


Nōku te Ao: Like Minds  
Puna Pūtea/Social Action Grants

# KAUPAPA MĀORI PRINCIPLES

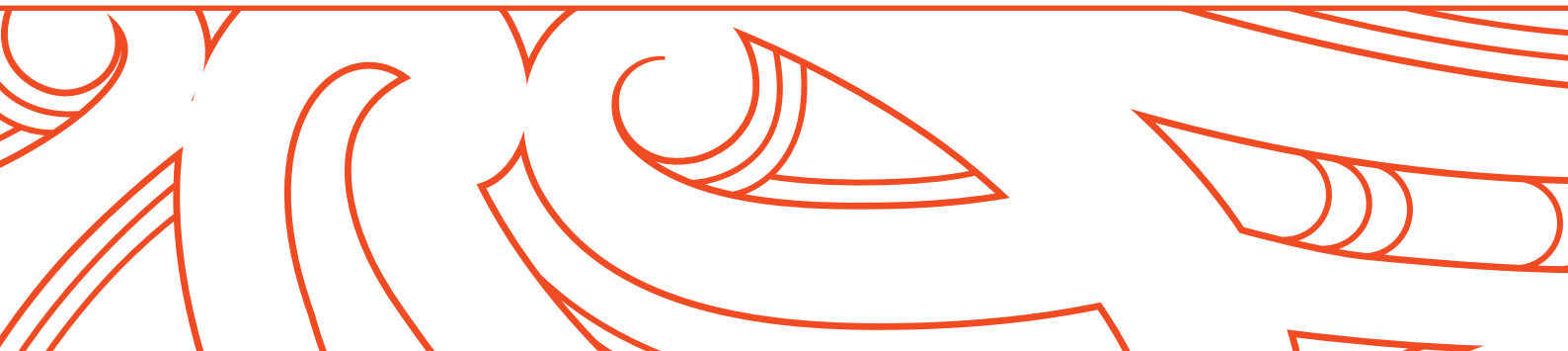


NŌKUTE AO  
LIKE MINDS



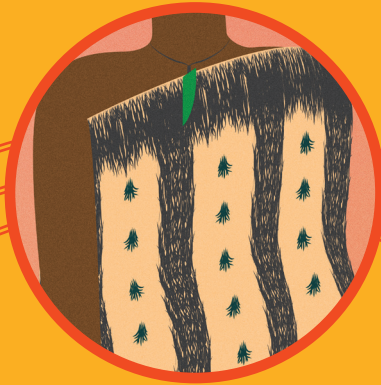
**Nōku te Ao: Like Minds** strategy is grounded in kaupapa Māori – so all the work we do speaks to kaupapa Māori principles in some way. We do this to ensure that our work to end mental distress discrimination is equitable and benefits everyone in Aotearoa, and to be the best Te Tiriti o Waitangi partners that we can be.

For these reasons, we ask that your application speaks to one or more of our kaupapa Māori principles too. Choose one or more principles from our list below and look at our tips on how you could speak to them. These principles are in no particular order – all hold equal weighting.



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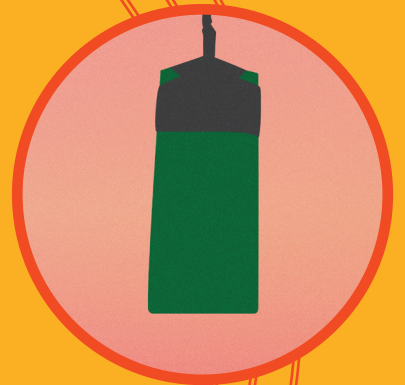
TINO RANGATIRATANGA



MĀTAURANGA MĀORI



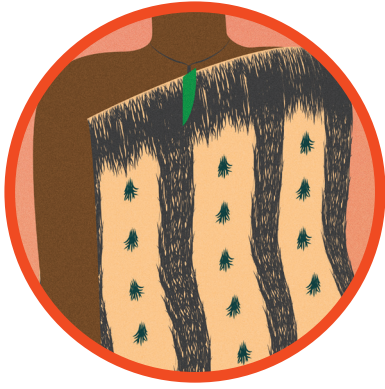
TAONGA TUKU IHO



MANA TĀNGATA



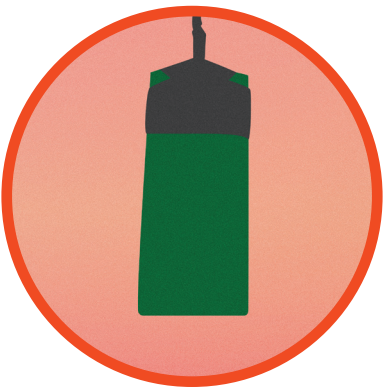
WHĀNAU



## **Tino rangatiratanga – the right to determine one's own life and life choices, alongside the support of one's family and whānau.**

We should all be able to make personal choices about the mental health care we receive and feel supported when doing so. A supportive family or whānau might be our biological or adoptive whānau, or a support network of friends and peers we have built over time.

If you choose this principle in your application, you could show us how your project can help further independence and autonomy for those of us with mental distress or illness alongside the support of their family, peer network or whānau, whānau whanui (extended family), hapū or iwi.



## **Taonga tuku iho – honouring someone's culture or values by following or making space for their practices, kōrero, or tikanga and kawa.**

For Māori, this might include practising karakia and whakatauki, or using te reo Māori, it might include acknowledging the pūrakau or oral histories of a person and their whānau; for peer support or mental health advocacy groups, this might include following their meeting protocols and respecting the language they identify with.



## **Mātauranga Māori – giving prominence to Māori knowledge and wisdom.**

This might look like using Māori health models such as Te Whare Tapa Whā in your project, respecting rongoā Māori as a form of medicine or seeing mental health in a more holistic, non-medicalised way.

If you choose this principle in your grant's application, show us how your project will honour mātauranga Māori to help end mental distress discrimination.



## **Whānau - acknowledging our past, present and future family and whānau, and how they help shape us.**

Your whānau with mental distress could be the inspiration for your project or have the knowledge to help drive your grants project forward together. Ancestors, living whānau (biological, adopted or peer groups) and future generations or mokopuna are all whānau.

If you choose this principle in your grant's application, show us how your project will honour or work with whānau with mental distress to help end mental distress discrimination – or change the minds of whānau who might have discriminatory ideas about them.

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## **Mana tāngata - the strength of a collective, united group.**

People power is real! Working together as one towards a common goal can make real change and enhance the everyday lives of our communities, hapū or iwi.

If you choose this principle in your grant's application, show us how your project will work collectively with people who experience mental distress in an equal and empowering way to help end mental distress discrimination.