



Waipapa  
Taumata Rau  
University  
of Auckland

**Growing Up**  
in New Zealand



# Te Kohinga Raraunga 17 Tau

Taiohi rānei

Pepa Whakamārama mā te Kaiwhakauru

# He tono tēnei ki a koe kia whakauru mai ki te wāhanga whai ake o te rangahau *Growing Up in New Zealand*: te Kohinga Raraunga 17 Tau.

Me āta haere tō pānui i tēnei pepa whakamārama, he mea hanga hei āwhina i a koe ki te whakatau mēnā ka whakauru koe.

E whakamārama ana tēnei pepa whakamārama i ēnei:

- He aha te take e mahi ana mātou i tēnei.
- He aha kei roto i tō whakauru mai.
- Ngā painga me ngā mōrea pea o te whakauru mai.
- Ka ahatia ngā mōhiohia ka tukuna mai ki a mātou.

Kei konei mātou ki te āwhina, nō reira me whakapā mai mēnā he pātai āu.

Me waea mai hoki koe ki tā mātau ratonga waea āwhina, patowaea rānei i waenga i te 9am me te 9pm, i te whitu rā i te wiki:

0508 GROWING UP (0508 476 946)

Īmēra mai rānei ki [contact@growingup.co.nz](mailto:contact@growingup.co.nz) ahakoa te wā.

## He aha kei roto i te Kohinga Raraunga 17 Tau?

He tono tēnei ki a koe kia whakaotihia he rārangi pātai hei āwhina kia mārara ai mātou he pēhea tōu ao ināianei kua 17 ō tau.

Ka uia koe e te rārangi pātai mō ēnei:

- Kei te pēhea koe, ā, he pēhea ō whakaaro mō tōu ao.
- He aha ō whakaaro mō tō kura me ō whakaritenga ina mutu tō kura.
- He pēhea ō whakaaro mōu, ā, me ō whakaaro mō te noho i Aotearoa.
- Te ao o tō whānau me ō hoa.
- Tō ao o ia rā, tae atu ki ngā mahi i waho o te kura me te mahi.
- Te whakamahi i te pāpāho pāpori, waea pūkoro me te AI.
- Ō tūmanako me ō moemoeā mō te anamata.

Kei roto hoki ko ngā pātai mō ngā mea he āhua whaiaro ki a koe, pērā i:

- Ngā hononga whaiāipo.
- Ngā whanonga whakamōrea hauora, tae atu ki te momirehu, te inu waipiro me te kai whakapōauau.
- Te whakamamae a ētahi atu i a koe.
- Te whakamamae i a koe anō me te mate whakamomori.

Kei a koe tikanga mō te whakautu i te rārangi pātai. Ka āhei koe ki te waiho i ngā pātai e whakahārangi, e manawarau ai koe rānei, te whakamutu rānei i te whakautu i te rārangi pātai ahakoa te wā.

Ka noho matatapu ngā mōhiohia ka tukuna e koe ki te rangahau *Growing Up in New Zealand* – kāore te tangata e mōhio ki ō whakautu ki ngā pātai.

Ka tuku anō he tono ki tō māmā/kaitiaki matua kia whakauru mai ki te Kohinga Raraunga 17 Tau. Mēnā ka whakaae ia, ka tonoa ia ki te tuku i ēnei mōhiohia mōu me ngā tāngata i roto i tō kāinga:

- Kei te pēhea ia, ā, he pēhea ōna whakaaro mō tōna ao.
- Te āhei atu me te whakamahi a tō whānau i ngā ratonga a te kāwanatanga.
- Āna mahi, moni whiwhi, whare noho hoki.
- Ōna tūmanako me ngā moemoeā mō tō anamata.

# He pēhea te hononga raraunga?

He tukanga te hononga raraunga e whakamahia e ngā kairangahau me ngā kaihanga kaupapahere kia tūhonoa ngā maramara mōhiohio rerekē ka kohia mō ngā tāngata mai i ngā tūmomo uiuinga whānui rerekē, ngā rangahau, me ngā pātengi kāwanatanga. Ka āwhina te hononga raraunga ki te whakaiti i te maha o ngā pātai ki a koe, nō reira ka iti iho te wā ka pau i a koe ki te whakaoti i te rārangi pātai.

