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| Kuputaka – Glossary  For Health Education in  *The New Zealand Curriculum*  Te reo Māori – English  &  English – Te reo Māori  Version 1, September 2022 | |
| Compiled by NZHEA  (New Zealand Health Education Association) for use by teachers of health education | |
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| **Contents** |  |
| **Introduction**  **Te reo Māori – English kuputaka**  **English – re reo Māori glossary**  **Examples of theme or topic specific collections of kupu Māori**   * Attitudes and values * Skills * Sexuality and gender * Alcohol and other drugs   **Sources**  **This document is being retained as a Word doc so teachers can:**   * Keep building the kuputaka * Edit the lists to topic specific collections of kupu Māori * Amend the spelling or swap out kupu with those reflecting local dialects, or change to preferred regional meanings. | **Page**  **3**  **7**  **23**  **43**  **49** |

**Introduction**

This compilation of kupu Māori is to provide teachers with quick access to a range of word translations that have relevance for health education.

Where possible, teachers are strongly encouraged to seek guidance from local iwi linguistic experts who can provide support with localised meanings and spelling of written text that reflect the regional dialect(s).

Additionally, local linguistic experts can provide guidance on regional pronunciation of te reo Māori.

**Key considerations**

* Owing to a range of regional dialects across the motu / country, many kupu Māori do not have the same nationwide pronunciation, translated meaning between te reo Māori and English, or spelling when written (noting the oral traditions of te reo Māori).
* Although many kupu Māori have similar meanings across regional dialects, some more nuanced differences in meanings may still exist.
* Some kupu Māori can be literally translated into English (and vice versa) whereas other kupu (and concepts) are more metaphorical or symbolic and representative.

NB. Some regionally produced health and wellbeing resources may use kupu Māori in a regionally symbolic or metaphorical way. If using regionally produced material, especially away from the rohe where it was developed, check meanings for how kupu are used elsewhere.

* Multiple kupu may mean similar things (~synonyms).
* Some kupu have multiple meanings.
* Some terms in te reo Māori need to be used in context to fully express their meaning.
* Not all kupu Māori translate directly into an English word or phrase and require much more detailed explanation of meaning.
* For some English words, concepts, ideas (etc) there may not (yet) be a translation to kupu Māori where there is the same knowledge (meaning), especially in subject specific contexts.
* Not all terms will ‘work’ linguistically to simply swap kupu Māori for English terms given the verb-noun-adjective variations.
* Modifications of verbs, nouns and adjectives may require different spelling in some cases and not in others – see online dictionaries as this level of detail has not been included in this compilation.
* Of themselves kupu Māori are not mātauranga, but once meanings are added and many kupu are connected, knowledge is formed.

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| **Obviously this is NOT an exhaustive list of all possible kupu Māori and subject specific English terms used in health education.**  **This will remain a dynamic kuputaka/glossary that will continue to take shape and be reshaped over time.** |

**How this kuputaka / glossary was developed**

As a pragmatic way to approach the development of this kuputaka, each of the four underlying concepts from the Health and Physical Education (HPE) learning area in *The New Zealand Curriculum* (NZC) (ie *hauora, the socioecological perspective, health promotion an attitudes and values*) along with the three main key areas of learning (*relationships and sexuality education, mental health education, and food and nutrition*) formed the basis of a brainstorm of as many English terms used in relation to these concepts or contexts as could be thought of. A wide range of teaching resources were used as prompts.

In the first instance Te Aka Māori Dictionary <https://maoridictionary.co.nz/> was used to translate as many of these terms as possible – which was most of the original list. Te Aka was used for this purpose because of its widespread accessibility and use. Searching this dictionary also provided links to further kupu. Other kuputaka (listed below) were also used.

**Main sources of kupu Māori**

1. The main source of kupu Māori for this kuputaka at this time is **Te Aka Māori Dictionary** <https://maoridictionary.co.nz/>. Check out the sources used by this dictionary at <https://maoridictionary.co.nz/dictionary-project>
2. Additional material was sourced from **Paekupu**, the kuputaka developed to support Te Marautanga o Aotearoa <https://paekupu.co.nz/>. See the Hauora kuputaka at <https://paekupu.co.nz/words/wordlist/hauora/maori-to-english> and <https://paekupu.co.nz/words/wordlist/hauora/english-to-maori>. Note that the different conceptualisation of the Hauora learning area in TMoA, as compared to Health and Physical Education in the NZC, means that these kuputaka lists require some different consideration for each curriculum statement.
3. Some of the sexual health terms are from *He Pukapuka Reo Hauora Māori* by David Jansen, Whāingaroa, Ahuru Press, 2005.

A range of additional sources used for cross checking meanings, translations, and spelling are included at the end of this resource.

**Linguistic matters**

* **Common prefixes and suffixes**
* **Transliteration**
* **Loan words**

**Common prefixes and suffixes (from Te Aka)**

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| **‘Tanga’ -** A **suffix** used to make verbs into nouns, sometimes called derived nouns, and the usual ending for verbs that take the passive ending -tia. These nouns usually mean the place or the time of the verb's action.  e.g. ***manaakitanga, tuakiritanga, whanaungatanga*** | **‘Whaka’ -** As a **prefix** - to cause something to happen, cause to be - prefixed to adjectives, statives and verbs that do not take a direct object, including reduplicated forms. Used with a few verbs of perception that take a direct object e.g. ***Whakawhanaungatanga*** |

**Transliteration**

Some modern kupu (loanwords) are transliterations. Transliteration specifically refers to the method of mapping from one system of writing to another based on phonetic similarity. Meri Kirihimete for Merry Christmas is one such example.

**Loan words**

Loan words are those adopted from a foreign language with little or no modification such as when we use kupu Māori in otherwise English text or speech. Or (and is more usefully thought of in relation to te reo Māori) loan words are when one language borrows words from another, and undergoes adaptation so that the phonological shape of words is altered to better fit the phonological system of the borrowing language.

While the development of loan words is embraced by some, others challenge the practice. Associate Professor Tony Trinick, who developed kuputaka for mathematics, notes the tensions when developing new, standardised words for use in contemporary curriculum statements:

… “*Through the development of resources such as dictionaries, local word varieties were eliminated with the implicit intention of making the standardised form the preferred form in the belief this was the best strategy for supporting learning the school subjects nationally (Trinick, 2015). Thus, the prescriptive nature of standardisation and codification is a double-edged sword. At the community level, many iwi continue to hold strong views that the language of schooling should reflect their own dialects, including the desire for dialect-specific curriculum terms used in schools in their tribal area (Meaney, Trinick & Fairhall, 2012)*.”

Source: Ideologies and tensions underpinning the codification of curriculum language to support Māori-medium schooling. T. Trinick (Conference presentation, Australasian Association for Lexicography, 2018) <https://researchspace.auckland.ac.nz/handle/2292/38197?show=full>

**For an online accessible New Zealand readings about loan words see:**

* *Ngā Kupu Arotau – eweri tāima, Loanwords in Māori 1842-1952*, Te Ipukarea, The National Māori Language Research Institute, Auckland University of Technology <https://www.researchgate.net/publication/48668173_Nga_Kupu_Arotau_-_eweri_taima_Loanwords_in_Maori_1842-1952>
* *Māori loan words in NZ English are less about meaning, more about identity* (2019). The conversation <https://theconversation.com/maori-loanwords-in-nz-english-are-less-about-meaning-more-about-identity-111260>

Where the derivation of new or loan words was available with the source material accessed from the Paekupu website, this information has been retained.

For example:

* **Hauora torowhārahi /** [**Holistic health**](https://paekupu.co.nz/word/hauora-torowharahi)**;** (*takenga mai:* toro - to extend; whārahi - wide, broad) (*kupu kē atu:* hauora tukupū)

Or

* **Pūkenga auaki / Self-management skills**; (takenga mai: au - I, me; aki - to encourage, urge on) (kupu kē atu: pūkenga taki whaiaro)

Where:

* takenga mai *~ source from way back*
* kupu kē atu ~*word derived from*

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| Not all kupu included in this kuputaka are necessarily NZC specific health education terms. A broad range of kupu have been included to reflect some of the wider national (and international) hauora, health, and wellbeing related conversations. |

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| Please note: Retaining this as a Word doc, to enable easy editing and adapting, means that some formatting may be compromised as this file is opened on different devices. Please check for example that capitals letters are only used for proper nouns. |

