

SNAP SHOT Relationships

07/11

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OUR POSITION

Families are the core of society. Relationships within families should be nurtured, valued and supported to help strengthen families and society as a whole.

OUR GOAL

Agencies and service providers understand the dynamics of family relationships to help families be strong, safe and resilient.

WHAT THE COMMISSION HAS DONE SO FAR

2007: *Lifelines - Young New Zealanders imagine family, friends and relationships across their life-course*. Blue Skies Fund research report.

2007: *Moving On: Changes in a year in family living arrangements* research report.

2008: *Reaching Out – Who New Zealanders turn to for support* research report.

2009: *We're a family – A study of how lesbians and gay men are creating and maintaining family in New Zealand*, Blue Skies Fund research report.

2006: *New Zealanders satisfaction with family relationships and parenting* Blue Skies Fund research.

2010: *Supporting young peoples' relationships*. Issues Paper published.

2010: *Partners as well as parents* resource produced in partnership with Relationship Services

- > The quality of the relationship between parents has a significant impact on their wellbeing, but also on the health and happiness of their children.
- > Children with involved and supportive parents are more likely to have better behavioural and educational outcomes, develop better friendships, have more empathy, and have higher levels of self-esteem.
- > Young people learn about relationships by watching their parents, whānau and the adults around them. These people need to be aware of their influence as role models shaping young people's development and behaviour.
- > Families should be encouraged to seek advice to help strengthen and maintain their relationships in times of stress
- > Families in New Zealand are also more diverse than in the past. Māori, blended, cross-cultural, solo parent and migrant families may have different relationship needs and face different challenges that require targeted support and information

COMMISSION'S VIEW

- > Greater priority and value needs to be placed on ensuring families have strong, nurturing and safe relationships.
- > The majority of New Zealanders place a great deal of importance and derive a great deal of satisfaction from a range of relationships, with immediate family the highest priority, followed by close friends and extended family. Most people want to spend more time with their family and friends
- > Despite positive attitudes towards relationships and families, many are facing new challenges. Global influences, the economy, social norms, our capacity to work are different today than for previous generations. Families are having to adapt to these changes as well as issues around separation, divorce and work-life balance.

REFERENCES

Families Commission:

<http://www.familiescommission.org.nz/research/the-kiwi-nest>

<http://www.familiescommission.org.nz/research/families-and-work/connections>



families commission
kōmihana ā whānau

