

40634 Implement evidence-based strategies to enhance hauora and resilience in taiohi

Kaupae Level	4
Whiwhinga Credit	5
Whāinga Purpose	<p>This skill standard is for people who want to practise youth work under supervision and guidance in range of youth work settings.</p> <p>People credited with this standard can select, apply, and reflect on evidence-based strategies to enhance hauora and resilience in taiohi in own professional practice.</p> <p>This standard aligns with the New Zealand Certificate in Youth Work (Level 4) [Ref: 2449].</p>

Hua o te ako me Paearu aromatawai | Learning outcomes and assessment criteria

Hua o te ako Learning outcomes	Paearu aromatawai Assessment criteria
1. Recognise the importance of hauora and resilience for taiohi.	a. Outline factors that influence the hauora of taiohi.
	b. Summarise key components of hauora and resilience relevant to taiohi.
2. Select and apply evidence-based strategies that can promote hauora and resilience in taiohi.	a. Identify a range of evidence-based strategies that can promote hauora and resilience in taiohi.
	b. Select appropriate evidence-based strategies to meet the needs of a specific group of taiohi.
	c. Apply appropriate evidence-based strategies tailored to the needs of a specific group of taiohi.
	d. Demonstrate cultural considerations when implementing evidence-based strategies with taiohi from diverse cultures.
3. Reflect on practical implementation of evidence-based strategies.	a. Summarise the outcomes, challenges faced, lessons learned, and insights gained, during implementation of evidence-based strategies.
	b. Propose how evidence-based strategies might be adapted to address different cultural contexts or diverse groups of taiohi.

Pārongo aromatawai me te taumata paearu | Assessment information and grade criteria

For assessment purposes:

- Assessments should reflect the cultural context of Aotearoa New Zealand and Te Tiriti o Waitangi articles, contemporary overarching acts, positive youth development frameworks, including Mana Taiohi and Code of Ethics for Youth Work in Aotearoa New Zealand.
- This skill standard may require the disclosure of personal information. This information must be treated according to relevant statutes, regulations, codes of practice, and workplace policies and procedures.
- Learners must demonstrate a minimum of two strategies in a youth work setting. This could involve delivering a workshop, creating educational materials, or designing an intervention plan.
- Evidence for the practical components of this skill standard must be generated in a youth development setting, under guidance. It must reflect best practice in youth work including legal, cultural and ethical considerations. Practice must follow organisational policies and procedures.

Definitions:

- *Evidence-based strategies in youth work* refer to key principles (outcome-focused, qualitative or quantitative evaluation, collaboration, participation, strengths-based, developing positive qualities), delivery (mentoring, after-school activities, skills training, prevention), and benefits (better outcomes, efficient approaches to delivery, accountability).
- *Hauora* is a Māori philosophy of health unique to Aotearoa New Zealand.
- *Resilience* refers to the ability to bounce back from adversity, cope with challenges, and adapt positively to stressors.
- *Taiohi* refers to young people aged between 12 and 24 years old.
- *Youth work practice* is a mana centric relationship between a youth worker and taiohi, where taiohi actively participate, discover their power, and choose to engage for as long as agreed; and that supports their holistic, positive development as taiohi that contribute to themselves, their whānau, community and work.

Ngā momo whiwhinga | Grades available

Achieved.

Ihirangi waitohu | Indicative content

- Te Whare Tapa Whā model of wellbeing.
- Evidence-based strategies.
- Factors affecting hauora.
- Resilience.
- Positive coping strategies that can support hauora.

Rauemi | Resources

- Ara Taiohi. (2020). *Code of Ethics for Youth Work in Aotearoa New Zealand* (3rd ed.). Available at <https://arataiohi.org.nz/career/code-of-ethics/>.
- Ara Taiohi. (2021). *Mana Taiohi Principles*. Available at <https://arataiohi.org.nz//mana-taiohi/>.
- Ministry of Health. (2023). *Te Whare Tapa Whā model of Māori health*. Ministry of Health NZ. Available at <https://www.health.govt.nz/maori-health/maori-health-models/te-whare-tapa-wha>.
- Peiris-John, R., Ball, J., Clark, T., Fleming, T., and the Adolescent Health Research Group (2024). *Youth Mental Health Needs and Opportunities: Leveraging 25 Years of Research from the Youth2000 survey series*. The University of Auckland and Victoria University of Wellington. Available at [Publications — Youth19 - A Youth2000 Survey](#).
- Wayne Francis Charitable Trust (2021). *Positive Youth Development Aotearoa: Weaving Connections*. Available at <https://static1.squarespace.com/static/5f31c6553f71df0f909845ce/t/61789ee225add66196f5f72/1635294967672/26.10.2021+'Weaving+connections+%28web%29.pdf>.

Pārongo Whakaū Kounga | Quality assurance information

Ngā rōpū whakatau-paerewa Standard Setting Body	Toitū te Waiora Community, Health, Education, and Social Services Workforce Development Council
Whakaritenga Rārangi Paetae Aromatawai DASS classification	Community and Social Services > Social Services > Youth Development
Ko te tohutoro ki ngā Whakaritenga i te Whakamanatanga me te Whakaōritenga CMR	0024

Hātepe Process	Putanga Version	Rā whakaputa Review Date	Rā whakamutunga mō te aromatawai Last date for assessment
Rēhitatanga Registration	1	26 June 2025	N/A
Kōrero whakakapinga Replacement information	N/A		
Rā arotake Planned review date	31 December 2029		

Please contact Toitū te Waiora Community, Health, Education, and Social Services Workforce Development Council at qualifications@toitutewaiora.nz to suggest changes to the content of this skill standard.