# Mo matua ma tausi tamaiti (tulagalua)

Lagolago ina ia saogalemu lau fanau i luga o upega tafa'ilagi

O lenei ta'iala o lo'o tu'uina atu ai fautuaga ma puna'oa mo matua, tagata tausi tamaiti ma aiga e lagolago ai le fanau ina ia saogalemu pe a fa'aogaina ala fa'asalalau lautele.

## Tamaiti a'oga tulagalua ma ala fa'asalalauga lautele

E faia e matua ma tagata tausi tamaiti se sao tāua i le ta'ita'iina o a latou fanau a'o latou folau i le lalolagi o upega tafa'ilagi ma amata ona a'oa'oina e ala i su'esu'ega, ta'aloga ma fegalegaleaiga lautele.

E mafai e matua ma tagata tausi tamaiti ona saunia o latou alo o lo'o a'oga i le a'oga tulagalua ina ia saogalemu i luga o ala o fa'asalalauga lautele tusa lava pe e le'i o'o i le taimi latou te fa'aaogaina ai. E mafai ona e faia lenei mea e ala i le fausiaina o amioga masani lelei i luga o upega tafa'ilagi ma tumau le logoina e uiga i le saogalemu i luga o upega tafa'ilagi.

E mafai ona e a'oa'o atili pe fa'apefea ona fesoasoani i lou alo e amata lana malaga i luga o le [upega tafa'ilagi a le Komesina o le eSafety.](https://www.esafety.gov.au/parents/issues-and-advice/are-they-old-enough)

E mafai foi ona e a'oa'o e uiga i le tele o ala o fa'asalalauga lautele, ta'aloga, polokalame ma upega tafa'ilagi i le [Ta'iala o le eSafety,](https://www.esafety.gov.au/key-topics/esafety-guide) e aofia ai mea uma o polokalama, o latou tausaga aupito maualalo e manaomia, pe fa'apefea ona puipuia fa'amatalaga patino ma le auala e lipoti atu ai mea i totonu o polokalama lava ia.

## Lagolagoina tulaga lelei ma saogalemu i luga o upega tafa'ilagi mo lou alo

O lo'o tele ia puna'oa o lo'o avanoa e lagolago ai oe e lagolago lou alo ina ia maua le poto masani saogalemu i luga o upega tafa'ilagi.

