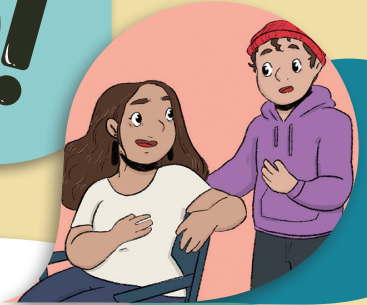




Te Tāhuhu o
te Mātauranga
Ministry of Education

KEI TE PAI NOA IHO!



PUNI #1.

Ka pēhea koe e kōrero ai mō ngā ikura ki ngā rangatahi?

PUNI #2.

He aha tēnei mea, te ikura, ki te hunga rangatahi?

PUNI #3.

Te āwhina i ngā rangatahi e pāngia ana ki te PMS

PUNI #4.

Te noho o ia rā i te wā o te ikura

PUNI #5.

Te whakamahi i ngā huataonga ikura



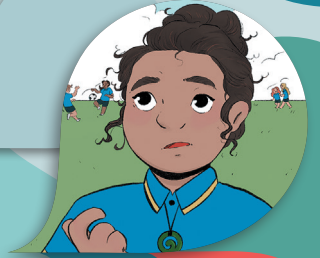
Ikura

Manaakitia te whare tangata
Period Products in Schools



KA PĒHEA KOE E KŌRERO AI MŌ NGĀ IKURA KI NGĀ RANGATAHI?

He āhuatanga māori o te tipuranga ngā ikura. I te nuinga o te wā hei te tīmatanga o tēnei ara, e hiahia tautoko noa ana ngā rangatahi i ngā pākeke i roto i ō rātou ao e noho hāneanea ai, ā, hei whiwhi i ngā meka e hiahia ana rātou. Mēnā kātahi anō koe ka pānui i [te kōrero a Marama](#), me te aha ka mahara koe mēnā kua tata te wā me kōrero ngā ikura ki ngā rangatahi i roto i tōu ao, nā, māu tēnei.



1) KIA TUWHERA TE KŌRERO.

Ehara i te mea me huna ngā ikura.

Ko te mea hirahira, ko te kimi i te

wā tika hei tīmata i tēnei kōrerorero,
pēnei i te wā e kite ai ngā rangatahi i ngā

pākeke e hoko ana i ngā kope ikura, puru

taiaawa rānei i te toa, tērā rānei i te wā e pāngia nei
tētahi atu e tōna ikura.

2) KIA WAVE TE KŌRERO.

Te kōrero ki ngā rangatahi i mua i te tīmatanga
o tō rātou ikura tuatahi e āwhina ai kia nui ake tā
rātou noho takatū, ki te mōhio hoki rātou e aha
ana te aha hei te wā e kitea ai te māturu toto
tuatahi. Ko te ikura tuatahi kei te tīmata, i te
nuinga o te wā, i waenga i te 9 tau me 15 tau te
pakeke, nō reira ka tūpono pea ēnei kōrerorero e
wawe ake ana i tāu e whakaaro nei.

3) KIA MŌHIO KI HEA E WHIWHI AI KOE I NGĀ HUATAONGA IKURA.

E wātea ana, kei te nuinga o ngā kura ngā
huataonga ikura koreutu—arā, ngā kope ikura me
ngā puru taiaawa, e taea ai e ngā rangatahi te hari ki
te kāinga. Te whakaputu o ētahi huataonga ki te
kāinga e ngāwari ake ai ngā rā ruarua tuatahi, ā, ka
taea e te rangatahi te tango ngā mea katoa e hiahia
ana rātou mō te roanga rā anō o tō rātou ikura.

4) KŌREROTIA TE IKURA KI NGĀ TAMARIKI KATO.

Mēnā e pāngia ana rātou e te ikura, kāore rānei,

he mea nui kia ākona ngā rangatahi katoa mō
ngā ikura, e taea ai e rātou te tautoko ō rātou hoa,
whānau hoki, pēnei i nga hoa o Marama, arā ko
Bella rāua ko Zac i roto i *Kei te Pai Noa Iho!*

KUA RANGIRUA TONU ME TĪMATA KOE K HEA?

