



Rangahau Aituā Huarere Taikaha Pūtoi Matua

Uiui Mā te Whaea

Growing Up in New Zealand

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Tuhipoka Kaiuiui: Kua māhiti ngā raraunga tuakiri.

ID Tuakiri Kaiwhakauru (Whaea): ____ • ____

FN Ingoa Tuatahi (Whaea): _____

LN Ingoa Whānau (Whaea): _____

C1 Ingoa o te Tamaiti: _____

C1 ID Tuakiri o te Tamaiti: ____ • ____

INTD Rā Uiui: ____/____/____

INTR Ingoa o te Kaiuiui: _____

CTRY Whenua Noho o te Whaea: _____

1. Kōrero Whakataki

Kia ora {NAME}, nau mai ki te uiui Aituā Huarere Taikaha a *Growing Up in New Zealand*.
Tēnā rawa atu koe mō te whakauru mai ki tēnei kaupapa hira.

He uiui poto tā mātau mō ngā waipuke me ngā huripari i pā mai i Aotearoa i te Hānuere me te Pēpuere i tēnei tau (2023). Kei te hiahia mātau ki te mōhio mō te wheako o tēnei huarere taikaha mō koutou ko tō whānau, ā, kei te pēhea koe ināianei.

Ahakoa kāore he waipuke, he horo rānei i tō whare, kei te hiahia tonu mātau kia whakautua e koe ēnei pātai. Ko te tikanga kāore e neke atu i te 30 meneti mō te whakautu.

Ka pātai te uiui ki a koe mō te pānga o te waipuke me te huripari ki tō ao me ō mahi o ia rā. Kātahi ka pātaihia koe mō ō kare-ā-roto me tō wairua i taua wā me nāianei. Kei te hiahia anō mātau ki te mōhio i pēhea te pā o ēnei āhuatanga huarere ki tō taiao, ā, nā tēnei kei te tonu mātau kia whakaae mai koe ki te hono i tō wāhi noho ki ngā pūkete taiao. Ka tino māmā pea koe i ēnei mōhiohio mō te āhua o te pānga o te taiao ki ō tamariki me tō whānau i te wā, me muri hoki o ngā āhuatanga huarere. Kei a koe te tikanga mō tēnei ahakoa koe ka kī **kāo** ki tēnei wāhanga, ka āhei tonu koe ki te whakauru ki tēnei rangahau.

Ka whakamahia e mātau te taua kohinga raraunga anō me ngā hātepe whakahaerenga mō tēnei rangahau i whakamahia e mātau i ngā mahi kohinga raraunga o mua ake. Ko ngā mōhiohio ka tukuna mai e koe ka noho tapu, ā, ka arotakengia, ka tātarihia anake i te wāhanga tātari raraunga, arā, kāore e taea e mātau te whaiwhai ake me koe, tō tamaiti rānei mēnā ka puta i a koe ngā tohumate nui o te pāpourī, anipā, kohuki taumuri. Mēnā kei te hiahia tautoko anō koe, kua tukuna e mātau tētahi rārangi o ngā ratonga tautoko kei te mutunga o te uiui, kei runga hoki i tā mātau paetukutuku. Ko ō raraunga ka kohia i te rangahau ka uru ki ngā raraunga *Growing Up in New Zealand*, ā, ka wātea mai ki ētahi atu kairangahau kua whakaaetia, kāore e uru atu tō ingoa, te ingoa o tō tamaiti rānei, ētahi atu mōhiohio rānei e mōhiotia ai koe.

Mēnā ka raru koe i tētahi pātai, kāore rānei koe i te mōhio me pēhea te whakautu i tētahi mea, me waea mai ki 0508 GROWING UP (0508 476 946), īmēra mai rānei ki contact@growingup.co.nz, patowaea rānei ki 8071 ahakoa te rā i te wiki i waenga i te 9 karaka i te ata me te 9 karaka i te pō, mā mātau koe e āwhina.

Tēnā koe mō te whai wāhi tonu mai ki tēnei rangahau whakamīharo 😊

1.1 Whakaae kia whakaotihia te rangahau

(Kōwhiria kia kotahi anake)

CONSENT1_y13EWM

☐ 1. Āe

☐ 0. Kāo *Haere ki te MUTUNGA O NGĀ PĀTAI me Te katinga me ngā hono mōhiohio*

1.2 Whakaaetanga hei whakamahi i tō wāhi noho hei hono ki ngā pūkete taiao. Ka taea tonu e koe te whakaoti tēnei uiui ahakoa kāore koe i te hiahia kia honoa e mātau tō wāhi noho.

(Kōwhiria kia kotahi anake)

CONSENT2_y13EWM

☐ 1. Āe

☐ 0. Kāo

1.3. He aha tō wāhi noho i te wā o ngā waipuke, te huripari rānei i te Hānuere/Pepuere 2023?

(Kōwhiria kia kotahi anake)

ADDRESS_y13EWM

- ☐ 97. Tuhia mai _____
- ☐ 98. Kāore i te hiahia kōrero atu

1.4 Ko tō...

(Kōwhiria kia kotahi anake)

PRPTTYPE_y13EWM

- ☐ 1. Kāinga ake tēnei (he mōkete, kāore rānei)
- ☐ 2. Kāinga nō te whānau
- ☐ 3. He whare rēti tūmataiti, te utu rēti ki tētahi kairētiwhare, kaiwhakahaere whare rānei
- ☐ 4. Whare pāpori, tūmatanui rānei
- ☐ 97. Tētahi atu mea, tuhia mai _____

1.5 I pā kinotia tō whare e ngā waipuke, huripari rānei i te Hānuere me te Pepuere i tēnei tau?

(Kōwhiria kia kotahi anake)

AFFECT_y13EWM

- ☐ 1. Āe
- ☐ 2. Kāo, engari e noho ana mātau i tētahi wāhi i pā kinotia
- ☐ 0. Kāo

2. Te whakatahinga me te wharenoho taupua

E kōrero ana ēnei pātai mō tō whare noho mai i te wā o ngā waipuke, huripari rānei.