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| Te reo Māori to English |

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| **A** |  |
| **ahu** | to tend, foster, nurture, fashion |
| **ahu whenua** | gathering or harvesting [check] |
| **āhuatanga reka o te tangata** | attractive characteristic(s) of a person |
| **āhuatanga reremua** | upstream factor (takenga mai: rere - to flow; mua - before, in front) |
| **ahunga – whakatupuranga – reanga – whakareanga** | generation (see dictionary for different application) |
| **ahurea tuakiri** | cultural identity |
| **ai haumaru, aitanga ārai mate** | safer sex |
| **aituā** | accident (kupu kē atu: hauata) |
| **ako** | to learn, study, instruct, teach, advise |
| **akoako mātua** | parental guidance |
| **ākonga** | learners, student |
| **āmaimai** | nervous, tension, tense, uneasy |
| **āpiti huaora** | vitamin supplement |
| **āpiti kohuke** | mineral supplement |
| **āpiti pūmua** | protein supplement |
| **āpitihanga whiringa kai** | dietary supplement |
| **ara tātea** | sperm tube, vas deferens (takenga mai: ara - pathway; tātea - sperm) |
| **ara whakawhānau** | birth canal |
| **ārai hapū ~tanga** | contraceptive, contraception, birth control (takenga mai: ārai - to ward off, protect; hapū - pregnant) |
| **ārai hapū taiaki** | hormonal contraceptive |
| **āritarita** | grumpy, irritable, irascible, short-tempered (kupu kē atu: ngutu komekome, pukukino, whanewhane, hēmanawa) |
| **aroā whaiaro** | self awareness, self-esteem, self-respect, self-worth kiritau (takenga mai: kiri - person, self; tau - to be settled) |
| **aroha** | love (in the widest sense); to love, feel pity, feel concern for, feel compassion, empathise |
| **aromatawai** | assessment |
| **aronga hōkaka, aronga taera** | sexual orientation |
| **arotakenga** | evaluation, review (a book, etc.), critique |
| **arotoka ā-ira** | gender norms |
| **ata whakarongo** | effective listening |
| **atawhai** | care for, show kindness |
| **aukati iwi** | racism |
| **aurongo** | feeling (takenga mai: au - current; rongo - to sense, feel) |
| **awa** | river |
| **āwangawanga** | worry, worried, anxiety, anxious, uneasy (kupu kē atu: māharahara, anipā, mānatunatu, mānakanaka, manawa pā) |
| **aweawe** | influence |
| **awenga aropā** | peer influence (takenga mai: aropā - clump of one species of tree) |
| **awenga mātua** | parental influence |
| **awenga pāhopori** | social media influence |
| **awhi** | take care of |
| **awhina** | to assist, help, support, benefit |
| **H** |  |
| **haepapa** | responsibilities |
| **hāhi** | church, sect, religion |
| **hahoretanga** | poverty |
| **hākari** | to have a feast |
| **hanga whakataunga** | decision making |
| **hāpara ahuahu** | plastic surgery (takenga mai: ahuahu - to form, fashion) |
| **hāpara whakapaipai** | cosmetic surgery |
| **hapori** | section of a kinship group, family, society, community |
| **hapū** | kinship group, clan, tribe, subtribe |
| **hapūtanga** | pregnant, with child, pregnancy |
| **harapuka** | be perplexed, uncertain, indecisive, in a quandary, in a dilemma, in a predicament |
| **harawene** | jealous, jealousy, envious, envy (kupu kē atu: tūāhae, pūhaehae, wene, tarahae) |
| **hari kai** | song to entertain visitors as food is set out |
| **haukāinga** | local people (of a marae or region) |
| **haukiri** | personality (takenga mai: hau - vitality of a person; hau - breath, wind; kiri - person, self) (kupu kē atu: āhua, whaiaro) |
| **haumaru ā-ipurangi** | internet safety, cybersafety |
| **hauora** | health |
| **hauora hinengaro** | mental health |
| **hauora wairua** | spiritual health |
| **hauora kare ā-roto** | emotional health |
| **hauora taihemahema** | sexual health |
| **hauora tinana** | physical health |
| **hauora torowhārahi** | holistic health (takenga mai: toro - to extend; whārahi - wide, broad) (kupu kē atu: hauora tukupū) |
| **haupatu ~a** | physical violence, physical abuse, assault (kupu kē atu: tūkino, tunu huruhuru) |
| **haurangi** | drunk, drunkenness, intoxicated, intoxication |
| **hautūtanga** | leadership |
| **hēhē** | to be wrong |
| **heke pūtau kōpū** | endometriosis (takenga mai: heke - to migrate; pūtau - cell [of an organism]; pūtautau - tissue [of an organism]; kōpū - womb, uterus) |
| **hemahema** | to accept amorous advances, make amorous advances |
| **hēmanawa** | frustrated, frustration, exasperated, exasperation |
| **hiamo** | excited, excitement, exciting |
| **hihiko** | joyous, cheerful |
| **hinengaro** | mental and emotional wellbeing |
| **hinga ~nga** | lose |
| **hinu** | fat, grease, lard, dripping, oil |
| **hiringa** | perseverance, energy, determination |
| **hoa** | friend, companion mate, partner, spouse, ally |
| **hoa ai** | sexual partner (kupu kē atu: hoa onioni) |
| **hoa rangatira** | spouse, partner |
| **hoa tākunekune** | lover, partner |
| **hoahoa** | friendship |
| **hohenga** | actions |
| **hōkaka** | to desire, want, wish for, yearn for, aspire to, fancy, hanker after |
| **hōkakatanga** | sexual orientation, sexuality also: aronga hōkaka - aronga taera - taeratanga |
| **hononga** | union, connection, relationship, bond |
| **hopo** | apprehensive, overawed |
| **huahuatau** | metaphor |
| **huaora** | vitamin (takenga mai: kai - to eat; manga - greens, leafy vegetables) |
| **huatau** | to think, realise (verb); thought, idea, comment, opinion, concept (noun) |
| **huinga taiora** | nutrient group |
| **huka** | sugar |
| **hunga pāpāho** | media |
| **huringa taiaki** | hormonal change |
| **hurori** | high, inebriated (takenga mai: hurori - to stagger, roll about) |
| **I** |  |
| **īhitara** | vaginal yeast infection, candida, thrush (takenga mai: īhi - yeast; tara - vagina) |
| **iho** | umbilical cord (kupu kē atu: tāngaengae, uho) |
| **ihokiri** | character (takenga mai: iho - essence, essential quality, nature, inner core; kiri - person, self) |
| **ikura wahine** | menstrual cycle (kupu kē atu: ikura ā-marama, mate marama, mate wahine, awa o te atua) |
| **inu inati** | binge drinking (takenga mai: inati - excessive, extreme) |
| **ipu ikura** | menstrual cup |
| **ira weherua** | binary gender |
| **ira weherua-kore** | non-binary gender |
| **irahuhua** | gender diverse |
| **irakore** | agender, gender neutral |
| **irarere** | gender fluid, gender fluidity |
| **iwi** | tribe |
| **iwi taketake** | indigenous people, native people |
| **K** |  |
| **kaha** | to be strong, able, capable, courageous, intense, energetic |
| **kahukahu** | foetal membrane, amnion |
| **kai** | food (noun); to eat, consume, feed(verb) |
| **kai inati** | binge eating (takenga mai: inati - be excessive) |
| **kai paipa** | to have a smoke |
| **kai paraurehe** | junk food, nutrient deficient food |
| **kai taiora nui** | nutrient dense food |
| **kai tukatuka** | processed food |
| **kai whāngai** | traditional marriage celebration feast |
| **kai whiore** | incest |
| **kaiako** | teacher |
| **kaiārahi** | guide, counsellor, leader, mentor, |
| **kaiāwhina** | helper, assistant, contributor, counsel, advocate |
| **kaihoromata** | paleo (diet) (takenga mai: kai - food, to eat; horomata - pure, natural, undefiled) |
| **kaimanga** | vegetarian (takenga mai: kai - to eat; manga - greens, leafy vegetables) |
| **kaimoana** | seafood |
| **kāinga** | field of operation, scope of work; home, address, residence, village, settlement, habitation, habitat, dwelling |
| **kaingākau** | values |
| **kaiota** | vegan (takenga mai: kai - to eat; ota [otaota] - vegetation; kaiota - herbivore) |
| **kaitaka kai** | caterer |
| **kaitiaki** | trustee, minder, guard, custodian, guardian, caregiver, keeper, steward |
| **kaitiakitanga** | guardianship, stewardship, trusteeship, trustee |
| **kaiwhakahaere** | administrator, boss, director, organiser, manager |
| **kaiwhakahau** | advocate, promoter |
| **kākano** | ovum, seed |
| **kanga** | to curse, swear, verbally abuse |
| **kaniawhea** | guilt, guilty, remorse, remorseful, regretful |
| **kanohi ki te kanohi** | face to face |
| **kanorau** | be diverse, varied |
| **kanorautanga** | diversity |
| **kanorite** | uniform, uniformity, homogeneous (takenga mai: kano - colour, sort, kind, seed, texture; rite - be alike) |
| **karakia** | recite ritual chants, say grace, pray, recite a prayer. for an overview of different types of karakia see <https://teara.govt.nz/en/traditional-maori-religion-nga-karakia-a-te-maori/page-4> |
| **kārangirangi** | unsettled, restless (kupu kē atu: ngākaurua) |
| **kare ā-roto** | emotion |
| **kare ā-roto matakawa** | negative emotion (takenga mai: matakawa - distasteful, dislike) |
| **kare ā-roto matareka** | positive emotion (takenga mai: matareka - pleasant, affable) |
| **kare ā-roto taupatupatu** | conflicting emotion |
| **kare ā-roto tikoki** | emotionally unstable |
| **kare ā-roto tūwhena** | emotionally stable (takenga mai: tū - to stand, set in place; whena - firm, steady) |
| **karihika** | pornography (noun); lewd, immoral, crude, erotic, sexy, pornographic |
| **katakata** | laughter |
| **kātū noho** | lifestyle (takenga mai: kātū - type, sort, kind; noho - to live, dwell) |
| **kauanuanu – whakamiha** | to respect, think highly of, admire, esteem, revere, venerate |
| **kaupapa** | topic, policy, matter for discussion, plan, purpose, scheme, proposal, agenda, subject, programme, theme, issue, initiative |
| **kaupapa here** | policy |
| **kawa** | protocol |
| **kāwanatanga** | government |
| **keremutu** | cold turkey, abrupt cessation |
| **kete o te wānanga** | the three baskets of knowledge |
| **kikiri** | embryo (takenga mai: kikiri - begin to grow, as a child in the womb) |
| **kirimata** | foreskin (kupu kē atu: pahuhu, kiri matamata) |
| **kiritapu** | hymen |
| **kiritau** | self-esteem, self-worth, self-respect |
| **kiriwara** | addict (takenga mai: kiri - person, self; wara [warawara] - addiction) |
| **koa** | happy, happiness, joy, joyful (kupu kē atu: hari, hurō) |
| **kōaro** | prejudice |
| **Kōaro – tatū ki roto, tatū ki waho** | InsideOut (Rainbow organisation) |
| **koero** | menopause |
| **kōharihari ikura (wahine)** | period pain, menstrual pain |
| **kōhinetanga** | menarche, first menstruation (takenga mai: kōhine - female adolescent) |
| **kohuke** | mineral (takenga mai: ko [kongakonga] - fragment; huke - expose by removing earth) (kupu kē atu: manawa whenua) |
| **kohuki aronehe** | historical trauma |
| **kohuki kare ā-roto** | emotional trauma |
| **kohuki pāpori** | social trauma |
| **kohuki tuku iho** | intergenerational trauma, generational trauma |
| **kōhure** | mature, maturity (takenga mai: kōhure - development of a tree or plant to maturity) |
| **kōhure kare ā-roto** | emotional maturity |
| **kōhure tinana** | physical maturity |
| **kōkiri** | to champion (a cause), promote, advocate, lead |
| **kōmata, matamata** | nipple |
| **kōnae ipurangi** | podcast - a collection of digital media files which are distributed over the internet for playback on portable media players and personal computers. |
| **kōnae whakaata** | video file (computer) - tukua mai te kōnae whakaata - download video file. |
| **kōnae whakarongo** | audio file (computer) - tukua mai te kōnae whakarongo - download audio file. |
| **konekone** | shy, bashful, reserved, self-conscious (kupu kē atu: numinumi) |
| **kope ikura** | sanitary pad |
| **kōpū** | womb, uterus |
| **kōrero** | to tell, say, speak, read, talk, address |
| **korou** | vitality, energy |
| **korou kore** | listless, lacking energy, spiritless, lacking vitality, unenergetic (kupu kē atu: ngoikore, korou mate, haumate) |
| **kotahi** | be united |
| **kotahitanga** | unity, togetherness, solidarity, collective action |
| **kōtiro (kō) – tamahine (hine) - hengahenga** | girl – daughter |
| **kōtonga** | depression (illness), misery (kupu kē atu: rāwakiwaki, poururu, mate pāpōuri, toimaha hārukiruki) |
| **kōtureture** | chlamydia, venereal disease (kupu kē atu: kamiria [kupu mino]) |
| **kōwhiringa kātū noho** | lifestyle choice |
| **kuhi ~nga** | implant, implantation |
| **kuka** | abortion |
| **kukarou** | cocaine (takenga mai: kuka - dry leaves; rou - intoxicated, as with tutu juice) |
| **kukune** | foetus (takenga mai: kukune - to swell as pregnancy advances) (kupu kē atu: tōhua) |
| **kumanu** | to tend carefully, foster, attend to, care for, cherish |
| **kupu whakatau** | decision, judgement |
| **kura** | School |
| **kūraruraru** | stressed, troubled, concerned |
| **kutu taihemahema** | genital lice, pubic lice |
| **M** |  |
| **mae irawhiti** | transphobia |
| **mae takatāpui** | homophobia |
| **mahere pūtea** | budget (finance) |
| **mahere whakamahinga** | implementation plan |
| **mahi** | work – to work at something, make or prepare or perform |
| **mahi a ngakau** | ‘work of the heart’ |
| **mahi whakaito** | sexual harassment |
| **mahinga kai** | garden, cultivation, food-gathering place |
| **māhorahora** | carefree, easy going |
| **māhuruhuru** | unruffled, calm, placid |
| **māia** | confident, confidence, brave, courage (kupu kē atu: ngākau titikaha) |
| **makau** | object of affection, lover, spouse, wife husband |
| **mākohakoha** | be open-minded, expert |
| **mana** | prestige, authority, control, power, influence, status |
| **Mana Model** | Represents the five optimal conditions for student success – a framework also used for the promotion of student wellbeing: Mana Tū - Related to efficacy, courage humility, tenacity and resilience; Mana Motuhake – a positive Māori identity and sense of embedded achievement; Mana Tangatarua – the skills, knowledge and confidence to navigate success in two or more worlds; Mana Ūkaipō – belonging and connection to a place: Mana Whānau – a belief they [student] occupy a central positon of importance in their family (see Webber and Macfarlane, 2019) |
| **mana motuhake** | autonomy, self-government, self-determination, - mana through self-determination and control over one's own destiny |
| **mana tangata whenua** | indigenous rights |
| **mana taurite** | equal status, equity, equality |
| **mana whenua** | Territorial rights, power from the land, authority over land or territory, jurisdiction over land or territory - power associated with possession and occupation of tribal land. The tribe's history and legends are based in the lands they have occupied over generations and the land provides the sustenance for the people and to provide hospitality for guests. |
