

Hooked Up

Taitamariki Maori korero about their relationships

We (Terry, Moana, TeAmi & Korotangi) asked 80 tane and wahine aged between 13-17 yrs, from 6 Te Tai Tokerau secondary schools all about young people's relationships. We want to know if we heard your korero right. If we got anything wrong, or if you want to add anything please email us. Also can you tell us who else we should give this information to?

An unhealthy relationship is when there is...

- "Like you're constantly on lockdown..." (wahine)
- "He'll like have sex with you and then gap it... come back and use you that's when they do it to you, oh you know its unconsensual" (wahine)
- "You get hidings" (wahine)
- "You smash your wife like Jake" (tane)
- "Verbal, sexual and physical abuse... too much drugs and alcohol" (tane)
- "Cheating, being untrustworthy" (tane)
- "Being rude to their whanau" (tane)

Wairua

- Get butterflies
- Feel comfortable with them
- Be yourself.
- Open up to them => Be honest
-

The result of an unhealthy relationship can be...

- "Kua whati te aroha" (wahine)
- "You feel lonely... scared... unloved" (wahine)
- "When you feel lonely that's when the sleeping around stage kicks in" (wahine)
- "You get paranoid... suicidal... you stay away from your whanau, friends" (wahine)
- "You get depressed... making you feel like you are not right in the head" (wahine)
- "Affects wairua that actually affects your body... tinana and your wairua" (tane)
- "You can end up in jail... all alone... shame your whanau..." (tane)
- "Get all porangi" (tane)
- "Overdose on drugs and alcohol" (tane)

A healthy relationship is when there is...

- "Trust and honesty and respect" (tane)
- "Good talking together, communication... doing things together" (tane)
- "Both have hauora" (tane)
- "Being able to problem solve" (wahine)
- "Your whanau gets along with your partner" (wahine)
- "Respect... like if they don't want to do it [sex and drugs] ka pai" (tane)
- "It's like an adrenaline rush" (tane)
- "You get butterflies" (wahine)

The things that can cause an unhealthy relationship...

- "Some tane growing up and acting like their parents" (wahine)
- "Jealousy ooh that's a huge one" (tane)
- "Communication is poor" (tane)
- "Alcohol causes abuse... is like gas to the fire" (tane)
- "They control you" (wahine)
- "He's got an anger problem and he takes it out on her" (wahine)

Hinengaro

- Happy
- Daydreaming
- Thinking heaps about that person
- Love struck.
- Wondering what their doing
- Feeling good
-

Tinora (physical)

- Holding hands
- Kissing
- Doing things together → Video Games, Sports, Walking home and picking you up from home.
- Gifts

Some of the reasons taitamariki don't seek help are...

- "The cops don't believe you, just because you're young they don't believe you" (wahine)
- "Not the teachers here, they gossip" (wahine)
- "Yeah... people they don't take us seriously cause we're so young" (wahine)
- "Like lectures don't work they just make you not want to listen, get out of my face and they keep going over and over about the same thing" (wahine)
- "People are embarrassed to tell anyone cause they are scared it might get worse or cause they feel like if they tell someone they're gonna get even bigger hidings" (wahine)
- "Whakama" (tane)

This is what taitamariki would like to help support them...

Wahine said:

- "Our own professional help to help us talk to our partners about it. Like how to actually have a decent conversation and not turn into a fist fight or a yelling competition."
- "A course... like a relationship workshop on how to build a good relationship and what's a bad relationship and stuff. Then you can get advice just in case something happens... one combined... one on how to treat women and we can treat men."
- "Even just a helpline"
- "You know what, they should have teenager counsellors, like an actual teenager, like 18 or 19"
- "Online resources"

This is what taitamariki would like to help support them...

Tane said:

- "Knowing that that person will keep it like between youse"
- "Yeah the age, so you feel a bit more free to say something"
- "We have a safe house, so a safe house to have a conversation. So just going out just finding somewhere safe. Where you feel safe"
- "Having a free 0800 number"
- "A therapy group... someone who knows their stuff, been there done that"
- "Ask us... learn to ask... if we're not feeling the same as other days ask us if anything's up"

Taitamariki learn about relationships from...

- "Whanau" (tane and wahine)
- "TV" (tane and wahine)
- "Aunties, cousins, siblings. Sisters" (wahine)
- "You learn from your mistakes... you learn from your parents' mistakes too" (wahine)
- "Like if you see a good relationship then you're like oh I wouldn't mind a relationship to be like that" (wahine)

This is who taitamariki said they would go to for help...

- "Whanau cause they don't judge you... matua, uncles" (tane)
- "Go and see somebody that you can trust with your korero" (tane)
- "Older cousins... sisters" (wahine).
- "...those the same age as us and they've experienced it all before" (wahine)
- "So we don't really utilise the counsellors at school – rather go to whanau – just easier to talk to" (tane)

Relationships can be complicated and sometimes you don't always know what to do. Sometimes you don't know where to get help and when you ask adults for support they don't always take you or your relationships seriously. We know that you do understand what a healthy relationships is but with all the influences you have it's complicated and it's hard to 'live it' sometimes. We hope this will help adults listen and help you better. Moana, Terry, TeAmi and Korotangi want to thank all the taitamariki for talking to us.

Contact Terry : terryanne@xtra.co.nz
or Moana : kaahukura@xtra.co.nz