

ŌU Tiika

mo to whiwhinga
ratonga Hauora, Hauātanga rānei.

- **Mana**
E tika ana kia tiakina tōu ake mana tangata, ahakoa ko wai koe, no hea koe.
- **Manaakitanga**
Kaua tetahi e whakararu i a koe mo ōu whakaaro, whakahau rānei i a koe ki te mahi kore e pai ki a koe.
- **Tū Rangatira Motuhake**
Ma ngā ratonga e tū rangatira motuhake ai koe.
- **Tautikanga**
Ko te tikanga kia matatau ngā pūkenga manaaki, tiaki i a koe, kia mahi tahi te katoa hei painga mōu.
- **Whakawhitiwhitinga Whakaaro**
Ma te whakarongo kia mārama, me te tuku mōhiotanga whānui ka tau pai ōu whakaritenga. Ki te hiahia kia whakamāramatia ki tetahi atu reo e āhei noa atu.
- **Whakamōhio**
E tika ana kia whakamāramatia ngā āhuatanga katoa o tōu māuiuitanga me ngā kōwhiritanga mōu, tae atu ki te wā tatarī, te utu, ngā kaitiaki, ngā painga me ngā pōraruraru. Uia ngā pātai kia mōhio ai koe.
- **Whakaritenga Mōu Ake**
Kei a koe tōu ake tikannga, te whakaae, te whakakāhore rānei.
- **Tautoko**
I te nuinga o te wā e āhei ana kia whai kaitautoko koe.
- **Ako Me Te Rangahau**
E hāngai ana te katoa o ēnei tiika ki ngā mahi ako me te rangahau.
- **Amuamu**
E pai noa atu te amuamu. Ma te amuamu ka pai ake ngā ratonga. Me māmā te huarahi tuku amuamu kia kaua koe e tukinotia mo to tuku amuamu.

Koia tēnei te whakarāpopototanga o te 'Ture Tiaki i Ōu Tiika' i raro i te mana o te Toihau Hauora, Hauātanga. E whai mana ana ēnei tiika ki ngā ratonga Hauora, Hauātanga katoa, ahakoa utu, kore utu. Kei nga kaimahi-a-rohe o te ratonga Hauora, Hauātanga te 'Ture Tiaki i Ōu Tiika'. Hei āwhina i a koe pātaia ngā kaimahi Hauora, Hauātanga.

Kei konā ngā kaitautoko-a-rohe ki te āwhina, whakapā atu rānei ki te Toihau Hauora, Hauātanga i te nama waea.

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