



**Sexual
Wellbeing
Aotearoa**

Sexual Wellbeing Aotearoa

te reo Māori glossary

Sexual Wellbeing Aotearoa is excited to make our te reo Māori glossary of sexual and reproductive health terms available to the public for the first time. We have developed this glossary over many years with the support and commitment of our translators.

Our hope is that the glossary will be a resource that can be utilised by organisations, health professionals – within education settings, and by individuals – and will support and normalise the use of te reo Māori within sexual and reproductive health. We encourage personal use of the glossary. To reproduce in other work or to include in other content, please contact Sexual Wellbeing Aotearoa for permission.

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Sexual and reproductive health

Te oranga taihema	Sexual and reproductive health
Hauora hōkaka	Sexual health
Te oranga taihema	Reproductive health
Te hauora me te oranga hōkaka	Sexual health and wellbeing
Te oranga hōkaka	Sexual wellbeing
Te hauora hōkaka me te ārai hapū	Sexual health and contraception
Ngā mate, ngā raruraru taihema	Sexual dysfunction or issues
Te ai ārai kore	Unprotected sex
Taihemahema	Genital
Te whakamātau kikokiko kōpū	Endometrial biopsy

Puberty

Te pūhuruhurutanga	Puberty
Te pūhuruhurutanga me ngā panoni ā-tinana	Puberty and physical changes

Periods

Te ikura	Periods
Te awa wahine	The menstrual cycle
Ngā raruraru ikura	Period problems
Te toto ikura taumaha	Heavy menstrual bleeding
Te mate ikura takamua (PMS)	Premenstrual syndrome (PMS)
Te mate kohuki mua ikura	Premenstrual Dysphoric Disorder (PMDD)

Contraception

Te Ārai Hapū

Contraception

Barrier methods

Ngā ara ārai

Barrier methods

Ngā pūkoro ā-roto

Internal condoms

Ngā pūkoro ure

Condoms

Ngā pātātea

Diaphragms

Ngā mataara ā-waha

Oral dams

Hormonal contraceptives

Ngā ārai hapū ā-taiaki

Hormonal contraceptives

Te pire ārai hapū tukutahi ā-waha

Combined oral contraceptive pill

Te pire ārai hapū progestogen-anake

Progestogen-only contraceptive pill

Te pire ārai hapū (te Pire)

Contraceptive pill (the Pill)

Te kai haere tonu i te pire

Continuous pill taking

Te ringi tara

The vaginal ring

Te wero ārai hapū Depo Provera

Depo Provera injection

Te wero

Injection, 'the jab'

Long-acting reversible contraception

Ngā ārai hapū mau roa ka taea
te whakahoki

Long-acting reversible contraception

Te kuhinga ārai hapū ('ngā kuhi')

Contraceptive implant ('the rods')

Kuhinga

Implant

Te rore ārai hapū (IUD)

Intra uterine device (IUD)

Permanent contraception

Te ārai hapū pūmau

Permanent contraception

Te here pū kākano

Tubal ligation

Te pokanga ara tātea

Vasectomy

Emergency contraception

Te ārai hapū ohotata

Emergency contraception

Te pire ārai hapū ohotata

Emergency contraceptive pill

Fertility awareness

Te mōhiotanga matahura

Fertility awareness

Sexually transmissible infections

STIs

Ngā mate paipai	Sexually transmissible infections
Te kamiria Te kōtureture (Synonym)	Chlamydia
Te pāpaka taihemahema	Genital herpes
Te HPV me ngā kiritona taihema	HPV and genital warts
Te konoria Te pakiwhara (Synonym)	Gonorrhoea
Te mate ate kakā A, B me te C	Hepatitis A, B, and C
Te wheori kōpukupuku	Mpox
Te mate pūaha mimi whānui Te mate taiawa mimi whānui (Synonym)	Non-specific urethritis
Te pāpaka huruhuru (Pāpaka rānei) Kutu taihema (Synonym)	Pubic lice (or Crabs)
Te mate māngeongeo riha	Scabies
Te pākewakewa	Syphilis
Te pokenga paipai pirinoa	Trichomoniasis (or Trike, Trich)
Te HIV me te Mate Ārai Kore Te Whakaruhi Ārai Kore (HIV) me te Mate Ārai Kore (Synonym)	HIV and AIDS