2.1 I mate koe ki te wehe, te whakatahi rānei i tō kāinga nā ngā waipuke, huripari rānei i te Hānuere/Pepuere 2023?

(Kōwhiria kia kotahi anake)

EVC1_y13EWM

- ☐ 1. Āe, i mua i te/ngā aituā
- ☐ 2. Āe, i te wā o te/ngā aituā
- ☐ 3. Āe, i mua i te/ngā aituā
- ☐ 0. Kāo (Haere ki 3.1)

2.2 Mai i te waipuke/huripari, ko ēhea o ēnei āhuatanga whare noho i hiahiatia e koe?

(Kōwhiria ngā mea katoa e hāngai ana – kia kotahi i te iti rawa)

EVC2_1_y13EWM ki te EVC2_98_y13EWM

- ☐ 1. E noho ana i tētahi pokapū whakamaru ohotata / hāpori taupua i whakaritea nā ngā waipuke me te huripari
- ☐ 2. Te noho me ngā hoa, whānau rānei
- ☐ 3. Te noho murare, 'i te tiriti rānei' (kāore i roto hanganga haupunu)
- ☐ 4. Te noho i rō waka, kerewēne, karāti, he mea ōrite rānei. Kei roto i tēnei ko ngā haupunu, engari kāore mō te noho pūmau, ā, kāore hoki i te whai i tētahi ratonga waiwai kotahi, neke atu rānei (wai inu, wharepaku, kauranga, hīrere rānei, wāhi tunu kai, pūhiko/hiko)

- ☐ 5. Te noho i tētahi whakaruruhau mō te pō
- ☐ 6. Kei rō punanga wāhine e noho ana
- ☐ 7. Te noho i rō whare takawaenga e tautokona ana e tētahi whakahaere hapori
- ☐ 8. Te noho i tētahi papa noho puni, papa waka noho i te mea kāore he wāhi atu hei nōhanga mōu
- ☐ 9. Te noho i tētahi mōtera, hōtera i whakaritea e ngā āwhina a te kāwanatanga, i utua rānei e ō moni whiwhi tautoko hei whare noho ohotata i te mea kāore he wāhi atu anō hei nōhanga mōu
- ☐ 10. Te noho i tētahi mōtera, hōtera kāore i whakaritea e ngā āwhina a te kāwanatanga, i utua rānei e ō moni whiwhi tautoko hei whare noho ohotata i te mea kāore he wāhi atu anō hei nōhanga mōu
- ☐ 11. Te noho i ētahi atu wāhi noho arumoni (pērā i tētahi whare rīhi) hei whare noho ohotata i te mea kāore he wāhi atu anō hei nōhanga mōu
- ☐ 12. Te noho i tētahi marae hei whare noho ohotata i te mea kāore he wāhi atu anō hei nōhanga mōu
- ☐ 97. Te noho i tētahi atu āhuatanga. Tuhia mai: _____
- ☐ 96. Kāore ko ērā i runga
- ☐ 98. Kāore i te hiahia kōrero atu

[Kia mōhio: He waehere tāuke te 96 me te 98]

2.3 E hia ngā wā i mate koe ki te neke nā ngā waipuke/huripari?

(Kōwhiria kia kotahi anake)

EVC3_y13EWM

- ☐ 1 Kotahi
- ☐ 2 E rua
- ☐ 3 E toru
- ☐ 4 E whā
- ☐ 5 E rima, neke atu rānei

2.4 I mate koe ki te neke mai i tō hapori ake?

(Kōwhiria kia kotahi anake)

EVC4_y13EWM

- ☐ 1 Āe
- ☐ 0 Kāo
- ☐ 98. Kāore i te hiahia kōrero atu

2.5 E hia te roa kāore i taea e koe te noho ki tō whare i tōu whare nā ngā waipuke, huripari rānei?

(Kōwhiria kia kotahi anake)

EVC5_y13EWM

- ☐ 1. Iti iho i te 24 haora (Haere ki 3.1)
- ☐ 2. 1-2 rā (Haere ki 3.1)
- ☐ 3. 3-7 rā (Haere ki 3.1)
- ☐ 4. Neke atu i te 1 wiki atu ki te 2 wiki (Haere ki 3.1)
- ☐ 5. Neke atu i te 2 wiki engari i raro iho i te kotahi marama (Haere ki 3.1)
- ☐ 6. 1-2 marama (Haere ki 3.1)
- ☐ 7. Neke atu i te 2 marama engari kei te kāinga ahau ināianei (Haere ki 3.1)
- ☐ 8. Kāore e taea te noho i tōku whare nā ngā waipuke, huripari rānei

2.6 Kei hea koe e noho ana i tēnei wā?

(Kōwhiria ngā mea katoa e hāngai ana – kia kotahi i te iti rawa)

EVC6_1_y13EWM ki te EVC6_98_y13EWM

- ☐ 1. E noho ana i tētahi pokapū whakamaru ohotata / hapori taupua nā ngā waipuke me te huripari
- ☐ 2. Te noho me ngā hoa, whānau rānei
- ☐ 3. Te noho murare, 'i te tiriti rānei' (kāore i roto hanganga haupunu)
- ☐ 4. Te noho i rō waka, kerewēne, karāti, he mea ōrite rānei. Kei roto i tēnei ko ngā whare haupunu, engari kāore mō te noho pūmau, ā, kāore hoki i te whai i tētahi ratonga waiwai kotahi, neke atu rānei (wai inu, wharepaku, kauranga, hīrere rānei, wāhi tunu kai, pūhiko/hiko)
- ☐ 5 Te noho i tētahi whakaruruhau mō te pō
- ☐ 6. Kei rō punanga wāhine e noho ana
- ☐ 7. Te noho i rō whare takawaenga e tautokona ana e tētahi whakahaere hapori
- ☐ 8. Te noho i tētahi papa noho puni, papa waka noho rānei
- ☐ 9. Te noho i tētahi mōtera, hōtera rānei i whakaritea e ngā āwhina a te kāwanatanga, i utua rānei e ō moni whiwhi tautoko hei whare noho ohotata
- ☐ 10. Te noho i tētahi mōtera, hōtera rānei kāore i whakaritea e ngā āwhina a te kāwanatanga, i utua rānei e ō moni whiwhi tautoko hei whare noho ohotata
- ☐ 11. Te noho i tētahi atu wāhi noho arumoni (pērā i tētahi whare rīhi)
- ☐ 12. Te noho i tētahi marae
- ☐ 13. Whare rēti wā poto (i raro i te 6 marama te rīhi)
- ☐ 14. Whare rēti wā roa (6 marama, neke atu rānei te rīhi)
- ☐ 97. Te noho i tētahi atu āhuratanga. Tuhia mai: _____
- ☐ 96. Kāore ko ērā i runga
- ☐ 98. Kāore i te hiahia kōrero atu

