

# COMMON

## GOING FURTHER

### Further information for individuals

We hope today's session has made you more curious about continuing to improve your cultural understandings. Here's some great resources to keep you going.

#### [mentalhealth.org.nz](https://www.mentalhealth.org.nz)

Check out "Connect, me whakawhanaunga" resources – from the 5 Ways to Wellbeing information at the Mental Health Foundation.

#### [riverside.nz](https://www.riverside.nz)

If you're in Ōtautahi Christchurch, pop along to the Riverside Market, a celebration of food from around the world and a hotspot for ethnic cultural celebrations.

#### [belong.org.nz](https://www.belong.org.nz)

Have a conversation that matters! Why not host an intercultural dinner? Visit the hosting toolkit from Belong Aotearoa.

### Find out more about being an ally and/or upstander

#### [groundwork.org.nz](https://www.groundwork.org.nz)

Standing with and supporting others facing racism is an important practice. If you want to learn more - check out Groundworks' discussion starters, readings, and blog.

#### [pinkshirtday.org.nz](https://www.pinkshirtday.org.nz)

How to be an upstander. Read Liang's story about standing up to racist discrimination.

#### [actionstation.org.nz](https://www.actionstation.org.nz)

If you want to get involved in inclusion and diversity community campaigns, sign up to Action Station, a grassroots advocacy platform.

### For Te Tiriti o Waitangi resources

#### [groundwork.org.nz](https://www.groundwork.org.nz)

InCommon loves these good ideas for personal Tiriti actions, from insightful books to current affairs programmes. Check out Groundworks' discussion starters, readings, and blog.

#### [soundcloud.com](https://www.soundcloud.com)

Feel like listening to Tiriti podcasts? The 5 Minute Pre-Treaty Stories is a podcast series created by Network Waitangi Ōtautahi (NWO), Plains FM and NASDA (National Academy of Singing and Dramatic Art) is available on Soundcloud.

#### [hanatapiata.com/thewhakapapaeffect](https://www.hanatapiata.com/thewhakapapaeffect)

For a resource about becoming self-aware through Māori ancestral knowledge. Listen to the Whakapapa Effect podcast, available on Spotify and Apple.

### Developing Pacific cultural understandings

#### [mpp.govt.nz](https://www.mpp.govt.nz)

The Ministry for Pacific Peoples have lots of resources around cultural practices and protocols that are meaningful to Pacific cultures. Click on Publications, then Resources to access Yavu – Foundations of Pacific Engagement.

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*continued overleaf*

*Developing Pacific cultural understandings, continued*

**[leva.co.nz](http://leva.co.nz)**

Le Va supports Pasifika families and communities to have the best possible health and wellbeing outcomes. Le Va's "Mental Wealth" resource discusses many aspects of mental health, including the importance of cultural identity.

**[ako.ac.nz](http://ako.ac.nz)**

Free online training aimed at developing Māori or Pacific cultural knowledge.

**Learn more about how to talk about race**

**[drpragyaagarwal.co.uk/talking-with-children-about-race](http://drpragyaagarwal.co.uk/talking-with-children-about-race)**

Wondering how to talk about race with children? Check out "Wish we knew what to say: Talking with children about race" by Pragya Agarwal. Available as a book or a podcast on Spotify.

**[werenotreallystrangers.com](http://werenotreallystrangers.com)**

A free resource to empower you to have hard conversations about race and privilege with the people in your life. Download the Race and Privilege Expansion Pack by "We're Not Really Strangers" for 25 questions and wildcards.

**Learn more about ethnic communities in Aotearoa**

**[migrantnews.nz](http://migrantnews.nz)**

Read New Zealand's only multicultural newspaper.

**[plainsfm.org.nz](http://plainsfm.org.nz)**

This community-access radio station speaks nearly 20 different languages – find ethnic, faith, and linguistic diversity on air!

Check out "Speak Up Kōrerotia", for interviews and discussion centred on human rights issues.

**[rnz.co.nz/national/programmes/voices](http://rnz.co.nz/national/programmes/voices)**

Check out Radio New Zealand's podcast on people from diverse global backgrounds living in Aotearoa with stories spanning politics, society, identity, art and culture.

**[rnz.co.nz/programmes/  
conversations-with-my-immigrant-parents](http://rnz.co.nz/programmes/conversations-with-my-immigrant-parents)**

In this Radio New Zealand podcast immigrant whānau across Aotearoa have frank conversations covering love, ancestry, home, food, expectation, and acceptance.

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