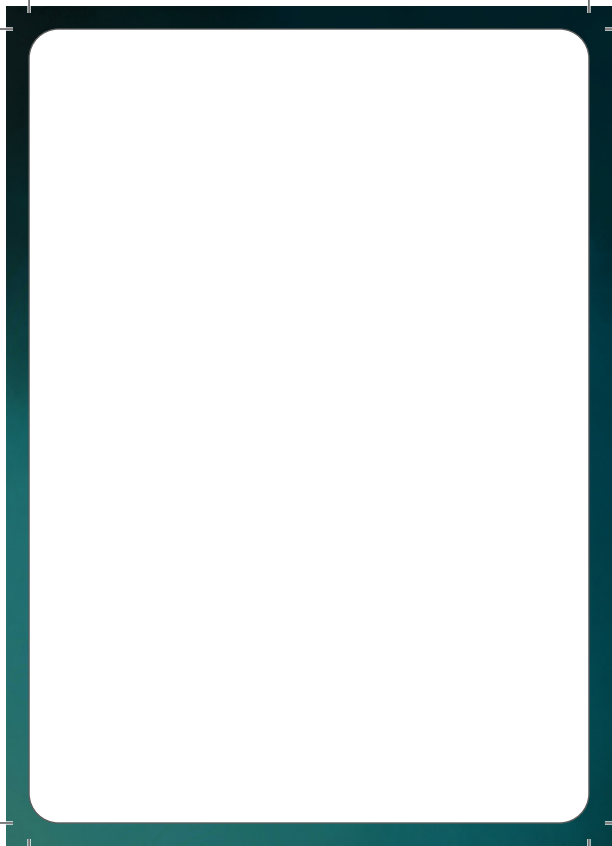


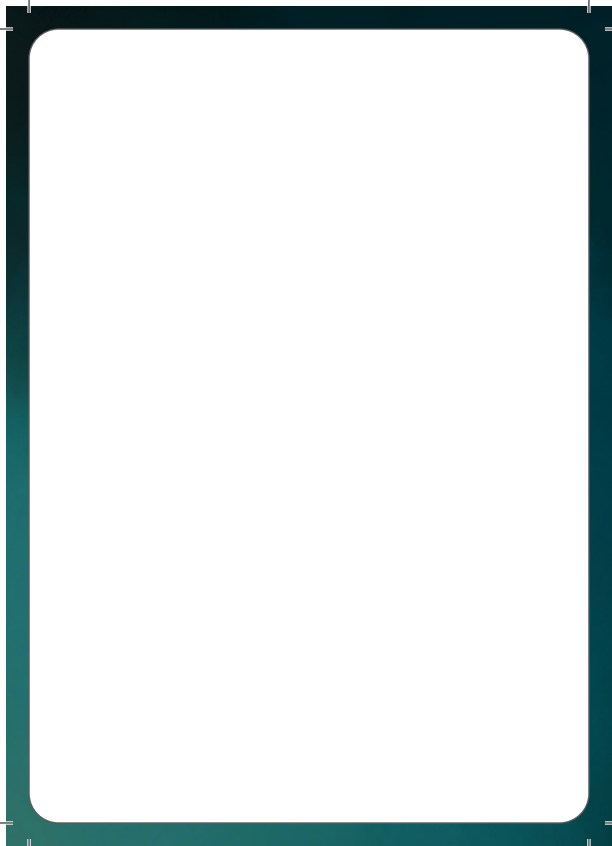


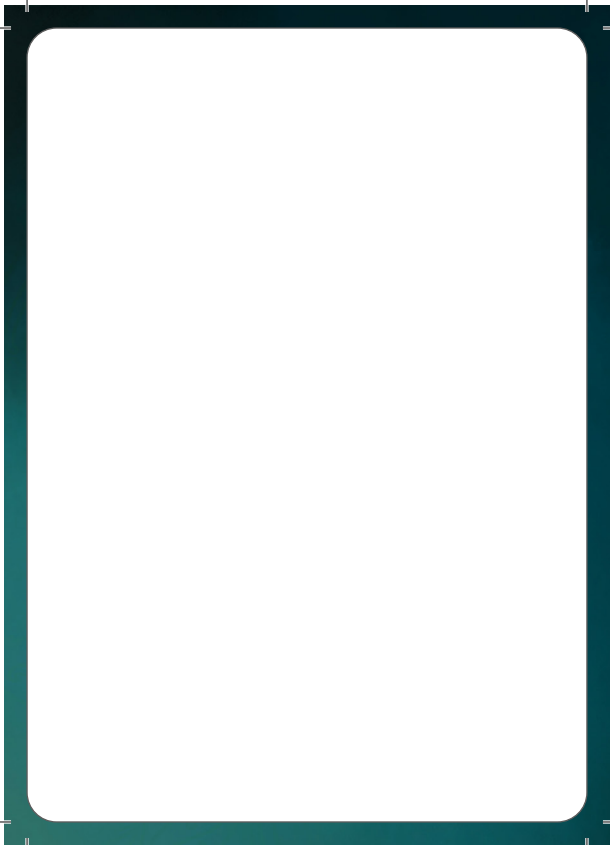


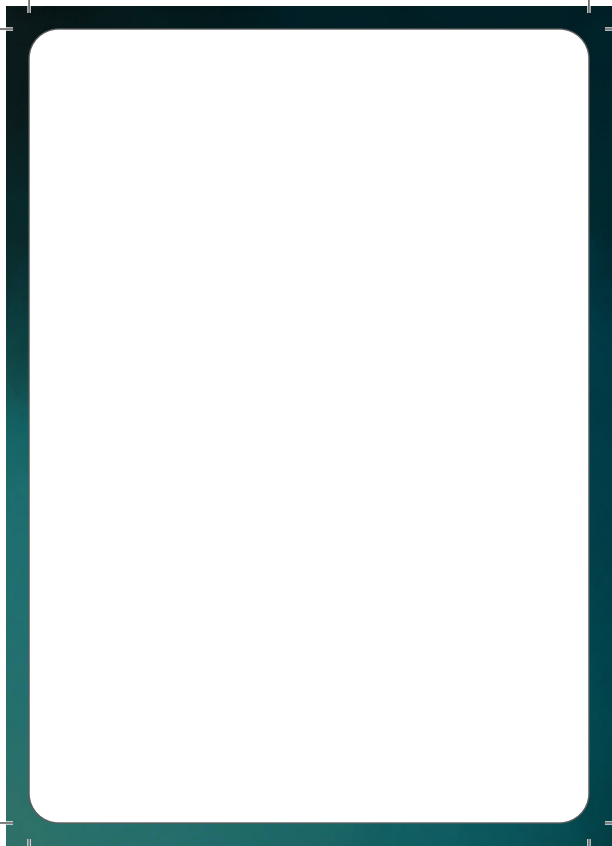


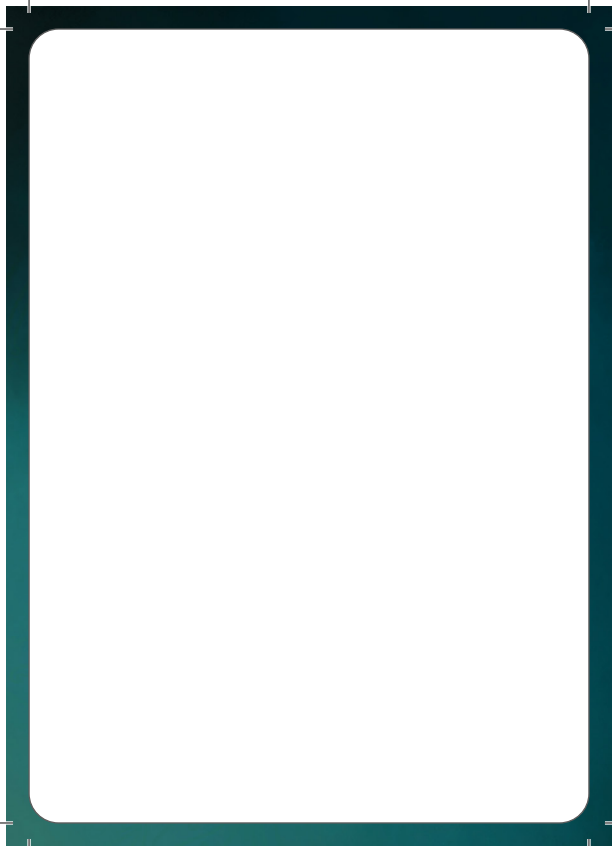


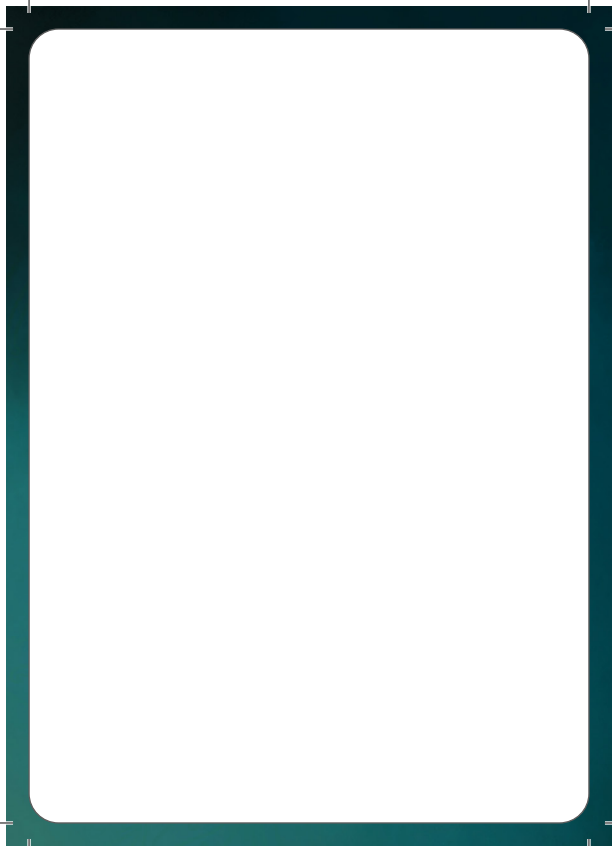


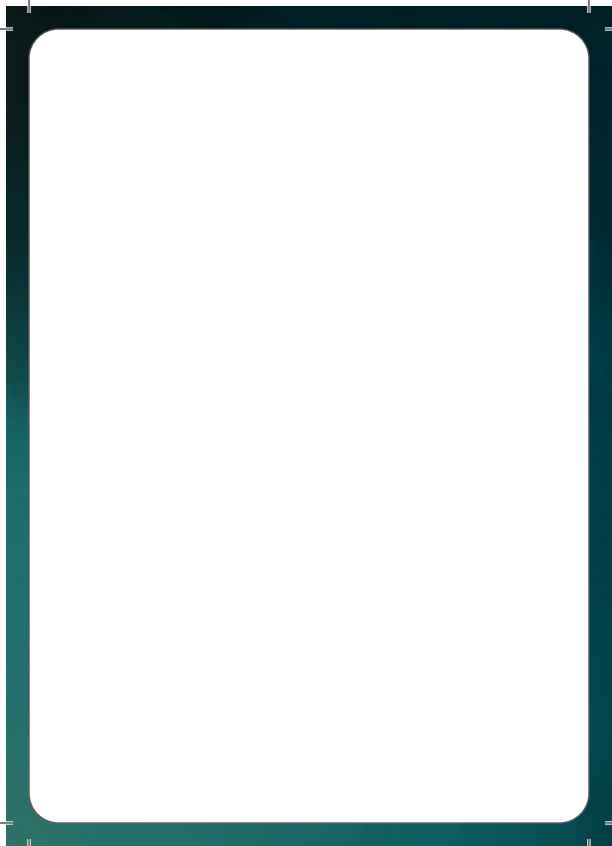








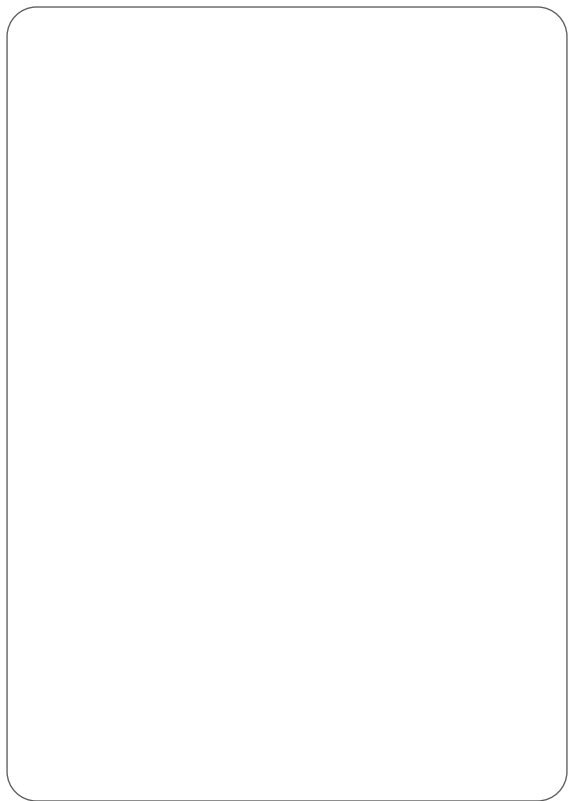




Te taha hinengaro



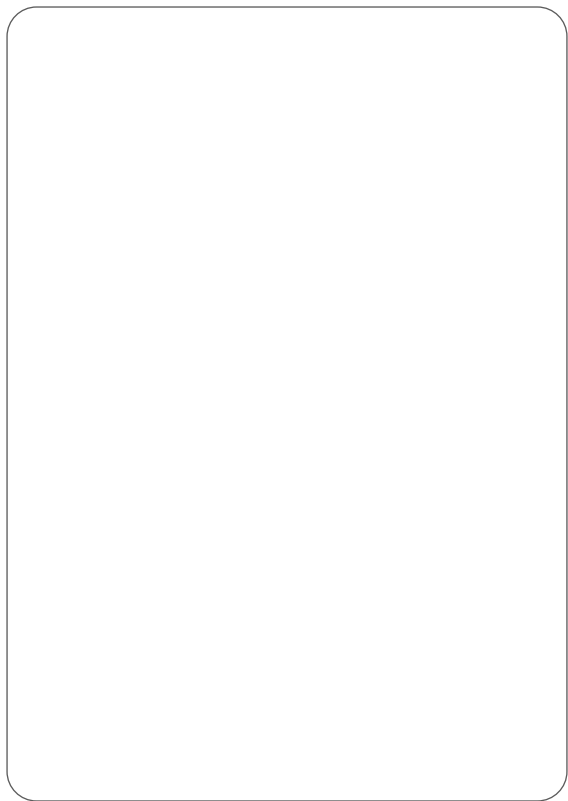
