# Maʻae ngaahi mātuʻá mo e kau tauhi (tefito)

Tokoni ke tauhi hoʻo fānaú ke nau malu ʻi he opé

Ko e tataki ko ení ʻoku ʻoatu ai ʻa e fanga kiʻi tūhulu mo e ngaahi meʻangāue maʻae ngaahi mātuʻá, kau tauhí mo e ngaahi fāmilí ke tokonia ʻa e fānaú ke nau malu ʻi he taimi ʻoku ngāueʻaki ai ʻa e mītia fakasōsialé.

## Ko e fānau ako lautohi puleʻangá mo e mītia fakasōsialé

Ko e ngaahi mātuʻá mo e kau tauhí ʻoku ʻi ai honau ngafa tefito ʻi hono levaʻi ʻenau fānaú ʻi heʻenau ʻahia ʻa māmani ʻi he opé pea kamata ke ako fakafou ʻi he fekumi, vaʻinga mo e fetalanoaʻaki fakasōsialé.

Ko e ngaahi mātuʻá mo e kau tauhí ʻe lava kenau teuteuʻi ʻenau kiʻi leka ako lautohi puleʻangá ke malu ʻi he mītia fakasōsialé neongo kapau ʻoku teʻeki ʻi ai kenau ngāueʻaki ia. ʻE lava ke ke fai eni ʻaki hono fakatupulekina ha ngaahi tōʻonga lelei ʻi he opé pea nofoʻaki fakatokangameʻa fekauʻaki mo e malu ʻi he opé.

ʻE lava ke ke ako lahiange ki he anga hono tokoniʻi hoʻo kiʻi tamá ʻi he kamata ʻenau fononga ʻi he opé ʻi he [uepisaiti ʻa e eSafety Commissioner.](https://www.esafety.gov.au/parents/issues-and-advice/are-they-old-enough)

Te ke toe lava foki ke ako fekauʻaki mo e ngaahi mītia fakasōsialé, keimí, ʻepí mo e ngaahi uepisaiti ʻi he [eSafety Guide,](https://www.esafety.gov.au/key-topics/esafety-guide) kau ai ʻa e kotoa ʻo e ngaahi ʻepí, ko e siʻisiʻi taha ʻo e taʻu ʻoku nau fiemaʻú, founga hono maluʻi ʻa e ngaahi fakamatala fakafoʻituituí pea mo e anga hono līpooti ʻa e ngaahi meʻa ʻi loto ʻi he ngaahi ʻepí tonu.

## Poupouʻi ki hoʻo kiʻi tamá ʻa e anga hono ngāue leleiʻaki mo malu ʻa e opé

ʻOku lahi ʻa e ngaahi meʻangāue ʻoku faingamālie ke tokoniʻiʻaki koe ke ke tokoniʻi hoʻo kiʻi leká ke ne maʻu ha hokosia lelei ʻi he opé.