He aha ngā kupu e pīrangi nei koe kua kōrerotia ki
a koe e tētahi i te wā i ako tuatahi ai koe i tēnei?
He wāhi hira tērā hei tīmata.

HE AHA TE IKURA?

He ingoa tūturu te ikura ka hono atu ki ngā pūrākau
orokohanga Māori. E takea mai ana te ingoa i te
kāinga 'Mai-i-kurawaka', ko te tikanga o tēnei ko te
toto ikura. Ko te ikura, he tohu o te ora.

Ko te whakanui o te ikura he wāhanga o te hītori
o Aotearoa e taumanutia anō kia āwhina ai i ngā
rangatahi kia whakamanatia, kia ngākau nui, kia
tūhonoa, mā te whakamana anō i ngā ikura me
te whakakore i te whakapoapotaunu o te
mate wahine.

KI HEA AU TIKI PĀRONGO ANŌ AI?

[theperiodplace.co.nz/educational-
resources](http://theperiodplace.co.nz/educational-resources)—Ngā pārongo tuihono e koreutu

ana mā ngā tāngata e pāngia ana e ngā ikura.

healthnavigator.org.nz—Rapua “menstruation”
kia whiwhi i ngā meka katoa mō tēnei kaupapa.



E tautoko ana te kaupapa Ikura | Manaakitia te whare tangata—Ngā Hua Ikura ki Ngā Kura
o Te Tāhuhu o Te Mātauranga i ngā kura puta noa i te motu ki te whakarato i ngā hua ikura
utukore tae atu ki ngā kope ikura me ngā puru taiaawa ki ngā ākongā katoa. Kōrero ki tētahi
kaiaiko kia mōhio ai mēnā he hua utukore e wātea ana i tō kura.

[Rapua he kōrero anō mō te kaupapa Ikura i te paetukutuku a Te Tāhuhu o Te
Mātauranga.](#)

Ikura

Manaakitia te whare tangata
Period Products in Schools



HE AHA TĒNEI MEA, TE IKURA, KI TE HUNGA RANGATAHI?

Ka noho pea te tīmatatanga o te ikura tuatahi hei tūāhuatanga hira ki te rangatahi, ā, ka rerekē ngā whakanuitanga a tēnā whānau, ā tēnā whānau i taua tūāhuatanga. Pānuitia te kōrero mō tā te whānau o Marama mahi whakanui i te puni 2 o te punipuni pakiwaituhi [Kei te Pai Noa Iho!](#) E whakaatu ana te pakiwaituhi nei i te whai a tētahi whānau i tōna ake tikanga i te pānga mai o te ikura tuatahi o te tamaiti 11 tau, o Marama.

KO TE WHAKANUI I TE IKURA

tētahi wāhanga o ngā tikanga ahurea Māori mai rā anō. Ko tā ēnei tikanga he whakakaha i te hiranga o te ikura hei āhuatanga ātaahua, whai mana hoki, nāna nei a ngāi Māori i hono atu ai ki ō rātou atua.

WHAI MURI IHO I TE TAENGA MAI O TE PĀKEHĀ,

tērā te tokomaha a ngāi Māori kāore i āhei ki te whai tonu i ō rātou tikanga. Ka haria mai e te Pākehā ō rātou ake whakapono mō te mate wahine. Ka taea e tātou te ako mō ngā tikanga Māori i mua i te taenga mai o te Pākehā mā te mahi a Tākuta Ngahuia Murphy, ko tāna mahi te whakaoho mō tēnei puni. Ko tā te mahi a ngā kairangahau pēnei i a Tākuta Murphy me ētahi atu kaikōkiri, he āwhina kia ākona te tangata mō ngā ritenga taketake Māori e pā ana ki te whakamana me te whakanui i a ikura.