Mental and emotional wellbeing



Te taha whānau



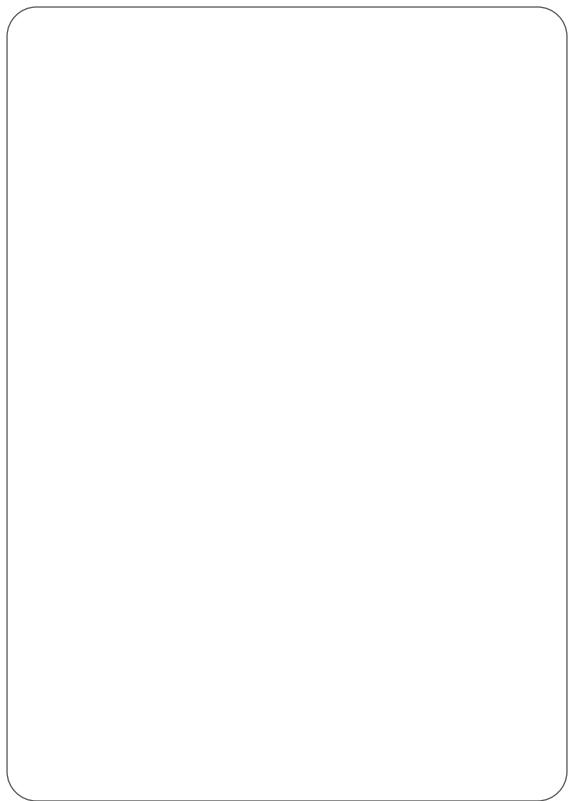
Social wellbeing



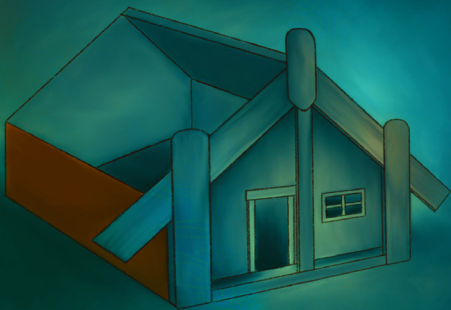
Te taha Wairua



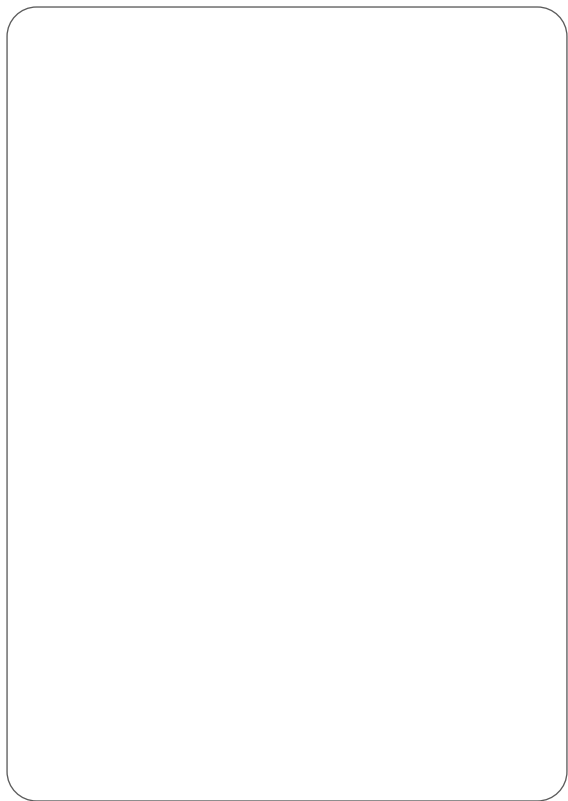
Spiritual Wellbeing

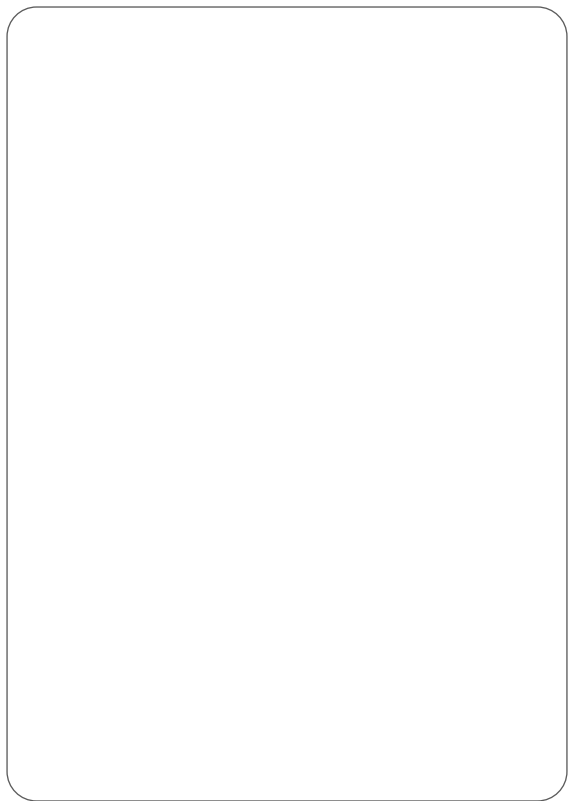


Te taha tinana



physical wellbeing





Instructions for the Te Whare Tapawha

Te taha hinengaro

Mental and emotional wellbeing

Te taha whānau

Social wellbeing

