

Māori values help to protect whānau

INTRODUCTION

Whānau violence is not traditional for Māori

In the past tikanga and traditional values protected the well-being of the whānau and survival of the collective. These values – such as aroha, whakapapa, whanaungatanga, kōrero awhi, mana manaaki and tikanga – continue to make whānau strong today. They have the potential to enhance whānau wellbeing, to transform behaviours and provide alternatives to violence.

Factors that strengthen and protect families

International research has identified some of the factors that strengthen and protect families:

Family stability – healthy, loving whānau

Social support – being supported by whānau and friends in good and bad times

Social capital – feeling part of the community

Parents' knowledge about their child's development – growing healthy, happy children

Family traits and practices – close-knit whānau who talk to each other and know they belong

Cultural identity – feeling confident and proud of who you are; strong culture / strong whānau!

Community cohesion – supporting and looking out for each other

High quality early childhood and school education – education builds strong tamariki!

Our traditional values are protective factors for whānau

The E Tū Whānau values are strongly aligned with these protective factors. They both tell us that people are more resistant to harm and better able to bounce back from adversity when they:

- feel like they belong
- are comfortable in their cultural identity
- feel like they have value as individuals
- feel they understand their place and role in the world
- feel supported by whānau and friends in bad times
- are part of a wider group that values and accepts them.

There are many things that whānau do, as Māori, to express and honour these values that make our families strong and resilient.