[Kia mōhio: He waehe tātūke te 96 me te 98]

2.7 Ki ōu whakaaro ka taea e koe te noho ki te wāhi i reira koe e noho ana i te wā o ngā waipuke, huripari rānei?

(Kōwhiria kia kotahi anake)

EVC7_y13EWM

- ☐ 1. Kāo (Haere ki 3.1)
- ☐ 0. Kāo
- ☐ 99. Kāore i te mōhio (Haere ki 3.1)

2.8 He aha ō pūtake matua ki ōu whakaaro kāore e taea e koe te hoki?

(Kōwhiria ngā mea katoa e hāngai ana – kia kotahi i te iti rawa)

EVC8_1_y13EWM ki te EVC8_97_y13EWM

- ☐ 1. Kua tūturu te tūkinohia o te whare, kāore hoki/rānei te whenua i te whena
- ☐ 2. Kei te māharahara mō ngā āhuratanga huarere ā muri ake, te whena rānei o te whenua
- ☐ 3. Kāore i te haumarua tōku āhua
- ☐ 4. I te rēti mātau, ā, me neke mātau ki wāhi kē
- ☐ 5. Nō mātau te kāinga, ā, kua whakatau mātau ki te neke ki wāhi kē ināianei

- ☐ 6. Ka tōmuri te inihua, he tawhiti rānei tētahi whakatau
- ☐ 97. Tētahi atu, tuhia mai _____

3. Te āhua o te whare, ngā utu me ngā whakararu ki ngā whakaahuru

3.1 Ka pēhea tō whakamārama i te āhua o tō whare/nohonga rīhi i muri tonu mai i ngā waipuke, huripari rānei?

(Kōwhiria kia kotahi anake)

HH30_F1_y13EWM

- ☐ 1. Kāore e hiahiatia te tapitapi me te tautiaki
- ☐ 2. He tautiaki paku noa e hiahiatia ana
- ☐ 3. Me tapitapi
- ☐ 4. Whakapiri mā – he iti te tūkinohia, kāore rānei, ā, ka taea te whakamahi
- ☐ 5. Whakapiri kōwhai – he āhua nui te tūkinohia, ā, he tikanga whāiti mō te āhei atu
- ☐ 6. Whakapiri whero – tē taea te whakamahi, ā, kua rāhuitia te āhei atu
- ☐ 98. Kāore i te hiahia kōrero atu
- ☐ 99. Kāore i te mōhio

3.2 Ka pēhea tō whakamārama i te āhua o taua whare/nohonga rīhi ināianei?

(Kōwhiri kia kotahi anake)

HH30_F2_y13EWM

- ☐ 1. Kāore e hiahiatia te tapitapi me te tautiaki
- ☐ 2. He tautiaki paku noa e hiahiatia ana
- ☐ 3. Me tapitapi
- ☐ 4. Whakapiri mā – he iti te tūkinohia, kāore rānei, ā, ka taea te whakamahi
- ☐ 5. Whakapiri kōwhai – he āhua nui te tūkinohia, ā, he tikanga whāiti mō te āhei atu
- ☐ 6. Whakapiri whero – tē taea te whakamahi, ā, kua rāhuitia te āhei atu
- ☐ 98. Kāore i te hiahia kōrero atu
- ☐ 99. Kāore i te mōhio

3.3 Kua rerekē o utu whare noa ināianei nā ngā waipuke me te huripari? Kei roto i tēnei ko ngā whakapaunga rēti/mōkete, ngā reiti me ētahi atu whakapaunga whakature, hāunga te inihua, ratonga tūāpapa, me ētahi atu utu.

(Kōwhiri kia kotahi anake)

HH34_y13EWM

- ☐ 1. Āe, kua piki
- ☐ 2. Āe, kua heke
- ☐ 0. Kāo
- ☐ 99. Kāore i te mōhio

3.4 Kei te hāngai tētahi o ēnei āhuatanga ki a koe, nā te waipuke, te huripari rānei?

(Kōwhiria ngā mea katoa e hāngai ana – kia kotahi i te iti rawa)

DSRPT1_1_y13EWM ki te DSRPT1_96_y13EWM

- ☐ 1. I whai i tētahi pūtea taurewa
- ☐ 2. I whakamahi pūtea penapena hei utu i ngā whakapaunga o ia rā
- ☐ 3. I toro atu ki te Kiwisaver nā ngā taumahatanga ā-pūtea
- ☐ 4. Kua nui ake ngā nama (tae atu ki ngā kāri nama, mōkete, moni tuhene, hoko rīhi, ngā ratonga hoko ināianei/ā muri ake)

- ☐ 5. I mino moni mai i ngā hoa, whānau rānei
- ☐ 6. Kua whakatārewahia te mōkete, kua huri rānei ki ngā utunga huamoni anake
- ☐ 7. I whiwhi i tētahi takuhe motuhake mai i WINZ
- ☐ 96. Kāore ko ērā i runga

[Kia mōhio: He waehe tūke te 96]

3.5 I whakararua tō āhei atu ki tētahi o ēnei ratonga i te wā, i muri rānei o ngā waipuke me te huripari?

(Kōwhiria ngā mea katoa e hāngai ana – kia kotahi i te iti rawa)

DSRPT2_1_y13EWM ki te DSRPT2_96_y13EWM

- ☐ 1. Ratonga haurehu
- ☐ 2. Ipurangi
- ☐ 3. Waea kāinga
- ☐ 4. Hōkaitanga waea pūkoro
- ☐ 5. Hiko
- ☐ 6. Wai kōrere/inu (kaua te wai pātara)
- ☐ 96. Kāore tētahi o ērā i runga ake [Haere ki 4.1]

