



# Taitamariki Healthy Relationship Continuum

## Relationships can be complex, with both ups and downs.

Harmonised taitamariki found it useful to use this continuum to help understand what's happening and in making decisions.

Healthy  
Relationship

**Aligns with my beliefs and is mana enhancing**

*Hāngai ki ōku whāinga me te hiki ake i te mana*

**Mana-enhancing with a sense of uncertainty**

*Hiki ake i te mana engari poraruraru oku whakaaro*

**My relationship values are being compromised**

*Kua rangirua haera aku aronga mō te momo o tēnei hononga*

**Is not mana-enhancing and may not be able to be resolved**

*Kahore he mana ā, e kore pea e tāea te hakatau*

Unhealthy  
Relationship

**I am out of here!**

*Ka hakarerea e au*

Healthy  
Relationship

Unhealthy  
Relationship