E tono whakaae ana mātou i a koe mō te momo hononga raraunga e whai ake:

## Te hononga raraunga i Waipapa Taumata Rau:

- Ka tono mātou i tō whakaae kia uru atu ki ngā raraunga kua kohia kētia mōu e ngā tari kāwanatanga (hei tauira, Te Tāhuhu o Te Mātauranga, Te Manatū Hauora).
- Mēnā ka whakaae koe, ka tukuna e aua tari he kape o ō raraunga ki te rangahau *Growing Up in New Zealand* i Waipapa Taumata Rau, mā mātou e rokiroki, e whakamaru, e tiaki.
- Ko ngā kairangahau kei te hiahia ki te uru atu ki te (hono atu rānei) huinga raraunga ka tono atu ki te rangahau *Growing Up in New Zealand* me tō mātou Komiti Tiaki Raraunga ko rātou kei te whakarite kei te ū ngā kairangahau ki ā mātou tikanga pākaha kia noho haumaruru ai koe me ō raraunga.

## Hononga raraunga i Tatauranga Aotearoa:

- Ka tono whakaaetanga mātou i a koe kia tiria he kape o ētahi o ō mōhiohio nō Te Kohinga Raraunga 17 Tau ki a Tatauranga Aotearoa kia pai ai te hono atu ki ētahi atu mōhiohio i kohia mōu e te Kāwanatanga me te tātari i roto i te Tūāhanga Raraunga Whakauruuru (Integrated Data Infrastructure (IDI)). Kei tā mātou paetukutuku ētahi mōhiohio anō mō Tatauranga Aotearoa me te IDI.
- Mēnā e whakaae ana koe, ka tiria e te rangahau *Growing Up in New Zealand* tētahi kape o ō mōhiohio nō Te Kohinga Raraunga 17 Tau ki a Tatauranga Aotearoa, ā, kei a rātou te haepapa ki te rokiroki, te tiaki me te manaaki.
- Ko ngā kairangahau kei te hiahia ki te uru atu ki te huinga raraunga hono ka tono atu ki a Tatauranga Aotearoa, ā, mā rātou e whakarite kei te ū ngā kairangahau ki ā mātou tikanga pākaha kia noho haumaruru ai koe me ō raraunga.
- Mā Tatauranga Aotearoa e tūtohu kia whakapā atu ngā kairangahau ki ngā mātanga o te rōpū *Growing Up in New Zealand* i Waipapa Taumata Rau kia mātua mōhio ai ka āwhina ngā rangahau i ngā tamariki me ngā taiohi i Aotearoa. Engari,

kāore te rōpū *Growing Up in New Zealand* e whakatau ko ēhea ngā kairangahau ka āhei atu ki ō raraunga, ā, ko ēhea hoki ngā kaupapa ka whakaaetia. Mā Tatauranga Aotearoa kē e tuku aua whakatau.

- Ka kitea ētahi mōhiohio anō mō te whiriwhiri mēnā ka whakaae koe ki te tuari i ō raraunga *Growing Up in New Zealand* mai i Te Kohinga Raraunga 17 Tau ki a Tatauranga Aotearoa i [konei](#).

He kōwhiringa ngā momo hononga raraunga – ka āhei koe ki te kōwhiri i ngā mea e rua, te mea kotahi, kore noa iho rānei – ahakoa he aha tō whakatau, kei te pai. Ka āhei tonu koe ki te whakauru mai ki Te Kohinga Raraunga 17 Tau, ahakoa he aha.

# Me whakauru ahau ki Te Kohinga Raraunga 17 Tau?

Kei a koe te tikanga mēnā ka whakauru mai koe, kāore rānei, ki Te Kohinga Raraunga 17 Tau.

