



Takatāpui and rainbow organisations and resources

This page provides kaimahi with links to organisations and resources that can help them support the takatāpui, rainbow and questioning tamariki, rangatahi and whānau that they are working with.

It's important to remember that these organisations are community-based and often work with limited resources and volunteers. This means **you should manage expectations** for tamariki, rangatahi and whānau about response times and rates, and **ensure it is not the only avenue of support** you are providing to them regarding their takatāpui and rainbow identity.

Inclusion in this list is not an indication of endorsement by Oranga Tamariki to deliver services. Instead, this list is intended to be a starting point for kaimahi to engage in further support for the takatāpui, rainbow or questioning tamariki, rangatahi and whānau. Kaimahi will still need to do their due diligence and consider the needs of tamariki, rangatahi and their whānau before referring to these services.

For help finding more specific regional groups, resources or advice, get in touch with voices@ot.govt.nz.

A note on language

We use the terms '**takatāpui**' and '**rainbow**' to describe a group of diverse communities with diverse identities and language preferences. We recognise that these terms have limitations and may not be the preferred words for everyone.

Where an organisation or resource uses their own specific terms, we have preserved these in our descriptions.

For further information and terms related to sexuality, sex and gender diversity, please see Te Kawa Mataaho Public Service Commission's [glossary on common rainbow terms](#).



Contents

National and regional support

Organisations and resources for specific communities and sectors

- [Māori](#)
- [Disability](#)
- [Ethnic, migrant and refugee](#)
- [Faith-based](#)
- [Intersex](#)
- [Pacific](#)
- [School and education](#)
- [Transgender and gender diverse](#)
 - [Gender affirming healthcare](#)
- [Violence prevention](#)
- [Whānau and caregivers](#)

What we already know about takatāpui and rainbow rangatahi in care

Oranga Tamariki Takatāpui and Rainbow Staff Network

National and regional support

If you are helping rangatahi, tamariki and whānau connect to support offered by the rainbow community, you can contact the organisations below who provide support, resources or contacts for more localised support in your area.

National

[InsideOUT](#) – a national organisation that provides resources, workshops, consulting, advocacy and support for rainbow communities.

[Outline Aotearoa](#) – a confidential, free, all-ages rainbow support line, online chat and peer support.

Auckland, Tauranga and Whangārei

[RainbowYOUTH](#) – a youth-run and youth-led organisation offering peer-support services and resources around Aotearoa.

Waikato

[Rainbow Hub Waikato](#) – provides support and resources for rainbow communities of all ages in the Waikato.

Christchurch

[Qtopia NZ](#) – a Christchurch based organisation providing support services, events and resources for rainbow communities of all ages.



Organisations and resources for specific communities and sectors

Māori

[Takatāpui.nz](https://www.takatapu.nz/) – a resource hub for takatāpui and their whānau. Learn who takatāpui are and hear from takatāpui and their whānau speak about their identities, their journeys and where to get support.

[Takatāpui: Over the rainbow](#) – a webpage by Gender Minorities Aotearoa with helpful resources and information about takatāpui people.

Christchurch

[Mana Tipua](#) – a group based in Ōtautahi Christchurch for Māori young people who are takatāpui. They run social events and peer-support as well as culturally specific workshops.

Lower Hutt

[Te Ngākau Kahukura o Te Awa Kairangi](#) – an organisation based in Lower Hutt that provides support, resources and events for takatāpui.

Hawkes Bay

[Nevertheless](#) – a Māori, Pasifika and Takatāpui Rainbow+ mental health organisation that exists to support the holistic wellbeing of these communities as well as their whānau and aiga.

Disability

[Pride, disability, and the Rainbow community](#) – a blog post from kaimahi at CCS Disability Action about things that disabled rainbow people want you to know.

[Whaikaha news item about the release of the Identify Survey \(2022\)](#) – highlights some of the key findings about takatāpui and rainbow rangatahi who have disabilities.