Te taha tinana
physical wellbeing

Te taha wairua
Spiritual wellbeing



Instructions for the Te Whare Tapawha

Te taha hinengaro

Mental and emotional wellbeing

Te taha whānau

Social wellbeing

Te taha tinana
physical wellbeing

Te taha wairua
Spiritual wellbeing



Instructions for the Te Whare Tapawha

Te taha hinengaro

Mental and emotional wellbeing

Te taha whānau

Social wellbeing

Te taha tinana
physical wellbeing

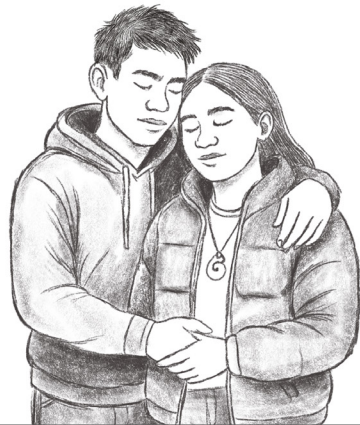
Te taha wairua
Spiritual wellbeing



Aropono Trust

E aropono ana mao tahi ki a mao i roto i tēnei piringa.

We trust each other in this relationship.



Motuhake Independence

E tāea noa e māua ngā mahi ahakoa he aha.

We are okay to do things on our own.



Whiti aronga Communication

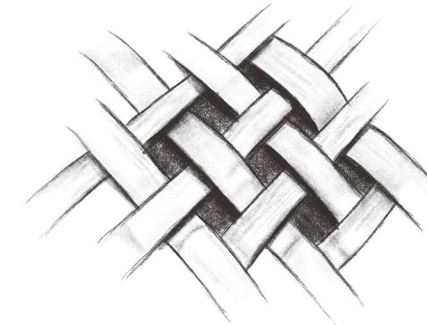
E whiti aronga ana mao ahakoa he aha te take.

