# Mo matua ma i latou e tausia tamaiti (a'oga maualuluga)

Lagolago mo le fa'atumauina o le saogalemu o tupulaga talavou i luga o ala o fa'asalalauga lautele

O lenei ta'iala o lo'o tu'uina atu ai fautuaga ma puna'oa mo matua, i latou e tausia tamaiti ma aīga e lagolago ai tupulaga talavou ina ia saogalemu pe a fa'aogaina ala o fa'asalalauga lautele.

## Tupulaga talavou i a'oga maualuluga ma ala o fa'asalalauga lautele

E tāua tele le sao o matua i le lagolagoina o a latou tupulaga talavou ina ia saogalemu i luga o upega tafa'ilagi ma luga o ala o fa'asalalauga lautele i le upega tafaʻilagi. E mafai ona e fesoasoani i lau fanau e folau saogalemu i le latou lalolagi fa'akomepiuta ma aʻoaʻoina i latou e aloese mai a'afiaga leaga i luga o upega tafa'ilagi. E mafai ona e su'esu'e fa'atasi i luga o upega tafa'ilagi, ta'aloga, polokalame ma fa'asalalauga fa'a'agafeso'ota'i ma fa'atulaga ni tulafono ma tuaoi.

O lau lagolago ma le ta'ita'iga e mafai ona maua ai e lau fanau le malamalama e fai ai filifiliga lelei i luga o upega tafa'ilagi ma le mautinoa e fesili atu mo se fesoasoani pe a latou mana'omia. E taua fo'i le nofo malamalama e uiga i le saogalemu i luga o upega tafa'ilagi.

E mafai ona e faitau atili e uiga i [faiga fa'avae saogalemu i luga o upega tafa'ilagi](https://www.esafety.gov.au/parents/issues-and-advice/online-safety-basics) i luga o le upega tafa'ilagi a le Komesina o le eSafety.

E mafai fo'i 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 polokalama uma, o 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

E tele puna'oa o lo'o avanoa e lagolago ai oe e lagolagoina lau tama.

* O le [upega tafa'ilagi a le Komesina eSafety](https://www.esafety.gov.au/) e maua ai:
* [upega tafa'ilagi a matua](https://www.esafety.gov.au/parents) e aofia ai fa'amatalaga [i le auala e fai ai ni talanoaga faigata e uiga i mataupu faigata](https://www.esafety.gov.au/parents/issues-and-advice/hard-to-have-conversations) e pei o le sauāina i luga o upega tafa'ilagi poʻo ponokalafi.
* [semina e faia i luga o upega tafa'ilagi](https://www.esafety.gov.au/parents/webinars) e tu'uina atu ai i matua/i latou e tausia le malamalama, tomai ma meafaigaluega e lagolago ai a'afiaga saogalemu i luga o upega tafa'ilagi e aofia ai se folasaga i le saogalemu i luga o upega tafa'ilagi ma tekonolosi fou.
* [ata fa'asolo talafeagai mo aīga ma pepa o fautuaga i gagana eseese](https://www.esafety.gov.au/parents/resources/online-safety-for-every-family) e lagolago ai lou aīga e nofo saogalemu i luga o le initaneti, amata i luga o ala o fa'asalalauga lautele, saogalemu i ta'aloga i luga o upega tafa'ilagi ma maua se fesoasoani pe a sauāina lau tama i luga o upega tafa'ilagi.
* [fautuaga](https://www.esafety.gov.au/parents/issues-and-advice/grooming-or-unwanted-contact) e lagolago ai matua e feagai ma mataupu i luga o upega tafa'ilagi e pei o le lafoina o ata telenoa ma feau tusitusi i feusua'iga, ponokalafi ma sauāga i luga o upega tafa'ilagi.
* fautuaga mo le tu'usa'o o [le lagolago mo tupulaga talavou](https://www.esafety.gov.au/young-people) e aofia ai le auala e feagai ai ma tulaga faigata o ala o faʻasalalauga lautele.
* [Bully Stoppers](https://www.vic.gov.au/bully-stoppers) e maua ai puna'oa fa'apitoa i le [saogalemu i luga o upega tafa'ilagi ma sauāga i luga o upega tafa'ilagi](https://www.vic.gov.au/advice-sheets-students#cyberbullying) mo tamaiti a'oga maualuluga ma se itulau o puna'oa fa'apitoa 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) na te auina atu [DigiTalk](https://www.alannahandmadeline.org.au/learning-resources/digitalk?showing=18), ose nofoaga saogalemu i luga o upega tafa'ilagi mo matua e aofia ai mataupu e aofia ai le fa'aau'upegaina o tupulaga talavou mo le manuia fa'akomepiuta, lagolagoina o tupulaga talavou i se lalolagi o feso'ota'iga, fa'amalosiau i lau tama talavou e ta'alo ma le saogalemu ma fa'ato'ilaloina le sauāina o tupulaga.
* O le [Raising Children Network](https://raisingchildren.net.au/school-age/media-technology) e maua ai puna'oa mo matua o tupulaga i mataupu e aofia ai le taimi e i luga ai o upega tafa'ilagi, sauāga i luga o upega tafa'ilagi, feau tusitusi taufeusua'iga ma ta'aloga.

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

O le gaioiga a se tagata talavou i luga o upega tafa'ilagi e ono i ai se a'afiaga le manuia ia i latou pe afai latou te le maua foi se paleni lelei o gaioiga masani. O nisi taimi, atonu e ono fa'aalia e se tagata talavou ni fa'ailoga o lo'o i ai ni a latou fegalegaleaiga le lelei i luga o upega tafa'ilagi po'o o lo'o sauāina i latou.

Atonu latou te le taʻuina atu ia te oe pe afai o se 'fa'auo' i luga o upega tafa'ilagi ua lē sologa lelei pe ua faigatā ona ua latou matamuli pe ma'asi'asi, pe fefefe e ono atili leaga atu ai.

Ia mata'ala i suiga i amioga po o lagona a 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 fa’apitoa 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 sauāga i luga o le [Bully Stoppers](https://www.vic.gov.au/warning-signs-bullying), [fa'ailoga lapata'i o fa'apele le manuia](https://www.esafety.gov.au/parents/issues-and-advice/grooming-or-unwanted-contact) ma [fa'amatalaga e uiga i faiga fa'amalosi o feusuaiga](https://www.esafety.gov.au/key-topics/image-based-abuse/deal-with-sextortion) i le upega tafa'ilagi o 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 tula’i se faʻalavelave.

* E mafai ona e talanoa i le a'oga a lou alo i so'o se atugaluga o iai pe afai fo'i na tupu se mea. O a'oga e iai faiga fa'avae ma faiga e mafai ona fesoasoani ma ia mautinoa e maua e lau tama le fesoasoani fa'aopoopo pe a latou mana'omia. Fa'afeso'ota'i le faia'oga a lou alo po'o le vaega ole soifua manuia ole a'oga e amatamea 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 tafa'ilagi, 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 fo'i ona e fa'afeso'ota'i le komesina o le eSafety mo fautuaga ma le [lipotiina o sauāga](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 fo'i fautuaga i [mea e fai i le taimi o ata-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 i le 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
* headspace Faufautua: E mafai e tamaiti a'oga a le Malo o Vitoria ona maua auaunaga faufautua mai le headspace. Valaau i le: 1800 650 890 pe asiasi [www.headspace.org.au/eheadspace](http://www.headspace.org.au/eheadspace)
* 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 tafa'ilagi
* 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)