| **manaaki** | thoughtfulness, generosity and caring for others; to support, take care of, give hospitality to, protect, look out for |
| **manaakitanga** | hospitality, kindness, generosity, support - the process of showing respect, generosity and care for others; kindness, support |
| **manahau** | elation, elated, joy, joyful, delighted (kupu kē atu: hurō) |
| **Manatū Hauora** | Ministry of Health (each regional DHB has its own name) |
| **manawa piharau** | stamina |
| **manawa rere** | impulsive, headstrong, impetuous |
| **manawanui** | perseverance, determination, tolerant |
| **manawaroa** | resilience |
| **māngina** | to be stoned, affected by a drug |
| **manuhiri** | visitors |
| **māoriori** | contented, serene, unruffled (kupu kē atu: mauri tau) |
| **Māoritanga** | Māori concepts |
| **mārama pū** | critical awareness |
| **maramatanga** | (Māori ways of) understanding the world |
| **mārohirohi** | strength, power |
| **māruru** | unhealthy, weak, sickly |
| **mataku** | fear, fearful, frightened (kupu kē atu: winiwini, uruwehi, wehi, hopo) |
| **mātāpono** | principles |
| **matapopore** | to watch over, careful of, cherish |
| **matarehu** | sadness |
| **matatika** | fairness |
| **mātātoa ~tanga** | invincible, invincibility, fearlessness (takenga mai: mātātoa - to be fearless, unafraid, undaunted) |
| **mātauranga** | knowledge |
| **mate ārai-kore** | AIDS, acquired immune deficiency syndrome (takenga mai: mate - sickness; ārai - to ward off, protect; kore - negative) |
| **mate hinengaro** | mental illness, mental disorder, psychological disorder (kupu kē atu: māuiui hinengaro) |
| **mate ikura takamua** | pre-menstrual syndrome, PMS (takenga mai: mate - illness, condition, syndrome; ikura [ikura wahine] - menstruation; taka - to come around, as in a date or period of time; mua - in front of, before) |
| **mate kai** | be hungry |
| **mate paipai** | sexually transmitted disease, STD, venereal disease (kupu kē atu: pakiwhara, kōtureture) |
| **mate pukupuku raho** | testicular cancer |
| **mate pukupuku repe tātea** | prostate cancer |
| **mate pukupuku waha kōpū** | cervical cancer |
| **mate tinana** | physical illness, physical disorder |
| **mate wahine** | to be having a period, menstruate |
| **mate whakaruaki** | bulimia (takenga mai: mate - sickness; whakaruaki - to make vomit) (kupu kē atu: pukuruaki) |
| **mate whanake** | developmental disorder, developmental disability |
| **matea** | needs |
| **matekiri** | disappointed, disappointment, disillusioned, disillusion |
| **matua** | parent also to be adult, grown-up; father, uncle |
| **māuiui** | sick, unwell, sickness, disorder, condition, illness, disease, syndrome (kupu kē atu: tahumaero, mate) |
| **māuiui pohokore** | anorexia (kupu kē atu: māuiui whakatiki) |
| **māuiui pongakawa** | eating disorder (takenga mai: pongakawa - to consume, devour, eat) (kupu kē atu: mate tahakai) |
| **māuiui wairua tuakoi** | schizophrenia (takenga mai: māuiui - illness, disorder; wairua - spirit; tuakoi - divide, separate, misconceive, imagine, be deceived) |
| **māuiui whaiaro rua** | bi-polar disorder (takenga mai: māuiui - illness, disorder; whaiaro - self, personality; rua - two) |
| **maunga** | mountain |
| **mauri** | vital essence, life force, source of emotions |
| **mauri o tangata** | mauri of a person |
| **mauri rere** | panic stricken |
| **mauri tau** | settled, composed, serene, calm |
| **Mauri Tū, Mauri Ora** | Mental Health Foundation |
| **mauritanga** | the act of maintaining or enhancing mauri |
| **mihimihi** | to greet |
| **moana** | ocean, sea, large lake |
| **moemoeā mākū** | wet dream |
| **mohiotanga** | sharing of information |
| **mūhore** | to be unsuccessful (in an activity), unproductive, without result, futile, fruitless, bare |
| **N** |  |
| **nanu** | to be disappointed, express disappointment |
| **ngā tohutaka** | is concerned with the timing of when activities are conducted ie signs obtained from trees, fish, birds, insects and weather patterns |
| **ngahere - ngahengahe – wao** | forest |
| **ngakau aroha** | empathetic, sympathetic, compassionate, kindhearted, considerate, caring, benevolent |
| **ngākau pono** | to be loyal, faithful, dependable, sincere |
| **ngakau tapatahi** | impartial, neutral, fair, unbiased, even-handed, non-partisan, unprejudiced |
| **ngākau whakaute** | to respect, appreciate |
| **ngākaupai** | positively disposed towards, favourably disposed towards, faithful, upright, virtuous, good hearted, positive - sometimes written as two words, ngākau pai |
| **ngako** | fat, lipid |
| **ngako hamanga** | unsaturated fat (takenga mai: hamanga - partially full) |
| **ngako kohura** | saturated fat (takenga mai: kohura - be full) |
| **ngutu** | labia |
| **nikotini** | nicotine (takenga mai: he kupu mino.) (kupu kē atu: parawaro) |
| **noa** | to be free from the extensions of tapu, ordinary, unrestricted |
| **(kātū) noho kimimate** | unhealthy lifestyle (takenga mai: kātū noho - lifestyle; kimi - to seek; mate - illness, unwell) |
| **(kātū) noho matatika** | ethical lifestyle |
| **(kātū) noho ora** | healthy lifestyle |
| **(kātū) noho ringaora** | self-sufficient lifestyle |
| **(kātū) noho tautaiao** | eco lifestyle, green lifestyle (kupu kē atu: kātū noho kākāriki) |
| **noho ōrite - mana ōrite** | equality |
| **nohopuku** | fasting, go without food |
| **noni** | oil, vegetable oil |
| **O** |  |
| **ōhanga** | economics, economy |
| **ohaoha** | economic |
| **onioni** | intercourse |
| **oranga** | well-being, wellness |
| **oranga hapori** | community well-being |
| **oranga hinengaro** | mental well-being, mental wellness |
| **oranga pāpori** | social well-being, social wellness |
| **oranga reo** | linguistic well-being, language vitality |
| **oranga taiao** | environmental well-being |
| **oranga tinana** | physical well-being |
| **oranga torowhārahi** | holistic well-being, holistic wellness (takenga mai: toro - to extend; whārahi - broad, wide) (kupu kē atu: oranga tukupū) |
| **oranga wairua** | spiritual well-being, emotional well-being |
| **oranga whānau** | family well-being |
| **ōritetanga** | equality, equal opportunity |
| **P** |  |
| **pae pāpāho pāpori** | social media |
| **paehema** | genital area (takenga mai: pae - vicinity; hema [taihemahema] - sexual organs) |
| **paheke, hekenga toto, rerenga awa wahine** | menstruation |
| **pāhekoheko** | to combine, co-operate, join, join together, unite, interact, associate, integrate, mix (verb); connection, relationship, association, interaction, combination (noun) |
| **pāhewahewa** | deluded, delusion |
| **pāho, pahotia** | to broadcast, broadcasting |
| **pai** | to like, approve, consent, appeal |
| **paipai** | sexually transmissable infection |
| **pākewakewa** | syphilis |
| **pakiwhara** | gonorrhoea, clap, venereal disease (kupu kē atu: konoria [kupu mino]) |
| **pānui** | public notice, announcement, poster, proclamation |
| **pānui hokohoko** | advertisement, commercial |
| **pāpaka taihema** | genital herpes |
| **parohe** | relaxed |
| **pātaka kai** | pantry, food storage |
| **pātātea** | diaphragm (contraceptive) (takenga mai: pā - block up, obstruct; tātea - sperm) |
| **(rongoā) paturopi** | antibiotic, antibody |
| **patu hinengaro** | mental abuse, psychological abuse (kupu kē atu: tūkino hinengaro) |
| **patu wairua** | spiritual abuse (kupu kē atu: tūkino wairua) |
| **patu wara pūroi** | drug rehabilitation (takenga mai: patu - to subdue; wara [warawara] - addiction; pūroi - drug) |
| **patu warawara** | addiction recovery (takenga mai: patu - to subdue; warawara - addiction) |
| **pāwera kai** | food allergy, food intolerance |
| **pēhanga aropā** | peer pressure (kupu kē atu: pēhanga ā-hoa) |
| **pēhanga mātua** | parental pressure |
| **pēhanga pāpori** | social pressure (kupu kē atu: whakawhere pāpori) |
| **pēperekōutanga – koroheketanga – rāroa** | old age |
| **piki, pikitia** | to come to the rescue of, support, assist |
| **pire ārai hapū** | birth control pill, oral contraceptive (takenga mai: pire [kupu mino] - pill) |
| **piri nikotini** | nicotine patch (takenga mai: piri - to stick, adhere; nikotini [kupu mino] - nicotine) |
| **piriārai hapū** | contraceptive patch (takenga mai: piri - to stick, adhere; ārai hapū - contraceptive, birth control) |
| **piringa takahi mana** | unhealthy relationship |
| **piringa tāngata** | relationships |
| **piriringa whai mana** | healthy relationships |
| **piropiro** | mood |
| **piropiro hurihuri** | mood change |
| **piropiro tārere** | mood swing |
| **pōau-pi** | methamphetamine (takenga mai: poau - be confused, bewildered; pōau [whakapōauau] - narcotic drug; pōau [pōautinitini] - tribulation, affliction, evil; pi [kupu mino] - p) (kupu kē atu: tioata whakaihi) |
| **pohokore** | emaciated, starved, malnourished |
| **pōkai tātea** | epididymis (takenga mai: pōkai - coil, travel about; tātea - sperm) |
| **pōkaikaha** | emotional turmoil, confusion, confused, at a loss, stressed out |
| **poke aramimi** | urinary tract infection |
| **poke huakita** | bacterial infection |
| **pono** | be true, valid, honest, genuine, sincere |
| **pou tautoko** | mentor |
| **pōuri** | sad, sadness, mournful, gloomy, despondent, melancholy (kupu kē atu: ruku popoi, matapōuri) |
| **poururu** | glum, disconsolate, miserable, gloomy |
| **pū waitātea** | seminal vesicles (takenga mai: pū - source, origin; waitātea - semen) |
| **pūaha mimi** | urethra (takenga mai: pūaha - river mouth, opening; mimi - urine) |
| **puapua** | vulva |
| **pūhuruhurutanga** | puberty |
| **pūkākano** | fallopian tube, oviduct (takenga mai: pū - tube; kākano - ova, ovum, egg) |
| **puke** | pubes |
| **puke huruhuru, āhuatia** | puberty |
| **pūkenga auaki** | self-management skills; (takenga mai: au - i, me; aki - to encourage, urge on) (kupu kē atu: pūkenga taki whaiaro) |
| **pūkenga kaiārahi** | leadership skills |
| **pūkenga whakaoti rapanga** | problem solving skills |
| **pūkoro (ure)** | condom |
| **pūkoro raho** | scrotum (takenga mai: pūkoro - pocket, pouch; raho - testes) |
| **pūmua** | protein (takenga mai: pū - origin, source; pūhui - chemical compound; mua - front, foremost) |
| **pupuri kare ā-roto** | emotional suppression, bottle up emotions |
| **pūroi** | drug |
| **pūroi taihara** | illegal drug, illicit drug |
| **pūroi tūtohu** | prescription drug (takenga mai: tohutohu - to instruct, advise) |
| **pūroi whakaihiihi** | stimulant drug |
| **puru taiawa** | tampon |
| **pūtea iti** | petty cash, family budget |
| **R** |  |
| **raho** | testes, testical (kupu kē atu: hekeri) |
| **rahui** | to preserve kaimoana areas |
| **rangapū** | partnership |
| **rangatiratanga** | chieftainship, right to exercise authority; in other contexts, having knowledge skills and experience to lead |
| **rangimarie** | peace, peacefulness, harmony |
| **rangirua** | in doubt, uncertain, indecisive (kupu kē atu: ngākaurua) |
| **ratonga hauora auraki** | mainstream health service |
| **rauemi** | resources |
| **rauemi ipurangi** | online resource, internet resource |
| **rauemi matihiko** | digital resource |
| **raukoti pūroi** | substance abuse, drug abuse (takenga mai: raukoti - misuse, meddle with, mishandle; pūroi - drug) |
| **raukoti tāmeha** | solvent abuse |
| **raukoti tupeka** | tobacco abuse (takenga mai: tupeka [kupu mino] - tobacco) |
| **raukoti waipiro** | alcohol abuse |
| **raukoti whakapōauau** | drug abuse |
| **rauru** | umbilical cord (the end attached to the mother) |
| **rautaki** | strategy |
| **rehunanu** | morphine (takenga mai: rehu - mist, spray; nanu - jumbled, confused, incoherent) |
| **repe ure** | prostate gland |
| **reremua** | upstream, causal, early (actions, factors etc) (takenga mai: rere - to flow; mua - before, in front of) |
| **rerenga ikura (wahine)** | menstruation, period (kupu kē atu: mate wahine, ikura ā-marama) |
| **riri** | anger, angry (kupu kē atu: hīnawanawa, ririhau, takariri, pukuriri) |
| **rongoā ~tia** | remedy, medicine, apply medicine, cure, treat, treatment |
| **rongoā arokē** | alternative medicine, alternative remedy |
| **rongoā māori** | natural remedy, herbal medicine |
| **rongoā tūtohu** | prescription medicine |
| **rore ārai hapū** | intra-uterine device (takenga mai: rore - ensnare, impede; ārai hapū - contraceptive) |
| **ruahinetanga** | menopause (kupu kē atu: tūpātanga) |
| **ruhi** | fatigue, tired, exhausted, lethargic (kupu kē atu: ngoikore, ruha, hūhē, tūrohi, horotete) |
| **rumaki** | immersion unit |
| **rūnanga** | to discuss in an assembly |
| **Runanga Whakapiki Ake i te Hauora o Aotearoa** | Health Promotion Forum of New Zealand <https://hauora.co.nz/> |
| **T** |  |
| **taera** | sexual desire, sexual attraction |
| **taera rua** | bisexual |
| **taerarua - taharua** | bisexual |
| **taha hinengaro** | ideas related to mental wellbeing (taha ~ on the side of, dimension) |
| **taha tinana** | ideas related to physical wellbeing |
| **taha wairua** | ideas related to spiritual wellbeing |
| **taha whakawhanaunga** | social aspect, social side (kupu kē atu: taha pāpori) |
| **taha whanau** | ideas related to social wellbeing |
| **tahe māori** | spontaneous abortion, natural abortion (miscarriage) |
| **tahe or whakatahe** | miscarriage |
| **tāhi** | starch |
| **tahu** | near relative or spouse, partner, lover, beau, boyfriend, girlfriend, sweetheart |
| **tahua** | budget, fund, sum of money |
| **taiao** | world, earth, natural world, environment, nature, country |
| **taihema tāne** | male reproductive organs, male genitals (kupu kē atu: taihema toa) |
| **taihema wahine** | female reproductive organs, female genitals (kupu kē atu: taihema uwha) |
| **taihemahema** | reproductive organs, sexual organs |
| **taihemarua** | intersex |
| **taimiri** | heroin (takenga mai: tai - prefix with a qualifying force; miri - assuage, tranquillise) |
| **taiohi ~nga** | adolescent, adolescence, youth |
| **taiohi, rangatahi, mātātahi** | young person |
| **taiohinga – taitamarikitanga** | adolescence |
| **taiora ~nga** | nutrient, nutrition |
| **taiora matua** | macronutrient |
| **taiora moroiti** | micronutrient |
| **taioranga** | nutrition |