[Suite of Easy Read resources about rainbow topics](#) from People First NZ Ngā Tāngata Tuatahi.

[All of Us: minority identities and inclusion in Aotearoa](#) – this resource is aimed at young people who are takatāpui and rainbow who have intersecting identities such as disability. It also has an Easy Read version.

[Rainbow inclusion website](#) – An Australian website made by and for rainbow people with intellectual disabilities. It has resources and information in multiple accessible formats.



Ethnic, migrant and refugee

National

[Adhikaar Aotearoa](#) – an organisation that supports queer people of colour – particularly from a South Asian background. They provide advocacy, education and support.

[China Pride](#) – an organisation for Chinese rainbow people. China Pride connects people with support and resources.

[Indian Origin Pride](#) – an organisation for rainbow Indians and their families that provides education, peer support, engagements and events.

[Rainbow Path NZ](#) – an organisation that connects rainbow refugees and asylum seekers in Aotearoa. They can provide information about rights and entitlements, support services and general information about life for rainbow people in Aotearoa.

Faith-based

[Join This Chariot](#) – a resource by InsideOUT about rainbow affirming Christianity. It contains information and support for Christian faith-based schools to ensure that all rainbow students feel comfortable and safe to be who they are.

[Te Kāhui](#) – the story of a Māori Christian whānau who learn that their child is transgender from Gender Minorities Aotearoa.

[Diverse Church NZ](#) – an organisation that provides connection and support for rainbow people of Christian faith. Their website also contains an '[Affirming Church Directory](#)'.

[I'm Muslim and I Might Not Be Straight](#) – a resource from the Muslim Youth Leadership Council in America for LGBTQ+ Muslim youth.

Auckland

[Auckland Rainbow Community Church](#) – a caring Christian community for all people, especially those who are gay, lesbian, bisexual, transgender, intersex or asexual, their families and friends.

Intersex

National

[Intersex Aotearoa](#) – is an intersex-led organisation that provides affirmation, advocacy and referral for intersex people and their whānau. Resources on their website include:

- [Your Child is a Taonga](#) – a support guide for parents of intersex rangatahi
- [Variation in Sex Characteristics](#) – a practical guide for parents in Aotearoa (*made in partnership with Wellington Hospital Department of Paediatric and Child Health and the University of Otago*).

[Webinar: For parents, caregivers and whānau of intersex young people](#) – a collaboration between Te Ngākau Kahukura and Intersex Aotearoa.



Pacific

Auckland

[F'INE Pasifika Aotearoa Trust](#) – an organisation based in Tāmaki Makaurau Auckland the provides Whānau Ora navigational services to MVPFAFF+ (mahu, vakasalewa, palopa, fa'afafine, akava'ine, fakaleiti (leiti), fakafifine) people.

[Rainbow Fale](#) – a programme run by Village Collective that provides support groups in schools as well as leadership and mentoring.

Canterbury/Christchurch

[Moana Vā](#) – an organisation that provides support, advocacy, events and mentorship for Pacific Rainbow+ LGBTIA+ and MVPFAFF+ communities in the Canterbury region.

Hawkes Bay

[Nevertheless](#) – a Māori, Pasifika and Takatāpui Rainbow+ mental health organisation that exists to support the holistic wellbeing of these communities as well as their whānau and aiga.

Wellington/Porirua

[Ngā Uri o Whiti Te Rā Mai Le Moana Trust](#) – an organisation based in Porirua dedicated to providing a safe environment for people who identify as MVPFAFF+, takatāpui and LGBTIA+ of the Moana.

[Pacific Health Plus](#) – a Kāpiti based service who support Pacific rainbow communities through their work.

School and education

National

[InsideOUT](#) – a national organisation that provides support, professional development and resources to help schools better serve their takatāpui and rainbow students and whānau. They run annual events for schools to encourage inclusion, including: [Schools' Pride Week Aotearoa](#) and [Out on the Shelves](#).