Kua panoni ō whakaaro mō tēnei kaupapa whai muri i tō pānui i te paikiwaituhi me te rongo kōrero mō te hītori o ikura?

Ākene pea kei a koe tētahi tikanga ā-whānau, ā-ahurea rānei mō tēnei wā i te ao o te tangata.

Mēnā kei te whakaaro koe ki te tīmata i tētahi tikanga hou, kōrero ki ngā rangatahi nō roto i tō whānau kia mōhio ai he aha ō rātou hiahia. **Hei tauira, ka taea te mahi tētahi tipae tiaki whaiaro mō te ikura, te puta atu mō tētahi kai hirahira, te mahi te aha rānei e pai ana ki a koutou.**



E tautoko ana te kaupapa Ikura | Manaakitia te whare tangata—Ngā Hua Ikura ki Ngā Kura o Te Tāhuhu o Te Mātauranga i ngā kura puta noa i te motu ki te whakarato i ngā hua ikura utukore tae atu ki ngā kope ikura me ngā puru taiawa ki ngā ākongā katoa. Kōrero ki tētahi kaiako kia mōhio ai mēnā he hua utukore e wātea ana i tō kura.

[Rapua he kōrero anō mō te kaupapa Ikura i te paetukutuku a Te Tāhuhu o Te Mātauranga.](#)

DR NGAHUIA MURPHY

Ko Tākuta Ngahuia Murphy tētahi pūkenga mana wahine e manawanui ana ki te tūhura anō i ngā tikanga taketake Māori e pā ana ki ngā wāhine Māori. Kua whakaaweawe āna mahi i te whakarauoratanga o ngā whakanuitanga ikura Māori, me te tautoko hoki i ērā atu kaupapa toiora o te tangata Taketake.



KI HEA AU TIKI PĀRONGO ANŌ AI?

Tūhuratia mēnā kei tō whare pukapuka pātata a **Waiwhero: He Whakahirahiratanga o te Ira Wahine**, nā Tākuta Ngahuia Murphy, kia pānuitia tonutia te hītori me ngā whakanui mō ikura.

Te Awa Atua: Menstruation in the pre-Colonial Māori World nā taua kaituhi tonu i tito, he pukapuka e ruku hōhonu ake ana i te kōrero mō ēnei kaupapa mā ngā pāhake.

awwaperiodcare.com/blogs/reconnecting-you-to-your-cycle—Pānuitia ētahi atu pārongo mō te āhua o tā te Māori whakamana i a ikura.

Te ipāho 'Nuku' (Puni O66)—Whakarongo ki a Tākuta Ngahuia Murphy e kōrero ana mō ana rangahau.

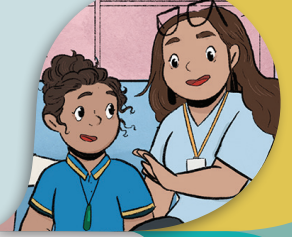
teawaatua.com—Pānuitia ētahi atu mahi onāiane i a Tākuta Ngahuia Murphy.

Te ipāho 'The Period Place' (Te puni "Periods and te Ao Māori")—Whakarongo ki te ipāho.



TE ĀWHINA I NGĀ RANGATAHI E PĀNGIA ANA KI TE PMS

Tokomaha ngā tāngata e pāngia ana ki te Mate Ikura Takamua (PMS) i ngā rā e kainamu ana ki te rā tuatahi o te ikura, i ia huringa. Mēnā kua pāngia koe ki te PMS, mēnā i te taha koe o tētahi kua pāngia, nā, ka mōhio koe he mea āhua whakamamae, e whakapau wairua ana hoki. **Nā, he aha ngā mahi ka taea e tētahi pāhake hei āwhina i te rangatahi e pāngia ana ki te PMS?**



MĒNĀ KEI TE MŌHIO KOE

ki tētahi rangatahi e karawheta ana ki te PMS, mā kōrua tahi pea te puni 3 o [Kua Pai Noa Iho!](#) e pānui. Ina koa, ko ngā rangatahi kei te hiahia pea ki tō āwhina hei whakahaere i te PMS. Ahakoa

he māori te PMS, ā, ahakoa he poto tana

noho i te nuinga o te wā, me kaua e whakatuturi. He whakapōkeka, he uaua tonu pea, ina koa mō te tangata kātahi anō ka tīmata te pāngia mai. Ākene pea, kāore rātou e mōhio tonu ki tā rātou e rongorongo ana, ina kāore rātou e mōhio ana ki te PMS.

