



MANA TAIOHI
TRANSFORMING
ACTIVE RECREATION
FOR RANGATAHI
IN AOTEAROA





Photo credit: Active Southland



Photo credit: Active Southland

“By incorporating Mana Taiohi principles and frameworks it is easy to understand how physical activity and youth development go hand in hand when developing mana enhancing experiences for taiohi”

Kelly McCann – Sport Waitākere

The partnership between Ara Taiohi and Sport NZ was grounded in the principles of Mana Taiohi. The principles formed the foundational framework for developing the Active Recreation for Rangatahi Plan (the Plan) 2021 – 2024.

Ara Taiohi and Sport New Zealand Ihi Aotearoa share a deep commitment to supporting the wellbeing of rangatahi in Aotearoa. We know that being physically active, and participating in positive youth development programmes that are informed by Te Ao Māori, increases young people’s wellbeing.

The Sport NZ/Ara Taiohi partnership has allowed us to explore the potential of weaving these ingredients together and the positive impact this can have on young people.

The project was initially led by Simon Mareko, followed by Maarie Mareikura-Ellery, and supported by the teams of Sport NZ and Ara Taiohi, the Mana Taiohi Champions and the Rangatahi Regeneration facilitators. The partnership has provided rich insights into the elements that support the integration of a positive youth development approach into a Crown Entity context, as well as into Active Recreation programmes throughout the motu.

A massive thanks to the team from Sport NZ and we look forward to the next iteration of this partnership, building on our understandings and seeing an increasingly positive impact on the wellbeing of the rangatahi of Aotearoa.

Jane Zintl
CEO Ara Taiohi



Photo credit: Active Southland



Left to right: Simon Mareko, Jazz Scott, Josh Sprott, Māhinarangi Henry Campbell, Iti Kahurangi Takurua-Keelan and Maarie Mareikura-Ellery

The partnership we have had with Ara Taiohi has been a huge part of our Active Recreation journey at Sport NZ Ihi Aotearoa over the last three years.

Active recreation for rangatahi had not long been a focus for Sport NZ Ihi Aotearoa when we reached out to Jane (CEO of Ara Taiohi) in early 2021 and asked if we could meet to discuss an idea. Sport NZ was committed to its focus on improving physical activity levels for rangatahi, and who better to tautoko this than the peak body for youth development.

We could both see a great opportunity to weave together two sectors that care about the wellbeing of young people and to centre the partnership around introducing and embedding the Mana Taiohi principles into our rangatahi focused work. Three years on, we have seen a real shift in people's understanding of what it means to take a mana enhancing approach to delivering and designing programmes, services, and policies with and for young people; and we plan to continue this important work in our next strategic period.

A big thank you to the team at Ara Taiohi for all the support and guidance they have provided to Sport NZ and the play, active recreation and sport sector who have embraced this way of working for the betterment of young people.

Fran McEwen
Active Recreation Manager, Sport NZ Ihi Aotearoa

LAYING THE FOUNDATIONS

Across the partnership there were 4 key focus areas

- 1 Mana Taiohi training and capability building
- 2 Providing expertise and advice
- 3 Whai Wāhitanga in action
- 4 Youth Week

A shared secondment opportunity was created to support the outworking of this partnership.

Initially Simon Mareko (previously the Director of Mana Taiohi at Ara Taiohi) took up this role. This secondment role focused on supporting the capacity of the Sport NZ Active Recreation team/work-plan as well as increasing the capability of understanding and utilisation of Mana Taiohi across the sport, recreation and youth development sectors.

The secondment role was pivotal in the establishment of MTC as a stepping stone towards increasing the capability at a local level, of understanding and using Mana Taiohi. This is a great example of a not-for-profit peak body (Ara Taiohi) partnering with a crown entity (Sport NZ) to super-charge the outcomes for both organisations as well as delivering best practice in bridging the gaps in sport, recreation and youth development sectors.