Ki te kore koe e hiahia ki te whakauru mai, ehara i te mea me tuku whakamārama koe, ka mutu kāore he pānga ki tō whai wāhi mai mō te roanga atu o te rangahau *Growing Up in New Zealand*. Mēnā kei te hiahia koe ki te whakauru mai i tēnei wā, engari ka huri ō whakaaro ā muri ake, ka taea te wehe mai i te rangahau ahakoa te wā.

Ka hiahia pea koe ki te kōrero mō Te Kohinga Raraunga 17 Tau me tō whakauru mai ki te rangahau ki ētahi atu tāngata, pērā i te whānau, ō hoa, tō kaiwhakarato hauora rānei i mua i tō whakatau mēnā ka whakauru koe. Kei te pai tērā. Ka āhei hoki koe ki te whakapā atu ki tētahi o te rōpū *Growing Up in New Zealand* kei konei rātou hei whakautu i ō pātai. Kei te mutunga o tēnei tuhinga ā mātou taipitopito whakapā.



# He aha ngā mea me mōhio ahau mō Te Kohinga Raraunga 17 Tau?

Kei a koe te tikanga ka pēhea tō whakautu i te rārangi pātai mai i tētahi o ēnei e whai ake:

- I runga ipurangi ko koe anake.
- I runga ipurangi me ngā tautoko a tētahi kaiuiui.
- I runga waea me tētahi kaiuiui.

- Ā-kanohi me tētahi kaiuiui i tētahi wāhi ka whakaaetia.

Ko te tikanga he tata ki te 45 meneti te roa hei whakaoti i tō uiui. Ka āhei koe ki te whakapā atu ki tētahi o tō mātou rōpū hei āwhina i a koe mēnā ka raru koe.

Mēnā kāore ō pūrere tōtika hei whakaoti i ngā uiui tuihono, ka taea e mātou te āwhina. Ka taea e mātou te whakarite tētahi pūrere taurewa kia tukuna atu ki a koe kia pai ai tō whakauru ki Te Kohinga Raraunga 17 Tau. He raraunga pūkoro tonu tō tēnei pūrere nō reira kāore e whakamahia ngā raraunga o te whare. Me whakamōhio mai mēnā ka hiahia koe i tēnei āwhina.



# He mōrea anō kei roto i tō whakauru mai ki Te Kohinga Raraunga 17 Tau?

He ōrite ngā mōrea o te whakauru mai ki Te Kohinga Raraunga 17 Tau ki ērā kei roto tonu i te rangahau *Growing Up in New Zealand*. Kei roto i ēnei mōrea ko te rārangi pātai tonu tae atu ki ngā huinga raraunga ka hangaia mai i ngā mōhiohio ka tukuna mai e koe me ētahi atu kaiwhakauru o te *Growing Up in New Zealand* ki te rangahau. Ko ētahi o ngā mōrea pea ka taea:

- Ka manawarau, ka whakahārangi rānei i ētahi o ngā pātai.
- Te tūponotanga ka mūhore te haumarutanga raraunga, arā, ka mūreretia te pātengi raraunga a *Growing Up in New Zealand*.
- Te tūponotanga ka whakamahia ngā raraunga mō ngā kaupapa kāore i whakaaetia, arā, ka tuarohia ki te tangata/rōpū ehara i te kairangahau i whakaaetia.

Ka puta pea i ngā kairangahau ka whakamahi i te huinga raraunga *Growing Up in New Zealand* ngā whakautu ka pōraruru ai pea ētahi tāngata, hāpori hoki/rānei i te mea kāore i puta ngā mea tino hira ki a rātou.



## He painga anō kei roto?

Ka āwhina ngā mōhiohio ka tukuna e koe ki *Growing Up in New Zealand* i ngā kairangahau kia mōhio ake ai ki ngā mea e tautoko ana i ngā taiohi i Aotearoa kia pai tō rātau ao. Arā, ka whiwhi mōhio atu anō mō te:

- Hauora me te ora
- Mātauranga, ture me te whai mahi
- He pēhea te tino tautoko a ngā ratonga me ngā āwhina kāwanatanga i ngā tamariki
- Ngā takiwā noho me te porihanga whānui

Ka āwhina tēnei mōhiohio i ngā kairangahau onāiane, ā muri ake hoki, i te taha o te Kāwanatanga me ētahi atu tari ki te whakauru mai i ngā huringa kia pai ake ai ngā ao o ngā tamariki katoa i Aotearoa.

