

Ka ora pea te tātea i te tīnana wahine mō te whitu rā.

tētahi kākano ka hapu pea te wahine. ki ngā pu kākano. Ki te hono te tātea ki mā te tene, mā te waha o te whare tangata ki te tene o te wahine. Ka piki ngā tātea kare atu te wai tātea i te ure o te tāne. Kia parati te ure o te tāne i te ai wahine, pōkea ki te wai tātea.

- Me ārai atu ngā whakapokenga, tukua ai ki te tangata kē, mā te ai (STIs)?
- noho me ō mahi
- ora tinana
- pakeke
- Ko tēhea tikanga te mea pai mō to ia hapu?
- He mea nui ki a koe kia kōua koe e mā ēnei pātai i raro iho nei koe e āwhina ki te whiri tikanga:

Mā ēnei pātai i raro iho nei koe e āwhina pea e tino pai mō te pakeke.

ko ngā tikanga pāpai mō te taihoi kāore ārai hapu i te tākanga o ngā tau – ina hoki tēra pea ka rerekē haere ō hiahia mō te tākanga, he pai ke atu te ārainga i ētahi.

Te kōwhiri tikanga ārai hapu
Choosing contraception

Ko te tikanga o te ārai hapu, he aukati i te haputanga. Ka āraia te hapu mā te katinga whakakikiri i te kōpū o te wahine.

Ka hapu te wahine ina whakakikiri he kākano wahine e te tātea o te tāne, ka tupu te kākano kua oti te whakakikiri hei pēpi, i roto i te kōpū o te wahine.

Whakato i te pēpi.

Whai wahi ai te tāne, te wahine ki te kōpū o te wahine.

Ma ēnei pātai i raro iho nei koe e āwhina pea e tino pai mō te pakeke.

ko ngā tikanga pāpai mō te taihoi kāore ārai hapu i te tākanga o ngā tau – ina hoki tēra pea ka rerekē haere ō hiahia mō te tākanga, he pai ke atu te ārainga i ētahi.

Te tāne, te wahine me te hapu
Men, women and pregnancy

Ka hapu te wahine ina whakakikiri he kākano wahine e te tātea o te tāne, ka tupu te kākano kua oti te whakakikiri hei pēpi, i roto i te kōpū o te wahine.

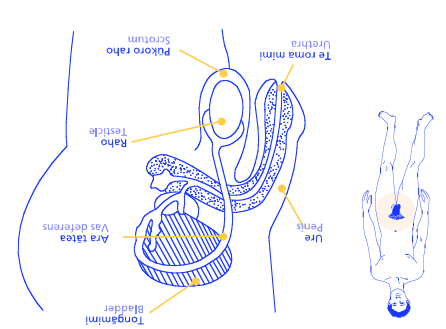
Whakato i te pēpi.

Whai wahi ai te tāne, te wahine ki te kōpū o te wahine.

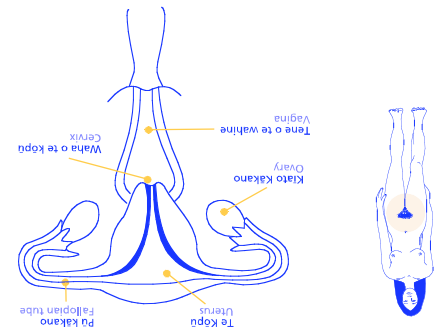
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Whakato i te pēpi.

Whai wahi ai te tāne, te wahine ki te kōpū o te wahine.



Ngā wāhanga taihemahema o te tāne
Men's reproductive body parts



Ngā wāhanga taihemahema o te wahine
Women's reproductive body parts

He pēhea e hapu ai te wahine
How pregnancy occurs

He āhara wa te ārai hapu
What is contraception

Te Ārai Hapū
Kei a koe te tikanga

Contraception - Your Choice



Wāhine mā, tāne mā, haere mai!

Ko tētahi mahi a te pukoro ure he ārai i ngā whakapokenga, tukua ai ki te tangata kē, mā te ai.

Rārangi kupu
Glossary

ārainga	prevention rate (of pregnancy)
ikura roro	stroke
kea	mucus
kirimi patu waihakihaki	anti-thrush cream
kōpū	uterus
nanati	pinch or tie off
pakeke	adult
pani i mahia ki te hinu	oil based lubricant
parati	ejaculate
pire	pill
pōuriuri	moodiness
rerekētanga ā-kiri	skin changes
taiohi	young person
tātea	sperm
tene	vagina
waha o te kōpū	cervix
whakahihipa nō te rerenga toto	irregular bleeding
whakakikiri	fertilise
whakakukū	thicken
whakapai ruaki	nausea
whakapokenga	infection
whakapokenga papatoiake	pelvic infection

Mō te roanga atu o ngā kōrero mō ngā Rauemi FPA, mō ngā Pou Awhina Taihema me ngā ratonga matauranga peka mai ki tō mātou pae tukutuku, www.fpanz.org.nz waea mai rānei 0800 fपालine (0800 372-5463)

Kei te Family Planning Association (Tiakina tōu Whakapapa) (FPA) ētahi ratonga, kaore ka he whakawā i ngā mahi a te tangata, arā, he ratonga hauora me ōna akoranga mō te hōkakatanga me te taihemahema. Whakapā mai kōa mō ētahi atu kōrero.