| **taioranga kai** | food nutrition |
| **taioraora** | nutritious |
| **taipakeke** | middle age |
| **tairaru** | crisis, predicament, serious problem (takenga mai: tai - prefix with a qualifying force; raru - problem, trouble, difficulty) (kupu kē atu: raru ki tai) |
| **tairaru āhuarangi** | climate crisis |
| **tairaru ā-whānau** | family crisis |
| **tairaru hauora** | health crisis |
| **tairaru pāpori** | social crisis |
| **tairaru taiao** | environmental crisis |
| **tairaru tuakiri** | identity crisis |
| **taitama (male); taitamāhine (female)** | adolescent |
| **taitamariki - rangatahi** | to be young, younger generation |
| **taitōkai** | sexual abuse, sexual violence |
| **taiwhanga kai** | dining room, dining area |
| **takatāpui** | historically meaning 'intimate companion of the same sex', the term was reclaimed in the 1980s and used by individuals who were gay, lesbian, bisexual, transgender, intersex or part of the rainbow community. the use of 'takatāpui' as an identity is a response to western ideas of sex, sexuality and gender, and emphasises ones identity as māori as inextricably linked to their gender identity or sexuality <https://takatapui.nz/definition-of-takatapui> |
| **take** | plan |
| **takeo** | bored, boring, boredom, tedious (kupu kē atu: hōhā, pāngū, hongeā) |
| **taki kare ā-roto** | emotional control, control of emotions |
| **tamaiti tāne** | boy |
| **tāmi tuakiri** | identity oppression |
| **tāne** | man |
| **tāne mate tāne** | homosexual |
| **tāne mate wāhine** | heterosexual man |
| **tāne moe tāne** | homosexual man |
| **tangata** | people |
| **tangata whenua** | local people |
| **tangatatanga** | gender |
| **taonga** | treasure, anything prized |
| **tapu** | be sacred, prohibited, restricted, set apart |
| **tara** | vagina, female genitals (kupu kē atu: tenetene, puketona, tore, teke) |
| **tara, puta** | vagina |
| **tarau ikura** | period underpants |
| **tarukino** | illegal drug, cannabis, marijuana |
| **tarutaru** | marijuana, cannabis (takenga mai: tarutaru - grass, weed) (kupu kē atu: tarukino, whakamāminga) |
| **tātea** | sperm |
| **tau, whaiāipo, tahu, makau, ipo** | boyfriend, girlfriend, or partner |
| **tauira** | student |
| **tautīnei** | to support, uphold, promote, sustain |
| **tautoko** | support; supporting |
| **tāwhiowhio** | to spin, rotate; relates to how we learn from looking outside of and beyond ourselves [durie] |
| **Te Pae Mahutonga** | The Southern Cross - model for health promotion <https://hauora.co.nz/te-pae-mahutonga-mason-durie/> . See also <https://www.health.govt.nz/our-work/populations/maori-health/maori-health-models/maori-health-models-te-pae-mahutonga> . The four central stars of the Southern Cross represent four key tasks of health promotion: Mauriora (cultural identity); Waiora (physical environment); Toiora (healthy lifestyles); Te Oranga (participation in society); The two pointers represent: Ngā Manukura (community leadership) and Te Mana Whakahaere (autonomy). |
| **Te Tiriti o Waitangi** | The Treaty of Waitangi |
| **Te whare tapa whā** | Model of health and wellbeing developed by professor Sir Mason Durie – see Whaiora (1994) |
| **Te Whāriki Takapou** | Organisation providing services that help strengthen Māori sexual and reproductive wellbeing <https://tewhariki.org.nz/> |
| **Te Whatu Ora** | Health New Zealand |
| **tenetene** | vulva |
| **tika tūāpapa** | rights |
| **tikanga** | correct procedure, custom, habit, lore, method, manner, rule, way, code, meaning, plan, practice, convention, protocol |
| **tikanga haukoti** | barrier method (contraception) (takenga mai: haukoti - intercept, cut off) |
| **tikianga matatika** | code of ethics |
| **tino rangatiratanga** | self determination |
| **tīpae rongoā** | first aid kit (takenga mai: tīpae - small basket; rongoā - medicine, healing) (kupu kē atu: tīpae ohotata) |
| **tirikai** | food portion, serving size (takenga mai: tiri - share, portion) |
| **tītoi or pīkoikoi** | masturbation |
| **tōhi** | a toast (as in celebration) |
| **toi** | indigenous |
| **toihara** | discrimination |
| **tōkeke** | be fair, unbiased (adjective); fairness, equity, equitableness, impartiality, strictness, equality (noun) |
| **tōmina** | hope, hopeful, desire (kupu kē atu: awhero, ingo) |
| **tona taihemahema** | genital warts |
| **tōpūtanga** | association, collective, grouping, organisation |
| **tōrangapū** | political, politics |
| **totoa** | impetuous, reckless, fierce |
| **tuakana teina** | relationship between older (tuakana) and younger (teina) relatives |
| **tuakiri** | identity |
| **tuakiri ā-ira** | gender identity |
| **tuakiri ahurea** | cultural identity |
| **tuakiri ā-ira** | gender identity |
| **tuakiri ā-iwi** | tribal identity |
| **tuakiri whaiaro** | personal identity |
| **tuakiritanga** | identity |
| **tuakoka ikura (wahine)** | period poverty (takenga mai: tuakoka - poverty; ikura [rerenga ikura] - menstruation, period) (kupu kē atu: tuakoka mate wahine) |
| **tuha ~ina** | ejaculate, ejaculation |
| **tūhāhā** | uniqueness, unique (kupu kē atu: rongomaiwhiti, āhua ake, āhua motuhake) |
| **tūkino hoapiri** | partner abuse, spouse abuse |
| **tūkino tamariki** | child abuse |
| **tukukano** | ovulate, ovulation |
| **tumuaki** | principal |
| **tūrangawaewae** | domicile, standing, place where one has the right to stand - place where one has rights of residence and belonging through kinship and whakapapa |
| **tūtohunga** | recommendation, acknowledgement |
| **U** |  |
| **ū** | breast |
| **uara** | desire, to value |
| **ure** | penis |
| **ure tora** | erection (kupu kē atu: ure tū) |
| **uruhi** | to drive, force, enforce, impose, administer, implement, coerce, compel |
| **W** |  |
| **waha kōpū** | cervix |
| **wahine** | woman |
| **wāhine mate tāne** | heterosexual woman |
| **wāhine mate wāhine (wahine moe wahine)** | lesbian |
| **waiaro** | attitudes |
| **waiata** | songs - search te ara for ‘waiata’ – there are many references to it and there are many resources available |
| **waimaero** | debilitated, debility, impaired |
| **waiora** | health, soundness |
| **waipiro** | alcohol (‘stinky water’) |
| **wairangi** | deranged, unbalanced, mentally distressed |
| **wairua** | feelings |
| **wairua** | spiritual wellbeing |
| **wairuatanga** | spirituality |
| **waitātea** | semen (takenga mai: wai - fluid; tātea - sperm) |
| **waiwaihā** | alcohol |
| **waiwhero** | menstruation, menstrual flow |
| **wānanga** | to meet and discuss, deliberate, consider |
| **wara pūroi** | drug addiction |
| **wara tāmeha** | solvent addiction |
| **wara tupeka** | tobacco addiction |
| **wara waipiro** | alcohol addiction |
| **wara, warawara ~hia** | addiction, addicted, addictive |
| **warowaihā** | carbohydrate (takenga mai: waro - carbon; wai - water; hā [hāora] - oxygen) |
| **wetiweti** | disgusting, disgust, loathing, loathsome, abhorrent, abhorrence |
| **whai āwhina** | help seeking |
| **whai whakaaro** | to be thoughtful, considerate, attentive, mindful |
| **whaiāipo (ipo)** | sweetheart, lover, betrothed, fiancé, boyfriend, girlfriend |
| **whaikorero** | to make a formal speech |
| **whaikupu – taunaki – tūtohi** | to recommend, make a recommendation |
| **whaitua auahi kore** | smoke-free environment |
| **whakaaetanga** | acceptance, approval, agreement, consent, permission, licence |
| **whakaako** | to teach, instruct, educate, coach |
| **whakaaro** | to think, plan, consider, decide |
| **whakaaro angitu** | positive thought, positive thinking (takenga mai: angitu - fortunate, successful) |
| **whakaaro arorau** | logical thinking (takenga mai: aro - to consider, take heed; rau - many) |
| **whakaaro horapa** | stereotype |
| **whakaaro kore** | to be thoughtless, careless, unthinking |
| **whakaaro pai** | positive thinking |
| **whakaaro tūhāngai** | concrete thinking (takenga mai: tū - manner, stance; hāngai - correspond to, in line with, directly) |
| **whakaaro tūrehurehu** | abstract thinking, abstract reasoning (takenga mai: tū – manner, sort; rehurehu – indistinctly seen) (kupu kē atu: whakaaro waitara) |
| **whakaatu** | to show, announce, notify, reveal, point out, disclose, display, demonstrate, model (clothing), exhibit, perform |
| **whakahaere** | to organise, cause to go, conduct, operate, lead, execute, direct, manage, control, administer, institute, implement, perform |
| **whakahaere pōraruraru** | stress management |
| **whakahaere wā** | time management |
| **whakahāngai** | to apply, implement, put into practice, practise, update, make relevant |
| **whakahapa ~tia** | neglect, leave destitute (kupu kē atu: whakangongo) |
| **whakahapa tamariki** | child neglect |
| **whakahaurangi** | to cause to be drunk, intoxicate, make someone drunk |
| **whakahāweatanga** | discrimination, prejudice, bigotry, intolerance |
| **whakahinengarotanga** | psychological action |
| **whakahoahoa** | to make friends, be friendly |
| **whakahōhā** | to irritate, annoy, bother, harass (verb); nuisance, bother, hassle, inconvenience (noun) |
| **whakahōnore** | to honour |
| **whakaira ~nga** | conceive, conception |
| **whakaira tangata** | to conceive, become pregnant |
| **whakakakau** | to disclose, make known, reveal, communicate, announce |
| **whakakotahi** | Inclusiveness |
| **whakamā** | embarrassed, embarrassment, shamed, shame (kupu kē atu: māteatea, rōrī) |
| **whakamamae ~tia** | labour (birth) |
| **whakamana** | to give authority to, give effect to, give prestige to, confirm, enable, authorise, legitimise, empower, validate, enact, grant |
| **whakamania** | verbal abuse (kupu kē atu: whakamanioro, hanihani) |
| **whakamanioro** | to insult, abuse, treat with contempt – check dictionary sources for nuances of meaning |
| **whakamaru** | protection |
| **whakamātūtū māori** | naturopathy (takenga mai: whakamātūtū - restore to health, heal; māori - natural) |
| **whakanui** | to celebrate, honour, exalt, commemorate |
| **whakaoho ~ngia ~ nga** | stimulus, stimulate, arouse |
| **whakaopeti - whakakakao – kao – kaokao - āmene** | to assemble, gather, congregate, convene (see dictionary for application) |
| **whakaora ohotata** | first aid, emergency aid (takenga mai: whakaora - to save, rescue, revive; ohotata - emergency) (kupu kē atu: whakaora whawhati tata) |
| **whakaōritenga** | compromise; |
| **whakaoti rapanga** | problem solve |
| **whakapakeke** | raise (a child), upbringing (kupu kē atu: whakatipu) |
| **whakapapa** | to recite in proper order (e.g. genealogies, legends, months), recite genealogies |
| **whakapiki** | improvement, raising, promotion, increase, advancement |
| **whakapono** | beliefs |
| **whakaporipori ~tia ~tanga** | socialise, socialisation (takenga mai: whaka - causative pefix; pori [pāpori] - social) |
| **whakapuaki wairua** | expressing feelings; |
| **whakapuango** | crash diet, severe diet (takenga mai: whakapuango - starve) |
| **whakaputa ira** | gender expression |
| **whakaritenga** | arrangement, settlement, agreement |
| **whakarongo** | listening |
| **whakaruhi ārai mate** | HIV |
| **whakatā** | relaxation |
| **whakatahe** | to cause to abort, have a miscarriage |
| **whakatairanga** | to raise up, elevate, promote, advertise, market, emphasise |
| **whakatakētanga – whakatoihara** | prejudice, bigotry, racism, intolerance, discrimination, xenophobia |
| **whakatakoto whāinga** | goal setting |
| **whakatāne** | transgender (trans female to male) |
| **whakatau** | to decide, settle, prepare, determine, arbitrate, adjudicate |
| **whakatenatena** | encourage, hearten |
| **whakatika raru** | problem solving |
| **whakatiki** | malnourishment, malnutrition, diet (restriction of food intake) (takenga mai: whakatiki - deprive of food) |
| **whakatinanatanga** | physical activity |
| **whakatīwheta** | harassment, pestering, bother, annoyance, torment similar terms: whakakūrakuraku, pōrearea, hawene |
| **whakatō ~ngia ~nga** | fertilise, fertilisation (takenga mai: whakatō – cause to conceive, plant, insert) |
| **whakatoihara** | to disparage, belittle, deride, denigrate, be racist, prejudge, practise discrimination, be bigoted |
| **whakatōnga mōwaho** | in vitro fertilisation |
| **whakatopatopa** | assertiveness |
| **whakatuarā** | to support, back, champion, promote, help |
| **whakature** | to enact a law, make law |
| **whakaū poripori** | social conditioning (takenga mai: whakaū - to make firm, establish, reinforce; poripori [whakaporipori] - socialisation; pori [pāpori] - social) |
| **whakauka** | sustainability |
| **whakaurunga** | enrolment, introduction, registration, admission, entry, participation |
| **whakaute** | respect |
| **whakawāhine** | transgender (trans male to female) |
| **whakawairuatanga** | spiritual action |
| **whakaweti** | bullying (noun); to threaten, bully, intimidate(verb) |
| **whakawhānau** | birth (to give birth): |
| **whakawhānau ~tia** | birth, childbirth, in labour |
| **whanake hirikapo** | cognitive development |
| **whanake hōkakatanga** | sexuality development |
| **whanake kare ā-roto** | emotional development |
| **whanake tahapori** | social development (takenga mai: taha - side, aspect; pori [pāpori] - social) (kupu kē atu: whanake pāpori) |
| **whanake taihema** | sexual development |
| **whanake tinana** | physical development |
| **whānako tuakiri** | identity theft |
| **whānau** | extended family |
| **whanau hauora** | social or family health |
| **whanaungatanga** | relationships, sense of connection |
| **whāngai** | customary practice of adopting or fostering |
| **whanokē** | nonconforming, nonconformist (takenga mai: whanokē - peculiar, different, odd) |
| **whanonga** | behaviour |
| **whanonga pono** | principles, values |
| **whanopiri** | conform, conformist (takenga mai: whano [whanonga] - behaviour; whano - e whai ana i tā te whanokē; piri - adherence, loyalty) (kupu kē atu: whanopiri) |
| **whare haumanu** | clinic |
| **whare tangata** | uterus |
| **wharekano** | ovary |
| **wheako o mua** | past experience |
| **whenua** | placenta |
| **wheori ārai-kore** | human immunodeficiency virus, HIV (kupu kē atu: huaketo ārai-kore) |
| **whiringa** | diet (food intake) kai (takenga mai: whiringa - selection, choice) |
| **whiringa kai** | selection of food, diet |
| **whiriwhirihia** | negotiation |