STI testing

Te whakamātautau STI	STI testing
Te whakamātau STI me te maimoatanga	STI testing and treatment
Ngā whakamātautau HIV me te pākewakewa ki te taiwhanga pūtaiao	HIV and syphilis tests at a laboratory
Te whakamātautau ā-kiri HIV	HIV self-test
Te whakamātautau ā-kiri i te kamidia me te konoria	Chlamydia and gonorrhoea self-test

Safer sex

Kia haumarua ake te ai	Safer sex
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Reproductive choices

Ngā kōwhiringa hapū me te taihemahema	Pregnancy and reproductive choices
Te oranga taihema whānau	Family planning
Te whakatahe	Abortion

Pregnancy

Te whakamātautau hapūtanga	Pregnancy testing
Te matahua	Fertility
Te hapū	Pregnancy
Te whakatakoto mahere mō te hapū hauora	Planning for a healthy pregnancy
Te kunenga	Conception
Te hapū me te whakaputa uri	Pregnancy and reproduction
Te whāngai waiū	Breastfeeding

Conditions

Te Mate Pūnaha Taiaki Whakarau Pūngao Ruakano (PMOS)	Polyendocrine Metabolic Ovarian Syndrome (PMOS)
Ngā mate pukupuku whakaputa uri	Reproductive cancers
Te mate pūaha mimi Te mate taiawa mimi (Synonym)	UTI (urinary tract infection)
Ngā mate mātai arowahine	Gynaecological problems

Cervical cancer prevention/awareness

Ka ora koe i te whakamātautau waha kōpū	Cervical screening saves lives
Te whakamātau waha kōpū	Cervical screening
Waha kōpū	Cervical
Te ārai mate HPV	HPV vaccination
Mō ngā tāngata katoa whai waha kōpū te whakamātautau HPV	HPV testing is for anyone with a cervix
Te whakamātautau HPV	HPV test

Reproductive systems

Te Taihemahema	Reproductive anatomy
Kākano	Egg (Ovum)
Paetara kōpū	Endometrium
Pū kākano	Fallopian tube
Kiritapu	Hymen
Wharekano	Ovaries/Ovary
Kōpū	Uterus/Womb
Tara	Vagina
Tero	Anus
Tonetone	Clitoris
Ngutu puapua rahi	Labia majora
Ngutu puapua iti	Labia minora
Huruhuru	Pubic hair
Waha kōpū	Cervix
Pūaha mimi Taiawa mimi (Synonym)	Urethra
Puapua	Vulva
Ure	Penis
Repe ure Repe tātea (Synonym)	Prostate gland
Pūkoro raho	Scrotum
Raho Pūtawa (Synonym)	Testicle
Kirimata	Foreskin
Other body parts	
Ū	Breast
Uma	Chest
Kōmata	Nipple

Menopause

Te ruahinetanga	Menopause
Ngā wāhanga o te ruahinetanga	Stages of menopause
Mua ruahinetanga	Perimenopause
Muri ruahinetanga	Postmenopause
Te ruahine tōmua	Premature menopause
Ngā tohumate o te ruahinetanga	Menopause symptoms
Te haumanu taiaki	Hormone therapy

Social issues

Relationships

Te hononga	Relationship
Ngā hononga	Relationships
Te hoa rangatira	Partner
Ngā hoa rangatira	Partners

Healthy relationships

Ngā hononga hauora me te whakawhitiwhitinga kōrero	Healthy relationships and communication
Te whakaaetanga me ngā pātanga	Consent and boundaries
Whakaae	Consent

Harmful and unhealthy relationships

Whanonga hōkaka takakino Whanonga hōkaka whakakino (Synonym)	Harmful sexual behaviour
Ngā tohu tūpato i te hononga	Relationship red flags

Relationships and sexuality education

Te mātauranga mō ngā hononga me te hōkakatangā	Relationships and sexuality education
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Online

Karihika	Porn
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Gender, sex, and sexuality

Te ira, te taihema, me te hōkakatanga	Gender, sex, and sexuality
Te ira	Gender
Te aronga hōkaka, te hōkakatanga rānei	Sexual orientation, or sexuality
Te taihema	Sex
Irahuhua	Gender diverse
Irawhiti	Transgender
Te aronga hōkaka me te tuakiri ā-ira	Sexual orientation and gender identity
Te tuakira ā-ira	Gender identity
Te aronga hōkaka, te whanonga me te tuakiri	Sexual orientation, behaviour and identity
Ira tāhūrua-kore	Non-binary
Tāne	Male
Wāhine	Females
Wahine	Female
Te hōkakatanga	Sexuality
Takatāpui	Partner of the same sex
Ngā takatāpui	Partners of the same sex