



LET'S TALK SCREENING!

23rd July 2025

Building confidence in having
supportive, culturally respectful
conversations about cancer screening
with Māori and Pasifika whānau.

<https://wboppho.org.nz/>



Western Bay of Plenty
Primary Health Organisation

TŌNGIA TE UKURUA KIA TUPU
WHAKARITORITO TE TUPU
O TE HARAKEKE



Contents

4	Thank-you to all Co-Design Partners!
6	Background
8	Engaging with Tangata Whenua
10	Engaging with Tagata Pasifika
12	Overview of Cancers: About the Diseases
14	Breast Screening – Helping Save Lives Through Early Detection
18	Bowel Screening – Helping Our Communities Take Part
22	Cervical Screening – Supporting Whānau to Stay Well
26	Glossary
28	Links and Additional Resources
30	Notes Pages



Thank You to the Funders who supported this mahi

Te Aka Whai Ora
Māori Health Authority



**WAIARIKI WHANAU
MENTORING**



Thank You to all Co-Design Partners!

Chrissy Paul
Gemma Pearson
Hayley Honana
Mary Ann Nixon
Sameli Tongalea
Sela Tu'uholoaki

Tiana Bennett
Wendy Dillon
Laura Penny
Rebecca Shooter
Sénae Mitchell



Background

Within Aotearoa there is inequity with Māori and Pacific People having higher rates of preventable cancers and poorer survival.

These disparities are influenced by a range of systemic and social factors, including barriers to access, experiences of racism in healthcare, and a lack of cultural engagement.

Health disparities in these priority populations have been identified as a critical area for targeted action, particularly around screening, where early detection can make a significant difference in outcomes.

This training has emerged as an opportunity to develop a local approach through collaboration between community leaders, health professionals, and service providers. The training content has been co-designed with Māori and Pacific voices at the centre, ensuring it reflects the realities, strengths, and needs of our communities.

The background of the entire page is a soft-focus, light green image of grass blades. The blades are long and slender, with some showing fine detail and others appearing as soft, out-of-focus streaks. They are oriented diagonally, creating a sense of movement and growth. The overall tone is fresh and natural.

The purpose of this training is to support kaimahi (staff) build confidence in having kōrero with Māori and Pasifika whānau about cancer screening. You will learn practical tools, hear lived experiences, and strengthen your ability to foster trusted relationships with those you support in the community.



Engaging with Tangata Whenua

You will have already read in the Pre-Course Material about the background of why it is so important for tangata whenua/Māori communities to have support to access Screening services and will have seen an overview of Te Whare Tapa Whā. Learn more today to further your understanding and gain practical skills.



Learning Outcomes

By the end of the session,
you will be able to:

Ka mua, kia muri.
Walking backwards into the future.

Foster awareness of Aotearoa's history
and the impact of colonisation on
Tangata Whenua, and to recognise and
acknowledge how historical context
shapes present realities

Reflect on your own wellbeing using
the Te Whare Tapa Whā model and
understand how it represents a holistic
Māori view of health.

Communicate in mana-enhancing ways
that uphold dignity, build trust, and
support respectful, strengths-based
engagement.

Recognise the value of lived experience
and explain how insights shared can
help strengthen your support for
individuals and communities.

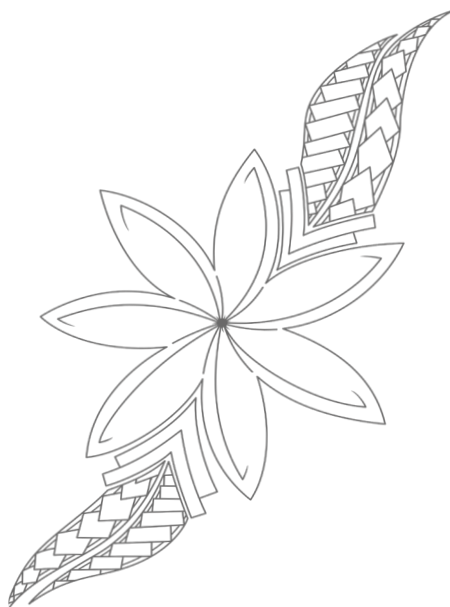
**By the end of this session, you'll
leave with increased understanding
and more confidence to engage
in culturally respectful, mana-
enhancing conversations with
Tangata Whenua you work with,
support, and walk alongside.**





Engaging with Tagata Pasifika

You will have already read in the Pre-Course Material about the importance of engaging with Pasifika on the topic of cancer screening. Learn from AvaNiu Pasifika today, in an interactive group session...