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| English – Te reo Māori |

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| **A** |  |
| **abortion** | kuka |
| **abstract thinking, abstract reasoning** | whakaaro tūrehurehu (takenga mai: tū – manner, sort; rehurehu – indistinctly seen) (kupu kē atu: whakaaro waitara) |
| **accept amorous advances, make amorous advances** | hemahema |
| **acceptance, approval, agreement, consent, permission, licence** | whakaaetanga |
| **accident (kupu kē atu: hauata)** | aituā |
| **actions** | hohenga |
| **addict** | Kiriwara (takenga mai: kiri - person, self; wara [warawara] - addiction) |
| **addiction recovery** | patu warawara (takenga mai: patu - to subdue; warawara - addiction) |
| **addiction, addicted, addictive** | wara, warawara ~hia |
| **administrator, boss, director, organiser, manager** | kaiwhakahaere |
| **adolescence** | taiohinga – taitamarikitanga |
| **adolescent** | taitama (male); taitamāhine (female) |
| **adolescent, adolescence, youth** | taiohi ~nga |
| **advertisement, commercial** | pānui hokohoko |
| **advocate, promoter** | kaiwhakahau |
| **agender, gender neutral** | irakore |
| **AIDS, acquired immune deficiency syndrome** | mate ārai-kore(takenga mai: mate - sickness; ārai - to ward off, protect; kore - negative) |
| **alcohol** | waiwaihā, waipiro (‘stinky water’) |
| **alcohol abuse** | raukoti waipiro |
| **alcohol addiction** | wara waipiro |
| **alternative medicine, alternative remedy** | rongoā arokē |
| **anger, angry** | riri (kupu kē atu: hīnawanawa, ririhau, takariri, pukuriri) |
| **anorexia** | māuiui pohokore (kupu kē atu: māuiui whakatiki) |
| **antibiotic, antibody** | (rongoā) paturopi |
| **apply, implement, put into practice, practise, update, make relevant** | whakahāngai |
| **apprehensive, overawed** | hopo |
| **arrangement, settlement, agreement** | whakaritenga |
| **assemble, gather, congregate, convene** | whakaopeti - whakakakao – kao – kaokao – āmene (see dictionary for application) |
| **assertiveness** | whakatopatopa |
| **assessment** | aromatawai |
| **assist, help, support, benefit** | awhina |
| **association, collective, grouping, organisation** | tōpūtanga |
| **attitudes** | waiaro |
| **attractive characteristic(s) of a person** | āhuatanga reka o te tangata |
| **audio file (computer) - tukua mai te kōnae whakarongo - download audio file** | kōnae whakarongo |
| **autonomy, self-government, self-determination, - mana through self-determination and control over one's own destiny** | mana motuhake |
| **B** |  |
| **bacterial infection** | poke huakita |
| **barrier method (contraception)** | tikanga haukoti (takenga mai: haukoti - intercept, cut off) |
| **be diverse, varied** | kanorau |
| **be fair, unbiased (adjective); fairness, equity, equitableness, impartiality, strictness, equality (noun)** | tōkeke |
| **be hungry** | mate kai |
| **be open-minded, expert** | mākohakoha |
| **be perplexed, uncertain, indecisive, in a quandary, in a dilemma, in a predicament** | harapuka |
| **be sacred, prohibited, restricted, set apart** | tapu |
| **be true, valid, honest, genuine, sincere** | pono |
| **be united** | kotahi |
| **behaviour** | whanonga |
| **beliefs** | whakapono |
| **binary gender** | ira weherua |
| **binge drinking** | inu inati (takenga mai: inati - excessive, extreme) |
| **binge eating** | kai inati (takenga mai: inati - be excessive) |
| **bi-polar disorder** | māuiui whaiaro rua (takenga mai: māuiui - illness, disorder; whaiaro - self, personality; rua - two) |
| **birth (to give birth)** | whakawhānau |
| **birth canal** | ara whakawhānau |
| **birth control pill, oral contraceptive** | pire ārai hapū (takenga mai: pire [kupu mino] - pill) |
| **birth, childbirth, in labour** | whakawhānau ~tia |
| **bisexual** | taerarua - taharua |
| **bored, boring, boredom, tedious** | takeo (kupu kē atu: hōhā, pāngū, hongeā) |
| **boy** | tamaiti tāne |
| **boyfriend, girlfriend, or partner** | tau, whaiāipo, tahu, makau, ipo |
| **breast** | ū |
| **broadcast, broadcasting** | pāho, pahotia |
| **budget (finance)** | mahere pūtea |
| **budget, fund, sum of money** | tahua |
| **bulimia** | mate whakaruaki (takenga mai: mate - sickness; whakaruaki - to make vomit) (kupu kē atu: pukuruaki) |
| **bullying (noun); to threaten, bully, intimidate(verb)** | whakaweti |
| **carbohydrate** | warowaihā (takenga mai: waro - carbon; wai - water; hā [hāora] - oxygen) |
| **care for, show kindness** | atawhai |
| **carefree, easy going** | māhorahora |
| **caterer** | kaitaka kai |
| **cause to abort, have a miscarriage** | whakatahe |
| **cause to be drunk, intoxicate, make someone drunk** | whakahaurangi |
| **celebrate, honour, exalt, commemorate** | whakanui |
| **cervical cancer** | mate pukupuku waha kōpū |
| **cervix** | waha kōpū |
| **champion (a cause), promote, advocate, lead** | kōkiri |
| **character** | ihokiri (takenga mai: iho - essence, essential quality, nature, inner core; kiri - person, self) |
| **chieftainship, right to exercise authority (in other contexts, having knowledge skills and experience to lead)** | rangatiratanga |
| **child abuse** | tūkino tamariki |
| **child neglect** | whakahapa tamariki |
| **chlamydia, venereal disease** | kōtureture (kupu kē atu: kamiria [kupu mino]) |
| **church, sect, religion** | hāhi |
| **climate crisis** | tairaru āhuarangi |
| **clinic** | whare haumanu |
| **cocaine** | kukarou (takenga mai: kuka - dry leaves; rou - intoxicated, as with tutu juice) |
| **code of ethics** | tikianga matatika |
| **cognitive development** | whanake hirikapo |
| **cold turkey, abrupt cessation** | keremutu |
| **combine, co-operate, join, join gether, unite, interact, associate, integrate, mix (verb); connection, relationship, association, interaction, combination (noun)** | pāhekoheko |
| **come the rescue of, support, assist** | piki, pikitia |
| **community well-being** | oranga hapori |
| **compromise;** | whakaōritenga |
| **conceive, become pregnant** | whakaira tangata |
| **concrete thinking** | whakaaro tūhāngai (takenga mai: tū - manner, stance; hāngai - correspond to, in line with, directly) |
| **condom** | pūkoro (ure) |
| **confident, confidence, brave, courage** | māia (kupu kē atu: ngākau titikaha) |
| **conflicting emotion** | kare ā-roto taupatupatu |
| **conform, conformist** | whanopiri (takenga mai: whano [whanonga] - behaviour; whano - e whai ana i tā te whanokē; piri - adherence, loyalty) (kupu kē atu: whanopiri) |
| **contented, serene, unruffled** | māoriori (kupu kē atu: mauri tau) |
| **contraceptive patch** | piriārai hapū(takenga mai: piri - to stick, adhere; ārai hapū - contraceptive, birth control) |
| **contraceptive, contraception, birth control** | ārai hapū ~tanga (takenga mai: ārai - to ward off, protect; hapū - pregnant) |
| **correct procedure, custom, habit, lore, method, manner, rule, way, code, meaning, plan, practice, convention, protocol** | tikanga |
| **cosmetic surgery** | hāpara whakapaipai |
| **crash diet, severe diet** | whakapuango (takenga mai: whakapuango - starve) |
| **crisis, predicament, serious problem** | tairaru (takenga mai: tai - prefix with a qualifying force; raru - problem, trouble, difficulty) (kupu kē atu: raru ki tai) |
| **critical awareness** | mārama pū |
| **cultural identity** | tuakiri ahurea |
| **curse, swear, verbally abuse** | kanga |
| **customary practice of adopting or fostering** | whāngai |
| **D** |  |
| **debilitated, debility, impaired** | waimaero |
| **decide, settle, prepare, determine, arbitrate, adjudicate** | whakatau |
| **decision making** | hanga whakataunga |
| **decision, judgement** | kupu whakatau |
| **deluded, delusion** | pāhewahewa |
| **depression (illness), misery** | kōtonga (kupu kē atu: rāwakiwaki, poururu, mate pāpōuri, toimaha hārukiruki) |
| **deranged, unbalanced, mentally distressed** | wairangi |
| **desire, to value** | uara |
| **desire, want, wish for, yearn for, aspire , fancy, hanker after** | hōkaka |
| **developmental disorder, developmental disability** | mate whanake |
| **diaphragm (contraceptive)** | pātātea (takenga mai: pā - block up, obstruct; tātea - sperm) |
| **diet (food intake) kai** | whiringa (takenga mai: whiringa - selection, choice) |
| **diet (restriction of food intake)** | whakatiki (takenga mai: whakatiki - deprive of food) |
| **dietary supplement** | āpitihanga whiringa kai |
| **digital resource** | rauemi matihiko |
| **dining room, dining area** | taiwhanga kai |
| **disappointed, disappointment, disillusioned, disillusion** | matekiri |
| **disappointed, express disappointment** | Nanu |
| **disclose, make known, reveal, communicate, announce** | whakakakau |
| **discrimination** | toihara |
| **discrimination, prejudice, bigotry, intolerance** | whakahāweatanga |
| **discuss in an assembly** | rūnanga |
| **disgusting, disgust, loathing, loathsome, abhorrent, abhorrence** | wetiweti |
| **disparage, belittle, deride, denigrate, be racist, prejudge, practise discrimination, be bigoted** | whakatoihara |
| **diversity** | kanorautanga |
| **domicile, standing, place where one has the right to stand - place where one has rights of residence and belonging through kinship and whakapapa** | tūrangawaewae |
| **drive, force, enforce, impose, administer, implement, coerce, compel** | uruhi |
| **drug** | pūroi |
| **drug abuse** | raukoti whakapōauau |
| **drug addiction** | wara pūroi |
| **drug rehabilitation** | patu wara pūroi (takenga mai: patu - to subdue; wara [warawara] - addiction; pūroi – drug) |
| **drunk, drunkenness, intoxicated, intoxication** | haurangi |
| **E** |  |
| **eating disorder** | māuiui pongakawa (takenga mai: pongakawa - to consume, devour, eat) (kupu kē atu: mate tahakai) |
| **eco lifestyle, green lifestyle** | (kātū) noho tautaiao (kupu kē atu: kātū noho kākāriki) |
| **economic** | ohaoha |
| **economics, economy** | ōhanga |
| **effective listening** | ata whakarongo |
| **ejaculate, ejaculation** | tuha ~ina |
| **elation, elated, joy, joyful, delighted** | manahau (kupu kē atu: hurō) |
| **emaciated, starved, malnourished** | pohokore |
| **embarrassed, embarrassment, shamed, shame** | whakamā (kupu kē atu: māteatea, rōrī) |
| **embryo** | kikiri (takenga mai: kikiri - begin to grow, as a child in the womb) |
| **emotion** | kare ā-roto |
| **emotional control, control of emotions** | taki kare ā-roto |
| **emotional development** | whanake kare ā-roto |
| **emotional health** | hauora kare ā-roto |
| **emotional maturity** | kōhure kare ā-roto |
| **emotional suppression, bottle up emotions** | pupuri kare ā-roto |
| **emotional trauma** | kohuki kare ā-roto |
| **emotional turmoil, confusion, confused, at a loss, stressed out** | pōkaikaha |
| **emotionally stable** | kare ā-roto tūwhena (takenga mai: tū - to stand, set in place; whena - firm, steady) |
| **emotionally unstable** | kare ā-roto tikoki |
| **empathetic, sympathetic, compassionate, kindhearted, considerate, caring, benevolent** | ngakau aroha |
| **enact a law, make law** | whakature |
| **encourage, hearten** | whakatenatena |
| **endometriosis** | heke pūtau kōpū (takenga mai: heke - to migrate; pūtau - cell [of an organism]; pūtautau - tissue [of an organism]; kōpū - womb, uterus) |
| **enrolment, introduction, registration, admission, entry, participation** | whakaurunga |
| **environmental crisis** | tairaru taiao |
| **environmental well-being** | oranga taiao |
| **epididymis** | pōkai tātea (takenga mai: pōkai - coil, travel about; tātea - sperm) |
| **equal status, equity, equality** | mana taurite |
| **equality** | noho ōrite - mana ōrite |
| **equality, equal opportunity** | ōritetanga |
| **erection** | ure tora (kupu kē atu: ure tū) |
| **ethical lifestyle** | (kātū) noho matatika |
| **evaluation, review (a book, etc.), critique** | arotakenga |
| **excited, excitement, exciting** | hiamo |
| **expressing feelings;** | whakapuaki wairua |
| **extended family** | whānau |
| **F** |  |
| **face to face** | kanohi ki te kanohi |
| **fairness** | matatika |
| **fallopian tube, oviduct** | Pūkākano (takenga mai: pū - tube; kākano - ova, ovum, egg) |
| **family crisis** | tairaru ā-whānau |
| **family well-being** | oranga whānau |
| **fasting go without food** | nohopuku |
| **fat, grease, lard, dripping, oil** | hinu |
| **fat, lipid** | ngako |
| **fatigue, tired, exhausted, lethargic** | ruhi (kupu kē atu: ngoikore, ruha, hūhē, tūrohi, horotete) |
| **fear, fearful, frightened** | mataku (kupu kē atu: winiwini, uruwehi, wehi, hopo) |
| **feast** | hākari |
| **feeling** | aurongo (takenga mai: au - current; rongo - to sense, feel) |
| **feelings** | wairua |
| **female reproductive organs, female genitals** | taihema wahine (kupu kē atu: taihema uwha) |
| **fertilise, fertilisation** | whakatō ~ngia ~nga (takenga mai: whakatō – cause to conceive, plant, insert) |
| **field of operation, scope of work; home, address, residence, village, settlement, habitation, habitat, dwelling** | kāinga |
| **first aid kit** | tīpae rongoā (kupu kē atu: tīpae ohotata)(takenga mai: tīpae - small basket; rongoā - medicine, healing) |
| **first aid, emergency aid** | whakaora ohotata (takenga mai: whakaora - to save, rescue, revive; ohotata - emergency) (kupu kē atu: whakaora whawhati tata) |
| **foetal membrane, amnion** | kahukahu |
| **foetus** | kukune (kupu kē atu: tōhua)(takenga mai: kukune - to swell as pregnancy advances) |
| **food (noun); to eat, consume, feed(verb)** | kai |
| **food allergy, food intolerance** | pāwera kai |
| **food nutrition** | taioranga kai |
| **food portion, serving size** | tirikai (takenga mai: tiri - share, portion) |
| **foreskin** | kirimata (kupu kē atu: pahuhu, kiri matamata) |