We communicate about all aspects of our relationship.

Kotahitanga Togetherness

E matapaki ngātahi ana mao, whakatau ngātahi ana, me te tuku ngātahi noa.

We discuss issues, make joint decisions and make compromises.



Haringa Happiness

Kahore mao e whai ana i ngā haringa katoa mai i a māua ānake.

We do not rely on each other for all our happiness.

Haumaru Safety

Ka tau taku haumaru i te piringa nei whakaae atu whakahē kē rānei.

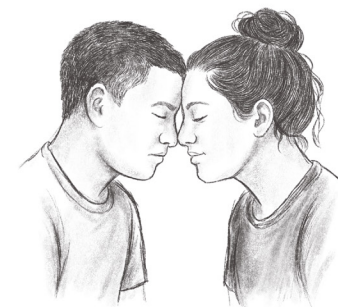
I feel safe in this relationship even when we disagree.



Ngākau titikaha Confidence

Ka tau taku haumaru ki roto i tōku ake kiri i te piringa nei.

I feel safe in my own skin in this relationship.



Whai aronga Respect

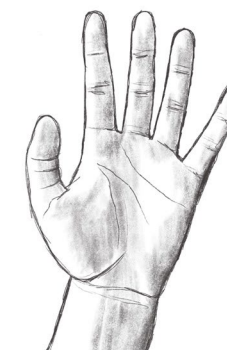
E whai aronga ana mao ki o māua ake tirohanga aronga hoki.

We respect each other's differences and opinions.

