

tūturu.

A guide to getting started

This guide provides an overview of Tūturu and the steps you can take to introduce it at your secondary school.

Included in this guide are links to useful resources that can help your secondary school create the conditions that improve student wellbeing.

JULY 2026



Kia ora!

What is Tūturu?

Tūturu helps secondary schools build systems that support student wellbeing and critical thinking.

The approach combines health and education expertise to support all students to learn, be well, and stay engaged at school.

Tūturu is guided by a harm reduction, strengths-based youth development approach.

What does Tūturu do?

We provide secondary schools with resources and training that focus on student wellbeing and learning, especially around complex issues like gambling, gaming, and alcohol and other drugs.

In addition to evidence-based resources and professional training, we can partner with school leaders to connect with local health providers to help students having a tough time stay in school.

Tūturu works in four main areas:

- Developing school climate (such as senior leadership, school boards, and policy)
- Pastoral care and support pathways
- Professional learning and development
- Creating curriculum resources for students in years 9-13.

Does it cost anything to use Tūturu?

No. Tūturu is fully funded and is available for all secondary schools.

Who is involved?

Led by the New Zealand Drug Foundation, Tūturu is delivered by community-based mental health and addiction providers across the country.

Tūturu was co-created by 11 local secondary schools and a network of health and education experts.

We've expanded our team across New Zealand, fostering partnerships and positive change across the education and health sectors.

In 2020, the New Zealand Council for Educational Research evaluated Tūturu, concluding that it helped change schools' focus "from punitive to pastoral."

Tūturu is continually evolving based on the latest evidence of how to get the best wellbeing outcomes for secondary school students in Aotearoa.



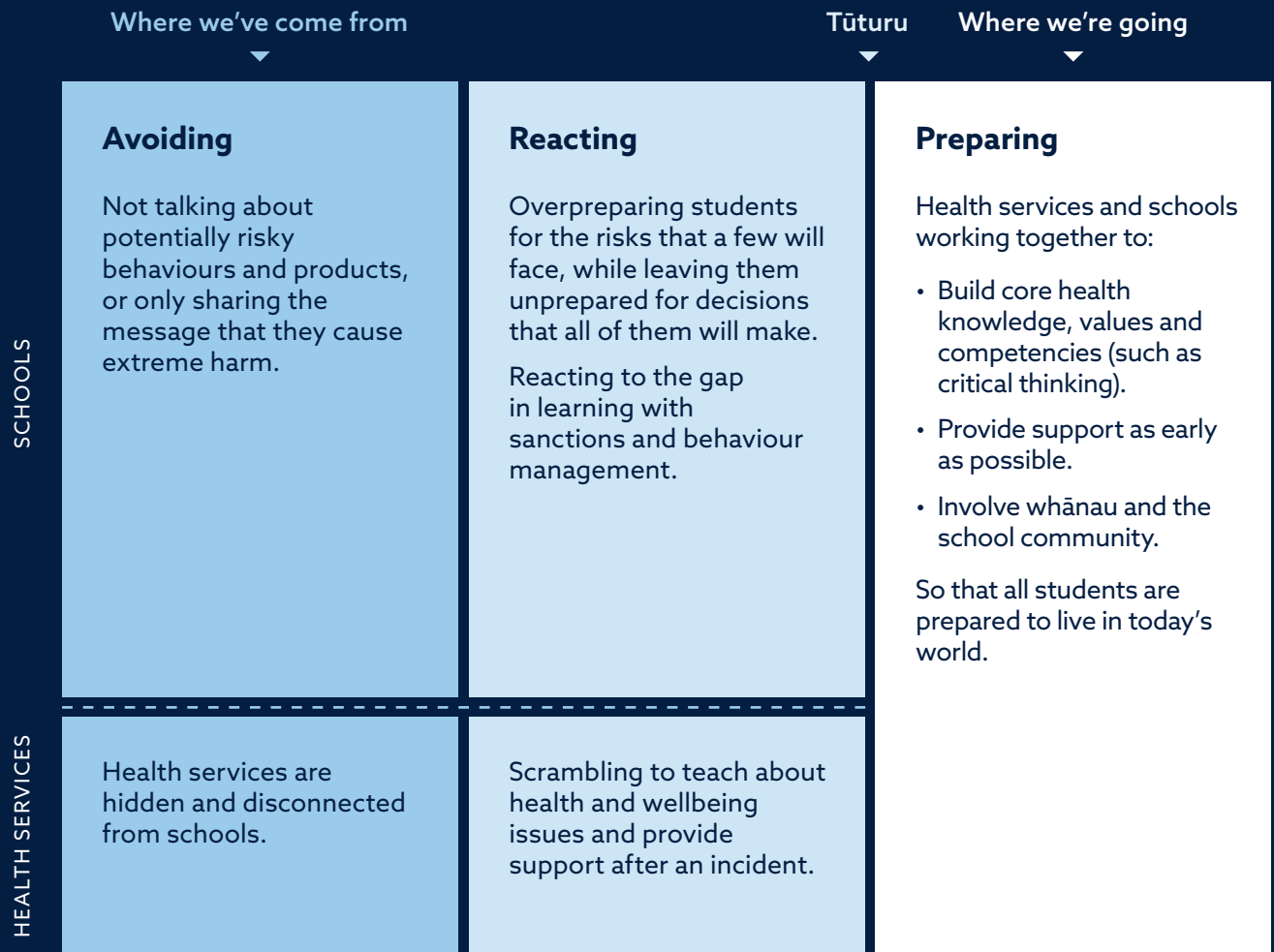
Why adopt a Tūturu approach?

