

WHAT IS A VALUE?

Values

What we consider to be important and worthwhile and reflect our principles and standards.



WHAT IS RESPECT?

Respect

Respect is defined as feeling or showing esteem or honour for someone or something. (yourdictionary.com)

Some examples of respect are:

- Being quiet in a place of worship.
- Truly listening to someone speak.
- Walking around, rather than through, protected wilderness.

By identifying values and using respect you will:

- Learn to value yourself and other people
- Gain a willingness to reflect on beliefs
- Strengthen your integrity, commitment, perseverance, and courage.
- Create constructive challenge and competition
- Have positive involvement and participation.
- Develop respect for the rights of other people with a range of abilities
- Be able to acknowledge diverse viewpoints
- Gain tolerance, rangimarie, and open-mindedness.
- Develop a sense of social justice
- Demonstrate inclusiveness and non-discriminatory practices



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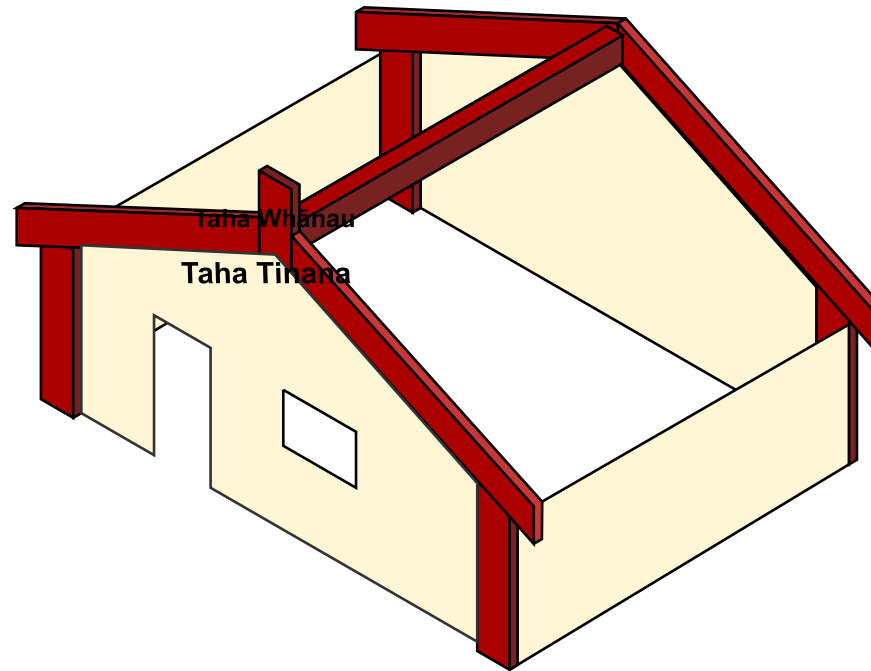


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Te Whare Tapawhā



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Image: Evan Mason

What is hauora?

Hauora is the Māori concept of holistic wellbeing.

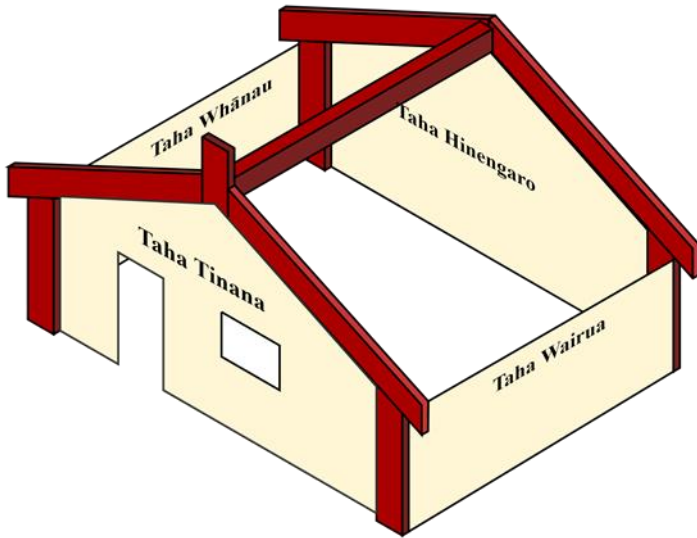
The model used to describe this is called Te Whare Tapawhā which was developed by Sir Mason Durie and is unique to New Zealand.

It encompasses the physical, mental/emotional, social and spiritual dimensions of health.

Te Whare Tapawhā dimensions of hauora

- Physical well-being (taha tinana)
- Mental & Emotional well-being (taha hinengaro)
- Social well-being (taha whānau)
- Spiritual well-being (taha wairua)

Te Whare Tapawhā model



Te Whare Tapawhā (the four-sided house) model shows that each dimension of well-being cannot function alone – they are inextricably linked and work together with all the other dimensions of hauora to form a healthy, whole individual, whānau and community.

Taha tinana

- Refers to physical well-being
- Includes the physical body, its growth and development, and the ability to move, and ways for caring for the body (including nutrition).



Taha whānau



- Refers to social well-being.
- Includes family relationships, friendship and other interpersonal relationships, feelings of belonging, compassion, and caring and social support.