* Ko e [uepisaiti ʻa e eSafety Commissioner](https://www.esafety.gov.au/) te ne ʻoatu ʻa e:
  + peesi [eSafety maʻae ngaahi mātuʻá](https://www.esafety.gov.au/parents/) kau ai ʻa e: fakamatala [ki he anga ʻo hono fai ha talanoa fakamātoato fekauʻaki mo e ngaahi kaveinga faingataʻa](https://www.esafety.gov.au/parents/issues-and-advice/hard-to-have-conversations) hangē ko e fakamamahi ʻi he opé pe sio ʻi he fakatātā fakalieliá.
  + uepinawebinars ke ʻoange ki he ngaahi mātuʻá/kau tauhí ʻa e ʻilo, pōtoʻi mo e ngaahi meʻangāue ke tokoni ki he malu ʻi hono ngāueʻaki ʻa e opé kau ai hono tokoniʻi ʻa e fānau lautohi puleʻangá ke mahinoʻi ʻa e ngofua mo e ngaahi fakangatangata ʻo e opé pea mo e anga hono tokoniʻi hoʻo kiʻi leká fekauʻaki mo e keimi ʻi he opé.
  + [ngaahi vitiō anga-fakakaumeʻa maʻae fāmilí mo e ngaahi pepa faleʻi](https://www.esafety.gov.au/parents/resources/online-safety-for-every-family) ʻi he ngaahi lea [kehekehe](https://www.esafety.gov.au/parents/resources/online-safety-for-every-family) ke tokoniʻi ho fāmilí kenau malu ʻi he opé, ʻi hono kamata ngāueʻaki ʻa e mītia fakasōsialé, malu ʻi hono ngāueʻaki ʻa e keimi ʻi he opé pea maʻu ʻa e tokoni ʻi he taimi ʻoku fakamamahiʻi ai hoʻo kiʻi leká ʻi he opé.
  + peesi [eSafetykids](https://www.esafety.gov.au/kids) ʻoku ʻi ai ʻa e ngaahi fakamatala anga-fakakaumeʻa maʻae fānaú ʻe lava ke ke vahevahe mo hoʻo kiʻi leká kau ai ʻa e meʻa ke fai ʻi he taimi ʻoku angakovi ai ha taha ʻi he opé, hoko ʻo malu ʻi he opé, ko hono vahevahe ʻa e ngaahi ʻata mo e ngaahi fakamatala fakafoʻituitui ʻi he opé.
* [Taʻofiʻanga ʻo e Kau Fakamamahí](https://www.vic.gov.au/bully-stoppers) ʻoku ʻoatu ai ʻa e ngaahi meʻangāue tefito ke [malu ʻi he opé (cybersafety) mo e fakamamahi ʻi he opé (cyberbullying)](https://www.vic.gov.au/advice-sheets-students#cyberbullying) maʻae fānau ako lautohi puleʻangá pea mo ha peesi ʻo e ngaahi meʻangāue totonu maʻae [ngaahi mātuʻá](https://www.vic.gov.au/bullying-information-parents). ʻE toe lava foki ke ke hū ki he [pepa faleʻi fakamamahiʻi ʻi he opé (cyberbullying)](https://www.education.vic.gov.au/about/programs/bullystoppers/Pages/advicecyberbully.aspx) maʻae kakai lalahi ʻoku fai ʻa e hohaʻa fekauʻaki mo kinautolu fakafou ʻi he Taʻofiʻanga ʻo e Kau Fakamamahí.
* [Kautaha ʻa Alannah mo Madeline](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) ʻokú ne ʻoatu ʻa e [DigiTalk](https://www.alannahandmadeline.org.au/learning-resources/digitalk?showing=18), ko ha feituʻu malu ia ʻi he opé maʻae ngaahi mātuʻá. ʻOku kau ai ʻa e ngaahi meʻangāue ʻi he kaveinga hangē ko e hoko ko ha fāmili ʻoku ngāueʻaki fakapotopoto ʻa e ngaahi meʻangāue fakaʻilekitulōniká, ʻahia ʻa e fakamamahi ʻi he opé, mo hono fili, maluʻi mo kau ʻi he ngaahi keimi maʻae fānaú.
* [Netiueka ʻOhake ʻa e Fānaú](https://raisingchildren.net.au/school-age/media-technology) ʻoku ʻoatu ai ʻa e ngaahi meʻangāue maʻae ngaahi mātuʻa ʻo e fānau ako lautohi puleʻangá ʻi he ngaahi kaveinga hangē ko hono ngāue leleiʻaki ʻa e taimi ʻoku fakamoleki ʻi he meʻangāue fakaʻilekitulōniká, moʻui fakafāmili makatuʻunga ʻi he ngaahi meʻa fakaʻilekitulōniká, ako mo e vaʻinga ʻi he ngaahi meʻangāue fakaʻilekitulōniká mo e malu ʻi he opé.