Back: Maia Kelly, Simon Mareko, Maarie Mareikura-Ellery, Meg Fisher, Kelly McCann, Jane Zintl, Helayna Ruifrok, Jazz Scott. Front: Greg Houkamau, Fran McEwen, Chloe Bishop, Māhinarangi Henry Campbell and Josh Sprott.

FOCUS AREA

1 MANA TAIOHI TRAINING & CAPABILITY BUILDING



Across the partnership, the importance of socialising and contextualizing the principles of Mana Taiohi to increase the knowledge of positive youth development informed by Te Ao Māori amongst active recreation sector. Wānanga were used in multiple different contexts to build capacity and capability within Sport NZ and their partner organisations.

Mana Taiohi wānanga over the partnership

776 Attendees
34 Trainings





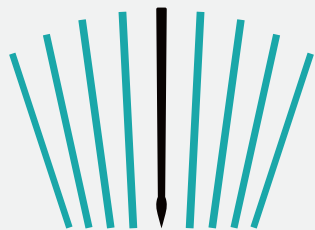
Photo credit: Active Southland

Mana Taiohi Champions Tohu

Tokarārangi Poa

He uri tēnei nō Te Awa Tupua, nō Ngāti Maniapoto, nō Te Āti Haunui-ā Pāpārangi, nō Ngāpuhi, nō Ngāti Porou, nō Ngāruahine hoki.

This tohu reflects the journey of the Champions that were involved this mahi, as they grow and learn about the Mana Taiohi kaupapa. The eight rākau in the logo represent the eight principles of Mana Taiohi and the taiaha in the middle represents the champions. The rākau and taiaha represent the journey from becoming novices to champions, from wielding rākau to wielding taiaha.



MANA TAIOHI CHAMPIONS



“I believe that the Mana Taiohi principles are not only beneficial for all but also inherent in just being a good human”

Kaycee Henry – Sport Northland

“This kaupapa is so important and so meaningful, for upholding and honouring the mana of our rangatahi but also for upholding the mana of all people we work with”

Meg Fisher – Sport Bay of Plenty

Mana Taiohi Champions

After an initial focus on wānanga and based on feedback from year 1 we recognised that we needed a more focused approach to support each Regional Sports Trusts (RST’s), by developing our Mana Taiohi Champions (MTC) rōpū to build capability for Regional Sports Trusts to embed Mana Taiohi.

Elements of MTC haerenga/journey

- **Mana Taiohi Champions:** Champions were identified through an expression of interest process.
- **Zoom hui (zui):** Our rōpū met via zui every 6 weeks to connect, learn, share and influence.
- **Tuakana/Teina:** We adopted a Tuakana/Teina mentoring approach fostering leadership, splitting the rōpū into year tuatahi (first year) and year tuarua (second year).
- **Wānanga:** Bringing our wider MTC whānau together in person to whakawhanaungatanga and wānanga.
- **Mentoring:** Ara Taiohi kaimahi mentored the champions in youth development and supporting the wider MTC haerenga (journey) through:
 - Regular check in’s
 - Providing feedback on action plans and wider implementation of Mana Taiohi in their RST
 - Training and facilitation on request.
- **Action plans:** Champions created action plans to map out their goals for embedding Mana Taiohi in their RST. We challenged our Champions to think across a broad range of goals, encouraging goals that are easy to implement through to long term goals that may take months and require wider team support.

A selection of highlights of Mana Taiohi in Action

Active Southland

Supported the creation of Ka Tāoka I Tuku Iho Māori Sports Trust.

- The vision of the Trust is to enhance the hauora (wellbeing) of the Southland community by strengthening and facilitating opportunities in Traditional Māori Sport and Active Recreation activities.
- This is a by rangatahi for rangatahi initiative; rangatahi created the name, the tohu/sign and selected the trustees.
- The Trust currently supports Kapa Haka, Kī o Rahi ki Murihiku (Rangatahi and Tamariki level) and whānau support funding.

Another example from Active Southland shows how Mana Taiohi can be woven into mahi with young people, in a sport context. Check out this case study where talented young athletes are supported with mana-enhancing opportunities to take their pursuits to the next level.