| **forest** | ngahere - ngahengahe – wao |
| **free from the extensions of tapu, ordinary, unrestricted** | noa |
| **friend, companion mate, partner, spouse, ally** | hoa |
| **friendship** | hoahoa |
| **frustrated, frustration, exasperated, exasperation** | hēmanawa |
| **G** |  |
| **garden, cultivation, food-gathering place** | mahinga kai |
| **gathering or harvesting [check]** | ahu whenua |
| **gender** | tangatatanga |
| **gender diverse** | irahuhua |
| **gender expression** | whakaputa ira |
| **gender fluid, gender fluidity** | irarere |
| **gender identity** | tuakiri ā-ira |
| **gender norms** | arotoka ā-ira |
| **generation** | ahunga – whakatupuranga – reanga – whakareanga (see dictionary for different application) |
| **genital area** | paehema (takenga mai: pae - vicinity; hema [taihemahema] - sexual organs) |
| **genital herpes** | pāpaka taihema |
| **genital lice, pubic lice** | kutu taihemahema |
| **genital warts** | tona taihemahema |
| **girl – daughter** | kōtiro (kō) – tamahine (hine) - hengahenga |
| **give authority , give effect , give prestige , confirm, enable, authorise, legitimise, empower, validate, enact, grant** | whakamana |
| **glum, disconsolate, miserable, gloomy** | poururu |
| **goal setting** | whakatakoto whāinga |
| **gonorrhoea, clap, venereal disease** | pakiwhara (kupu kē atu: konoria [kupu mino]) |
| **government** | kāwanatanga |
| **greet** | mihimihi |
| **grumpy, irritable, irascible, short-tempered** | āritarita (kupu kē atu: ngutu komekome, pukukino, whanewhane, hēmanawa) |
| **guardianship, stewardship, trusteeship, trustee** | kaitiakitanga |
| **guide, counsellor, leader, mentor,** | kaiārahi |
| **guilt, guilty, remorse, remorseful, regretful** | kaniawhea |
| **H** |  |
| **happy, happiness, joy, joyful** | koa (kupu kē atu: hari, hurō) |
| **harassment, pestering, bother, annoyance, torment** | whakatīwheta similar terms: whakakūrakuraku, pōrearea, hawene |
| **health** | hauora |
| **health crisis** | tairaru hauora |
| **Health New Zealand** | Te Whatu Ora |
| **Health Promotion Forum of New Zealand** | Runanga Whakapiki Ake i te Hauora o Aotearoa <https://hauora.co.nz/> |
| **health, soundness** | waiora |
| **healthy lifestyle** | (kātū) noho ora |
| **healthy relationships** | piriringa whai mana |
| **help seeking** | whai āwhina |
| **helper, assistant, contributor, counsel, advocate** | kaiāwhina |
| **heroin** | taimiri (takenga mai: tai - prefix with a qualifying force; miri - assuage, tranquillise) |
| **heterosexual man** | tāne mate wāhine |
| **heterosexual woman** | wāhine mate tāne |
| **high, inebriated** | hurori (takenga mai: hurori - to stagger, roll about) |
| **historical trauma** | kohuki aronehe |
| **'intimate companion of the same sex',** *the term was reclaimed in the 1980s and used by individuals who were gay, lesbian, bisexual, transgender, intersex or part of the rainbow community.* | takatāpui <https://takatapui.nz/definition-of-takatapui>  *The use of 'takatāpui' as an identity is a response to western ideas of sex, sexuality and gender, and emphasises ones identity as māori as inextricably linked to their gender identity or sexuality.* |
| **HIV** | whakaruhi ārai mate |
| **holistic health** | hauora torowhārahi (takenga mai: toro - to extend; whārahi - wide, broad) (kupu kē atu: hauora tukupū) |
| **holistic well-being, holistic wellness** | oranga torowhārahi (takenga mai: toro - to extend; whārahi - broad, wide) (kupu kē atu: oranga tukupū) |
| **homophobia** | mae takatāpui |
| **homosexual** | tāne mate tāne |
| **homosexual man** | tāne moe tāne |
| **honour** | whakahōnore |
| **hope, hopeful, desire** | tōmina (kupu kē atu: awhero, ingo) |
| **hormonal change** | huringa taiaki |
| **hormonal contraceptive** | ārai hapū taiaki |
| **hospitality, kindness, generosity, support - the process of showing respect, generosity and care for others; kindness, support** | manaakitanga |
| **human immunodeficiency virus, hiv** | wheori ārai-kore (kupu kē atu: huaketo ārai-kore) |
| **hymen** | kiritapu |
| **I** |  |
| **identity** | tuakiri ~tanga |
| **identity crisis** | tairaru tuakiri |
| **identity oppression** | tāmi tuakiri |
| **identity theft** | whānako tuakiri |
| **illegal drug, cannabis, marijuana** | tarukino |
| **illegal drug, illicit drug** | pūroi taihara |
| **immersion unit** | rumaki |
| **impartial, neutral, fair, unbiased, even-handed, non-partisan, unprejudiced** | ngakau tapatahi |
| **impetuous, reckless, fierce** | totoa |
| **implant, implantation** | kuhi ~nga |
| **implementation plan** | mahere whakamahinga |
| **improvement, raising, promotion, increase, advancement** | whakapiki |
| **impulsive, headstrong, impetuous** | manawa rere |
| **in doubt, uncertain, indecisive** | rangirua (kupu kē atu: ngākaurua) |
| **in vitro fertilisation** | whakatōnga mōwaho |
| **incest** | kai whiore |
| **inclusiveness** | whakakotahi |
| **indigenous** | toi |
| **indigenous people, native people** | iwi taketake |
| **indigenous rights** | mana tangata whenua |
| **influence** | aweawe |
| **InsideOut** *(rainbow organisation)* | Kōaro – tatū ki roto, tatū ki waho |
| **insult, abuse, treat with contempt** | whakamanioro |
| **intercourse** | onioni |
| **intergenerational trauma, generational trauma** | kohuki tuku iho |
| **internet safety, cybersafety** | haumaru ā-ipurangi |
| **intersex** | taihemarua |
| **intra-uterine device** | rore ārai hapū (takenga mai: rore - ensnare, impede; ārai hapū - contraceptive) |
| **invincible, invincibility, fearlessness** | mātātoa ~tanga (takenga mai: mātātoa - to be fearless, unafraid, undaunted) |
| **irritate, annoy, bother, harass (verb); nuisance, bother, hassle, inconvenience (noun)** | whakahōhā |
| **is concerned with the timing of when activities are conducted ie signs obtained from trees, fish, birds, insects and weather patterns** | ngā tohutaka |
| **J** |  |
| **jealous, jealousy, envious, envy** | harawene (kupu kē atu: tūāhae, pūhaehae, wene, tarahae) |
| **joyous, cheerful** | hihiko |
| **junk food, nutrient deficient food** | kai paraurehe |
| **K** |  |
| **kinship group, clan, tribe, subtribe** | hapū |
| **knowledge** | mātauranga |
| **L** |  |
| **labia** | ngutu |
| **labour (birth)** | whakamamae ~tia |
| **laughter** | katakata |
| **leadership** | hautūtanga |
| **leadership skills** | pūkenga kaiārahi |
| **learn, study, instruct, teach, advise** | ako |
| **learners, student** | ākonga |
| **lesbian** | wāhine mate wāhine (wahine moe wahine) |
| **lifestyle** | kātū noho (takenga mai: kātū - type, sort, kind; noho - to live, dwell) |
| **lifestyle choice** | kōwhiringa kātū noho |
| **like, approve, consent, appeal** | pai |
| **linguistic well-being, language vitality** | oranga reo |
| **listening** | whakarongo |
| **listless, lacking energy, spiritless, lacking vitality, unenergetic** | korou kore (kupu kē atu: ngoikore, korou mate, haumate) |
| **local people** | tangata whenua |
| **local people (of a marae or region)** | haukāinga |
| **logical thinking** | whakaaro arorau (takenga mai: aro - to consider, take heed; rau - many) |
| **lose** | hinga ~nga |
| **love (in the widest sense); to love, feel pity, feel concern for, feel compassion, empathise** | aroha |
| **lover, partner** | hoa tākunekune |
| **loyal, faithful, dependable, sincere** | ngākau pono |
| **M** |  |
| **macronutrient** | taiora matua |
| **mainstream health service** | ratonga hauora auraki |
| **make a formal speech** | whaikorero |
| **make friends, be friendly** | whakahoahoa |
| **male reproductive organs, male genitals** | taihema tāne (kupu kē atu: taihema toa) |
| **malnourishment, malnutrition** | whakatiki |
| **man** | tāne |
| **Māori concepts** | Māoritanga |
| **Māori ways of understanding the world** | maramatanga |
| **marijuana, cannabis** | tarutaru (takenga mai: tarutaru - grass, weed) (kupu kē atu: tarukino, whakamāminga) |
| **masturbation** | tītoi or pīkoikoi |
| **mature, maturity** | kōhure (takenga mai: kōhure - development of a tree or plant to maturity) |
| **mauri of a person** | mauri o tangata |
| **media** | hunga pāpāho |
| **meet and discuss, deliberate, consider** | wānanga |
| **menarche, first menstruation** | kōhinetanga (takenga mai: kōhine - female adolescent) |
| **menopause** | koero, ruahinetanga (kupu kē atu: tūpātanga) |
| **menstrual cup** | ipu ikura |
| **menstrual cycle** | ikura wahine (kupu kē atu: ikura ā-marama, mate marama, mate wahine, awa o te atua) |
| **menstruation** | paheke, hekenga toto, rerenga awa wahine |
| **menstruation, menstrual flow** | waiwhero |
| **menstruation, period** | rerenga ikura (wahine) (kupu kē atu: mate wahine, ikura ā-marama) |
| **mental abuse, psychological abuse** | patu hinengaro (kupu kē atu: tūkino hinengaro) |
| **mental and emotional wellbeing** | hinengaro |
| **mental health** | hauora hinengaro |
| **Mental Health Foundation** | Mauri Tū, Mauri Ora |
| **mental illness, mental disorder, psychological disorder** | mate hinengaro (kupu kē atu: māuiui hinengaro) |
| **mental well-being, mental wellness** | oranga hinengaro |
| **mentor** | pou tautoko |
| **metaphor** | huahuatau |
| **methamphetamine** | pōau-pi (takenga mai: poau - be confused, bewildered; pōau [whakapōauau] - narcotic drug; pōau [pōautinitini] - tribulation, affliction, evil; pi [kupu mino] - p) (kupu kē atu: tioata whakaihi) |
| **micronutrient** | taiora moroiti |
| **middle age** | taipakeke |
| **mineral** | kohuke (takenga mai: ko [kongakonga] - fragment; huke - expose by removing earth) (kupu kē atu: manawa whenua) |
| **mineral supplement** | āpiti kohuke |
| **ministry of health** | manatū hauora |
| **miscarriage** | tahe or whakatahe |
| **mood** | piropiro |
| **mood change** | piropiro hurihuri |
| **mood swing** | piropiro tārere |
| **morphine** | rehunanu (takenga mai: rehu - mist, spray; nanu - jumbled, confused, incoherent) |
| **mountain** | maunga |
| **N** |  |
| **natural remedy, herbal medicine** | rongoā māori |
| **naturopathy** | whakamātūtū māori (takenga mai: whakamātūtū - restore to health, heal; māori - natural) |
| **near relative or spouse, partner, lover, beau, boyfriend, girlfriend, sweetheart** | tahu |
| **needs** | matea |
| **negative emotion** | kare ā-roto matakawa (takenga mai: matakawa - distasteful, dislike) |
| **neglect, leave destitute** | whakahapa ~tia (kupu kē atu: whakangongo) |
| **negotiation** | whiriwhirihia |
| **nervous, tension, tense, uneasy** | āmaimai |
| **nicotine** | nikotini (takenga mai: he kupu mino.) (kupu kē atu: parawaro) |
| **nicotine patch** | piri nikotini (takenga mai: piri - to stick, adhere; nikotini [kupu mino] - nicotine) |
| **nipple** | kōmata, matamata |
| **non-binary gender** | ira weherua-kore |
| **nonconforming, nonconformist** | whanokē (takenga mai: whanokē - peculiar, different, odd) |
| **nutrient dense food** | kai taiora nui |
| **nutrient group** | huinga taiora |
| **nutrient, nutrition** | taiora ~nga |
| **nutrition** | taioranga |
| **nutritious** | taioraora |
| **O** |  |
| **object of affection, lover, spouse, wife husband** | makau |
| **ocean, sea, large lake** | moana |
| **oil, vegetable oil** | noni |
| **old age** | pēperekōutanga – koroheketanga – rāroa |
| **online resource, internet resource** | rauemi ipurangi |
| **organise, cause go, conduct, operate, lead, execute, direct, manage, control, administer, institute, implement, perform** | whakahaere |
| **ovary** | wharekano |
| **ovulate, ovulation** | tukukano |
| **ovum, seed** | kākano |
| **P** |  |
| **paleo (diet)** | kaihoromata (takenga mai: kai - food, to eat; horomata - pure, natural, undefiled) |
| **panic stricken** | mauri rere |
| **pantry, food storage** | pātaka kai |
| **parent also to be adult, grown-up; father, uncle** | matua |
| **parental guidance** | akoako mātua |
| **parental influence** | awenga mātua |
| **parental pressure** | pēhanga mātua |
| **partner abuse, spouse abuse** | tūkino hoapiri |
| **partnership** | rangapū |
| **past experience** | wheako o mua |
| **peace, peacefulness, harmony** | rangimarie |
| **peer influence** | awenga aropā (takenga mai: aropā - clump of one species of tree) |
| **peer pressure** | pēhanga aropā (kupu kē atu: pēhanga ā-hoa) |
| **penis** | ure |
| **people** | tangata |
| **period pain, menstrual pain** | kōharihari ikura (wahine) |
| **period poverty** | tuakoka ikura (wahine) (takenga mai: tuakoka - poverty; ikura [rerenga ikura] - menstruation, period) (kupu kē atu: tuakoka mate wahine) |
| **period underpants** | tarau ikura |
| **period, menstruate** | mate wahine |
| **perseverance, determination, tolerant** | manawanui |
| **perseverance, energy, determination** | hiringa |
| **personal identity** | tuakiri whaiaro |
| **personality** | haukiri (takenga mai: hau - vitality of a person; hau - breath, wind; kiri - person, self) (kupu kē atu: āhua, whaiaro) |
| **petty cash, family budget** | pūtea iti |
| **physical activity** | whakatinanatanga |
| **physical development** | whanake tinana |
| **physical health** | hauora tinana |
| **physical illness, physical disorder** | mate tinana |
| **physical maturity** | kōhure tinana |
| **physical violence, physical abuse, assault** | haupatu ~a (kupu kē atu: tūkino, tunu huruhuru) |
| **physical well-being** | oranga tinana |
| **placenta** | whenua |
| **plan** | take |
| **plastic surgery** | hāpara ahuahu (takenga mai: ahuahu - to form, fashion) |
| **podcast - a collection of digital media files which are distributed over the internet for playback on portable media players and personal computers** | kōnae ipurangi |
| **policy** | kaupapa here |
| **political, politics** | tōrangapū |