[Kia mōhio: He waehe tūke te 96]

3.6 [ka tukurua mō ia whakautu i tīpakohia mai i 3.5] E hia te roa i whakararua koe [māhiti mai i 3.5]:

(Kōwhiria kia kotahi anake)

DSRPT3_y13EWM

- ☐ 0. Iti iho i te 24 hāora
- ☐ 1. 1- 2 rā
- ☐ 2. 3- 7 rā
- ☐ 3. Neke atu i te 1 wiki atu ki te 2 wiki
- ☐ 4. Neke atu i te 2 wiki engari i raro iho i te kotahi marama
- ☐ 5. 1-2 marama
- ☐ 6. Neke atu i te 2 marama engari kua tika te ratonga ināiane
- ☐ 7. Kei te raru tonu nā ngā waipuke, huripari rānei
- ☐ 95. Kāore i te hāngai

3.7 Kua rerekē tō āhei atu ki ngā kōwhiringa tūnuku tūmatanui mai i ngā waipuke, ngā huripari hoki/rānei?

(Kōwhiria kia kotahi anake)

DSRPT4_y13EWM

- ☐ 1. Āe, he pai ake aku kōwhiringa ināiane (Haere ki 3.8)
- ☐ 2. Āe, kua hē kē atu aku kōwhiringa ināiane (Haere ki 3.9)
- ☐ 0. Kāo, kei te ōrite tonu – (Haere ki 4.1)

3.8 I pēhea te hua mai o ngā kōwhiringa pai ake i tēnei?

DSRPT4_1_97s_y13EWM

- ☐ 97. Tuhia mai _____ (Haere ki 3.10)

3.9 I pēhea te hua mai o ngā kōwhiringa hē kē atu i tēnei?

DSRPT4_2_97s_y13EWM

- ☐ 97. Tuhia mai _____

3.10 Ka whai pānga te āhei atu ki te tūnuku tūmatanui mai i ngā waipuke, huripari hoki/rānei ki tō whai i ō mahi noa?

(Kōwhiri kia kotahi anake)

DSRPT5_y13EWM

- ☐ 1. Āe, kua nui ake, pai ake hoki/rānei taku āhei atu ki ngā mahinga (Haere ki 3.11)
☐ 2. Āe, kua iti iho taku āhei atu ki ngā mahinga (Haere ki 3.12)
☐ 0. Kāo, kei te ōrite tonu – (Haere ki 4.1)

3.11 I pēhea te whai wāhi atu ki ngā mahinga pai ake i tēnei?

DSRPT5_1_97s_y13EWM

- ☐ 97. Tuhia mai _____

3.12 I pēhea te whai wāhi atu ki ngā mahinga iti iho i tēnei?

DSRPT5_2_97s_y13EWM

- ☐ 97. Tuhia mai _____

4. Ngā mōhiohio me ngā rauemi mō te takatūtanga

4.1 Kei te maumahara koe mēnā i kite mōhiohio, tohutohu rānei koe me pēhea te takatū mō ngā waipuke, huripari hoki/rānei i mua i ngā aituā i te Hānuere/Pepuere 2023?

(Kōwhiria kia kotahi anake)

PRPRD1_y13EWM

- ☐ 1. Āe
☐ 0. Kāo (Haere ki 4.3)

4.2 I hea koe e kite ana, e rongo ana rānei i ngā mōhiohio mō te takatū mō te waipuke, huripari hoki/rānei?

(Kōwhiria ngā mea katoa e hāngai ana – kia kotahi i te iti rawa)

PRPRD2_1_y13EWM ki te PRPRD2_97_y13EWM

- ☐ 1. Whānau
☐ 2. Ngā hoa, ngā kiritata hoki/rānei
☐ 3. Te kura, ngā kaiako hoki/rānei
☐ 4. Reo irirangi
☐ 5. Pouaka whakaata
☐ 6. Ipurangi, ngā paetukutuku
☐ 7. Pāpāho pāpori, hei tauira, Tik Tok, Pukamata, Paeāhua, Tīhau
☐ 8. Matohi Waea Pūkoro i runga waea atamai

- ☐ 9. Ngā kaimahi whakahaere whakamaru ohotata, kaitūao rānei
- ☐ 10. Ētahi atu kaimahi hāpori, kaitūao rānei, hei tauira, Ngā ratonga ohotata, Te Rīpeka Whero, Salvation Army, karapu Lions, Neighbourhood Support
- ☐ 97. Tētahi atu mea, tangata kē rānei – Tuhia mai _____
- ☐ 96. Kāore ko ērā i runga

[Kia mōhio: He kōwhiringa tāuke te kōwhiringa 96]

4.3 Ko ēhea o ēnei takatūtanga mō ngā waipuke, huripari hoki/rānei i oti i tō whare i mua i ēnei aituā?

(Kōwhiria ngā mea katoa e hāngai ana – kia kotahi i te iti rawa)

PRPRD3_1_y13EWM ki te PRPRD3_97_y13EWM

- ☐ 1. Te whakaputu wai
- ☐ 2. Te whakaputu kai
- ☐ 3. Te whakarite i tētahi 'pāhi kawē' (he kākahu me ētahi atu mea kua whakaurua mō te tūpono me whakatahi koe)
- ☐ 4. Te hanga he mahere mō te whakatahi (ka haere koe ki hea, me te wā)
- ☐ 5. Te whakawātea i ngā manga
- ☐ 6. Te mahi pēke kirikiri
- ☐ 7. Whakahiko pūrere tāhiko/waea kei weto te hiko
- ☐ 8. Tiki i tētahi wairehi kōmaru, ā-pūhiko rānei
- ☐ 9. Te hoko i ētahi atu taonga, pērā i ngā pūhiko, kānara, utauta puni
- ☐ 97. Tētahi atu mea – Tuhia mai _____
- ☐ 96. Kāore ko ērā i runga

[Kia mōhio: He kōwhiringa tāuke te kōwhiringa 96]

4.4 Otirā, i pēhea ki a koe te āhua o te takatū o tō whare mō ngā waipuke, ngā huripari hoki/rānei?

(Kōwhiri kia kotahi anake)

PRPRD4_y13EWM

- ☐ 0. Kāore rawa i te takatū
- ☐ 1. Paku nei te takatū
- ☐ 2. Āhua takatū
- ☐ 3. Tino takatū

4.5 Otirā, ki ōu whakaaro i nui tonu tō whiwhi mōhiohia whaitake mō ngā waipuke, huripari hoki/rānei i mua o te pānga mai?

