

# Māori values help to protect whānau

## CULTURAL IDENTITY

### Strong culture, strong whānau!

Cultural identity is critical to wellbeing. Identifying with culture conveys a sense of belonging and security, and helps to build trust and social capital.

A strong sense of cultural identity has been found to:

- improve well-being and resilience in young people
- reduce rates of suicide and improve mental health outcomes
- improve educational outcomes
- improve overall health outcomes.

Groups with strong cultural identities can, however, feel excluded from society if others obstruct, or are intolerant of, their cultural practices.

### E Tū Whānau values that help support strong cultural identity

- **Tikanga**
- **Whakapapa**
- **Whanaungatanga**

Some of the things we do to build these values in our homes and communities:

- *We feel a strong connection with our whānau*
- *We stay connected to our whānau and together we enjoy the unique Māori culture that we share*
- *We laugh a lot together*
- *We encourage our tamariki to join waka ama, kapa haka and other cultural groups and we support their performances and talents*
- *We are proud of Māori strengths and success and we share this with others*
- *We use te reo in our household whenever we can*
- *We feel a strong connection to our whānau and kainga*
- *We seek out and pass on information about our culture and traditions to other whānau members*
- *Observing family rituals and customs is important to us*
- *We enjoy learning about our whānau history.*

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