## Ngaahi fakaʻilonga ko ha kiʻi leka pe tokotaha kei talavou te ne fiemaʻu nai ha tokoni

Ko e ngaahi ngāue ʻa ha kiʻi leka ʻi he opé ʻe ʻi ai hano ola kovi kiate kinautolu kapau ʻoku ʻikai ke ʻi ai haʻanau ngaahi ngāue ʻaonga ke fai ʻi he taimi ʻoku ʻikai kenau ngāueʻaki ai ʻa e opé. ʻI he taimi ʻe niʻihi, ʻe hā nai ha ngaahi fakaʻilonga mei hoʻo kiʻi leká ʻoku nau aʻusia ha meʻa ʻikai lelei ʻi he opé pe ʻoku fakamamahiʻi kinautolu.

ʻE ʻikai nai ke talaatu ʻe hoʻo kiʻi leká kapau ko ha 'kaumeʻa' ʻi he opé pe tuʻunga kuo hoko ʻo fakangaloku pe faingataʻa. Te nau ongoʻi mā pe matahū nai, pe ilifia ʻe fakaʻaʻau ʻa e ngaahi meʻá ke koviange.

Hoko ʻo fakatokangameʻa ki he ngaahi liliu ʻi he tōʻonga mo e ongo ʻa hoʻo kiʻi leká. Fakasio ki he ngaahi fakaʻilonga hangē ko e takataka tokotaha, hohaʻatuʻu, mamahi pe liliu ʻa e fetuʻutaki mo e fāmilí pe ngaahi kaumeʻá.

ʻE lava ke kau ʻi he ngaahi fakaʻilongá ʻa e:

* ʻikai ha mahuʻingaʻia ʻi he ngaahi ngāue fakasōsialé hangē ko e fakatahataha mo e ngaahi kaumeʻá pe vaʻinga sipoti
* ʻe ʻikai ke sai ʻi he akó
* helaʻia, ʻikai mamohe, langaʻulu, mata mohe
* ngaahi liliu ʻi he sīpinga ʻene kaí
* hōloa ʻene tuʻunga haisiní
* maʻunimā ʻe ha ngaahi uepisaiti makehe pe ngaahi keimi
* ʻita tōtuʻa ʻi he taimi ʻoku fekau ai ke kiʻi mālōlō mei hono ngāueʻaki ʻa e opé
* ʻokú ne hā loto-māfasia pe ʻita tōlili ʻi he taimi ʻoku fekau ai ke mavahe mei he komipiutá
* hoko ʻo fakamavaheʻi ia mei he ngaahi kaumeʻá mo e fāmilí

ʻE lava ke ke ako lahiange fekauʻaki mo e ngaahi fakaʻilonga ʻo e fakamamahi ʻi he [Taʻofiʻanga ʻo e Kau Fakamamahí](https://www.vic.gov.au/warning-signs-bullying) mo e [ngaahi fakaʻilonga ʻo e fakakounaʻi ke fai ha kovi](https://www.esafety.gov.au/parents/issues-and-advice/grooming-or-unwanted-contact) ʻi he uepisaiti ʻa e eSafety Commissioner.

## Ko e hā ke faí kapau ʻoku aʻusia ʻe he koʻo kiʻi leká ha meʻa ʻoku ʻikai malu ʻi he opé

ʻOku lahi ʻa e ngaahi founga ʻe lava ʻe he ngaahi mātuʻá ke ʻohake ai ʻenau hohaʻa pe ke maʻu ha tokoni ʻo ka ʻi ai ha meʻa ʻe hoko.