(Kōwhiri kia kotahi anake)

PRPRD5_y13EWM

- ☐ 0. Kore rawa
- ☐ 1. He mōhiohia iti noa
- ☐ 2. Ētahi mōhiohia
- ☐ 3. Ngā mōhiohia katoa (Haere ki 5.1)

4.6 He aha atu anō ngā mōhiohia i hiahia koe i mua o ngā aituā?

(Kōwhiria ngā mea katoa e hāngai ana – kia kotahi i te iti rawa)

PRPRD6_1_y13EWM ki te PRPRD6_97s_y13EWM

- ☐ 1. Te whakaputu wai
- ☐ 2. Te whakaputu kai
- ☐ 3. Te whakarite i tētahi 'pāhi kawē' (he kākahu me ētahi atu mea kua whakaurua mō te tūpono me whakatahi koe)
- ☐ 4. Te hanga mahere mō te whakatahi (ka haere koe ki hea, me te wā)
- ☐ 5. Te whakawātea i ngā manga
- ☐ 6. Te mahi pēke kirikiri
- ☐ 7. Te whakahiko pūrere tāhiko/waea kei weto te hiko
- ☐ 8. Te tiki wairehi kōmaru, ā-pūhiko rānei
- ☐ 9. Te hoko i ētahi atu taonga, pērā i ngā pūhiko, kānara, utauta puni
- ☐ 97. Tētahi atu mea, tuhia mai _____

5. Te Āhei ki Ngā Ratonga

I hiahia pea te tangata ki ngā tautoko mō ngā tūmomo mea e pā ana ki ngā waipuke, huripari rānei. Mō ēnei pātai e whai ake, kei te hiahia mātau ki te mōhio mō ngā mea e hiahia ana koe, me ō whakapāpā atu ki ngā ratonga, ngā tari rānei e pā ana ki ngā waipuke, huripari rānei.

5.1 Nā ngā waipuke, huripari rānei, i te HIAHIA tautoko koe mō ēnei e whai ake (ahakoa koe i whiwhi tautoko, kāore rānei)?

(Kōwhiria ngā mea katoa e hāngai ana – kia kotahi i te iti rawa)

SPE29_1_y13EWM ki te SPE29_97s_y13EWM

- ☐ 1. Whare noho ohotata, nohoanga taipua rānei
- ☐ 2. Wāhi noho wā paetata/wā roa
- ☐ 3. Kai, wai rānei
- ☐ 4. Kākahu, miro moenga rānei
- ☐ 5. Ngā ratonga kura
- ☐ 6. Ētahi atu hiahia mātauranga
- ☐ 7. Ngā rongoā, manaaki hauora rānei
- ☐ 8. Ngā ratonga hauora hinengaro (hei tauira, tohuora, waea āwhina)
- ☐ 9. Āwhina pūtea mō te nohoanga/whare noho
- ☐ 10. Āwhina pūtea mō ētahi atu whakapaunga
- ☐ 11. Āwhina ki te whakapai haere, te tapitapi whare rānei
- ☐ 12. Ngā tautoko me te tūnuku (hei tauira, te haere atu/mai i te mahi, te tiki tamariki mai i te kura, te haere ki te kura/nga ratonga/ngā mahi pārekareka, ērā mea.)
- ☐ 13. Te āwhina ki te neke whare, rawa rānei
- ☐ 14. Ngā tohutohu, tautoko rānei hei whakahaere inihua
- ☐ 15. Ngā tohutohu, tautoko rānei hei whakahaere inihua, hokonga whare/ngā kōwhiringa a te kāwanatanga rānei
- ☐ 16. Ngā tohutohu, tautoko rānei me tō kairētiwhare, kaiwhakahaere whare rānei (mēnā kei te rēti)
- ☐ 97. Tētahi atu mea, tuhia mai _____
- ☐ 96. Kāore tētahi o ērā i runga ake (Haere ki 6.1)

[Kia mōhio: He kōwhiringa tāuke te kōwhiringa 96]

5.2 I WHIWHI tautoko koe mō tētahi o ēnei nā te waipuke, te huripari rānei?

(Kōwhiria ngā mea katoa e hāngai ana – kia kotahi i te iti rawa)
 SPE30_1_y13EWM ki te SPE30_97s_y13EWM

- ☐ 1. Whare noho ohotata, nohoanga taupua rānei
☐ 2. Wāhi noho wā paetata/wā roa
☐ 3. Kai, wai rānei
☐ 4. Kākahu, miro moenga rānei
☐ 5. Ngā ratonga kura
☐ 6. Ētahi atu hiahia mātauranga
☐ 7. Ngā rongoā, manaaki hauora
☐ 8. Ngā ratonga hauora (hei tauira, tumu kōrero, āwhina waea)
☐ 9. Āwhina pūtea mō te nohoanga/whare noho
☐ 10. Āwhina pūtea mō ētahi atu whakapaunga
☐ 11. Āwhina ki te whakapai haere, te tapitapi whare rānei
☐ 12. Ngā tautoko me te tūnuku (hei tauira, te haere atu/mai i te mahi, te tiki tamariki mai i te kura, te haere ki te kura/nga ratonga/ngā mahi pārekareka, ērā mea.)
☐ 13. Te āwhina ki te neke whare, rawa rānei
☐ 14. Ngā tohutohu, tautoko rānei hei whakahaere inihua, hokonga whare/ngā kōwhiringa a te kāwanatanga rānei
☐ 15. Ngā tohutohu, tautoko rānei me tō kairētiwhare, kaiwhakahaere whare rānei (mēnā kei te rēti)
☐ 97. Tētahi atu mea, tuhia mai _____
☐ 96. Kāore ko ērā i runga

[Kia mōhio: He kōwhiringa tāuke te kōwhiringa 96]

6. Ngā Mea Waiwai mō te Oranga

Kei raro iho ko ētahi mahi a te tangata kia iti ai ngā whakapaunga. Ehara i te mea kei te hiahia kia iti te whakapaunga. Ko te kaupapa kē kia iti ngā whakapaunga hei utu i ētahi atu mea waiwai ka hiahia koe.

