

TE KAI WAIPIRO

Te Ratonga Taurima Ākonga

*"kia kaha ake te puta o te ihu i ngā mahi whare wānanga,
kia pakari tonu - taha whaiaro, taha tangata"*

Ngā Ratonga Ākonga

Te Kunenga ki Pūrehuroa

Te Papaioea

TE KAI WAIPIRO

Me puta rawa he kōrero mō te waipiro?

Tērā pea he painga ō te waipiro, ki te kainga kia iti noa nei.

Tērā ka mahea ake te mānukanuka o ngā tāngata kaha pāria e te mānukanuka, ā, he ārai anō pea tā te waipiro i ngā mate manawa.

Engari ki te kaha rawa te kai waipiro, ki te wawara rānei te tangata ki te waipiro, he mate nui ka pā ki tana hauora, ki ana hononga tāngata, ki ngā mahi whare wānanga, ki ngā mahi whaiutu, ā, tērā ka raru anō ko te taha moni.

Ngā take e kai waipiro ai te tangata

He wāhi kei te waipiro i roto i ngā tini kaupapa e ngahau tahi ai te tāngata. I ētahi wā, e herea ana ki ngā tikanga a tētahi iwi, a tētahi rōpū rānei o roto i te iwi. He maha ngā take e kai waipiro ai te tangata, inā koa, hei pārekareka noa, hei whakamahea whakaaro, hei karo rānei i ana kare-ā-roto, i ngā raruraru, i tētahi āhuatanga whaiaro rānei o mua kāore i tatū, i te mea noa iho rānei e mokemoke ana, e pōkaikaha ana rānei.

He pōhēhē e pā ana ki te waipiro

Ko tētahi tino pōhēhē, ko te whakapono kāore koe e noho haepapa mō ō mahi ina haurangi koe. E whakahau ana te

Whare Wānanga ki te takakinotia e koe tētahi wāhi, tētahi taputapu, tētahi tangata rānei, ko tō kai waipiro te pūtakenga mai, ka riro māu tonu e utu mö tō hara. Ki te panaia koe i tētahi o ngā wharenoho o te whare wānanga, he haurangi nōu, ka mana tonu ngā kirimana me ngā utu mö te noho ki reira ā eke rawa te tau.

Ngā pānga o te waipiro ki ngā roro

He whakapöturi tā te waipiro i ngā roro, he 'whakaweto' haere tāna i ētahi wāhanga o ngā roro.

- Ko ngā whaitua whakamua o ngā roro e whakataki ana i te āhua o tō aro atu ki tētahi mea, koia anō ngā wāhanga tuatahi ka rongō i ngā pānga o te waipiro. Ka tahuri pea te tangata ki te mahi i ētahi mahi kore rawa ia e mahi mēnā kāore ia e kai waipiro ana; ka makere ngā here e ārahi ana i te tangata kia tika tana kawē i a ia. Nā konei, tērā ka noho ko tana hiahia tonu tana rangatira, ka ririhau rānei, ka riro rānei ia i ngā whakaaro hemahema. Me te aha, waiho ana ko te whakamā te kai ā taihoa ake.
- Ko ētahi o ngā pānga ki ngā ioio me ngā uaua, ko te kōrero pōrori, te hūrōri haere, me te inu maringi.
- Ka hē anō pea ko te āhua o te titiro. Hei tauira, ka hē ko te whakatau i te hōhonu, i te tere rānei, e hē ai te whakatau i te tere o ngā waka e rere mai ana i tērā taha o te huarahi.
- Ka hē anō pea ko te rongō (me te kite), e kaha ake ai ngā reo o te hunga kai waipiro.
- Ki te kaha rawa atu te kai waipiro, ka pā ōna kino ki ngā wāhanga o ngā roro e whakataki ana i te mauri ora, i te manawa me ngā pūkahukahu. Ko te mauri moe, te pararaiha, tae atu ki te hemo tonu ētahi o ngā hua o tēnei tāoketanga ā-waipiro.