Nuku Ora

Are supporting a master’s student who sits within their Green Prescription team, to lead on co-design with rangatahi for a specific Green Prescription service.



Photo credit: Active Southland

Sport Canterbury

Supported Selwyn Sports Trust to develop a Mana Taiohi action plan – they have committed to:

- Koha for young people they engage with recruiting young people into their organisation.
- Prioritising whanaungatanga and pepeha in external and internal hui.
- Valuing knowledge and expertise of younger staff members.
- Embedding Mana Taiohi into strategies and plans for young people.

CLM Community Sport

The Māngere Recreation Programme is centered around the idea of hosting a full school “have a go day”. This was co-designed with students. It aimed to have a variety of different activities including, Siva Afi, Martial Arts, Yoga, X-Hiphop etc. These activities help to increase;

1. Awareness
2. Confidence
3. Participation

Sport Bay of Plenty

Taonga Tuku Iho is an initiative that Sport Bay of Plenty uses to help create whanaungatanga within the team. Sharing their own Tāonga Tuku Iho has led to the amazing connections internally and externally.

“My key learning was that I really need to consider rangatahi more as stakeholders than as simply participants”

Mana Taiohi full team wānanga participant

Key learnings to support capacity and capability building

Implementation

- In wānanga most participants strongly connected with the principles but can struggle with practical implementation. Case studies and practical tools are important tools to support application.
- A bank of resources would provide clear pathways for growth.
- When organisations work with other frameworks it is helpful to integrate Mana Taiohi into these frameworks by identifying connections and added value.

Champion roles require collective support

- An individual champion can quickly become isolated. Small teams, wider organisational and cross agency/ community support improve outcomes and support sustainability.
- For workplace attitudes to shift, all kaimahi (staff) and teams need to understand the value and their role in the implementation of Mana Taiohi.

For example: We facilitated an additional second wānanga with the full Nuku Ora team who were journeying together to understand how Mana Taiohi can look in their wider organisation. “Co-designing Mana Taiohi Wānanga 2.0 with SNZ and Ara Taiohi was a huge success for Nuku Ora. Bringing together the knowledge of the organisation and specific roles in Nuku Ora with the knowledge of Ara Taiohi and their facilitation created a great environment for an effective wānanga leading to greater impact.”

- Build in time for both personal and organisational growth and learning. Walk before you can run!
- Silos within the wider structure (for example being confined to Active Recreation) stifle growth.
- Senior leadership buy-in is essential.

For example: As part of Active Southland’s action plan a Mana Taiohi, they organised a workshop with their Senior Leadership Team. This involved applying the Mana Taiohi principles to each individual team. The aim of this wānanga was to create leadership buy in and for them to envision how Mana Taiohi could support/fit into their team’s structure.

External support

- Youth development expertise is essential: The role of Ara Taiohi was essential in wānanga, mentoring and timely support around decisions, actions, impact and influence.
- Regular connection and opportunities to share learnings in a community of practice supports endurance. These can be online for consistency and supported by in person wānanga where possible.
- Weaving in parallel Mana Taiohi kaupapa (e.g., youth development organisations, philanthropy, local government) results in more visible culture change on the ground.

Mana Taiohi in action

- A focus on Whai Wāhitanga saw tangible benefits in the key target area of young people participation in the Tū Manawa fund.
- Youth-led, bi-cultural focused wānanga model youth development and Te Tiriti in action.



Photo credit: Sport Whanganui

FOCUS AREA

2 PROVIDE EXPERTISE AND ADVICE

Over the course of the partnership several opportunities arose to further integrate Mana Taiohi principles. The role of Ara Taiohi as a consultant or sounding board was essential to ensuring this integration both honoured the principles and was practical in application.

