

# Kaitiaki Pēpi

## Mana

Mana can mean prestige, influence and power. Māori believe mana exists in three forms:

- Mana can be inherited through our whakapapa.
- Mana can be given by others in recognition of good deeds or humility.
- A group can achieve mana too. Being acknowledged for how well they've treated manuhiri will lift the mana of the group.

Mana exists in all of us, even pēpi and tamariki. Everyone has mana to keep themselves safe. Mana can be having the confidence to speak up if something feels wrong or unsafe.

