What is relationship based practice (RBP?)

RELATIONAL RESOURCES FOR CHANGE

… and why does it matter????

The evidence from around the world tells us that strong positive relationships between kaimahi and rangatahi are the key to change.

THIS MIGHT SOUND OBVIOUS. BUT IT ISN'T!

In our research, when we asked rangatahi about their experiences with kaimahi.

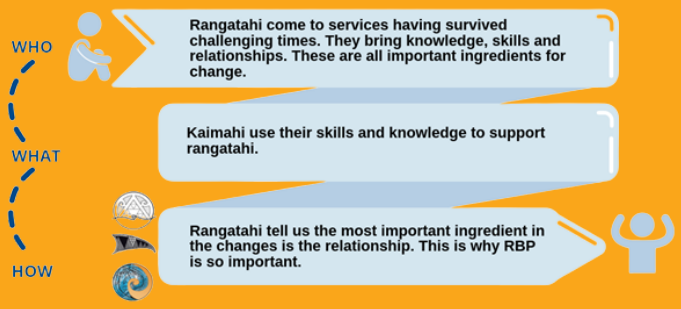
More often than not they told us that kaimahi did not build positive relationships with them.

If they did have a good relationship, they often said they felt lucky.

This tells us that a good relationship is not as common as we might like to think.

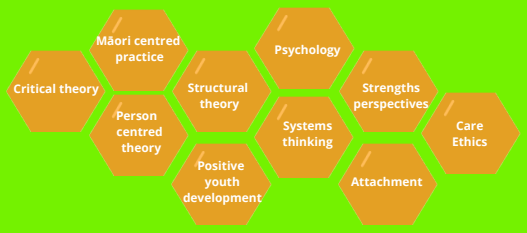
Making sure the relationship works well greatly increases the chances that rangatahi will achieve positive outcomes.

Three things work together to make interventions effective:



Relationship based practice (RBP) is a way of thinking about how to build these change-making relationships.

Relationships are central to a te ao Māori way of working; but have not always been given a priority in western thinking.
Now, there are lots of theories that support RBP and can be adapted to fit individual mahi:



Some simple things that help build a strong relationship:

- Show rangatahi that they matter to you.
- Help them set and then achieve tasks and goals.
- Treat them with respect.
- Push them to keep getting better.
- Connect them with people and places that can help expand their opportunities.

The relationship with rangatahi is critical.

But other relationships are important too!

Adults around rangatahi can help support change if we know them and can draw them in, in ways that are respectful of rangatahi.

RBP also includes relationships we build in our communities, importantly with local iwi and hapū.

We need to understand our place in relation to te Tiriti o Waitangi. How do we engage with rangatahi, their whānau and their cultural networks?

It reminds us to build effective collaborations with other professionals for the benefit of rangatahi.

Visit the Theoris and Ideas page on the youthsay website for more information.

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Tōu Ake Mana PARTH Moana

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