| **pornography (noun); lewd, immoral, crude, erotic, sexy, pornographic** | karihika |
| **positive emotion** | kare ā-roto matareka (takenga mai: matareka - pleasant, affable) |
| **positive thinking** | whakaaro pai |
| **positive thought, positive thinking** | whakaaro angitu (takenga mai: angitu - fortunate, successful) |
| **positively disposed towards, favourably disposed towards, faithful, upright, virtuous, good hearted, positive** | ngākaupai - sometimes written as two words, ngākau pai |
| **poverty** | hahoretanga |
| **pregnant, conceived in the womb** | hapū |
| **pregnant, with child, pregnancy** | hapū ~tanga |
| **prejudice** | kōaro |
| **prejudice, bigotry, racism, intolerance, discrimination, xenophobia** | whakatakētanga – whakatoihara |
| **pre-menstrual syndrome, pms** | mate ikura takamua (takenga mai: mate - illness, condition, syndrome; ikura [ikura wahine] - menstruation; taka - to come around, as in a date or period of time; mua - in front of, before) |
| **prescription drug** | pūroi tūtohu (takenga mai: tohutohu - to instruct, advise) |
| **prescription medicine** | rongoā tūtohu |
| **preserve kaimoana areas** | rahui |
| **prestige, authority, control, power, influence, status** | mana |
| **principal** | tumuaki |
| **principles** | mātāpono |
| **principles, values** | whanonga pono |
| **problem solve** | whakaoti rapanga |
| **problem solving** | whakatika raru |
| **problem solving skills** | pūkenga whakaoti rapanga |
| **processed food** | kai tukatuka |
| **prostate cancer** | mate pukupuku repe tātea |
| **prostate gland** | repe ure |
| **protection** | whakamaru |
| **protein** | pūmua (takenga mai: pū - origin, source; pūhui - chemical compound; mua - front, foremost) |
| **protein supplement** | āpiti pūmua |
| **protocol** | kawa |
| **psychological action** | whakahinengarotanga |
| **puberty** | puke huruhuru, āhuatia |
| **pubes** | puke |
| **public notice, announcement, poster, proclamation** | pānui |
| **R** |  |
| **racism** | aukati iwi |
| **raise (a child), upbringing** | whakapakeke (kupu kē atu: whakatipu) |
| **raise up, elevate, promote, advertise, market, emphasise** | whakatairanga |
| **recite in proper order (e.g. genealogies, legends, months), recite genealogies** | whakapapa |
| **recite ritual chants, say grace, pray, recite a prayer** | karakia - for an overview of different types of karakia see <https://teara.govt.nz/en/traditional-maori-religion-nga-karakia-a-te-maori/page-4> |
| **recommend, make a recommendation** | whaikupu – taunaki – tūtohi |
| **recommendation, acknowledgement** | tūtohunga |
| **relationship** | whanaungatanga |
| **relationship between older (tuakana) and younger (teina) relatives** | tuakana teina |
| **relationships** | piringa tāngata |
| **relationships, sense of connection** | whanaungatanga |
| **relaxation** | whakatā |
| **relaxed** | parohe |
| **remedy, medicine, apply medicine, cure, treat, treatment** | rongoā ~tia |
| **reproductive organs, sexual organs** | taihemahema |
| **resilience** | manawaroa |
| **resources** | rauemi |
| **respect** | whakaute |
| **respect, appreciate** | ngākau whakaute |
| **respect, think highly of, admire, esteem, revere, venerate** | kauanuanu – whakamiha |
| **responsibilities** | haepapa |
| **rights** | tika tūāpapa |
| **river** | awa |
| **S** |  |
| **sad, sadness, mournful, gloomy, despondent, melancholy)** | pōuri (kupu kē atu: ruku popoi, matapōuri |
| **sadness** | matarehu |
| **safer sex** | ai haumaru, aitanga ārai mate |
| **sanitary pad** | kope ikura |
| **saturated fat** | ngako kohura (takenga mai: kohura - be full) |
| **schizophrenia** | māuiui wairua tuakoi (takenga mai: māuiui - illness, disorder; wairua - spirit; tuakoi - divide, separate, misconceive, imagine, be deceived) |
| **school** | kura |
| **scrotum** | pūkoro raho (takenga mai: pūkoro - pocket, pouch; raho - testes) |
| **seafood** | kaimoana |
| **section of a kinship group, family, society, community** | hapori |
| **selection of food, diet** | whiringa kai |
| **self awareness, self-esteem, self-respect, self-worth kiritau** | aroā whaiaro (takenga mai: kiri - person, self; tau - to be settled) |
| **self determination** | tino rangatiratanga |
| **self-esteem, self-worth, self-respect** | kiritau |
| **self-management skills** | pūkenga auaki (takenga mai: au - i, me; aki - to encourage, urge on) (kupu kē atu: pūkenga taki whaiaro) |
| **self-sufficient lifestyle** | (kātū) noho ringaora |
| **semen** | waitātea (takenga mai: wai - fluid; tātea - sperm) |
| **seminal vesicles** | pū waitātea (takenga mai: pū - source, origin; waitātea - semen) |
| **settled, composed, serene, calm** | mauri tau |
| **sexual abuse, sexual violence** | taitōkai |
| **sexual desire, sexual attraction** | taera |
| **sexual development** | whanake taihema |
| **sexual harassment** | mahi whakaito |
| **sexual health** | hauora taihemahema |
| **sexual orientation** | aronga hōkaka, aronga taera |
| **sexual orientation, sexuality** | hōkakatanga also: aronga hōkaka - aronga taera - taeratanga |
| **sexual partner** | hoa ai (kupu kē atu: hoa onioni) |
| **sexuality development** | whanake hōkakatanga |
| **sexually transmissable infection** | paipai |
| **sexually transmitted disease, std, venereal disease** | mate paipai (kupu kē atu: pakiwhara, kōtureture) |
| **sharing of information** | mohiotanga |
| **show, announce, notify, reveal, point out, disclose, display, demonstrate, model (clothing), exhibit, perform** | whakaatu |
| **shy, bashful, reserved, self-conscious** | konekone (kupu kē atu: numinumi) |
| **sick, unwell, sickness, disorder, condition, illness, disease, syndrome** | māuiui (kupu kē atu: tahumaero, mate) |
| **smoke (have a smoke)** | kai paipa |
| **smoke-free environment** | whaitua auahi kore |
| **social aspect, social side** | taha whakawhanaunga (kupu kē atu: taha pāpori) |
| **social conditioning** | whakaū poripori (takenga mai: whakaū - to make firm, establish, reinforce; poripori [whakaporipori] - socialisation; pori [pāpori] - social) |
| **social crisis** | tairaru pāpori |
| **social development** | whanake tahapori (takenga mai: taha - side, aspect; pori [pāpori] - social) (kupu kē atu: whanake pāpori) |
| **social media** | pae pāpāho pāpori |
| **social media influence** | awenga pāhopori |
| **social or family health** | whanau hauora |
| **social pressure** | pēhanga pāpori (kupu kē atu: whakawhere pāpori) |
| **social trauma** | kohuki pāpori |
| **social well-being, social wellness** | oranga pāpori |
| **socialise, socialisation** | whakaporipori ~tia ~tanga (takenga mai: whaka - causative pefix; pori [pāpori] - social) |
| **solvent abuse** | raukoti tāmeha |
| **solvent addiction** | wara tāmeha |
| **song to entertain visitors as food is set out** | hari kai |
| **songs** | waiata |
| **sperm** | tātea |
| **sperm tube, vas deferens** | ara tātea (takenga mai: ara - pathway; tātea - sperm) |
| **spin, rotate; relates how we learn from looking outside of and beyond ourselves [see Durie]** | tāwhiowhio |
| **spiritual abuse** | patu wairua (kupu kē atu: tūkino wairua) |
| **spiritual action** | whakawairuatanga |
| **spiritual health** | hauora wairua |
| **spiritual wellbeing** | wairua |
| **spiritual wellbeing, emotional wellbeing** | oranga wairua |
| **spirituality** | wairuatanga |
| **spontaneous abortion, natural abortion (miscarriage)** | tahe māori |
| **spouse, partner** | hoa rangatira |
| **stamina** | manawa piharau |
| **starch** | tāhi |
| **stereotype** | whakaaro horapa |
| **stimulant drug** | pūroi whakaihiihi |
| **stimulus, stimulate, arouse** | whakaoho ~ngia ~ nga |
| **stoned, affected by a drug** | māngina |
| **strategy** | rautaki |
| **strength, power** | mārohirohi |
| **stress management** | whakahaere pōraruraru |
| **stressed, troubled, concerned** | kūraruraru |
| **strong, able, capable, courageous, intense, energetic** | kaha |
| **student** | tauira |
| **substance abuse, drug abuse** | raukoti pūroi (takenga mai: raukoti - misuse, meddle with, mishandle; pūroi - drug) |
| **sugar** | huka |
| **support, back, champion, promote, help** | whakatuarā |
| **support, uphold, promote, sustain** | tautīnei |
| **support; supporting** | tautoko |
| **sustainability** | whakauka |
| **sweetheart, lover, betrothed, fiancé, boyfriend, girlfriend** | whaiāipo (ipo) |
| **syphilis** | pākewakewa |
| **T** |  |
| **take care of** | awhi |
| **tampon** | puru taiawa |
| **The Treaty of Waitangi** | Te Tiriti o Waitangi |
| **teach, instruct, educate, coach** | whakaako |
| **teacher** | kaiako |
| **tell, say, speak, read, talk, address** | kōrero |
| **tend carefully, foster, attend , care for, cherish** | kumanu |
| **tend, foster, nurture, fashion** | ahu |
| **territorial rights, power from the land, authority over land or territory, jurisdiction over land or territory - power associated with possession and occupation of tribal land** | mana whenua |
| **testes, testical** | raho (kupu kē atu: hekeri) |
| **testicular cancer** | mate pukupuku raho |
| **the act of maintaining or enhancing mauri** | mauritanga |
| **Te Pae Mahutonga** **(The Southern Cross)** | Te Pae Mahutonga **-** Model for health promotion <https://hauora.co.nz/te-pae-mahutonga-mason-durie/> |
| **Te whare tapa whā** | Te whare tapa whā – model of health and wellbeingdeveloped by Professor Sir Mason Durie – see Whaiora (1994) |
| **Te Whāriki Takapou** | Te Whāriki Takapou <https://tewhariki.org.nz/> organisation providing services that help strengthen Māori sexual and reproductive wellbeing |
| **three baskets of knowledge** | kete o te wānanga |
| **think, plan, consider, decide** | whakaaro |
| **think, realise (verb); thought, idea, comment, opinion, concept(noun)** | huatau |
| **thoughtful, considerate, attentive, mindful** | whai whakaaro |
| **thoughtfulness, generosity and caring for others; to support, take care of, give hospitality to, protect, look out for** | manaaki |
| **thoughtless, careless, unthinking** | whakaaro kore |
| **time management** | whakahaere wā |
| **toast (as in celebration)** | tōhi |
| **tobacco abuse** | raukoti tupeka (takenga mai: tupeka [kupu mino] - tobacco) |
| **tobacco addiction** | wara tupeka |
| **topic, policy, matter for discussion, plan, purpose, scheme, proposal, agenda, subject, programme, theme, issue, initiative** | kaupapa |
| **traditional marriage celebration feast** | kai whāngai |
| **transgender (trans female to male)** | whakatāne |
| **transgender (trans male to female)** | whakawāhine |
| **transphobia** | mae irawhiti |
| **treasure, anything prized** | taonga |
| **tribal identity** | tuakiri ā-iwi |
| **tribe** | iwi |
| **trustee, minder, guard, custodian, guardian, caregiver, keeper, steward** | kaitiaki |
| **U** |  |
| **umbilical cord** | iho (kupu kē atu: tāngaengae, uho) |
| **umbilical cord (the end attached to the mother)** | rauru |
| **unhealthy lifestyle** | (kātū) noho kimimate (takenga mai: kātū noho - lifestyle; kimi - to seek; mate - illness, unwell) |
| **unhealthy relationship** | piringa takahi mana |
| **unhealthy, weak, sickly** | māruru |
| **uniform, uniformity, homogeneous** | kanorite (takenga mai: kano - colour, sort, kind, seed, texture; rite - be alike) |
| **union, connection, relationship, bond** | hononga |
| **uniqueness, unique** | tūhāhā (kupu kē atu: rongomaiwhiti, āhua ake, āhua motuhake) |
| **unity, togetherness, solidarity, collective action** | kotahitanga |
| **unruffled, calm, placid** | māhuruhuru |
| **unsaturated fat** | ngako hamanga (takenga mai: hamanga - partially full) |
| **unsettled, restless** | kārangirangi (kupu kē atu: ngākaurua) |
| **unsuccessful (in an activity), unproductive, without result, futile, fruitless, bare** | mūhore |
| **upstream factor** | āhuatanga reremua (takenga mai: rere - to flow; mua - before, in front) |
| **upstream, causal, early (actions, factors etc)** | reremua (takenga mai: rere - to flow; mua - before, in front of) |
| **urethra** | pūaha mimi (takenga mai: pūaha - river mouth, opening; mimi - urine) |
| **urinary tract infection** | poke aramimi |
| **uterus** | whare tangata |
| **V** |  |
| **vagina** | tara, puta |
| **vagina, female genitals** | tara (kupu kē atu: tenetene, puketona, tore, teke) |
| **vaginal yeast infection, candida, thrush** | īhitara (takenga mai: īhi - yeast; tara - vagina) |
| **values** | kaingākau |
| **vegan** | kaiota (takenga mai: kai - to eat; ota [otaota] - vegetation; kaiota - herbivore) |
| **vegetarian** | kaimanga (takenga mai: kai - to eat; manga - greens, leafy vegetables) |
| **verbal abuse** | whakamania (kupu kē atu: whakamanioro, hanihani) |
| **video file (computer) - tukua mai te kōnae whakaata download video file** | kōnae whakaata |
| **visitors** | manuhiri |
| **vital essence, life force, source of emotions** | mauri |
| **vitality, energy** | korou |
| **vitamin** | huaora (takenga mai: kai - to eat; manga - greens, leafy vegetables) |
| **vitamin supplement** | āpiti huaora |
| **vulva** | puapua, tenetene |
| **W** |  |
| **watch over, careful of, cherish** | matapopore |
| **well-being, wellness** | oranga |
| **wet dream** | moemoeā mākū |
| **woman** | wahine |
| **womb, uterus** | kōpū |
| **work – to work at something, make or prepare or perform** | mahi |
| **work of the heart** | mahi a ngakau |
| **world, earth, natural world, environment, nature, country** | taiao |
| **worry, worried, anxiety, anxious, uneasy** | āwangawanga (kupu kē atu: māharahara, anipā, mānatunatu, mānakanaka, manawa pā) |
| **wrong** | hēhē |
| **Y** |  |
| **young person** | taiohi, rangatahi, mātātahi |
| **young, younger generation** | taitamariki - rangatahi |