Kore riri kino Violence free

Kahore he riri kino kei waenga i te piringa nei [ā-tinana, ā-tōkai, kare-ā-roto].

There is NO violence in this relationship (physical, sexual, emotional).



Tautokona Supported

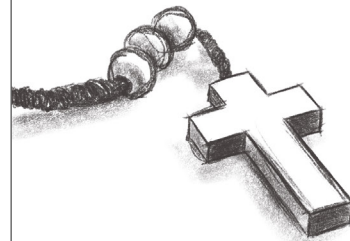
Hore kau he oro taunu, he tohe ā-tinana, he tohe tōkai rānei.

There are NO verbal put downs and NO physical or sexual threats.

Pono Honesty

He pūmau tā mao pono ki
a mao tahi hore kau nei
he mea huna.

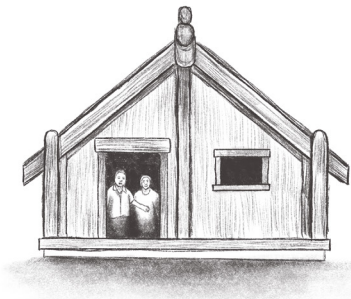
We are honest with each
other with no secrets.



Pānga wairua Spiritual

E tautokohia ana aku pānga
wairua pānga hāhi hoki.

My spiritual and religious
beliefs are supported.



Whānau

He tau ngātahi ā mao noho
ki waenga i ō māua ake
whānau me tō māua whai
aronga atu ki a rātou.

We feel accepted and a part
of each other's whānau who
we show respect.



Paenga hira Valued

Ka nui taku rongo i te
paenga hira nā taku noho
ki tōku ake āhua.

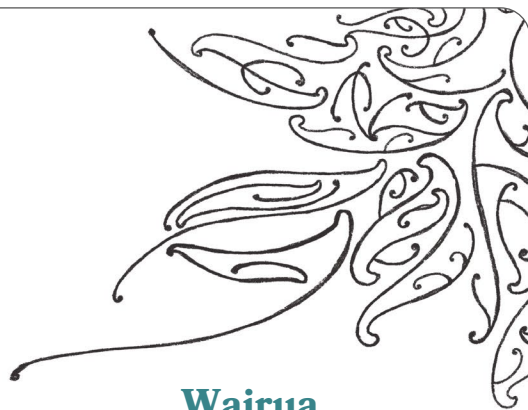
I feel respected and valued
for being myself.



Aroha Love

Ka rongo au i te aroha,
i te whakaaronui mai
me te aronui mai.

I feel loved, cared about
and appreciated.



Wairua

He tau te wairua i waenga
i a mao; E tau ana te
wairua/te whatumanawa
i waenga i a mao.

There is good wairua
between us.

Arohiahia Attraction

He tau tā mao piri tōkai
me te piri ā-tinana.

We are sexually compatible
and are physically drawn
to each other.



Haringa Enjoyment

He tau tā mao piri pāpori
me te rite tonu o tā mao
pārekareka tahi.

We are socially
compatible and enjoy
the same things.



Ngāhau Fun

He ngāhau, he puku kata me te
mahi ngātahi tā mao piri.

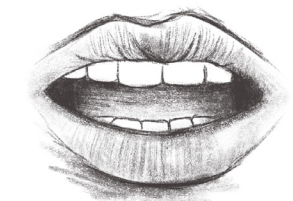
We have fun together, laugh
and do things together.