[Supporting LGBTQIA+ students](#) – a resource from Te Kete Ipurangi (a Ministry of Education initiative) that has guidance for schools around supporting takatāpui and rainbow students including strategies for action and a list of resources for schools.

[Rainbow Taskforce for Safe Schools](#) – an initiative run by the New Zealand Post Primary Teachers' Association Te Wehengarua to help make secondary schools safer for takatāpui and rainbow students and their whānau.



Transgender and gender diverse

National

[Gender Minorities Aotearoa](#) – a national transgender organisation. It is run by and for transgender people and offers peer support, resources and information. You can also find local trans-led groups via their [community groups database](#).

Palmerston North

[Transcend](#) – a peer led organisation for people with diverse genders that runs events and provides resources.

Tauranga/Bay of Plenty

[Gender Dynamix Aotearoa](#) – provides support, information and advocacy for transgender and non-binary people in the Bay of Plenty.

Gender affirming healthcare

The organisations listed above can provide support to access and navigate gender affirming healthcare. Below are some more specific resources:

National

[Trans health directory](#) – run by Gender Minorities Aotearoa. They also have an extensive website with resources specifically about gender affirming healthcare, including:

- [Hormone treatment: a guide for patients](#)
- [Puberty blockers and differing ethical perspectives](#).

[PEERS](#) – a website that lists peer recommended rainbow friendly healthcare providers in Aotearoa.

[PATHA \(The Professional Association for Transgender Healthcare\)](#) – an interdisciplinary professional organisation working to promote the health, wellbeing and rights of transgender people. Their website contains guidelines for gender affirming healthcare, resources and educational material.

Auckland

[Hauora Tāhine: Pathways to Transgender Healthcare Services](#) – a collective of secondary health services that provide gender affirming healthcare across the Auckland region.



Violence prevention

[Hohou Te Rongo Kahukura | Outing Violence](#) – an organisation focused on preventing and addressing violence experienced by takatāpui and rainbow people. Their website contains resources, links to groups, research and training all around violence prevention.

[Vine](#) – the national centre for family violence and sexual violence research and information.

[Rainbow Violence Prevention Network](#) – a network of organisations who work with takatāpui and rainbow communities to prevent family and sexual violence. [Their website contains a list of relationship resources.](#)

Whānau and caregivers

[Be There](#) – a website and awareness campaign that aims to support the parents and whānau or rainbow and takatāpui young people. Be There contains information, resources and workshops.

[Growing Up Takatāpui: Whānau Journeys](#) – a resource that interviews five Māori takatāpui and their whānau (including mums, dads, Nans, siblings, aunties, cousins) about their journeys to acceptance. The resource contains stories, information and advice from these whānau to other whānau who may be struggling.

[Kids and Gender](#) – a resource to help whānau support their gender diverse or questioning children to be themselves.

[Let's Talk: A resource guide for parents](#) – a guide from OUTLine for whānau who are supporting young people that have come out or are questioning their gender or sexuality.

[Moso'oi \(episode 1\)](#) ([episode 2](#)) ([episode 3](#)) ([episode 4](#)) – videos of a talanoa between Pasifika mothers and their rainbow children, produced by Village Collective.

A further [comprehensive list of resources](#) for parents, caregivers and whānau is available on Te Ngākau Kahukura's website.

What we know already about takatāpui and rangatahi in care

[Rainbow young people with Oranga Tamariki Involvement](#) - Four reports presenting findings from the Identify Survey regarding the experiences of rainbow young people with Oranga Tamariki involvement (2024)

[Making Ourselves Visible: report on experiences of takatāpui & rainbow rangatahi in care](#) (2023)

[Rainbow children and youth in care \(literature review\)](#) (2023)

[Just Sayin' survey: Understanding the transition needs of rainbow young people](#) (2021)

Oranga Tamariki Takatāpui and Rainbow Staff Network

We have an employee-led takatāpui and rainbow network for our takatāpui and rainbow kaimahi. Learn more: [Link](#) | Email: rainbow@ot.govt.nz