|  |
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| **Examples of theme or topic specific collections of kupu Māori** |

Teachers are encouraged to edit the main kuputaka list to form their own topic or theme specific lists, using regional dialects if and where possible. In time it is intended that these topic-speciifc kuputaka will be extended and more of these lists will be developed.

**Underlying concept – Attitudes and values**

|  |  |
| --- | --- |
| attitudes | waiaro |
| be true, valid, honest, genuine, sincere | pono |
| beliefs | whakapono |
| compassionate | ngakau aroha |
| desire, to value | uara |
| diversity | kanorautanga |
| equal status, equity, equality | mana taurite |
| equality | noho ōrite - mana ōrite |
| fairness | matatika |
| inclusiveness | whakakotahi |
| peace, peacefulness, harmony | rangimarie |
| principles | mātāpono |
| respect | whakaute |
| responsibilities | haepapa |
| rights | tika tūāpapa |
| self-esteem, self-worth, self-respect | kiritau |
| to respect, appreciate | ngākau whakaute |
| tolerant | manawanui |
| values | kaingākau |

**Skills for health and wellbeing promotion, and taking action**

|  |  |
| --- | --- |
| actions | hohenga |
| assertiveness | whakatopatopa |
| compromise | whakaōritenga |
| decision making | hanga whakataunga |
| effective listening | ata whakarongo |
| expressing feelings | whakapuaki wairua |
| feel concern for, feel compassion, empathise, love (in the widest sense) | aroha |
| goal setting | whakatakoto whāinga |
| help seeking | whai āwhina |
| leadership | hautūtanga |
| leadership skills | pūkenga kaiārahi |
| listening | whakarongo |
| negotiation | whiriwhirihia |
| positive thinking | whakaaro pai |
| problem solve | whakaoti rapanga |
| problem solving | whakatika raru |
| self-management skills | pūkenga auaki |
| stress management | whakahaere pōraruraru |
| support; supporting | tautoko |
| take care of | awhi |
| time management | whakahaere wā |
| to assist, help, support, benefit | awhina |
| to champion (a cause), promote, advocate, lead | kōkiri |
| to disclose, make known, reveal, communicate, announce | whakakakau |
| to tell, say, speak, read, talk, address | kōrero |
| to think, plan, consider, decide | whakaaro |

**Sex, sexual health, sexuality, and gender**

|  |  |
| --- | --- |
| adolescent (female) | taitamāhine |
| adolescent (male) | taitama |
| AIDS, acquired immune deficiency syndrome | mate ārai-kore (takenga mai: mate - sickness; ārai - to ward off, protect; kore - negative) |
| antibiotic, antibody | (rongoā) paturopi |
| bacterial infection | poke huakita |
| barrier method (contraception) | tikanga haukoti (takenga mai: haukoti - intercept, cut off) |
| birth (to give birth) | whakawhānau |
| birth canal | ara whakawhānau |
| birth control pill, oral contraceptive | pire ārai hapū (takenga mai: pire [kupu mino] - pill) |
| birth, childbirth, in labour | whakawhānau ~tia |
| bisexual | taera rua |
| boyfriend, girlfriend, or partner | tau, whaiāipo, tahu, makau, ipo |
| breast | ū |
| cervical cancer | mate pukupuku waha kōpū |
| cervix | waha kōpū |
| chlamydia, venereal disease | kōtureture (kupu kē atu: kamiria [kupu mino]) |
| conceive, conception | whakaira ~nga |
| condom | pūkoro (ure) |
| contraception | ārai hapu |
| contraceptive patch | piriārai hapū (takenga mai: piri - to stick, adhere; ārai hapū - contraceptive, birth control) |
| contraceptive, contraception, birth control | ārai hapū ~tanga (takenga mai: ārai - to ward off, protect; hapū - pregnant) |
| diaphragm (contraceptive) | pātātea (takenga mai: pā - block up, obstruct; tātea - sperm) |
| ejaculate, ejaculation | tuha ~ina |
| embryo | kikiri (takenga mai: kikiri - begin to grow, as a child in the womb) |
| endometriosis | heke pūtau kōpū (takenga mai: heke - to migrate; pūtau - cell [of an organism]; pūtautau - tissue [of an organism]; kōpū - womb, uterus) |
| epididymis | pōkai tātea (takenga mai: pōkai - coil, travel about; tātea - sperm) |
| erection | ure tora (kupu kē atu: ure tū) |
| extended family | whānau |
| fallopian tube, oviduct | pūkākano (takenga mai: pū - tube; kākano - ova, ovum, egg) |
| female reproductive organs, female genitals | taihema wahine (kupu kē atu: taihema uwha) |
| fertilise, fertilisation | whakatō ~ngia ~nga (takenga mai: whakatō – cause to conceive, plant, insert) |
| foetal membrane, amnion | kahukahu |
| foetus | kukune (takenga mai: kukune - to swell as pregnancy advances) (kupu kē atu: tōhua) |
| foreskin | kirimata (kupu kē atu: pahuhu, kiri matamata) |
| gay | takatāpui |
| gender | tangatatanga |
| genital area | paehema (takenga mai: pae - vicinity; hema [taihemahema] - sexual organs) |
| genital herpes | pāpaka taihema |
| genital lice, pubic lice | kutu taihemahema |
| genital warts | tona taihemahema |
| gonorrhoea, clap, venereal disease | pakiwhara (kupu kē atu: konoria [kupu mino]) |
| heterosexual man | tāne mate wāhine |
| heterosexual woman | wāhine mate tāne |
| HIV | whakaruhi ārai mate |
| homosexual | tāne mate tāne |
| hormonal change | huringa taiaki |
| hormonal contraceptive | ārai hapū taiaki |
| human immunodeficiency virus, HIV | wheori ārai-kore (kupu kē atu: huaketo ārai-kore) |
| hymen | kiritapu |
| implant, implantation | kuhi ~nga |
| in vitro fertilisation | whakatōnga mōwaho |
| intercourse | onioni |
| intra-uterine device | rore ārai hapū (takenga mai: rore - ensnare, impede; ārai hapū - contraceptive) |
| labia | ngutu |
| labour (birth) | whakamamae ~tia |
| lesbian | wāhine mate wāhine |
| male reproductive organs, male genitals | taihema tāne (kupu kē atu: taihema toa) |
| masturbation | tītoi or pīkoikoi |
| mature, maturity | kōhure (takenga mai: kōhure - development of a tree or plant to maturity) |
| menarche, first menstruation | kōhinetanga (takenga mai: kōhine - female adolescent) |
| menopause | Koero, ruahinetanga (kupu kē atu: tūpātanga) |
| menstrual cup | ipu ikura |
| menstrual cycle | ikura wahine (kupu kē atu: ikura ā-marama, mate marama, mate wahine, awa o te atua) |
| menstruation, period | paheke, hekenga toto, rerenga awa wahine, rerenga ikura (wahine) (kupu kē atu: mate wahine, ikura ā-marama) |
| miscarriage | tahe or whakatahe |
| nipple | kōmata, matamata |
| ovary | wharekano |
| ovulate, ovulation | tukukano |
| ovum, seed | kākano |
| penis | ure |
| period | mate wāhine |
| period pain, menstrual pain | kōharihari ikura (wahine) |
| period poverty | tuakoka ikura (wahine) (takenga mai: tuakoka - poverty; ikura [rerenga ikura] - menstruation, period) (kupu kē atu: tuakoka mate wahine) |
| period underpants | tarau ikura |
| physical development | whanake tinana |
| physical maturity | kōhure tinana |
| placenta | whenua |
| pornography | karihika |
| pregnant | hapū |
| pregnancy | hapūtanga |
| pre-menstrual syndrome, PMS | mate ikura takamua (takenga mai: mate - illness, condition, syndrome; ikura [ikura wahine]) |
| prostate cancer | mate pukupuku repe tātea |
| prostate gland | repe ure |
| puberty | puke huruhuru, āhuatia, pūhuruhurutanga |
| pubes | puke |
| relationship | whanaungatanga |
| reproductive organs, sexual organs | taihemahema |
| safer sex | ai haumaru, aitanga ārai mate |
| sanitary pad | kope ikura |
| scrotum | pūkoro raho (takenga mai: pūkoro - pocket, pouch; raho - testes) |
| semen | waitātea (takenga mai: wai - fluid; tātea - sperm) |
| seminal vesicles | pū waitātea (takenga mai: pū - source, origin; waitātea - semen) |
| sexual development | whanake taihema |
| sexual health | hauora taihemahema |
| sexual orientation | aronga hōkaka, aronga taera |
| sexuality | hōkakatanga, taeratanga |
| sexuality development | whanake hōkakatanga |
| sexually transmissable infection, sexually transmitted disease, STD, venereal disease | mate paipai (kupu kē atu: pakiwhara, kōtureture) |
| sperm | tātea |
| sperm tube, vas deferens | ara tātea (takenga mai: ara - pathway; tātea - sperm) |
| syphilis | pākewakewa |
| tampon | puru taiawa |
| testes, testical | raho (kupu kē atu: hekeri) |
| testicular cancer | mate pukupuku raho |
| transgender (trans female to male) | whakatāne |
| transgender (trans male to female) | whakawāhine |
| umbilical cord | iho (kupu kē atu: tāngaengae, uho) |
| umbilical cord (the end attached to the mother) | rauru |
| urethra | pūaha mimi (takenga mai: pūaha - river mouth, opening; mimi - urine) |
| urinary tract infection | poke aramimi |
| uterus | whare tangata |
| vagina, female genitals | tara (kupu kē atu: tenetene, puketona, tore, teke) |
| vaginal yeast infection, Candida, thrush | īhitara (takenga mai: īhi - yeast; tara - vagina) |
| vulva | puapua, tenetene |
| wet dream | moemoeā mākū |
| womb, uterus | kōpū |
| young person | taiohi, rangatahi, mātātahi |

**Alcohol and other drugs**

|  |  |
| --- | --- |
| addict | kiriwara (takenga mai: kiri - person, self; wara [warawara] - addiction) |
| addiction recovery | patu warawara (takenga mai: patu - to subdue; warawara - addiction) |
| addiction, addicted, addictive | wara, warawara ~hia |
| alcohol | waipiro (‘stinking water’) |
| alcohol abuse | raukoti waipiro |
| alcohol addiction | wara waipiro |
| binge drinking | inu inati (takenga mai: inati - excessive, extreme) |
| cocaine | kukarou (takenga mai: kuka - dry leaves; rou - intoxicated, as with tutu juice) |
| cold turkey, abrupt cessation | keremutu |
| drug | pūroi |
| drug abuse | raukoti whakapōauau |
| drug addiction | wara pūroi |
| drug rehabilitation | patu wara pūroi (takenga mai: patu - to subdue; wara [warawara] - addiction; pūroi - drug) |
| drunk, drunkenness, intoxicated, intoxication | haurangi |
| heroin | taimiri (takenga mai: tai - prefix with a qualifying force; miri - assuage, tranquillise) |
| high, inebriated | hurori (takenga mai: hurori - to stagger, roll about) |
| illegal drug, illicit drug | pūroi taihara |
| marijuana, cannabis | tarutaru (takenga mai: tarutaru - grass, weed) (kupu kē atu: tarukino, whakamāminga) |
| methamphetamine | pōau-pi (takenga mai: poau - be confused, bewildered; pōau [whakapōauau] - narcotic drug; pōau [pōautinitini] - tribulation, affliction, evil; pi [kupu mino] - p) (kupu kē atu: tioata whakaihi) |
| morphine | rehunanu (takenga mai: rehu - mist, spray; nanu - jumbled, confused, incoherent) |
| nicotine | nikotini (takenga mai: he kupu mino.) (kupu kē atu: parawaro) |
| nicotine patch | piri nikotini (takenga mai: piri - to stick, adhere; nikotini [kupu mino] - nicotine) |
| solvent abuse | raukoti tāmeha |
| solvent addiction | wara tāmeha |
| stimulant drug | pūroi whakaihiihi |
| substance abuse, drug abuse | raukoti pūroi (takenga mai: raukoti - misuse, meddle with, mishandle; pūroi - drug) |
| tobacco abuse | raukoti tupeka (takenga mai: tupeka [kupu mino] - tobacco) |
| tobacco addiction | wara tupeka |

**Sources**

In addition to Te Aka, and the glossaries in Paekupu and *He Pukapuka Reo Hauora Māori* by David Jansen (as noted in the introduction), a variety of other texts and resources were used to cross check for meanings and for subject specialist kupu not listed in Te Aka.

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* Cultural foods - A comprehensive list of the Māori names of for food and food related practices and digestive body parts can be found (p.47-49)
* Sexual and reproductive body parts - A comprehensive list of the Māori names of sexual and reproductive body parts (p108-114)

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Toi te Kupu. He papakupu toiora, (2020). Toi Tangata & Heart Foundation. <https://assets.heartfoundation.org.nz/documents/shop/education/toi-te-kupu-maori-food-dictionary.pdf?mtime=1599611471?1646859776> – *contains 144 pages of well illustrated names of food and food related kupu*