Artwork: Lumana'i

Original image by Tenmark Nielsen, adapted by Ann Sarten.

Named by Liz Moli; Lumana'i (*"Future" in Gagana Samoa*) reflects unity, legacy, and collective hope.

It reminds us:
*"They were before, We are now,
Theirs is the future."*

Thank you AvaNiu Pasifika for the koha (gift) of allowing us to share this message via this beautiful artwork.



Learning Outcomes

By the end of the session,
you will be able to:

Describe a brief history of Pasifika peoples in Aotearoa New Zealand and how this history shapes current experiences.

Recognise how significant events in Aotearoa have impacted Pasifika communities and influenced engagement with health services.

Participate in interactive activities that help consolidate learning and deepen understanding of Pasifika perspectives.

Confidently and sensitively discuss breast, cervical, and bowel cancer screening using language and approaches appropriate to a Pasifika context.

Reflect on factors that influence Pasifika women's participation in screening and how this knowledge can inform your support and communication.

By the end of this workshop you will leave knowing some Pasifika greetings, increased knowledge about Pasifika People's contribution to Aotearoa NZ.





Overview of Cancers: About the Diseases

- 1. Breast Screening –
Helping Save Lives
Through Early Detection**
- 2. Bowel Screening –
Helping Our
Communities Take Part**
- 3. Cervical Screening –
Supporting Whānau to
Stay Well**

1. Breast Screening – Helping Save Lives Through Early Detection

Learning Outcomes

By the end of the session, you will be able to:

Describe breast physiology and identify what is 'normal'

Explain breast cancer risk factors

Explain breast screening eligibility in Aotearoa

Explain breast screening methodology

Describe what a mammogram is

Explain what to expect during a mammogram

Explain the common myths and concerns (of what?) and how to respond

Describe how you can support people who are feeling anxious



Why This Matters



Breast cancer is the most commonly diagnosed cancer in women in Aotearoa New Zealand.

Every year: Around 3,000 women and 25 men are diagnosed.

Over 650 people die from breast cancer.

Regular breast screening can help find cancer early. Early detection means better treatment options and better outcomes. Screening doesn't prevent breast cancer, but it can reduce the risk of dying from it by around 33%.

Why Breast Screening is Important

A mammogram can pick up tiny changes in breast tissue before a lump can be felt

Breast screening can help save lives by finding cancer early, when it's more treatable

The whole appointment takes about 20 minutes

Screening is free, quick, and now easier to book online

Women are now automatically invited around age 45, and again every two years

What is Breast Screening?

Breast screening is one of the best tools we have to detect cancer early – before there are any signs or symptoms. When found early, breast cancer is often easier to treat and the chances of survival are much higher.

Breast screening is a free service offered by BreastScreen Aotearoa for eligible women aged 45 to 69. From October 2025, the programme will expand to include women up to 74.

Screening is done using a mammogram – a low-dose X-ray that can detect early signs of breast cancer, often before there are any symptoms.

Screening mammograms do not prevent breast cancer but can reduce the risk of dying from breast cancer by approximately 33% by detecting early signs of the disease.

In our region, BreastScreen Midland provides this service at clinics in Hamilton, Thames, Rotorua, Tauranga, and Whakatāne, as well as via mobile units that visit over 30 rural locations.





