

On-the-Go Checklist

Incorporating te ao Māori when reporting on mental distress

Incorporating te ao Māori (the Māori worldview) in your news stories isn't just about ticking a box—it's about respect, inclusion, and making sure we're telling the whole story. Te ao Māori gives us a holistic and interconnected view of the world, which can deepen and enrich our reporting. It helps us reflect the true diversity of Aotearoa and fosters mutual respect and understanding among all communities, breaking down stigma and discrimination.

Checklist for Reporters

- ☐ **Protect Mana:** Does your story protect the mana of tāngata whaiora (people with lived experience of mental distress and avoid whakaiti (belittlement)?
- ☐ **Engage with Experts:** Have you consulted mental health professionals and cultural advisors?
- ☐ **Show Manaakitanga (Care and Respect):** Are you checking on wellbeing, being empathetic, offering a cuppa where possible, and allowing time for kōrero?
- ☐ **Ensure Haumarutanga (Safety):** Are you protecting privacy, checking the interviewee has support if they want it, and obtaining consent?
- ☐ **Respect Protocols:** Are you following appropriate customs and protocols?
- ☐ **Use Te Reo Māori Correctly:** Are Māori terms used accurately and with translation?
- ☐ **Incorporate Mātauranga Māori:** Have you included relevant Māori knowledge and perspectives?
- ☐ **Respect Mana Tangata:** Are you avoiding generalisations and respecting unique experiences?
- ☐ **Honour Te Tiriti:** Does your story acknowledge the principles of Te Tiriti o Waitangi?
- ☐ **Adopt a Kaupapa Māori Approach:** Is your reporting community-centred and strength-based? Have you considered emphasising resilience and positive aspects?
- ☐ **Avoid Stereotypes:** Are you avoiding negative stereotypes and assumptions?
- ☐ **Provide Balanced Coverage:** Are diverse voices and perspectives included?
- ☐ **End Prejudice:** Does your reporting challenge and reduce discrimination?
- ☐ **Respect Scenes:** Have you checked for rāhui (temporary restriction), remnants of tūpāpaku (deceased), iwi territory, and consulted with mana whenua?