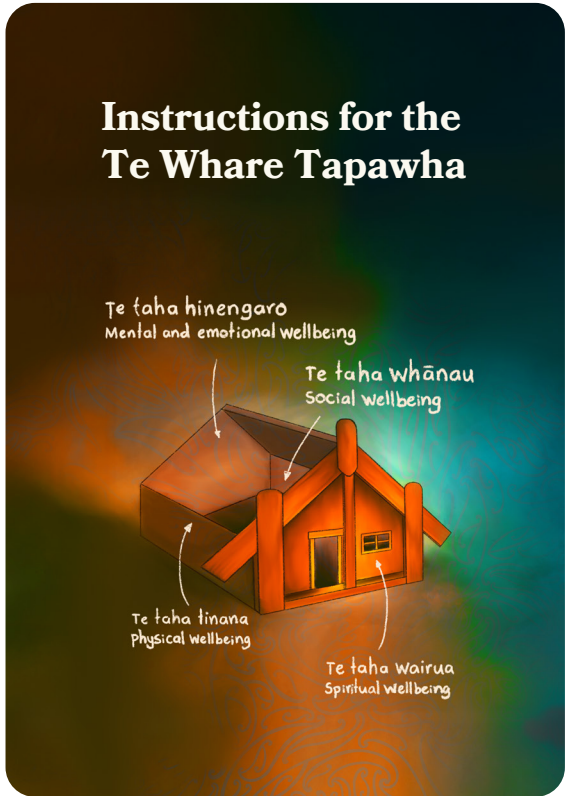
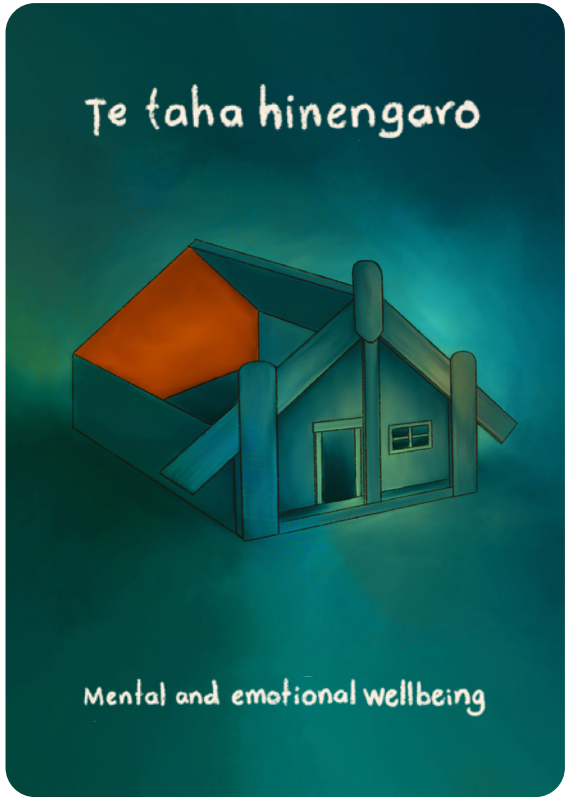


Āheinga Consensual

Kahore au e rongo ana i te kaha
kia mahi i ērā hore kau au e
hiahia ana ki te mahi (taimiri,
tōkai) ā, mena hoki au ka ki
kahore ka oti ki tērā.

I don't feel pressure to do things
I don't want to do (drugs, sex)
and when I say no my wishes
are respected.





Instructions for the Te Whare Tapawha

The Te Whare Tapawha is a Māori model for 'oranga' or wellbeing.

It can be useful to consider our relationship wellbeing within each of those four walls of the whare that represent the dimensions of te taha tinana or physical, te taha whānau or social, te taha hinengaro or mental/emotional and te taha wairua or spiritual.

1

How to use the Te Whare Tapawha Cards to assist you to think about your relationship wellbeing.

Lay out the four Te Whare Tapawha cards in the form of a square so you can see all four dimensions.

Choose a values card or cards.

Read the card. Consider and/or discuss from your perspective, which dimension it aligns to within the four dimensions of Te Whare Tapawha and lay the card down next to that dimension.

2

If you are in a relationship, think about how you are doing with enacting or living this value at the moment.

Is your relationship strengthening your wellbeing in this domain?

Or, is it impacting negatively at this time?

If so does it require some action? What support might you need and who could assist you?

3

If something is happening that you may be concerned about make sure that you go to someone you trust to seek help, or, by contacting **Youthline** on either; **free text 234** or web chat on <https://youthline.co.nz/web-chat-counselling/> or calling **0800-376633**.

4