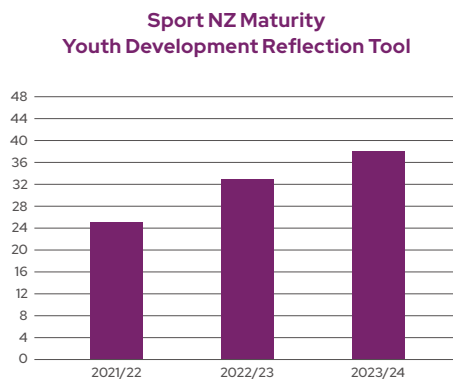
Examples of expertise and advice

Youth Development Reflection Tool

The youth development reflection tool was developed to support organisations to have reflective conversations about their approach to upholding positive youth development through the Mana Taiohi principles. The intention is to use this tool to develop future actions that will enable organisations to progress to the next level of maturity. The value of this tool is in the conversations it helps to prompt and by providing a frame to track and monitor progress.

Sport NZ promotes this tool to their partners, and also uses it internally to reflect annually on their own mahi, considering how they could better reflect the Mana Taiohi principles.

Each year, Sport NZ has reflected on previous progress and identified new actions and opportunities to feature in work plans across the organisation. The below graph shows Sport NZ's steady increase in maturity over the previous three years.



“The biggest shifts that we have seen in our organisation is under the principle hononga. We have developed how we work collaboratively with organisations that also serve rangatahi, and how our mahi can better support rangatahi to develop and strengthen their connections with their communities. Using the youth development reflection tool has helped us to focus on priorities such as this, which we now see as being far more prevalent in our organisation”

Chloe Bishop – Active Recreation Consultant at Sport NZ

Action Cards

The Mana Taiohi action cards are an interactive resource designed to demonstrate how the Mana Taiohi principles could be applied to different areas of your organisation.

Co-designing spaces and places with rangatahi guidance

Sport New Zealand saw an opportunity for rangatahi (ages 12-18) to be given more agency in designing the active spaces and places in their communities to ensure they meet their needs. Using Mana Taiohi as a framework, this resource was launched in 2023 to support organisations in co-designing spaces with rangatahi and creating positive outcomes for rangatahi that goes beyond the physical space.

Youth in Governance

Inspired by the principle of Whai Wāhitanga, which recognises young people as valued contributors to society, who assume agency and take responsibility, Sport NZ developed a resource to guide boards on how best to engage or seek input from young people.

The Youth in Governance document weaves the principles of Mana Taiohi throughout. It includes a flow chart that allows organisations to identify where they are at in terms of youth engagement and follow a process on what course of action is most appropriate.

Our Learnings

- Youth development specific expertise is essential to producing robust resources that meet user needs. When new resources are being developed timelines need to allow sufficient time for partner review and recommendations.
- Ensuring ease of access to support resources is essential. For example, the ability to link to Mana Taiohi videos on Ara Taiohi website is helpful.
- Ara Taiohi and staff within the targeted organisation need a base understanding to contextualise the principles into the relevant context. This allows for proper integration and weaving of the principles into resources and practices.



FOCUS AREA

3 WHAI WĀHITANGA IN ACTION

Rangatahi co-facilitating trainings

Rangatahi Regeneration

Rangatahi Regeneration (RR) is a space for rangatahi Māori to unlock their entrepreneurial whakapapa, learn the art of facilitation and to flip the script by encouraging young people to facilitate Mana Taiohi.

With wānanga such a significant focus on the first year of the partnership we committed to building our team of facilitators so that we could train bi-culturally and bi-agedly. This enabled us to model youth development and our commitment to Te Tiriti o Waitangi in action. The RR participants learned how to hold space and to lead kōrero by bringing their own youthful experiences and mātauranga. The RR crew facilitated wānanga to all the Regional Sports Trusts in Aotearoa, applying their learning into practice.

Active As

Active As is an initiative to support the well-being of rangatahi through Active Recreation in schools around Aotearoa. Every rohe received a Mana Taiohi wānanga highlighting all the principles of Youth Development and how kaiako/teachers and tauira/students can work best together to create safe, fun and innovative spaces for rangatahi to flourish. The particular focus was on the principle of Whai Wāhitanga and supporting young people to co-design and lead initiatives in their schools. These workshops were co-facilitated with a Rangatahi and Tuakana duo, allowing Whai Wāhitanga to be seen in action.