* ʻE lava ke ke fakatalanoa ki he ʻapiako ʻa hoʻo kiʻi leká fekauʻaki mo ha faʻahinga hohaʻa pē ʻokú ke maʻu pe kapau ʻoku ʻi ha meʻa kuo hoko. Ko e ʻApiakó ʻoku ʻi ai ʻenau ngaahi polisī mo e ngaahi founga ʻe lava ke tokoni. Te nau toe lava foki ke ngāue mo koe ke fakapapauʻi ʻoku maʻu ʻe hoʻo kiʻi leká ha tokoni lahiange kapau te nau fiemaʻu ia. Fetuʻutaki ki he faiako ʻa hoʻo kiʻi leká pe timi ki he lelei ʻa e ʻapiakó ke kamata. Lau lahiange fekauʻaki mo e talanoa ki hoʻo ʻapiakó ʻi he [Taʻofiʻanga ʻo e Kau Fakamamahí](https://www.vic.gov.au/talk-your-school).
* Kapau naʻe kau ʻa hoʻo kiʻi leká ʻi ha meʻa naʻe hoko ʻi he opé ʻoku mahuʻinga ke ke ngāue fakataha mo hoʻo ʻapiakó ke ʻoange ki hoʻo kiʻi leká ʻa e tokoni ʻoku nau fiemaʻú. Ako ki he founga ke tokoniʻi hoʻo kiʻi leká hili ha meʻa naʻe hoko ʻi he opé ʻi he [uepisaiti eSafety Commissioner](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).
* ʻE lava ke ke fetuʻutaki ki he eSafety commissioner ki ha faleʻi pea ke [līpooti ha fakamālohi](https://www.esafety.gov.au/report). Ko e sisitemi līpooti ʻa e eSafety ʻe tokoni ia ki he ngaahi mātuʻa ʻo e fānau ʻoku nau aʻusia ʻa e fakamamahi ʻi he opé mo e fakamālohiʻi makatuʻunga ʻi hono ngāueʻaki ʻa e ngaahi ʻatá ʻaki ʻa e ngāue mo e ngaahi peletifoomu ke toʻoʻaki ʻa e ngaahi ʻatá.
* Kapau ʻoku ʻi ai ha taha ʻoku fetuʻutaki atu ki hoʻo kiʻi leká pea ko e fetuʻutaki ko ení ʻoku ʻikai fiemaʻu pe ʻai kinautolu ke ʻoua ongoʻi taʻemanonga, ʻoku ʻi ai ʻa e ngaahi meʻa ʻe lava ke ke fai ke tokoni. Lau lahiange fekauʻaki mo hano fakalotoʻi hoʻo kiʻi leká mo e fetuʻutaki ʻikai fiemaʻu mo e meʻa ke fai ʻi he [uepisaiti ʻa e eSafety Commissioner](https://www.esafety.gov.au/parents/issues-and-advice/grooming-or-unwanted-contact).
* Ko e Kautaha ʻa Alannah mo Madeline ʻokú ne ʻoatu ʻa e faleʻi ki he [meʻa ke fai ʻi he ngaahi tuʻunga hono fakamamahiʻi ʻo ngāueʻaki ʻa e ngaahi ʻata](https://www.alannahandmadeline.org.au/resources/navigating-the-impacts-of-generative-ai-and-image-based-abuse-on-children) ʻi he opé pea fakafou ʻi he Artificial Intelligence (AI).

## Ko fē te ke kole ki ai ki ha tokoni lahiange maʻa hoʻo kiʻi tamá

* Fetuʻutaki ki he 000 ki ha tokoni fakavavevave
* Fakatalanoa ki he ʻapiako hoʻo kiʻi leká
* Fetuʻutaki [ki he eSafety Commissioner](https://www.esafety.gov.au/report). ki ha faleʻi pe līpooti ʻa e fakamamahi ʻi he opé.
* ʻAʻahi kiʻi hoʻo GP kapau ʻokú ke loto ke talanoa fekauʻaki mo e tokoni ki he moʻuilelei ʻa e ʻatamaí
* Lainetokoni ʻa e Kau Leká: 1800 551 800 [www.kidshelpline.com.au](http://www.kidshelpline.com.au)
* [Laine ʻa e mātuʻá](https://services.dffh.vic.gov.au/parentline) ʻoku tokoni atu ai ha kauniselingi fakapulipuli ʻi he telefoní maʻae ngaahi mātuʻá mo e faʻahinga ʻoku nau tokangaʻi ʻenau fānaú. ʻOku kau heni ʻa e faleʻi ki hono ngāueʻaki ʻa e ʻinitanetí, mo e fakamamahi ʻi he opé mo e malu.
* Lainemoʻui (Lifeline): 13 11 14 [www.lifeline.org.au](http://www.lifeline.org.au)
* Fakalaka atu ʻi he Pulū (Beyond Blue): 1300 224 636 [www.beyondblue.org.au](http://www.beyondblue.org.au)