

TE IWI MATIHIKO

A values-based approach to wellbeing in the digital age

This programme helps young people and their whānau understand how to reflect on and care for their own wellbeing along with the positive and negative impacts that digital spaces play in their lives.

Te Iwi Matihiko provides a foundation on which our key values; mana (respect), manaaki (caring for others) and kaitiakitanga (guardianship) can be explored and activated.

The challenge Te Iwi Matihiko aims to address is the impact that Covid-19 has had on our children's lives by giving them tools to care for their own wellbeing. There is a lack of digital literacy amongst young people and their families. Rapid growth within the technology industry will only see an increase in the impact and role technology plays in the lives of our children. It is critical that we ensure our young people understand the key values that underpin social interactions, know how to stay safe online, understand how to think critically, make good choices and most importantly, how to ask for help and where to go to get it.

Our data suggests the following: 56.6% of children aged 10-16 feel bad about themselves after engaging with social media, 56.7% have felt rage/anger while gaming, 33% have been cyberbullied, 46.7% know a friend who has been cyberbullied and sadly 8.3% felt like self-harming because they were cyberbullied.

Feedback from students who have completed our programme tells us that 96.7% learned something new, 63.3% will take time to look after their own wellbeing, 95.6% learned something new about online safety and 94.4% felt that this information should be taught in schools.

TE IWI MATIHIKO

www.digitalwellbeing.nz

DIGITAL NATIVES ACADEMY

www.digitalnatives.academy

info@digitalnatives.academy

 [DigitalNativesAcademy](https://www.facebook.com/DigitalNativesAcademy)

 [DigitalMaori](https://twitter.com/DigitalMaori)

 [DigitalMaori](https://www.instagram.com/DigitalMaori)



TE IWI MATIHIKO™ a values based approach to wellbeing in the digital age

TE WERO

THE CHALLENGE

We live in an interesting age; where half the world’s population can remember a time before the internet, and the other half can’t. For some of us our digital lives have become woven into the fabric of our real lives; for many tamariki and rangatahi, there is almost no distinction between the two.

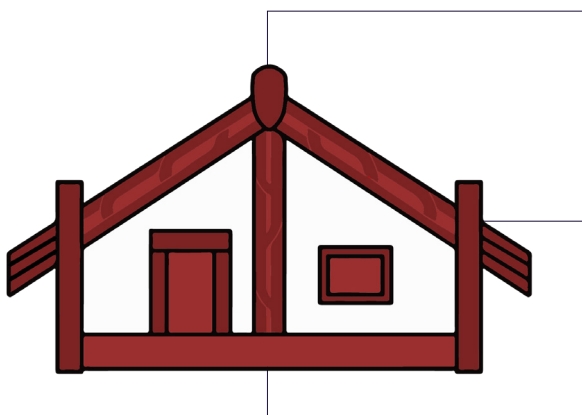
Information can now be shared to hundreds, if not thousands of people with the click of a button. Social media giants, once considered quirky, creative non-conformists who advocated for the right to share the world’s knowledge are now seen as monetised advertising platforms where the product is “you”.

Alongside these dynamic systems, the toxic nature of bullying in New Zealand hasn’t gone away; it simply went digital and has become so serious that the New Zealand Children’s Commissioner has called for compulsory anti-bullying programmes in every single school in New Zealand. Te Iwi Matihiko seeks to help change this.

“Digital wellbeing considers the impact technology, digital services and platforms have on people’s mental, physical, social and spiritual health.”

Te Iwi Matihiko is a value-based approach to digital wellbeing. This programme aims to introduce rangatahi (12yrs+) and pakeke (adults) to the key tools they will need to care for their own wellbeing while navigating the internet, social media and online gaming. We use Sir Mason Durie’s Te Whare Tapa Whā Model of Health as our key framework.

PROGRAMME OVERVIEW



WORKSHOP 1-50MINS

Ages: Rangatahi
 Topics: Wellbeing, asking for help, getting help, social media, staying safe, critical thinking, cyberbullying
 Key value: Mana (Respect)

WORKSHOP 2-50MINS

Ages: Rangatahi
 Topics: Wellbeing, sportsmanship, online gaming
 Key value: Manaaki (Caring for others)



WORKSHOP 3 - 45 MINS

Ages: Adults/Caregivers/Teachers/ Whānau
 Topics: Social media, gaming, wellbeing and staying safe, balance
 Key value: Kaitiaki (Acting as guardians)