Ka tukuna he kāri koha \$50 ki a koe hei whakamahi i a koe mō tō whakauru mai ki Te Kohinga Raraunga 17 Tau.

## Ka ahatia aku mōhiohio?

Ka kirimunatia ō mōhiohio rārangi pātai katoa - arā, kāore e whakapirihiā ngā ingoa, ētahi atu taipitopito whaiaro rānei ki ō mōhiohio, kia kore ai he tangata e whakamahi ana i te pātengi raraunga *Growing Up in New Zealand* e mōhio ko koe tērā.

Ina oti tērā, ko ngā mōhiohio ka tukuna e koe i roto i Te Kohinga Raraunga 17 Tau ka tāpiritia ki ērā atu

raraunga kei te rangahau *Growing Up in New Zealand* mai i tōna tīmatanga i te tau 2009/10. Kātahi ka noho wātea mai tēnei huinga raraunga mō te rōpū *Growing Up in New Zealand* me ētahi atu kairangahau ka whakaaetia kia uru atu mō te rangahau me te hanga kaupapahere.

## Tō āhei ki te wehe mai i te rangahau

Ka āhei koe ki te whakamutu i tō whai wāhi mai i te rangahau *Growing Up in New Zealand* ahakoa te wā.

Mēnā ka whakauru mai koe ki Te Kohinga Raraunga 17 Tau engari ka huri ō whakaaro ā muri ake, me whakapā atu koe ki te rōpū *Growing Up in New Zealand*:

Īmēra: [contact@growingup.co.nz](mailto:contact@growingup.co.nz)

Waea: **0508 GROWING UP (0508 476 946)**

Mēnā ka whakamutu tō whai wāhi mai ki te rangahau *Growing Up in New Zealand*, ka tangohia e mātou ō mōhiohio whakapā mai i tā mātou pūnaha, ā, ka mutu tā mātou tono kia whakauru mai koe.

Ka whakamahia tonutia ngā mōhiohio ka riro mai i a koe tae noa ki te wā ka whakamutu mai koe i te rangahau me te whakauru atu ki ngā rangahau. Mēnā ka hiahia koe, me tono kia tangohia mai ēnei mōhiohio mai i ngā raraunga rangahau. E kore e taea te tango ō raraunga mai i ngā kaupapa kua tātari kē i ō raraunga. Engari, kāore e whakamahia e ngā kaupapa ā muri ake o raraunga.



## Kei hea ngā otinga o te rangahau?

Ko te hiahia o te rōpū *Growing Up in New Zealand* kia tukuna ngā kitenga rangahau hou rawa hei te tau 2027.

Ka tukuna e mātou he whakarāpopototanga o ēnei kitenga me ētahi atu taura o ngā rangahau hou rawa ki tā mātou paetukutuku, [growingup.co.nz](http://growingup.co.nz)

Kei te tuari hoki mātou i ngā kitenga i roto i ā mātou pānui auau me tā mātou pāpāho pāpori.

Kāore e taea e mātou te tuku otinga mai i āu ake raraunga.

## Ko wai kei te utu i te rangahau?

Kei Waipapa Taumata Rau te rangahau, ā, nā te kāwanatanga o Aotearoa te pūtea tautoko mā tētahi kirimana me Te Manatū Whakahiato Ora.

He mea whakaae tēnei rangahau e tētahi rōpū motuhake e kīia ana ko te Komiti Matatika Hauora me te Hauā (HDEC), ka tiroiro rātou mēnā kei te ū ngā rangahau ki ngā paerewa matatika pūmau. Nā te komiti Raki B i whakaae tēnei rangahau (Tohutoro NTY/08/06/055).

