Ko Ō Tika

Kei raro i te Ture Waranga Tarukino (Aromatawai me te Maimoatanga me Mātua Whakatutuki) 2017[[1]](#footnote-1)

### Kei te whai tika koe kia whakautetia i tō maimoatanga.

* Kei te whai tika koe kia whakamōhiotia katoatia ki tō tūnga ā-ture, ki ō tika, ki ngā āhuatanga katoa hoki o te aromatawai, o te maimoatanga, o te arotake.
* Kei te whai tika koe ki te tautapa i te tangata (e pakeke ake ana i te 18 tau) ki te tiaki i ō take i raro i te Ture, ā, ka taea te whakarerekē, te whakakore rānei i te tautapanga.
* Kei te whai tika koe kia tiakina ki tētahi taumata e rite ana ki ngā whāinga o te maimoatanga me mātua whakatutuki me ngā mātāpono o te Ture, arā:
* ka whakaratoa te tiakitanga ki te iti o te herenga ka taea
* ka aroa ō whakaaro, me ērā o te tangata ka tautapatia e koe hei kaitautoko, i ngā wā katoa ka taea
* ka whakaitia te auwahatanga i ō tika ki tōna itinga ka taea, ā, ka whakanōhia ō take ki te pūtahitanga o ngā whakatautanga
* ka whakautetia tō tuakiri ā-ahurea, ā-iwi hoki, tō reo me ō whakapono whaiaro, me ō hononga ki tō whānau, hapū, iwi hoki
* ko te whāinga o te maimoatanga i raro i te Ture ko te whakahoki i tō āheinga māu tonu e whakatau ngā āhuatanga o tō maimoatanga.
* Kei te whai tika koe kia whakaratoa ki te tiakitanga hauora e rite ana mō te āhua o tō mate, ā, kia whakamōhiotia koe ki ngā painga me ngā nawe ka hua mai i te maimoatanga.
* Kei te whai tika koe kia arotaketia kōhukihukitia tō tūnga ā-ture e te kaiwhakawā mehemea kei te whakaaro koe kāore koe i te eke ki ngā paerewa mō te maimoatanga me mātua whakatutuki i raro i te Ture.
* Kei te whai tika koe kia rangona ō take i te Kooti.
* Kei te whai tika koe ki te kore e whakaae kia tangohia, kia whakamahia rānei he whakaahua, he ataata, he hopunga reo o tō maimoatanga
* Kei te whai tika koe ki te tono i tētahi tirohanga hauora motuhake i tētahi mātanga kua whakaaetia i te Ture.
* Kei te whai tika koe ki te pātai ki tētahi rōia māna koe e tohutohu ki tō tūnga me ō tika i raro i te Ture.
* Kei te whai tika koe ki te whai wāhi ki tāngata kē.
* Kei te whai tika koe kia toroa e ngā manuhiri, ki te whakamahi hoki i te waea, i ngā wa e rite ana. Ka taea e koe te tuku reta me te whiwhi reta, kāore e huakina, me ngā ī-mēra.(Ka taea ēnei tika te whakawhāiti e tō kaihaumanu, engari me take motuhake tonu).

## Mehemea he tamaiti koe, he taiohi rānei

* Ka aroa ō hiahia.
* Kua whai tika koe kia noho mai he pakeke mō te aromatawai e te kaihaumanu, mō te uiuinga rānei e te kaiwhakawā.
* Ko te tikanga, ka whakamōhiotia koe ki ngā whakatau me ngā tukanga e pā ana ki a koe.

## Ka pēhea te roa o te aromatawai me te maimoatanga me mātua whakatutuki?

* Ka taea te Ture te whakamahi mō te 56 rā, ā, ka taea hoki te whakaroa mō te 56 rā anō, mehemea ka tutuki i a koe ngā paerewa mō te maiomoatanga me mātua whakatutuki i te Ture.

## Ko tō tika ki te whakanau i te rongoā, i te maimoatanga rānei

* Me whakaae koe ki te rongoā, ki te maimoatanga rānei ka hoatu ki a koe, ahakoa kāore anō koe kia tuku whakaaetanga.
* Kua whai tika koe ki te pātai ki tētahi tohutohu motuhake mō te rongoā, mō te maimoatanga rānei i tētahi mātanga e whakaaetia ana nāu i kōwhiri.

## Me kōrero ki a wai mō ō tika?

* Kua whai tika koe ki te āwhina mehemea kāore koe i te pai ki ngā ratonga i whakaratoa ki a koe, mehemea rānei he pātai āu mō ō tika.

Me pātai ki ngā kaimahi mā rātau koe e āwhina ki te whakapā atu ki:

* tētahi kaitirotiro ā-rohe (he rōia ēnei ka taea te tirotiro amuamu me te whakamōhio i a koe mō ō tika, kāore nei he utu)
* ko tō rōia (mehemea kāore tō rōia, ka taea pea e ngā kaimahi, e te kaitirotiro ā-rohe rānei te tohutohu i a koe ki tētahi rōia. Mehemea kāore e taea e koe tētahi rōia te utu, mā te Āwhina ā-Ture e whakawhiwhi pūtea pea mō ngā nama o te rōia)
* te tari a Te Toihau Hauora, Hauātanga (mā rātau koe e tohutohu ki ō tika, e tirotiro amuamu mō tō aromatawai, maimoatanga, arotake hoki)
* tētahi kaitaunki tūroro (he tāngata ēnei kei te whai whakaaro ki ngā tika o ngā tūroro).

Nā te Tumuaki o Te Tari Hauora i tuku tēnei tohutoro



Mahuru 2017, HP 6752

Māori

1. Ka whai pānga ki a koe ngā tika e takoto ana ki te Tikanga Tika o ngā Kiritaki Hauora, Hauātanga, hāunga ngā mea e taupatupatu ana ki te Ture. [↑](#footnote-ref-1)