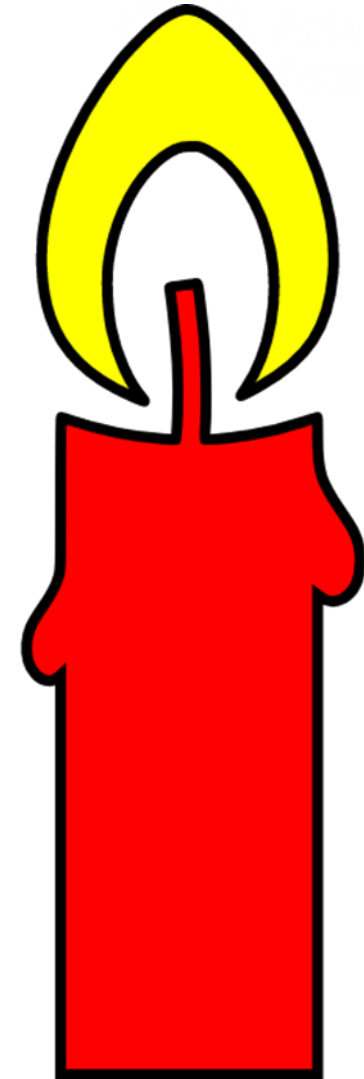


Taha hinengaro

- Refers to mental and emotional well-being.
- Includes people's coherent thinking processes, acknowledging and expressing thoughts and feelings and responding constructively.

Taha wairua

- Refers to spiritual well-being.
- Includes the values and beliefs important to the way people live, their search for meaning and purpose in life, and the things that define who they are (their identity) and their self-awareness.
- Spirituality and people's connections with ancestry (and future generations) places, the land, a sense of belonging and so on.



Healthy



For a person to be 'healthy' or have 'well-being', all dimensions need to be in balance.

Like the whare, where all of the main structures need to be strong and symmetrical to stop the house from collapsing, the dimensions of a person's hauora need to be in harmony.

Examples:

Dimensions of hauora	How this could be related to self-worth
Taha hinengaro	A person has positive self-worth when they are able to deal constructively with thought patterns (whether positive or negative) at all times.
Taha whānau	Positive self-worth comes from having healthy relationships with yourself and others where there is respectful communication.

Examples

Dimensions of hauora	How this could be related to self-worth
Taha wairua	Positive self-worth is supported when people have a clear sense of what it is important to them – what they value highly, what they believe in, knowing who they are as a person and connection with spirituality, those who have gone before and those who will come after.
Taha tinana	Positive self-worth is enhanced when a person does enough exercise and gets sleep and eats a balanced diet so the way they feel physically does not ‘drag them down’.

How the dimensions are interrelated

- If a person has positive feelings and is able to deal constructively with thought patterns (whether positive or negative) they can develop healthy relationships with their friends and family.
- Friends are important to a person and having a good relationship with them and being able to communicate effectively and honestly helps affirm who a person is and gives the person a strong sense of connection and belonging.
- When a person has a strong sense of self-worth and can deal constructively with both positive and negative emotions and thoughts, they find it easier to keep healthy routines – like eating a balanced diet and getting enough sleep to maintain well-being.





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HEALTH PROMOTION

What is it and how can I be involved?

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WHAT IS HEALTH PROMOTION?



- According to the World Health Organisation (WHO) Health Promotion is “The process of enabling people to increase control over, and to improve their health.”
- Health Promotion Glossary, 1998
- The New Zealand Curriculum explains it as a process that helps to develop and maintain supportive physical and emotional environments and that involves students in personal collection action, NZC 1999.

WHAT IS HEALTH PROMOTION?

Health promotion is anything you, others or organisations do to promote a person's or communities health.

Generally the more people involved, the more layers the project can have therefore the more impact the health promotion initiative will have.

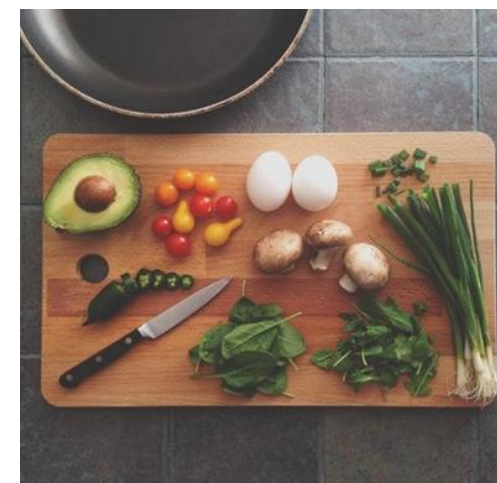


QUICK THINK...

What health promotion campaigns can you think of ?



What are their aims?



INVESTIGATION

Investigate campaigns run by the New Zealand health promotion agency - <https://www.hpa.org.nz/our-work/campaigns>

- Choose two campaigns, for each answer the following questions:
- Name the campaign
- What is aim?
- How do they promote health?
- Who is the intended audience?
- What message do you get from the campaign?
- What do you think would make this campaign more effective?

Brainstorm

What would you change or improve in your classroom, school or community to develop positive and respectful attitudes and values to foster understanding and acceptance of cultural diversity?

- How could you do this?
- How could the following factors affect a person's well-being?
- Classroom climate, canteen policy, student support services, recreational facilities, support for students with specific needs, and cultural practices.

These ideas can be used in Lesson 8.



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