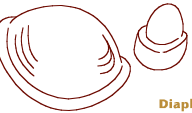

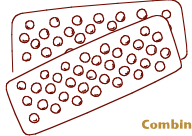

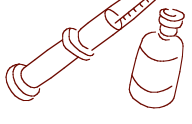







Te Ārai Hapū – Kei a koe te tikanga

Whakapā atu ki FPA (Family Planning) mō te roanga atu o ngā kōrero mō ngā tikanga nei.



Tikanga <small>Contraception methods</small>	He aha rawa? He pāhea te mahi? <small>What is contraception? How does it work?</small>	Ka hapū au? <small>Chance of getting pregnant</small>	Āwangawanga hauora <small>Health concerns</small>	Ōna painga <small>Advantages</small>	Ōna whakararu <small>Disadvantages</small>
PŪKORO URE  <small>Condom</small>	<ul style="list-style-type: none"> tētahi ārai rapa angiangi ka uru te tora, arā, te ure ki roto, ka mau ko te tātea ina parati te tāne ko te mea pai rawa ko te pani i mahia ki te wai 	<ul style="list-style-type: none"> 2 – 15% o ngā ainga, kei te āhua o tō whakamahia i te patu tātea, kāo rānei, kei tō tūpatu hoki i te whakamahinga ka tere ake te hapūtanga mehemea ka whakamahia he pūkoro ure i pania ki te hinu, ki te kirimi patu wai hakihaki (anti-thrush) 	<ul style="list-style-type: none"> Kore kau tētahi e mohiotia ana 	<ul style="list-style-type: none"> māma ki te whakamahia, ki te kawē hoki whakamahia ai i ngā wā anake e hiahiaitia ana ko te aranga tino pai mō ngā STI ka taea te hoko i ngā pūtahi FPA me ētahi atu kaiwhakarite hauora ka taea ēnei te hoko i ngā hōtēra, i ngā wāhi tākaro, i ngā kēmihi me ēra atu toa he ngāwari kē atu te utu ina hokona ki te puka rongoa a te tākuta 	<ul style="list-style-type: none"> he pāwera ētahi tāngata ki te rapa. me āta whakauru rawa ina tora te ure, i mua hoki i te ai ki ētahi, he whakararu te pūkoro i te reka o te ai i ētahi wā ka pahuhu, ka pakaru rānei.
PĀ TĀTEA  <small>Diaphragm</small>	<ul style="list-style-type: none"> tētahi ārai rapa, ka whakaurua ki te tene o te wahine, hei taupoki i te waha o te kōpū whakamahia ai ki te tepe patu tātea, ki te kirimi patu tātea rānei 	<ul style="list-style-type: none"> 4-20% o ngā ainga, kei te āhua o tō āta whai i ngā tohutou 	<ul style="list-style-type: none"> Ka kaha ake te pānga e ngā whakapōkenga tongārimā i ētahi wāhine 	<ul style="list-style-type: none"> ka taea te whakauru i ētahi haora i mua i te ai whakamahia ai i ngā wā anake e hiahiaitia ana hei ārai atu i ngā STI 	<ul style="list-style-type: none"> ko te whakaurunga tuatahi mā te nēhi, mā te tākuta e mahi he uaua ki te whakauru, ki te tango hoki, mō ētahi wāhine he pōrearea i ētahi wā i ētahi wā ka mangoe te tene, te ure rānei i te patu tātea me āta waiho i roto mō te 6 haora i muri i te ai
PŪKORO WAHINE  <small>Female Condom</small>	<ul style="list-style-type: none"> tētahi ārai rapa angiangi ka whakaurua ai ki te tene hei ārai atu i te wai tātea ki roto i te tinana o te wahine 	<ul style="list-style-type: none"> 5-15% o ngā ainga, kei te āhua o tō āta whai i ngā wā katoa 	<ul style="list-style-type: none"> Kore kau tētahi e mohiotia ana 	<ul style="list-style-type: none"> he āraitanga i ngā STI ka taea e te wahine te whakamahia he māma ki te whakamahia 	<ul style="list-style-type: none"> āhua nui tonu te utu me hoko i ngā pūtahi FPA, i tētahi Wāhanga Rauemi FPB rānei he mea whakauru ia wā o te ainga