Rangatahi leading Mana Taiohi Champions

When Simon Mareko moved on from the secondment role, Maarie Mareikura-Ellery moved from a teina role to a tuakana role. Participants universally highlighted the huge value of having Maarie, as both rangatahi and a Mana Taiohi Champion herself leading the Champions haerenga.



“It has been a privilege to support the Mana Taiohi Champions over the last 3 years, first as a Mana Taiohi facilitator and then in the Mana Taiohi Champion’s Lead role.

My experiences as part of Rangatahi Regeneration equipped me with a multitude of tools to help me flourish in this world as a proud young Māori wahine.

Being able to work in spaces I am passionate about across the Youth Development and Active Recreation sector has been a blessing. I am excited to continue learning more about what the magic of Mana Taiohi and Whai Wāhitanga can unlock”

Maarie Mareikura-Ellery



Photo credit: Active As

MTC Tohu

Our Mana Taiohi Champions tohu was designed by Tokarārangi Poa, a young Māori ringatoi (artist). Tokarārangi is a Rangatahi Regeneration alumnus, participating in the 2022 cohort. Toka's deep passion for his whakapapa through art brought many skills to Ara Taiohi. He supported the development and creation of the Mana Taiohi Champions tohu as well as the Whai Wāhitanga inspired tukutuku panel found in our Kaiparahuarahi: Whai Wāhitanga.

Selected highlights of Whai Wāhitanga in action

- Rangatahi as an MC for Recreation Aotearoa Conference awards night and the Nuku Ora Regional Conference.
- Libby Davenport – Whai Wāhitanga Kaiparahuarahi: Sport NZ Graduate Libby Davenport reflects on her involvement in the development of our Active Recreation for Rangatahi Plan.
- Active Southland leadership programme: Active Southland's commitment to fostering youth development is shown through its innovative Rangatahi Leadership Group.

Our Learnings

- When people can see whai wāhitanga in action, it inspires them as to consider what is possible in their own context.
- Genuine Whai Wāhitanga is intentional and requires investment.
- A focus on Whai Wāhitanga saw tangible benefits in the key area of young people participating in the Tū Manawa fund.
- Youth-led, bi-cultural focused wānanga models youth development and Te Tiriti in action.

“As a rangatahi myself, I have felt empowered and supported to lead this space and champion this in my RST”

Māhinarangi Henry-Campbell
– Sport Tasman



Photo credit: Youth Week Launch 2024 – Rezpsect Dance Academy



FOCUS AREA

4 YOUTH WEEK

Youth Week grants

Over the 3-year partnership, Sport NZ contributed to the Youth Week grants. Youth Week is a campaign and festival of events that celebrates the strengths, talents and passions of young people in Aotearoa.

The grant scheme enabled youth organisations to apply for up to \$1000 for youth-led events in their communities. The contribution from Sport NZ supported events that had a strong focus on Active Recreation and enabled us to support over 40 additional youth-led events over the 3-year period.

Ripple effects of Youth Week

- Youth Activation fund: Youth Voice Canterbury and Sport Canterbury partnered to manage the Youth Activation Fund in support of Youth Week 2024. The fund aimed to increase opportunities for young people to be physically active through youth-led projects leading up to and during Youth Week.
- There has been significant growth in both Sport NZ and RST's acknowledging and celebrating Youth Week over the 3-year partnership.

Our Learnings

- The importance for strong systems to track and evaluate impact of Youth Week funding and events.
- Initial investment in a high trust model shows real value for Active Recreation during Youth Week. Increased investment that is both structured and intentional has the potential to enrich the connection between Active Recreation and youth development, ultimately benefiting rangatahi in Aotearoa.

NEXT STEPS

This mahi has shown the many benefits of a Crown Entity adopting a Mana Taiohi approach.

We are looking forward to the second iteration of this programme. In the next few years, we will seek to expand the kaupapa by sharing the learnings of this programme with other organisations, providing Mana Taiohi wānanga/ trainings, developing a resource webpage for organisations that are implementing a Mana Taiohi approach and continuing to strengthen the relationship between Ara Taiohi and Sport NZ.

