RANGATAHI VOICE 2026

www.tetiratu.co.nz

You spoke. We listened.

133 rangatahi across the Waikato told us what's real for their hauora.
What weighs on them, what keeps them strong, and what would actually help.

How's your hauora...really?

65% Good — **22%** Okay

10% Up + Down | **2%** Not Great | **1%** Prefer Not To Say

Feeling Good ≠ No Worries

Of those who said "Good", **34** also picked stress and **43** worry about being judged.

What weighs on us

Sleep	49%
School or study pressure	49%
Stress / feeling overwhelmed	46%
Whānau stuff	18%

What keeps us strong

76% Mates

55% Sport + movement

48% Whānau

28% Music + Creativity

Culture matters too
It came through strongly in the rangatahi kōrero.



Why asking for help is hard

Scared of being judged	47%
Don't want others knowing	41%
Don't know where to go	38%
Rather sort it myself	36%

> "They were there to listen, but it wasn't the same as understanding."
>
> — rangatahi kōrero, Oct 2026

The healthy choice isn't always the easy one

% who find it hard...

- **58%** getting enough sleep
- **52%** cutting back screen time
- **42%** eating healthy kai
- **32%** fewer sugary + energy drinks
- **What would help with kai?** Cheaper kai 47% Quick, easy meals 45%

What we want

- **79%** I don't vape, and want to keep it that way
- **55%** I want straight-up, non-awkward info on relationships
- **47%** I want free dental checks at school

Who we'd talk to

A mate	56%
Mum, dad or caregiver	47%
Want short videos (Reels / TikTok)	41%

You told us. Now, what could we do?

1. **Back what works** — More peer-led activities, sport and trusted people.
2. **Make help easy** — Easy to find, private and normal to use.
3. **Keep it real** — Practical sleep, screen + kai challenges, not lectures.
4. **You lead next** — Share results back and plan next steps together.