KO TE PIRE TŌPŪ  <small>Combined pill</small>	<ul style="list-style-type: none"> he pire tēnei ka mahia ki ngā taiaki e rua, arā, te oestrogen me te progesteron ka aukati i te tukunga o ngā kākano e te kiato kākano, ia marama 	<ul style="list-style-type: none"> 1-3% o ngā ainga, kei te āhua o tō āta whai i ngā tohutou 	<ul style="list-style-type: none"> tērā pea ka pā he tepepe toto, he manawa-hē, he ikura roro, engari he iti rawa te pānga o ēnei. Ka kaha ake āte pānga o ngā wāhine kei runga ake i te 35 ngā tau he kai paipa, he mate mōmona tō rātou, i roto anō rānei tēnei mate i tō rātou whānau nui iti ake pea te pānga e te mate pukupuku o te wharetāngata, o ngā ū hoki 	<ul style="list-style-type: none"> he tino māma, he ngāwari ki te kai kāore e whakapōreareatia te ai ka āhua ōrite, ka poto ake hoki te mate wahine, ka ngāwari ake, iti iho te kopū mamae iti iho te pānga e te mate pukupuku o te kōpū, o te kiato kākano rānei ka taea ēnei te kai tae noa atu ki te koero, mehemea kei te ora koe, kāore hoki e kaipaipa 	<ul style="list-style-type: none"> me mātua tuhituhi e te tākuta tāna puka rongoa te tikanga kia kau e whakamahia e te wahine nui ake i te 35 ngā tau he kai paipa me maumahara koe ki te kai i o pire i roto i te 12 haora o te kāinga o ia rā me maumahara koe ki te kai i o pire i ia rā he tūpono rarururu anō pea tōna, inā koa he whakahipahipa nō te rerenga toto, he hiahia ruaki, he pōriuri, he rerekētanga ā-kiri, ka piki te taumaha o te tinana
TE PIRE PROGESTOGEN ANAKE  <small>Progesteron only pill</small>	<ul style="list-style-type: none"> he pire tēnei ka mahia ki ngā taiaki – progesteron ko tāna mahi he whakakū i te kea i te waha o te kōpū, kia kore ai e pahure atu ngā tātea 	<ul style="list-style-type: none"> 1.4% o ngā ainga, kei te āhua o tō āta whai i ngā tohutou 	<ul style="list-style-type: none"> kāore he tino mōrearea 	<ul style="list-style-type: none"> he tino māma, he ngāwari ki te kai kāore e whakapōreareatia te ai ka taea te whakamahia e ngā reanga katoa ka taea te whakamahia e ngā wāhine whāngai pēpi ki te ū He tino whai tikanga mō ngā wāhine kāore e āhei te kai i te pire tōpū 	<ul style="list-style-type: none"> me mātua tuhituhi e te tākuta tāna puka rongoa me maumahara koe ki te kai i o pire i roto i te 3 haora o te kāinga o ia rā ka whakahipahipa pea te rerenga toto, ka kore rānei te mate wahine
DEPO PROVERA  <small>Depo Provera</small>	<ul style="list-style-type: none"> he werohanga tēnei ki tētahi taiaki – progesteron ka aukati i te tukunga o ngā kākano e te kiato kākano, ia marama 	<ul style="list-style-type: none"> tino iti iho i te 1% o ngā ainga 	<ul style="list-style-type: none"> nui iti ake pea te pānga e te mate pukupuku o ngā ū tērā pea ka heke te mātotoru o ngā kōwi 	<ul style="list-style-type: none"> kotahi werohanga ia 12 wiki kāore e whakapōreareatia te ai i te nuinga o te wā kāore he mate wahine he tino whai tikanga mō ngā wāhine kāore e āhei te kai i te pire tōpū 	<ul style="list-style-type: none"> me mātua tuhituhi e te tākuta tāna puka rongoa he whakahipahipa te mate wahine, kāore kau he mate wahine, i ētahi wā ka taumaha te hekenga toto ko te toharite, kia mutu ngā werohanga me tatarī mō te 6 marama kia hoki mai te mate wahine me te whāinga hua he tūpono rarururu anō pea tōna, inā koa, ka piki te taumaha o te tinana, he pōriuri
RORE ĀRAI HAPŪ - IUD RORE ĀRAI HAPŪ TAIAKI - IUS  <small>Intra Uterine Device – IUD Hormone Intra Uterine Device – IUS</small>	<ul style="list-style-type: none"> IUD – tētahi roro iti, ka mahia ki te kirihou, ki te kapa hoki, whakaurua ai ki te kōpū e te tākuta IUS – tētahi hanga iti i mahia ki te kirihou, hei whakauru i te taiaki progesteron ki te kōpū ka katia te rere o ngā tātea ki te kākano 	<ul style="list-style-type: none"> IUD – 1-2% IUS – iti iho i te 1% 	<ul style="list-style-type: none"> ka kaha ake te pānga e ngā whakapōkenga papatōiake, mehemea