Key Messages You Can Share

Breast cancer is common – early detection gives the best chance of survival

Screening is free for women aged 45 to 69, and soon to be extended to 74

You don't need to wait for a letter – people can enrol and book online

Screening is for people without symptoms – if someone has changes or concerns, they should see their doctor

Knowing what's normal for your body is important – be breast aware and look out for changes

Men can get breast cancer too – while rare, they should also get symptoms checked

Together, by having informed, supportive conversations, we can help more people take up breast screening – and play a vital role in saving lives.



2. Bowel Screening – Helping Our Communities Take Part

Learning Outcomes

By the end of the session, you will be able to:

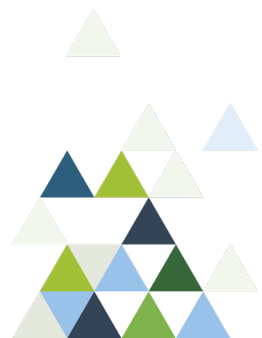
Explain the bowel screening programme in Aotearoa

Identify the common issues for people putting off screening and explain how to respond

Recognise the importance of a kind encouraging conversation

Describe equity and explain how to ensure that priority populations participate

Describe your role in helping people feel confident and supported



What is Bowel Screening?

Bowel screening is a free test to check for early signs of bowel cancer. It's offered every two years to people aged 60 to 74 who are eligible for public healthcare.

The test is done at home and posted back. It's simple — but it can save lives.



Why Bowel Screening is Important

Bowel cancer is common in Aotearoa, especially for Māori and Pacific peoples.

Most people won't have symptoms, so screening helps find cancer early — when it's easier to treat.

Early detection can save lives, but only if people take part in the programme.



Key Messages You Can Share

The test is free, safe and easy to do at home.

People will get a kit in the post every two years from age 60.

Encourage whānau to do the test when it arrives — don't leave it sitting on the bench!

If someone has symptoms like blood in their poo or changes in bowel habits, they should talk to their doctor straight away, not wait for their next kit.

It's okay to ask questions. If people are unsure or worried, support them to get the info they need.

You don't need to be an expert — just someone who cares. Listening, encouraging, and helping others find the right info can make a real difference.



Cervical Screening – Supporting Whānau to Stay Well

Learning Outcomes

By the end of the session you will be able to:

Explain the new HPV screening tool in Aotearoa

Identify common barriers and explain how to respond

Provide culturally safe empathetic ways to encourage wāhine and people with a cervix to get screened

Describe the impact of equity-focused changes that free testing and the self-test

Explain your role in helping to eliminate cervical cancer in Aotearoa

What is Cervical Screening?

Cervical screening is a test that helps protect against cervical cancer. It's free for many people and now includes a quick, simple swab — that most people can choose to do themselves.

Screening is offered to women and people with a cervix aged 25 to 69 who are eligible for public healthcare. Most people only need to screen every five years.

Why Cervical Screening is Important

Cervical cancer is one of the most preventable cancers — but only if people get screened.

Around 180 people are diagnosed with cervical cancer each year, and about 60 die from it.

Most people diagnosed haven't had regular screening — or have never been screened at all.

HPV (human papillomavirus) causes most cervical cancers, and the new screening test finds it early — often long before cancer develops.



Key Messages You Can Share

The new cervical screening test is quick, easy, and can be done by yourself with a swab.

Screening is free for many people, including Māori, Pacific peoples, Community Services Card holders, and those over 30 who are overdue or never screened. Screening is also free and anyone who requires follow up testing.

Regular screening + HPV immunisation = the best protection we have against cervical cancer.

Cervical screening is not just for people who are sexually active or currently in relationships — HPV can stay in the body for years, so regular testing is still important.

Encourage open, judgment-free conversations. People may feel whakamā (embarrassed) or unsure — your support can make a real difference.

Everyone has a part to play in saving lives. This session is about building your knowledge and confidence to be part of that change — no clinical background needed.