## Me whakapā atu ahau ki a wai mō ētahi atu mōhiohio, mēnā he āwangawanga rānei ōku?

Mēnā he pātai, he māharahara, he amuamu rānei āu mō te rangahau ahakoa te wāhanga, me whakapā atu ki tētahi mema rōpū nō *Growing Up in New Zealand*.

Waea atu ki **0508 GROWING UP (0508 476 946)**, īmēra rānei ki [contact@growingup.co.nz](mailto:contact@growingup.co.nz). E wātea ana ētahi atu mōhiohio mō te rangahau i [growingup.co.nz](http://growingup.co.nz).

Mēnā e hiahia ana koe ki te kōrero ki tētahi tangata kāore i roto i te rangahau, ka taea e koe te whakapā atu ki tētahi kaitaunaki hauora me te hauātanga i:

Waea: **0800 555 050**

Waea whakaahua: **0800 2 SUPPORT (0800 2787 7678)**

Īmēra: [advocacy@advocacy.org.nz](mailto:advocacy@advocacy.org.nz)

Paetukutuku: [advocacy.org.nz](http://advocacy.org.nz)

Me whakapā atu hoki ki te komiti matatika hauora me te hauātanga (HDEC) nā rātou tēnei rangahau i whakaae ki:

Īmēra: [hdecs@health.govt.nz](mailto:hdecs@health.govt.nz)  
Waea: **0800 400 569**  
(Ministry of Health general enquiries)

Mēnā i whakahārangi, i māharahara rānei koe i ngā pātai i roto i te rārangi pātai Te Kohinga Raraunga 17 Tau, i ara ake rānei he take ka hiahia koe ki te kōrero ki tētahi tangata nō waho o te rōpū rangahau, mā ēnei whakahaere pea koe e āwhina.

## What's Up

He waea āwhina tohuora koreutu me te ratonga kōrerorero ā-ipurangi a What's Up mā ngā tamariki me ngā taiohi e whakahaerehia ana e Barnados.

Waea: **0800 942 8787** or **0800 WHATS UP**  
Mane ki te Paraire: 12pm ki te 11pm  
me te Rāhoroi me te Rātapu 3pm ki te 11pm

Kōrerorero tuihono: [whatsapp.co.nz](https://whatsapp.com)  
Mane ki te Paraire 1pm ki te 10am me te Rāhoroi me te Rātapu 3pm ki te 10pm

## Youthline

Kei reira anō te Youthline, he whakahaere e mahi ana i te ao, i te pō “mā ngā taiohi, mō ngā taiohi” e tautoko ana i ngā taiohi i waenga i te 12-24 tau puta noa i Aotearoa

Waea koreutu i te ao, i te pō ki:

**0800 37 66 33**

P atowaea koreutu rānei i te ao, i te pō ki:

**234**

Īmēra:

[talk@youthline.co.nz](mailto:talk@youthline.co.nz)

Kōrero tuihono rānei i:

[youthline.co.nz](https://youthline.co.nz)

© Growing Up in New Zealand 2026

Tauākī o te Whakaae:

Kua whiwhi whakaaetanga te rangahau mai i te Komiti Matatika Hauora me te Hauā (Tohutoro NTY/08/06/055). Ko te tikanga o te whakaaetanga matatika kua tirohohia e ngā tohunga kāore i roto i a *Growing Up in New Zealand* ā mātou mōhiohio me ā mātou mahinga katoa, ā, e rata ana rātau kāore he mea kino i roto mōu, mō tō whānau rānei, ā, ka noho tūmataiti, ka whitake hoki tēnei rangahau ki ngā whānau o Aotearoa.

Taitara Rangahau okawa: *Growing Up in New Zealand*

Kaitautoko: Te Manatū Whakahiato Ora

Whakataka Rangahau: Ahorangi Sarah-Jane Paine

Wāhi Rangahau: The University of Auckland, Private Bag 92019, Auckland 1142, New Zealand

Tohutoro a te Komiti Matatika: NTY/08/06/055/AM0434



Waipapa  
Taumata Rau  
University  
of Auckland

**Growing Up**  
in New Zealand