I ngā marama 12 kua hipa, i mate koe ki te mahi i tētahi o ēnei kia iti ai ngā whakapaunga?

(Kōwhiria kia kotahi anake mō ia rārangi)	Ingoa taurangi	0. Kore rawa	1. Kotahi anake	2. Neke atu i te kotahi
6.1 Kāore i kai huarākau, huawhenua māota rānei?	DP5_ y13EWM	☐	☐	☐
6.2 He hoko i ngā mīti iti noa, iti te utu rānei (te mea kaimanga rānei) ki tērā e hiahia ana koe?	DP39_ y13EWM	☐	☐	☐

6.3 Te hiki, te kore haere rānei ki te rata?	DP51_ y13EWM	☐	☐	☐
6.4 Te hiki, te kore haere rānei ki te rata niho?	DP42_ y13EWM	☐	☐	☐
6.5 Te noho makariri noa iho?	DP2_ y13EWM	☐	☐	☐
6.6 Kāore e haere, ka iti noa rānei te haere ki ngā toa, ki ētahi atu wāhi tūtata rānei?	DP8_ y13EWM	☐	☐	☐
6.7 Ka hiki atu te whakakapi, te whakatika rānei i ngā utauta kua pakaru, kua tūkinohia rānei?	DP10_ y13EWM	☐	☐	☐

Me tohu mēnā i mahia, e mahi ana rānei koe i tētahi o ēnei. Mō ia mea kāore i a koe, kāore e mahi rānei, me tohu i te pūtake he aha i kore ai.

			Kāore i a koe, e mahia rānei – te pūtake he aha ai (Kōwhiri kia kotahi anake mō ia rārangi)		
	Waehere taurangi	1. I mahia, e mahi ana	2. Kāore i te hiahia	3. Nā te utu	4. Tētahi atu pūtake
6.8 E rua tōpū ō hu kei te pai te ahua e tika ana mō ō mahi o ia rā?	DP32_ y13EWM	☐	☐	☐	☐
6.9 He pai ngā kākahu mō ngā huihuinga nui, hira rānei?	DP33_ y13EWM	☐	☐	☐	☐
6.10 Inihua taonga whare?	DP34_ y13EWM	☐	☐	☐	☐
6.11 Ka tuku koha ki te whānau, ngā hoa rānei mō ngā huritau, Kirihimete, ētahi atu rā hira?	DP37_ y13EWM	☐	☐	☐	☐
6.12 He kai mīti, ika, heihei rānei (te mea	DP35_ y13EWM	☐	☐	☐	☐

kaimanga rānei) i ia 2 rā i te iti rawa					
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6.13 Mēnā i puta ake tētahi nama ohorere, tē taea te karo, o te \$500 i te wiki e heke mai nei, ka ea i a koe i roto i te marama me te kore e mate ki te mino? (Kōwhiria kia kotahi anake)

DP45_y13EWM

- 1. Āe
- 0. Kāo
- 99. Kāore i te mōhio

I roto i ngā marama 12 kua hipa, kua pā mai tētahi o ēnei ki a koe nā te iti o te moni?

<i>(Kōwhiria kia kotahi anake mō ia rārangi)</i>	Ingoa taurangi	0. Kore rawa	1. Kotahi anake	2. Neke atu i te kotahi
6.14 Kāore i ea i a koe i te wā tika ngā nama hiko, haurehu, reiti, te wai rānei	<i>DP13_y13EWM</i>	☐	☐	☐
6.15 I mino moni koe mai i tō whānau, ō hoa rānei kia ea ai ngā utu noho o ia rā	<i>DP52_y13EWM</i>	☐	☐	☐

6.16 I ngā marama 12 kua hipa e hia ngā wā kāore i ea i a koe tō rēhita waka, WOF, inihua rānei? (Kōwhiria kia kotahi anake)

DP46_y13EWM

- 1. Neke atu i te kotahi
- 2. Kotahi te wā
- 0. Kore rawa
- 95. Kāore i te hāngai
- 99. Kāore i te mōhio

6.17 Ina hoko ana, te whakaaro rānei ki te hoko kākahu, hū rānei mōu anō, e hia ngā wā e whāiti ai ō whakaaro nā te moni? (Kōwhiria kia kotahi anake)

DP11_y13EWM

- 1. Tino whāiti rawa atu
- 2. Tino whāiti
- 3. Āhua whāiti

4. Karekau

99. Kāore i te mōhio

7. Manawaroa

He pēhea te tika o ēnei tauākī e whai ake ki a koe?

Mō ia mea, me pāwhiri i te porohita i raro e tino whakaatu ana i te nui o tō whakaae ki ngā tauākī e whai ake e hāngai ana ki a koe i te marama kua hipa. Mēnā kāore anō kia pā mai tētahi āhuatanga ake i nā tata nei, me whakautu noa ki tau e whakaaro ana.

<i>(Kōwhiria kia kotahi anake mō ia rārangi)</i>	Ingoa taurangi	0. Kāore i te tika	1. Tino iti noa te tika	2. Tika i ētahi wā	3. Tika i te nuin ga o te wā	4. Tata i te tika i ngā wā katoa
7.1 Ka taea e au te urutau ina pā mai he rerekētanga	RES14_ y13EWM	☐	☐	☐	☐	☐
7.2 Ka ora mai ahau i muri i tētahi māuiui, wharanga, ētahi atu uauatanga rānei	RES15_ y13EWM	☐	☐	☐	☐	☐

8. Pāpōuri

Koinei ngā pātai mō ō whakaaro me ō kare-ā-roto.