Glossary

<i>Te Reo Māori Kupu</i>	<i>English Meaning or Description</i>
<i>Aotearoa</i>	New Zealand
<i>Haere mai</i>	Welcome
<i>Hauora</i>	Health / Wellbeing (holistic)
<i>Hinengaro</i>	Mind / Mental and emotional wellbeing
<i>Kaimahi</i>	Staff / Workers
<i>Kōrero</i>	Conversation / Discussion
<i>Mana</i>	Prestige, authority, dignity, spiritual power
<i>Marae</i>	Communal meeting place
<i>Pātai</i>	Question(s)
<i>Pōwhiri</i>	Formal welcome ceremony
<i>Taha hinengaro</i>	Mental/emotional wellbeing (one of the pillars of Te Whare Tapa Whā)
<i>Taha tinana</i>	Physical wellbeing (one of the pillars of Te Whare Tapa Whā)
<i>Taha wairua</i>	Spiritual wellbeing (one of the pillars of Te Whare Tapa Whā)
<i>Taha whānau</i>	Family/social wellbeing (one of the pillars of Te Whare Tapa Whā)
<i>Tangata whenua</i>	Indigenous people of the land (Māori people of Aotearoa)
<i>Tikanga</i>	Customs, protocols, correct procedure
<i>Wairua</i>	Spirit / Spiritual essence
<i>Wānanga</i>	A learning space / Forum for discussion and learning
<i>Whaiora</i>	Health service users / Clients / Patients
<i>Whakamā</i>	Embarrassed / Ashamed
<i>Whakapapa</i>	Genealogy / Lineage / Ancestry
<i>Whakatau</i>	Informal or simplified welcome process (less formal than pōwhiri)
<i>Whānau</i>	Family (can also include extended or chosen family and
<i>Wharenui</i>	Meeting house (central building on a marae)
<i>Whenua</i>	Land / Placenta (in context, represents roots and identity)

Links and Additional Resources

Professor Bev Lawton ONZM - Kiwibank New Zealander of The Year Award:

<https://nzawards.org.nz/winners/professor-bev-lawton-onzm/>

Professor Bev Lawton ONZM (Ngāti Porou) is a leading advocate for women's health and equity in Aotearoa. As founder of Te Tātai Hauora o Hine, she has driven key advances in cervical screening, including helping New Zealand become the first high-income country to adopt HPV self-testing. Her work is grounded in community engagement and continues to shape policy and reduce health inequities for wāhine Māori and all women.

Mana enhancing communication – a framework – Mental Health Foundation:

mentalhealth.org.nz/resources/resource/mana-enhancing-communication-a-framework

Wawata Creative: National Cervical Screening Programme:

https://wawata.nz/?page_id=488#TTS

Wawata Creative: Time To Screen National Bowel Screening Programme:

https://wawata.nz/?page_id=488#TTS

Bowel Screening National Resources:

<https://healthed.govt.nzsearch?type=product&q=bowel+screening>



Local Story – Waka Huia, Former professional surfer, Te Kehukehu Butler, shared his journey navigating through cancer, his lifelong association with Tangaroa guiding him:

<https://www.youtube.com/watch?v=80MKg5Sa8Fo>

Te Whatu Ora - Pacific peoples' experiences of cancer and its treatment in Aotearoa: a qualitative study:

<https://www.breastcancerfoundation.org.nz/images/assets/d0ab>

<https://info.health.nz/keeping-healthy/cancer-screening>

Health New Zealand, Te Whatu Ora: New cervical cancer screening test a 'game changer' for reducing cervical cancer rates, 12 September 2023:

www.tewhatuora.govt.nz/corporate-information/news-and-updates/new-cervical-cancer-screening-test-a-game-changer-for-reducing-cervical-cancer-rates

Te Aho o te Kahu, Cancer control agency: Cervical cancer, Matepukupuku tōtai,

<https://teaho.govt.nz/index.php/cancer-information/types-cancer/cervical-cancer>

Health New Zealand, Te Whatu Ora: HPV and cervical cancer, 16 July 2024:

<https://info.health.nz/keeping-healthy/cancer-screening/cervical-screening/hpv-and-cervical-cancer>

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Notes Pages