Partnership with the Ministry of Youth Development

The Ministry of Youth Development's Youth Plan was launched in August 2023 and is supported by Hon. Matt Dooney.

Ara Taiohi (in partnership with MYD, Sport NZ and Mana Mokopuna) is leading an action that looks to embed the Mana Taiohi principles across government. The learnings from the Sport NZ partnership have informed the initial framing of this action as we focus on key opportunities moving forward.



To view all resources relating to this partnership, please visit our website arataiohi.org.nz or scan the QR code.

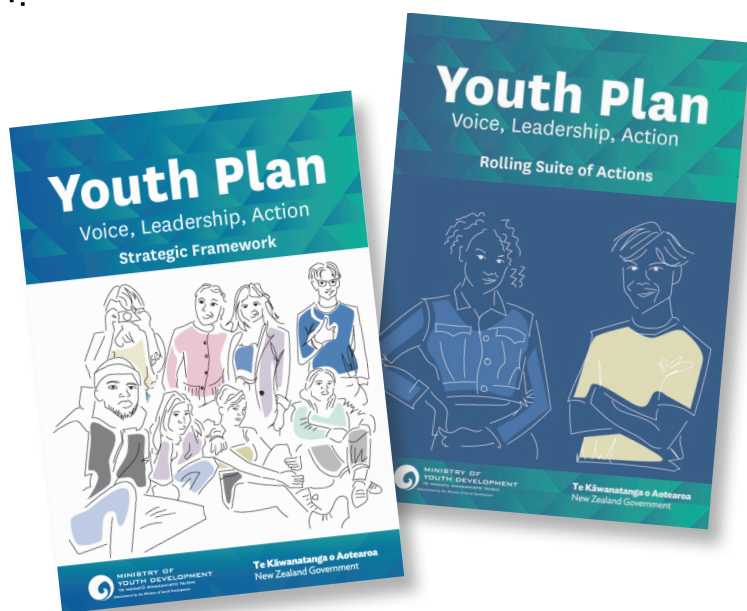


Photo credit: Active Southland

WHAKAMIHI

E rere ana tō mātou aroha ki ngā kaitautoko o tēnei kaupapa.

Ko te mihi tuatahi ki te whānau o Ihi Aotearoa Sport New Zealand. Ko te mihi tuarua ki a Mana Taiohi Champions, na koutou i whakatinana tō tātou moemoeā 'Te puāwaitanga taiohi o Aotearoa'. Ko te mihi tuatoru ki a Simon Mareko, te pou whirinaki mō Mana Taiohi, e mihi tonu ana. Ko te mihi tuawha ki te kaitōi o te tohu Mana Taiohi Champion, Tokarārangi Poa. E mihi ana ki ēnei kaiāpai, otirā ki ngā whānau whānui o Mana Taiohi Champions.

We would love to take some time to thank all the trailblazers who helped to pave the way for Mana Taiohi and the Active Recreation sector to allow for this partnership to happen. A massive thank you to all the people that have added their magic to this kaupapa of Mana Taiohi Champions. To our Sport NZ Ihi Aotearoa Active Recreation whānau including Fran McEwen, Chloe Bishop thank you for your passion and dedication towards Mana Taiohi and furthermore to Youth Development. To our Mana Taiohi Champions, thank you all for putting your hands up to be a part of this haerenga, for your mātauranga, passion and aroha.

Again, a big thanks to a huge pillar in the Youth Development world, Simon Mareko, for being a part of this advancement for both the Youth Development and Active Recreation world. A final thanks to Tokarārangi Poa for blessing our kaupapa with a visual to help lead and remind us of why we do this work.

Finally, we acknowledge the amazing mahi of Maarie Mareikura-Ellery who has held the Mana Taiohi Champion leadership role. Her ability to adapt and weave together kaupapa and people is inspiring and has made a real impact in seeing Mana Taiohi outworked under this contract.