I roto i NGĀ WIKI E RUA KUA HIPA, e hia ngā wā i pā ēnei raruraru ki a koe?

<i>(Kōwhiria kia kotahi anake mō ia rārangi)</i>	Ingoa taurangi	0. Kore rawa	1. Ētahi rā	2. Neke atu i te haurua o ngā rā	3. Tata tonu i ia rā
8.1 He iti noa te aro atu, pārekareka rānei	PH1_ y13EWM	☐	☐	☐	☐
8.2 Āhua pōuri, pāpourī, kaimōhū rānei	PH2_ y13EWM	☐	☐	☐	☐
8.3 He uaua te warea e te moe, te noho moe tonu, he roa rawa te moe	PH9_ y13EWM	☐	☐	☐	☐
8.4 He ngenge, he ruhi	PH4_ y13EWM	☐	☐	☐	☐
8.5 He kore e hiahia kai, he pukukai rānei	PH5_ y13EWM	☐	☐	☐	☐
8.6 Kāore i te pai ō whakaaro mōu - kāore rānei ō take, kua raru	PH6_ y13EWM	☐	☐	☐	☐

koe, kua raru rānei i a koe tō whānau					
8.7 He uaua te hiihiwa, pērā i te pānui nūpepa, te mātakitaki pouaka whakaata rānei	PH7_ y13EWM	O	O	O	O
8.8 He pōturi te neke, te kōrero rānei, ā, kua kitea e ētahi atu? Tērā rānei - i te kaha oreore, kārangī rānei kua kaha rawa tō nekeneke haere	PH8_ y13EWM	O	O	O	O
8.9 Ka uru mai te whakaaro he pai ake mēnā i mate koe, te whakamamae rānei i a koe	PH9_ y13EWM	O	O	O	O

9. Anipā

I roto i NGĀ WIKI E RUA KUA HIPA, e hia ngā wā i pā ēnei raruraru ki a koe?

<i>(Kōwhiria kia kotahi anake mō ia rārangi)</i>	Ingoa taurangi	0. Kore rawa	1. Ētahi rā	2. Neke atu i te haurua o ngā rā	3. Tata tonu i ia rā
9.1 Kei te āmaimai, anipā, kārangirangi rānei	AX1_ y13EWM	O	O	O	O
9.2 Kāore e taea te aukati, te pēhi rānei te māharahara	AX2_ y13EWM	O	O	O	O
9.3 He kaha rawa te māharahara mō ngā mea rerekē	AX3_ y13EWM	O	O	O	O
9.4 He uaua te parohe	AX4_ y13EWM	O	O	O	O
9.5 Nā te tino kārangī he uaua te āta tau	AX5_ y13EWM	O	O	O	O
9.6 Ka tere hōhā, pukukino rānei	AX6_ y13EWM	O	O	O	O
9.7 Kei te matakū ānō nei ka pā tētahi āhuatanga tino kino	AX7_ y13EWM	O	O	O	O

10. Peri-traumatic Stress Inventory me te wharanga

I pā mai tētahi o ēnei i te wā, i muri tonu mai rānei i ngā waipuke te huripari rānei?

<i>(Kōwhiria kia kotahi anake mō ia rārangi)</i>	Ingoa taurangi	0. Kore rawa	1. Paku nei te tika	2. Āhua tika	3. Tino tika	4. Tino tika rawa
10.1. Kāore i taea e au he paku aha	PTSII1_y1 3EWM	O	O	O	O	O
10.2. I pā mai te pōuri me te auhi	PTSII2_y1 3EWM	O	O	O	O	O
10.3. I hōhā ahau, i riri rānei e kore e taea e au he aha	PTSII3_y1 3EWM	O	O	O	O	O
10.4. I te noho matakau ahau	PTSII4_y1 3EWM	O	O	O	O	O
10.5. I uru mai te kaniawhea kāore i nui ake te whakapau kaha	PTSII5_y1 3EWM	O	O	O	O	O
10.6. I whakamā ahau i ōku urupare kare-ā-roto	PTSII6_y1 3EWM	O	O	O	O	O
10.7. I māharahara ahau mō te haumarua o ētahi atu	PTSII7_y1 3EWM	O	O	O	O	O
10.8. I rongu ahau i te hiahia kia wehe te ao mārama i ahau	PTSII8_y1 3EWM	O	O	O	O	O
10.9. I uaua te pupuri i te tiko me te mimi	PTSII9_y1 3EWM	O	O	O	O	O
10.10. I poutuki ahau i ngā āhuatanga i pā	PTSII10_y 13EWM	O	O	O	O	O
10.11. I urupare ā-tinana ahau pērā i te werawera, te wiriwiri me te pātukituki o te manawa	PTSII11_y 13EWM	O	O	O	O	O
10.12. I uru mai te whakaaro ka tīrehe ahau	PTSII12_y 13EWM	O	O	O	O	O
10.13. I uru mai te whakaaro ka mate pea ahau	PTSII13_y 13EWM	O	O	O	O	O

10.14 I whara koe i te wā, i muri tonu mai rānei i ngā waipuke, huripara rānei?
(Kōwhiria kia kotahi anake) *INJR1_y13EWM*

- ☐ 0. Kāo
- ☐ 1. Āe, he wharanga paku noa kāore i hiahia te kite rata
- ☐ 2. Āe, i tirotirohia e te rata engari kāore i uru ki te hōhipera
- ☐ 3. Āe, i whakamaimoatia te wharanga i rō hōhipera

10.15 I whara tētahi o tō whānau, i mate rānei nā ngā waipuke, te huripari rānei?
(Kōwhiria ngā mea katoa e hāngai ana)
 INJR2_0_y13EWM ki te INJR2_4_y13EWM

- ☐ 0. Kāo
- ☐ 1. Āe, he wharanga paku noa kāore i hiahia te kite rata

- ☐ 2. Āe, i tirotirohia e te rata engari kāore i uru ki te hōhipera
- ☐ 3. Āe, i whakamaimoatia te wharanga i rō hōhipera
- ☐ 4. Āe, i mate