* O le [upega tafa'ilagi a le Komesina eSafety](https://www.esafety.gov.au/) e maua ai:
  + [eSafety a matua](https://www.esafety.gov.au/parents/) itulau e aofia ai: fa'amatalaga [i le auala e fai ai ni talanoaga faigata e uiga i mataupu fa'aoleole](https://www.esafety.gov.au/parents/issues-and-advice/hard-to-have-conversations) e pei ole fa'amata'u i luga o upega tafa'ilagi po'o le vaai i ponokalafi.
  + semina e faia i luga o upega tafa'ilagiwebinars e avatu ai i matua/tagata tausi tamaiti le malamalama, tomai ma meafaigaluega e lagolago ai a'afiaga saogalemu i luga o upega tafa'ilagi e aofia ai le lagolagoina o tamaiti a'oga tulagalua ia malamalama i le maliega ma tuaoi i luga o upega tafa'ilagi ma le auala e lagolago ai lou alo i faiga ta'aloga i luga o upega tafa'ilagi.
  + [vitiō talafeagai mo aiga ma pepa o fautuaga i gagana eseese](https://www.esafety.gov.au/parents/resources/online-safety-for-every-family) e lagolago ai lou aiga mo le nofo saogalemu i luga o le initaneti, amata i luga o ala o fa'asalalauga lautele, sili atu le saogalemu o ta'aloga i luga o upega tafailagi ma maua se fesoasoani pe a sauāina lau tama ile initaneti.
  + [eSafety mo tamaiti](https://www.esafety.gov.au/kids) itulau fa'atasi ma fa'amatalaga talafeagai mo tamaiti e mafai ona e fa'asoa i lou alo e aofia ai le mea e fai pe a agaleaga se tasi i luga o upega tafa'ilagi, saogalemu i luga o upega tafa'ilagi, fa'asoa o ata ma fa'amatalaga patino i luga o upega tafa'ilagi.
* [Bully Stoppers](https://www.vic.gov.au/bully-stoppers) o lo'o tu'uina atu puna'oa tu'uto i le [saogalemu i luga o upega tafa'ilagi ma le sauāina i luga o upega tafa'ilagi](https://www.vic.gov.au/advice-sheets-students#cyberbullying) mo tamaiti a'oga tulagalua ma se itulau fa'asoa mo [matua](https://www.vic.gov.au/bullying-information-parents). E mafai fo'i ona e maua [laupepa o fa'amatalaga o le sauāina i luga o upega tafa'ilagi](https://www.education.vic.gov.au/about/programs/bullystoppers/Pages/advicecyberbully.aspx) mo tagata matutua o lo'o popole e ala i le Bully Stoppers.
* [Alannah and Madeline Foundation](https://www.alannahandmadeline.org.au/get-involved/partners?utm_source=google&utm_medium=cpc&utm_id=19652999729&gad_source=1&gclid=Cj0KCQjwiOy1BhDCARIsADGvQnAarqelew9JkNgx_UkpPQMVpUHDZL8Up_L3hqlKYeuFzlfju5e4w7UaAuu3EALw_wcB) o lo'o tu'uina atu le [DigiTalk](https://www.alannahandmadeline.org.au/learning-resources/digitalk?showing=18), ose nofoaga saogalemu i luga o upega tafai'lagi mo matua. E aofia ai puna'oa i mataupu e pei o le avea ma se aīga atamai i luga o upega, alo ese mai le sauāina i luga o upega tafa'ilagi, filifili, puipuia ma le auai i ta'aloga mo tamaiti.
* O le [Raising Children Network](https://raisingchildren.net.au/school-age/media-technology) e maua ai puna'oa mo matua o tamaiti a'oga tulagalua i mataupu e pei o taimi talafeagai ma maloloina i luga o masini fa'atekonolosi, olaga fa'akomepiuta fa'aleaīga, ta'aloga fa'akomepiuta ma aʻoaʻoga ma le saogalemu i luga o upega tafa'ilagi.

## Fa'ailoga o lo'o ono mana'omia e se tamaititi po'o se talavou le lagolago

O le gaioiga a le tamaititi i luga o upega tafa'ilagi e ono i ai se a'afiaga le manuia ia i latou pe afai latou te lē maua foi se paleni lelei o gaioiga masani. O nisi taimi, e ono fa'aalia e lou alo ni fa'ailoga o lo'o i ai ni tulaga leaga o lo'o a'afia ai i luga o upega tafa'ilagi pe o lo'o sauāina i latou.

Atonu e le ta'uina atu e lou alo ia te oe pe ua amata ona fetu'utu'una'i pe faigata se 'faigauo' i luga o upega tafa'ilagi. Atonu latou te lagona le matamuli po'o le ma'asiasi, pe fefefe neʻi atili leaga atu.

Ia mataala i suiga i amioga po o lagona o lou alo. Vaʻai mo faʻailoga o le fia tuto'atasi, popole, faʻanoanoa poʻo le suia o fegalegaleaiga ma aiga poʻo uo.

O faʻailoga e mafai ona aofia ai:

* itiiti le fiafia i gaoioiga faʻaagafeso'ota'i e pei o le feiloa'i i uo poʻo le taʻalo i taaloga
* lē lelei tele i le a'oga
* vaivai, fa'aletonu le moe, tigā o le ulu, tigā mata
* suiga i lana ai
* fa'aitiitia o le tumamā
* naunauta'iga i upega tafa'ilagi fapitoa po'o ta'aloga
* e ita tele pe a fai atu iai e malolo mai i gaioiga i luga o upega tafa'ilagi
* foliga popole pe itaita gofie pe a alu ese mai le komepiuta
* ua fa'aui i tua ma uo ma aīga

E mafai ona e a'oa'o atili e uiga i fa'ailoga lapata'i o le fa'amata'u i luga ole [Bully Stoppers](https://www.vic.gov.au/warning-signs-bullying) ma le [fa'ailoga lapata'i o le fa'apeleina i luga o upega tafa'ilagi](https://www.esafety.gov.au/parents/issues-and-advice/grooming-or-unwanted-contact) ile upega tafa'ilagi a le Komesina o le eSafety.