Every young person will make decisions about a range of complex issues including alcohol and other drug use, gambling, gaming and living in a digital world.

Currently, there is significant variation in how our secondary schools prepare their students for making these decisions.

We know schools can be ecosystems of learning and support where students learn the skills they need to live healthy and successful lives.

They can also serve as anchors of support for students in need. Tūturu helps schools better prepare their students with resources that resonate with them and supporting teachers and staff with training and connections with local health providers.



It's easy to work with Tūturu



When it comes to student wellbeing, every school faces unique circumstances and issues.

Adopting the Tūturu approach can look different depending on your context. Being part of Tūturu can involve a collaboration among school staff, students, families, and external partners to create a supportive environment that fosters student wellbeing and critical thinking skills.

But it can start much smaller than that. Your team could try one of our e-learning units or download some of our resources and give them a go in your classroom.

“ Having the support of Tūturu was invaluable. It reassured us that we weren't alone in addressing complex issues.”

– Year 13 Health teacher

Where do I start?

Start where it makes sense for your school community. You can tailor the Tūturu approach to fit what you need, in your own way, or with some support.

Select the resources you need

This is an excellent option for schools wanting to explore Tūturu without making a substantial commitment.

It's also the best option for schools where Tūturu currently does not have a contracted health provider. Tūturu health providers operate in the following regions: Northland, Auckland, Waikato (Hamilton), Bay of Plenty (Rotorua), Tairāwhiti (Gisborne), Canterbury (Christchurch), and Otago (Dunedin).

If your school is situated in a region without a Tūturu provider but you are interested in trying out Tūturu and want some support, please contact us at admin@tuturu.org.nz.

You and your team have the flexibility to choose resources available at tuturu.org.nz and explore how to integrate them into your school landscape. School staff may also wish to try our e-learning units, via the website.

Get some support

A Tūturu lead from one of our providers will work more closely with a secondary school to support the implementation of Tūturu resources.

Unlike the partnered approach, which is more comprehensive, this involves picking and choosing resources that could work best for your secondary school.

We encourage you to get in contact with a local Tūturu provider — visit tuturu.org.nz or contact admin@tuturu.org.nz to find out more.

Partner with us

Partnering with Tūturu is for secondary schools who are interested in making positive changes across the whole school in terms of student wellbeing.

A Tūturu lead will work in partnership with your school to establish a dedicated team, review your situation across the four main areas of focus for Tūturu (school climate, pastoral pathways, professional learning and development and curriculum), and co-develop a tailored plan for Tūturu action.

Due to the time intensive nature of a partnered approach, we encourage you to get in contact with a local Tūturu provider (see tuturu.org.nz/partner-with-us/connect) to assess availability.

Change takes time and schools are busy places.

Our approach is to have a long-term partnership with your school – helping you understand where you are right now and where you want to be, take action and review progress. This means that you can choose different areas to focus action as needed.

Resources

Tūturu has a huge range of evidence-based, classroom-ready resources available at tuturu.org.nz

Our resources include:

- A school-wide reflection tool and tailored plan
- Professional development videos
- Tūturu and New Zealand Health Education Association community health education consultation resources
- Online training for school boards
- E-learning units – including AOD 101, Motivational Interviewing and how to support students under long-term strain
- Support plan templates and student activities
- “Did You Know” – a series of videos, posters, and a conversation planner, to support conversations with young people about alcohol and other drugs. These are available from drugfoundation.org.nz/did-you-know

Not sure where to start? Here are some good resources to try first:

- Teaching activity: Reflecting on wellbeing
- “The marketing of...” series – teaching resources that support critical thinking about energy drinks, vaping, gaming and gambling products
- Introduction to gaming and gambling and how to talk about it
- E-learning: AOD 101: Intro to AoD and how to talk about it

You can find these resources at tuturu.org.nz



Make a commitment to make a difference — use something that’s been well evaluated, that uses evidence, that knows how to speak to rangatahi.”

– Chair of Secondary School Board, Dunedin Ōtepoti



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