ka pāngia te tangata, he IUD tōna, e te STI. Mā ngā whakapōkenga papatōiake ka pākoko pea te wahine 	<ul style="list-style-type: none"> kāore e whakapōreareatia te ai ka āhei te noho tonu i roto mō te 5 tau pea he pai ake pea mō ngā wāhine kua whānau tamariki IUS – he tōtika mō ngā wāhine he taimaha te hekenga toto i te mate wahine IUS – he ngāwari te hekenga toto, kāore kau rānei he mate wahine 	<ul style="list-style-type: none"> me whakauru e te tākuta ka kaha ake pea ngā mate wahine i te IUD. Ka whakahipahipa te hekenga toto i ngā marama tuatahi, i te IUS te tikanga kia kau e whakamahia e te wahine me he hōa moe kē tōna, he hōa moe kē rānei tō te tāne, inā hoki ngā STI, ngā whakapōkenga papatōiake me te pākoko.
MŌHIOTANGA MŌ TE WHĀINGA HUA  <small>Fertility awareness</small>	<ul style="list-style-type: none"> ka āta titiro te wahine ki te mahana o tōna tinana, ki te kea o te waha o te kōpū, ki tōna mate wahine, kia mohiotia ai ngā wā e tere hapū ai koe 	<ul style="list-style-type: none"> 2-25% o ngā ainga, kei te āhua o tō āta whai i ngā tohutou 	<ul style="list-style-type: none"> kāore kau 	<ul style="list-style-type: none"> kāore e tauputupatu ki te nuinga o ngā whakapōkenga papatōiake kia mau ona tikanga, e kore te tangata e mate ki te utu, ki te hoki tonu rānei ki te tākuta, ki te nēhi rānei hei āwhina tēnei kaupapa kia marama ai koe ki ngā āhuatanga o tō tinana 	<ul style="list-style-type: none"> me mātua tohutou mai te tohunga i ōna tikanga whakahore kāore he ai i ngā rā whai hua me tuhi māriri i te mahana o te tinana, i te kea o te waha tangata ia rā, ia rā he uaua te mohio ki ngā tohu, ā, ka rerekē pea ngā tohu tinana ia marama, ia marama
ĀRAI HAPŪ OHORERE  <small>Emergency contraception</small>	<ul style="list-style-type: none"> he Pire Ārai Hapū Ohorere (ECP) he IUD rānei, ka whakamahia i muri i te ai ārai kore ka whakakāhore i te tukunga kākano, i te whakatōkanga rānei o te kākano kua oti te whakakikiri 	<ul style="list-style-type: none"> ECP – 1-4% IUD – 1-2% 	<ul style="list-style-type: none"> ECP – kore kau tētahi e mohiotia ana IUD – ka pāngia pea e te whakapōkenga papatōiake mehemea he STI i reira 	<ul style="list-style-type: none"> hei whakaheke tēnei tikanga i ngā hapū tikanga kore i muri i te ai ārai kore ECP – ka taea te whakamahia taea noatia te 72 haora i muri i te ai ka āhei te pupuri i te ECP i te kāinga ka taea te whakamahia ki te he ētahi atu tikanga, inā koa, ki te pakaru te pūkoro ure 	<ul style="list-style-type: none"> me mātua tuku mai e te tākuta me whakamahia te ECP i roto i te 72 haora i muri i te ai he pakari kē atu i roto i te 24 haora ko tētahi hua pea o te ECP pea he whakapai ruaki ka mamae pea te IUD ina whakaurua ki roto
TE POKA ARA TĀTEA, ME TE NANATI I NGĀ PŪ KĀKANO <small>Vasectomy or Tubal Ligation</small>	<ul style="list-style-type: none"> he ārai hapū mo ake tonu atu he poka i te tinana te poka ara tātea – ka tapohia ngā ara tātea o te tāne, hei aukati i te rere o ngā tātea te nanati i ngā pū kākano – ka natia ngā pū kākano o te wahine hei aukati i te rerenga o ngā kākano 	<ul style="list-style-type: none"> Iti iho i te 1% 	<ul style="list-style-type: none"> Te poka ara tātea – i ētahi wā torutoru ka mamae tonu ngā rāho Ko te nanati i ngā pū kākano – i ētahi wā torutoru noa ka māuiui te wahine i te rongoa rehu 	<ul style="list-style-type: none"> kotahi anō te mahainga mō ake tonu atu 	<ul style="list-style-type: none"> he uaua ki te whakahoki me poka rawa te tinana he tūpono rarururu anō pea tōna, inā koa, he māmae, he marū