Mā te whakatenatena i ngā rangatahi ki te kōrero ki a koe, ahakoa te wā, ina mate rātou, ka āwhinatia rātou kia takuhe ai, kia whiwhi hoki i ngā mōhiotanga e matea ana mō ēnei āhuatanga.

ME AHA INA NUI HAERE TE KINO O TE PMS?

Ahakoa he mea pōrearea te pā whakahipahipa mai o te ikura, te paku tohumate o te PMS rānei, he rerekētanga i waenga i tērā me tētahi māuiuitanga e aukati ana i tā te tangata whai i tana noho o ia rā. Kua pāngia ētahi tāngata ki tētahi māuiuitanga e tino raruraru ana i a rātou hei te wā o te ikura.

Ka tae rā anō pea ēnei raruraru ki te tārere rawa o te ikura, te roa rawa rānei, te mamae nui, te rere o te toto i waenga i ngā ikura (e kīia nei ko te "māture toto") me ngā ikura tino taimāmā, hapa rānei, me te korenga o te hapūtanga. E tautokona ai te rangatahi i ēnei take me kōrero pea koe ki tētahi tākuta ā-whānau, ki tētahi mātanga Hauora Wahine rānei, kia mōhio ai me pēhea te āwhina i tētahi e raruraru ana i te ikura.

Ko tā te heke pūtau kōpū he whawhe i te ikura kia tino mamae, kia whakakohukitia ai te noho o ia rā. Ka pāngia te rangatahi hoki, ā, ka tīmata pea whai muri iho i te ikura tuatahi, tētahi atu wā rānei. E ai ki te Manatū Hauora, tae atu ki te 1 i te 10 ngā tāngata whai ikura i Aotearoa e pāngia ana ki te heke pūtau kōpū.

Ko te Polycystic Ovary Syndrome (PCOS) tētahi pūtake o ngā ikura whakahipahipa, ngā take taiaki, ngā panonitanga ki ngā makawe, te kiri me te āhua o te tinana, me te uaua kia hapū ai. Ka pāngia tōna 8-13% o ngā tāngata whai ikura ki tēnei mate.

Ko te Mate Auhi Ikura Takamua (PMDD), he momo taumaha rawa atu o te PMS e whai ana i ngā tohumate ā-hinengaro tino taumaha e pā kino ana ki te ao o te tangata. He huarahi pea ki te aro atu ki te mate whakamomori i ngā kēhi taumaha rawa atu. Mēnā e whakaaro ana koe kei te whakamōreatia tētahi e mōhio ana koe, kōrero tangetange atu ki tētahi ngaio hauora.

KI HEA AU TIKI PĀRONGO ANŌ AI?

healthnavigator.org.nz—Rapua Health Navigator mō 'PMS', 'endometriosis', 'PCOS' rānei mō ētahi atu pārongo mō ngā māuiuitanga.

insightendometriosis.org.nz—Pānuitia mō Insight Endometriosis, he rōpū ohaoaha ā-motu e tautoko ana i ngā rangatahi e pāngia ana ki te Heke Pūtau Kōpū.

endowarriorsaotearoa.com—Pānuitia mō Endo Warriors Aotearoa, he rōpū ohaoaha e āwhina ana i ngā rangatahi ki te whai tautoko rongorongo mō te heke pūtau kōpū.