10.16 I whara, i mate rānei tētahi e mōhio ana koe nā ngā waipuke, te huripari rānei?

(Kōwhiria ngā mea katoa e hāngai ana)

INJR3_0_y13EWM ki te INJR3_4_y13EWM

- ☐ 0. Kāo
- ☐ 1. Āe, he wharanga paku noa kāore i hiahiatia te kite rata
- ☐ 2. Āe, i tirotirohia e te rata engari kāore i uru ki te hōhipera
- ☐ 3. Āe, i whakamaimoatia te wharanga i rō hōhipera
- ☐ 4. Āe, i mate

10.17. I kohuki koe nā ngā waipuke, huripari rānei?

(Kōwhiri kia kotahi anake)

TRMTSD1_y13EWM

- ☐ 0. Kāo
- ☐ 1. Āe, paku noa (kei te pai ināianei)
- ☐ 2. Āe, paku noa, ā, kei te pāngia tonu
- ☐ 3. Āe, tino kino

10.18 I kohuki tētahi o tō whānau nā ngā waipuke, te huripari rānei?

(Kōwhiria ngā mea katoa e hāngai ana)

TRMTSD2_0_y13EWM ki te

TRMTSD2_3_y13EWM

- ☐ 0. Kāo
- ☐ 1. Āe, paku noa (kei te pai ināianei)
- ☐ 2. Āe, paku noa, ā, kei te pāngia tonu
- ☐ 3. Āe, tino kino

10.19 I kohuki tētahi atu o tō whānau nā ngā waipuke, te huripari rānei?

(Kōwhiria ngā mea katoa e hāngai ana)

TRMTSD3_0_y13EWM ki te

TRMTSD3_3_y13EWM

- ☐ 0. Kāo
- ☐ 1. Āe, paku noa (kei te pai ināianei)
- ☐ 2. Āe, paku noa, ā, kei te pāngia tonu
- ☐ 3. Āe, tino kino

11. PTSD / Kohuki

Kei raro iho ko ngā kōrero a ngā tāngata i muri mai i ngā āhuatanga ahotea. Me tohu i ia mea hei whakaatu i te auau o te tika o ēnei kōrero mōu **i roto i ngā rā e whitu kua hipa ina whakaaroaro ana mō te waipuke me te huripari**. Mēnā kāore i pā mai i roto i taua wā, tohua te pouaka 'kore rawa'.

<i>Te auau i te wiki kua hipa: (Kōwhiria kia kotahi mō ia rārangi)</i>	Ingoa taurangi	0. Kore rawa	1. Tino iti rawa	2. I ētahi wā	3. Auau
11.1 Ka uru noa iho mai ki ō whakaaro ahakoa tō kore e hiahia?	PTSD1_y13E WM	☐	☐	☐	☐
11.2 Ka ngana koe ki te whakangaro atu mai i ō mahara?	PTSD2_y13E WM	☐	☐	☐	☐
11.3 Ka uru mai ngā kare-ā-roto kaha ki roto i a koe?	PTSD3_y13E WM	☐	☐	☐	☐
11.4 Ka karo koe i ngā whakamaharatanga (hei tauira, ngā wāhi, ngā āhuatanga rānei)?	PTSD4_y13E WM	☐	☐	☐	☐
11.5 Ka ngana koe kia kaua e kōrero mō tēnei?	PTSD5_y13E WM	☐	☐	☐	☐
11.6 Ka uru mai ngā kitenga mō tēnei ki ō whakaaro?	PTSD6_y13E WM	☐	☐	☐	☐
11.7 Ka whakaarohia e koe tēnei nā ētahi atu āhuatanga?	PTSD7_y13E WM	☐	☐	☐	☐
11.8 Ka ngana koe kia kaua e whakaaro mō tēnei?	PTSD8_y13E WM	☐	☐	☐	☐

12. He aha ngā tohutohu ka tukuna e koe ki ētahi atu mātua, kaitiaki rānei kua pā anō tētahi aituā ōrite ki a rātau?

(Kōwhiria kia kotahi anake)

ADV_PAR_y13EWM, ADV_PARs_y13EWM

- ☐ 97. Patoa tō whakautu _____
- ☐ 94 Kāore he mea hei tāpiri

13. He kōrero atu anō āu ki a mātau mō tēnei take?

(Kōwhiria kia kotahi anake)

NOTE_y13EWM, NOTEs_y13EWM

- ☐ 97. Patoa tō whakautu _____
- ☐ 94 Kāore he mea hei tāpiri

Kōrero whakakapi

Tēnā rawa atu koe mai i te rōpū katoa o *Growing Up in New Zealand* mō te whakaputa i ō whakaaro ki a mātau i tēnei rā.

Ka noho tapu ō mōhiohio, ā, kāore e whakamahia tō ingoa i roto i ngā otinga. Ka wawe tonu te tuari ki ngā whānau pūtoi ētahi o ngā otinga ina taea ana.

Mēnā i raruraru koe i te uiui, ka taea e koe te waea, te patowaea rānei ki [Need to Talk? i 1737](#) mō ngā āwhina me te anipā, hauora hinengaro rānei. E wātea ana ngā tohuora mō te koreutu, 24 haora i te rā, whitu rā i te wiki.

Ka taea anō e koe te whakapā atu ki:

- [Lifeline](#) – waea [0800 543 354](#) (0800 LIFELINE), patowaea koreutu rānei ki 4357 (HELP).
- [Samaritans](#) – [0800 726 6660](#)
- [Mental Health Foundation](#)
- [Manatū Hauora](#)
- [Vaka Tautua](#) (mō ngā iwi o Te Moananui-a-Kiwa) - [0800 825 282](#)

Kei reira ngā whakahaere ka taea te āwhina i tō tamaiti mēnā kei te raruraru ia i muri i ngā waipuke, huripari rānei:

- [Youthline](#) – waea [0800 376 633](#), waea koreutu 234, īmēra talk@youthline.co.nz, whakamahia rānei te kōrerorero tuihono rānei.
- [Gumboot Friday](#) (tohuora koreutu), <https://1737.org.nz/>, waea, patowaea koreutu rānei ki 1737
- [SouthSeas Bubblegum](#)

KUA MUTU TE UIUI