## Le mea e fai pe a maua e lou alo se mea e lē saogalemu i luga o le initaneti

E tele auala e mafai ai e matua ona lagā se popolega pe saili se fesoasoani pe a iai se faʻalavelave.

* E mafai ona e talanoa i le a'oga a lou alo e uiga i so'o se atugaluga atonu o lo'o ia te oe pe a iai se mea na tupu. O a'oga e iai faiga fa'avae ma fa'agasologa e mafai ona maua ai se fesoasoani. E mafai fo'i ona latou galulue fa'atasi ma oe e fa'amautinoa e maua e lou alo se fesoasoani fa'aopoopo pe a latou mana'omia. Fa'afeso'ota'i le faia'oga a lou alo po'o le vaega o le soifua manuia o le a'oga e amatamea mai ai. Faitau atili e uiga i le talanoa i lau a'oga i le [Bully Stoppers](https://www.vic.gov.au/talk-your-school).
* Afai na a'afia lou alo i se fa'alavelave i luga o upega tafai'lagi e tāua le tou galulue fa'atasi ma lau a'oga e tu'uina atu i lou alo le fesoasoani latou te mana'omia. A'oa'o pe fa'apefea ona fesoasoani i lou alo pe a mae'a se fa'alavelave i luga o upega tafa'ilagi i le [upega tafa'ilagi a le Komesina o le eSafety](https://www.esafety.gov.au/sites/default/files/2022-02/Respond%207%20-%20Tips%20for%20parents%20and%20carers%20after%20an%20online%20safety%20incident.pdf?v=1723605297575).
* E mafai e oe ona fa'afeso'ota'i le komesina o le eSafety mo fautuaga ma le [lipotia o ni sauaga](https://www.esafety.gov.au/report). O le faiga o le lipoti o le eSafety e fesoasoani i matua o tamaiti o lo'o a'afia i faiga fa'amata'u ogaoga i luga o upega tafai'lagi ma ata patino taufa'aleaga e ala i le galulue ma vaega eseese aua le ave'eseina o nei mea.
* Afai o lo'o fa'afeso'ota'i e se tasi lou alo ma o lenei feso'ota'iga e le mana'omia po'o le maua o lagona le manuia, e iai mea e mafai ona e faia e fesoasoani ai. Faitau atili e uiga i le fa'apeleina o tamaiti ma feso'ota'iga lē mana'omia ma mea e fai i luga o le [upega tafa'ilagi a le Komesina o le eSafety](https://www.esafety.gov.au/parents/issues-and-advice/grooming-or-unwanted-contact).
* O le Alannah and Madeline Foundation o lo'o tu'uina atu fautuaga i [mea e fai i taimi o ata-patino taufa'aleaga](https://www.alannahandmadeline.org.au/resources/navigating-the-impacts-of-generative-ai-and-image-based-abuse-on-children) i luga o upega tafa'ilagi ma e ala ile Artificial Intelligence (AI).

## O fea e aga'i iai mo nisi lagolago mo lou alo

* Fa'afeso'ota'i le 000 mo se fesoasoani fa'anatinati
* Talanoa i le a'oga a lou alo
* Fa'afeso'ota'i [le Komesina o le eSafety](https://www.esafety.gov.au/report). mo fautuaga po'o le lipotia o sauaga i luga o upega tafa'ilagi
* Asiasi i lau Foma'i pe a e mana'o e talanoa e uiga i soifua maloloina o le mafaufau
* Kids Helpline: 1800 551 800 [www.kidshelpline.com.au](http://www.kidshelpline.com.au)
* [Parentline](https://services.dffh.vic.gov.au/parentline) na te tu'uina atu fa'amatalaga fa'alilolilo i telefoni mo matua ma i latou o lo'o tausia tamaiti. E aofia ai ma fautuaga ile fa'aogaina ole initaneti, ma le sauāina ma le saogalemu i luga o upega tafai'lagi.
* Lifeline: 13 11 14 [www.lifeline.org.au](http://www.lifeline.org.au)
* Beyond Blue: 1300 224 636 [www.beyondblue.org.au](http://www.beyondblue.org.au)