E tautoko ana te kaupapa Ikura | Manaakitia te whare tangata—Ngā Hua Ikura ki Ngā Kura o Te Tāhuhu o Te Mātauranga i ngā kura puta noa i te motu ki te whakarato i ngā hua ikura utukore tae atu ki ngā kope ikura me ngā puru taiawa ki ngā ākongā katoa. Kōrero ki tētahi kaiako kia mōhio ai mēnā he hua utukore e wātea ana i tō kura.

[Rapua he kōrero anō mō te kaupapa Ikura i te paetukutuku a Te Tāhuhu o Te Mātauranga.](#)



TE NOHO O IA RĀ I TE WĀ O TE IKURA



Mō te nuinga o ngā tāngata, ka taea e rātou te whai i ō rātou noho o ia rā i te wā o te ikura, mēnā koirā tō rātou e pīrangi ana. Mēnā kāore koe e mōhio pū ana ki ngā pānga o te ikura ki te noho o te rangatahi, pānuitia te puni 4 o te punipuni pakiwaituhi [Kua Pai Noa Iho!](#) i tōna taha.

I roto i te pakiwaituhi, e kōrero ana a Marama, 11 ōna tau, ki tōna kaiako mō tana whai wāhitanga ki ngā korikori i te puni kura nā te mea kua tīmata tana ikura.



I ĒTAHI WĀ, KA TĪMATA TE IKURA

o ngā rangatahi i a rātou e mahi ana i ngā mahi ā-kura. Ina pērā, kei ngā kura ngā kope ikura me ngā puru taiawa kore utu mā rātou e whakamahi, e hari hoki ki te kāinga.

He mea nui kia taea e ngā rangatahi te tae atu ki te kura i te roanga o ō rātou ikura. Mā te whai kia rawaka te nui o ngā huataonga ikura ka āwhinatia te rangatahi ki te whai wāhi ki te kura, me te kōwhiri i tōna e hiahia rā i ngā wā wātea, whakaporipori mai, hākinakina mai, aha atu rānei mai.

TE HAURAPA I NGĀ HURINGA IKURA

Mā te haurapa i tō rātou huringa ka āwhinatia pea ngā rangatahi kia pai ake te tūhono ki ō rātou tinana me te tiaki i ō rātou ake toiora. Mēnā kei te mōhio koe ki tētahi rangatahi ka pīrangi pea ki te tuhi i tōna ikura ka taea pea e koe te marohi tētahi pukapuka rātaka, tētahi wātaka, tētahi taupānga i runga i tētahi pūrere rānei.

He māmā noa te mahi—tuhia noatia te rā tuatahi o ia ikura, te roa o ia huringa, te wā hoki pea ka tīmata te mea e whai ake ana.

KI HEA AU TIKI PĀRONGO ANŌ AI?

temahau.govt.nz/all-in-for-learning—

Whai mōhio ki te hiranga o te pupuri tonu i ngā ākonga i te kura mō tō rātou hauora me te toiora.

healthnavigator.org.nz/apps/p/period-menstrual-cycle-tracking-apps—Tirohia ngā

tūtohu mō ngā taupānga haurapa ikura e pai ana i Health Navigator.

thespinoff.co.nz/atea/20-07-2022/the-moon-is-a-period-tracker-using-the-maramataka-to-understand-my-ikura—Pānuitia tēnei

tuhinga nā The Spinoff mō te whakamahi i te maramataka e haurapatia ai te ikura.



E tautoko ana te kaupapa Ikura | Manaakitia te whare tangata—Ngā Hua Ikura ki Ngā Kura o Te Tāhuhu o Te Mātauranga i ngā kura puta noa i te motu ki te whakarato i ngā hua ikura utukore tae atu ki ngā kope ikura me ngā puru taiawa ki ngā ākonga katoa. Kōrero ki tētahi kaiako kia mōhio ai mēnā he hua utukore e wātea ana i tō kura.

