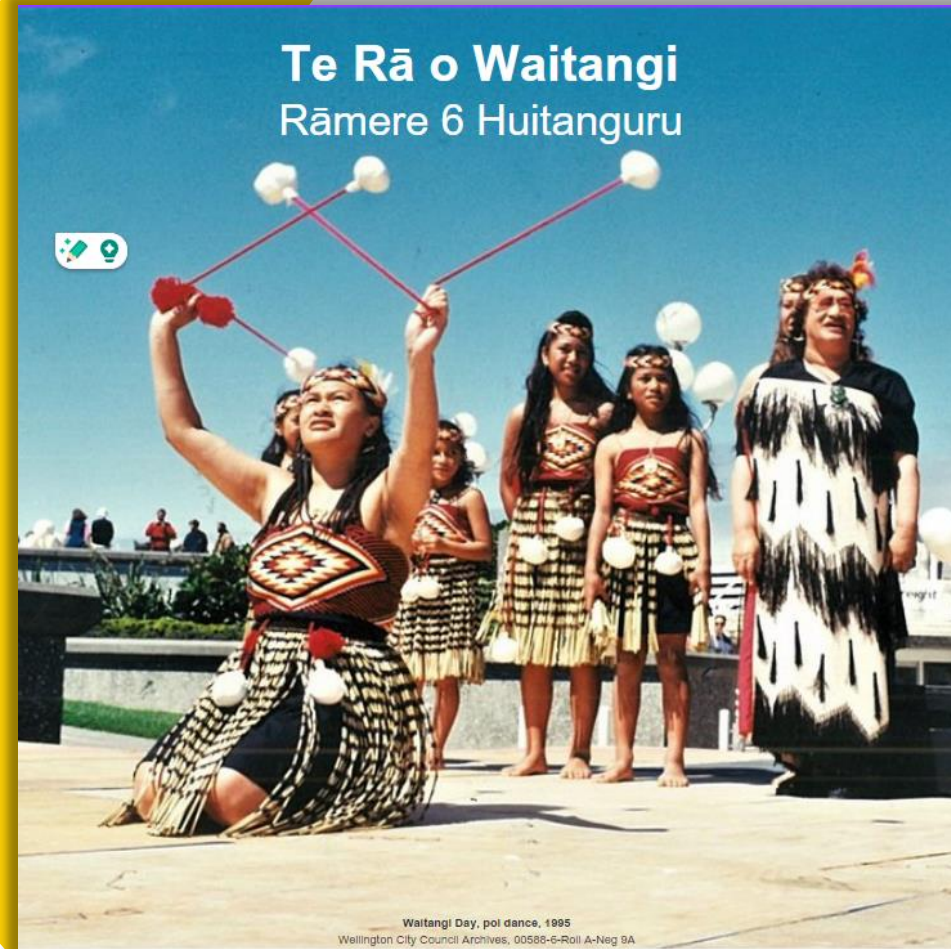


# ratonga taiohi pānui

what you need to know



# teen parent units across the motu have spaces

working with young parents who aren't in education? check out the tpu near you!

The Teen Parent Unit Association has been in touch to let us know that many of the Teen Parent Units across the motu still have spaces available for the school year.

## Why should a young parent try a Teen Parent Unit?

- Support for young parents to find a **community of other young parents** who are also getting an education
- They **provide childcare** and allow young parents to be near their child
- They **have doctors, nurses and Plunket** visitors
- Many **provide transport**

We hear all the time - teen parents are sometimes initially reluctant but often they try it and love it ❤️



! Currently, 645 young parents whose youngest child is over one don't have an education activity in progress.  
▪ **Support these young parents to check out the TPU near them.**



Learn more

[Locations | Teen Parent Schools](#)

[Studying as a Parent | Teen Parent Schools](#)



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# waitangi day changes to payment dates

young people who are usually paid on a thursday will receive their payments early

The Waitangi Day public holiday is on Thursday next week. If a young person is usually paid on a Thursday they'll be paid a day early.

Expected payment date	Revised payment date
Thursday 6 February	Wednesday 5 February



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# youth parliament 2025 applications open monday

taiohi can apply to be their local mp's representative or a member of the press gallery

Youth Parliament 2025 is a unique youth development opportunity for young people to learn about our democracy, have their voices heard, and contribute to their communities.

The 2025 programme will run from Monday 28 April to Friday 29 August, with a two-day event taking place on 1 & 2 July in the Parliamentary precinct in Wellington. All expenses associated with the youth are covered by MYD, including travel, accommodation and catering. All participants receive training, pastoral support, and guidance along the way.

## How to apply

Each MP will run a process to select one young person as their Youth MP and a panel will select up to 20 young people to participate as Youth Press Gallery members.

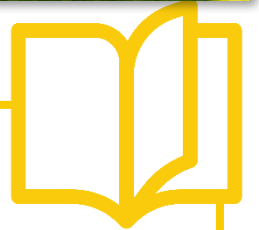
**Applications open Monday 3 February 2025 and close on Friday 28 February 2025, 12 midday.**



## Learn more

Visit [Youth Parliament 2025 | MYD](#)

Email [beheard@youthparliament.govt.nz](mailto:beheard@youthparliament.govt.nz)



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# drop-in recap – keeping yourself well

some things to help you thrive in twenty-five



Use the Te Whare Tapa Whā module to make sure you are looking after all aspects of your wellbeing

Taha wairua  
Spiritual



Taha hinengaro  
Mental and emotional

Taha tiana  
Physical

Taha whānau  
Family and social

Whenua  
Land, roots

Work related wellbeing: ask yourself...

How are my workplace relationships?

Do I know what I'm meant to be doing?

How's my workload?

Do I have the right support?

## Tips for forming new positive habits

- **Be persistent** – on average it takes 66 days before habits became automatic
- **Be realistic about the process** – forming a habit takes patience, self-discipline and commitment.
- **Use self-reflection** – ask: Why haven't you practiced this behaviour before? What is stopping you?
- **Get enough sleep** – forming a new habit takes a lot of mental energy
- **Let go of the 'all-or-nothing' mentality** – every little bit counts and doing something is better than nothing
- **Stack your habits** – pair the new habit with an existing habit



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# upcoming drop-in sessions

drop-in to meet other youth coaches and learn about youth service



## induction for new coaches Wednesday 5 February, 10am



In this drop-in session we'll cover:

- the legislation and policy that determines how youth service operates
- the people and teams that help deliver Youth Service an overview of the Activity Reporting Tool (ART), and
- where to find information to help you in your role.

Come along to learn and connect with other youth coaches.

[Join teams meeting](#)

## youth service plans + education Tuesday 11 February, 10am



Youth Service plans are one of the crucial elements of Youth Service. They help taiohi identify their goals and make a plan to achieve them, broken down into 90-day increments. Recently, many taiohi will have earned an NCEA qualification.

In this session you'll learn about recording Youth Service plans and education outcomes in ART.

[Join teams meeting](#)

**You can find the full drop-in session schedule on our provider site**  
[drop-in sessions | Youth Service providers](#)



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# realising the dreams and aspirations of youth

tau awhitia te taiohi, ka puta ki te wheiao

[providers.youthservice.govt.nz](https://providers.youthservice.govt.nz)

[national\\_youthservice@msd.govt.nz](mailto:national_youthservice@msd.govt.nz)