Ngā tohu kua raruraru te tangata i tana kai waipiro

Ina kaha hē te hauora o te tangata i te kai waipiro, ina hē rānei tana noho i ana whanonga ka kai waipiro ana ia, ā kāti he raruraru tonu tana kai waipiro. Arā ētahi o ōna hua, ko te hē o ngā hononga ki ētahi atu tāngata, te hē haere o ngā mahi, o ngā kawenga whare wānanga, tae atu ki ngā ngahau tahi ki ētahi atu. Tērā pea ka hē anō ko te taha moni, ā, e kore pea e tutuki i a ia ngā kawenga kei runga i a ia.

Me pēhea taku tiaki i a au?

Arā ētahi tāngata ka whakataua iho kia kua rātou e kai waipiro. Heoi anō, ki te kōwhiri koe ki te kai waipiro i runga i te tūpato me te tōtika, kua e wareware:

- Kia hāngai te rahi o te waipiro ka pau ki te rahi o tō tinana; kua e wareware, ka āhua kotahi haora te tinana e whakamemeha ana i te karaehe waipiro kotahi.
- Me mātua kai anō (kai tūturu nei) i mua, i te wā anō hoki e kai waipiro ana koe.
- I a koe e inuina ana, kia kotahi anake te momo waipiro e kainga, kua e whakatūria tō inu ki tētahi wāhi kāore e kitea ana e koe, kua rānei e inumia he inu kua tīkina e tētahi tauhou hei inu māu.
- Whakaritea he tangata kāore e kai waipiro ana hei kaitairaiwa mōu, ā, kua e haere ki ngā pātī ko tō kotahi.
- Āta whakawāngia te pānga o tō kai waipiro ki te āhua o te noho. Ka whaihua pea te kimi i ngā whakaaro o tētahi hoa piripono, o tētahi rānei o tō whānau. Māna, he pai ake te uiui i te tākuta, i te kaiārahi rānei.
- Kia mātua mōhio koe, e pai ana te āta kai waipiro tahi ki ētahi atu, he mahi pārekareka, he mahi e arohia ai te mana o ētahi atu tāngata. Engari ko te porohaurangi, he mahi mōrihariha, he mahi tūkino, he takahi i ētahi atu, he takahi i a koe anō.

Ki hea atu ināianeī?

Ka taea te kimi te roanga atu o ngā kōrero mō te kai waipiro i te tākuta me ētahi atu kaimahi hauora, pērā i ngā kaiārahi. He ratonga waipiro, tarukino kei ngā hōhipera o ngā tāone nui, ā, arā ngā rōpū tautoko i te hāpori pērā i te Alcoholics Anonymous, kei te pukapuka tau waea, i raro i te "Personal Help Services".

Ki te hiahia whakarite wā koe hei hui tahi ki tētahi o ā mātou kaiārahi i Te Ratonga Taurima Ākonga, waea mai ki a Julia i 350 5935.

<http://counselling.massey.ac.nz>

Rārangi tirotiro

Anei tētahi rārangi hei tirotiro māu, kia kite ai koe mēnā e kai waipiro ana koe i runga i te tika me te tūpato:

- Kei te hāngai te rahi e inumia ana e au ki te rahi o taku tinana, kei te ū anō ki tērā e tika ana mā te kōhine (mēnā he kōhine koe), mā te tāne rānei (mēnā he tāne koe). Arā nē - he pōturi ake te whakawhenumi a te tinana kōhine i te waipiro, tēnā i te tinana tāne.
- I ngā pātī, kai ai au i ngā kai tūturu i te taha, ä, kāore e nui ake i te inu kotahi e pau i te haora.
- Mēnā ko au e taraiwa ana, kāore au e inu waipiro.
- Mēnā ko au e inuina ana, ka whakaritea he kaitaraiwa kāore e inuina ana.
- Māku anō e tonono, e tiaki āku ake inu.
- I ōna wā anō ka tirohia te pānga o taku kai waipiro ki aku mahi whare wānanga, ki aku hononga ki ētahi atu, ki aku moni, ki taku mahi whaiutu.
- Kāore e takahia e au ngā rawa, ngā āheinga me ngā kōwhiringa a ētahi atu tāngata.