[Rapua he kōrero anō mō te kaupapa Ikura i te paetukutuku a Te Tāhuhu o Te Mātauranga.](#)

Ikura

Manaakitia te whare tangata
Period Products in Schools



TE WHAKAMAHI I NGĀ HUATAONGA IKURA

He kore utu ngā kope ikura me ngā puru taiawa mā te katoa o ngā ākonga ki ngā kura puta noa i Aotearoa. Ākene pea, ka hiahia ngā rangatahi ki te kupu tohutohu i mua i te whakamahinga tuatahinga o ngā huataonga, i mua i te whakamātau rānei i tētahi momo huataonga rerekē. Mēnā e mōhio ana koe ki tētahi e pērā ana, māu pea te puni #5 o te punipuni pakiwaituhi [Kua Pai Noa Iho!](#) e whakaatu ki a ia.

Kei te pakiwaituhi me te puka meka he mōhiohio e aro atu ki te tamariki mō ngā momo kope ikura me ngā puru taiawa e wātea ana i ngā kura.

KA WĀTEA NGĀ KOPE IKURA

me ngā puru taiawa porowhiu i ngā kura kia whakamahia e ngā ākonga, kura mai, kāinga mai. Ka taea e ngā ākonga te hari ki te kāinga ngā mea katoa e hiahia ana rātou hei āwhina ki te whakamahere i te roanga katoa o tō rātou huringa me te ikura e whai ake nei.

TE KŌRERO KI NGĀ RANGATAHI MŌ NGĀ KOPE IKURA ME NGĀ PURU TAIAWA

He hirahira te kōrero ki ngā rangatahi mō ngā kope ikura me ngā puru taiawa. E hiahia ana ngā rangatahi ki ngā mōhiohio waingōhia, pono hoki mō te pēheatanga o te whakamahinga o ngā huataonga ikura kia mōhio ai rātou e aha ana i roto i ō rātou tinana.

E wātea ana ētahi atu momo huataonga ikura hei hoko, pēnei i ngā tarau roto tukurau, ngā kapu me ngā kope ā-papanga. Ehara ēnei i te huataonga kore utu ki ngā kura, engari he mea pea hei whakaaro māu, mā tō whānau hoki mēnā e pēnei ana he mea tika ēra māu.



E ĀWHINATIA AI TE RANGATAHI KI TE WHAKATAU me pēhea te whakamahi i ngā huataonga ikura, anei ētahi āhuatanga hei whakaaroaro:

- E hia ngā huataonga ka hiahia rātou i ia rā, i te pō hoki? Kia maumaharatia ka taea e rātou te tango ngā mea katoa e hiahia ana rātou mai i te kura.
- He pēhea te taumaha o te rerenga toto, ā, ka pēhea te auau o te panoni i te kope ikura, i te puru taiawa rānei? He nui ake te toto ka taea te pupuri e ētahi kope ikura, e ētahi puru taiawa hoki, tērā i ētahi atu momo. Koirā ngā mea mō ngā rā e taumaha ake ana te rere o te toto. Hihiratia te tākai kia mōhio ai koe he pēhea te roa e pai ana kia waiho te kope ikura, te puru taiawa rānei i tōna wāhi.

KI HEA AU TIKI PĀRONGO ANŌ AI?

healthnavigator.org.nz/healthy-living/p/periods-how-to-talk-to-kids—Pānui anō mō te pēheatanga o te kōrero ki ngā rangatahi mō ngā ikura ki Health Navigator.

familyplanning.org.nz/advice/periods/period-products—Pānui anō mō ngā huataonga ikura i Family Planning New Zealand.

E tautoko ana te kaupapa Ikura | Manaakitia te whare tangata—Ngā Hua Ikura ki Ngā Kura o Te Tāhuhu o Te Mātauranga i ngā kura puta noa i te motu ki te whakarato i ngā hua ikura utukore tae atu ki ngā kope ikura me ngā puru taiawa ki ngā ākonga katoa. Kōrero ki tētahi kaiako kia mōhio ai mēnā he hua utukore e wātea ana i tō kura.

[Rapua he kōrero anō mō te kaupapa Ikura i te paetukutuku a Te Tāhuhu o Te Mātauranga.](#)