# Maʻae ngaahi mātuʻá mo e kau tauhí (hono ua)

Tokoni ke tauhi ke malu ʻa e toʻutupú ʻi he mītia fakasōsialé

Ko e tataki ko ení ʻokú ne ʻoatu ʻa e tūhulu mo e ngaahi tokoni maʻae ngaahi mātuʻá, kau tauhí mo e ngaahi fāmilí ke tokoniʻi ʻa e kau talavoú kenau malu ʻi hono ngāueʻaki ʻa e mītia fakasōsialé.

## Ko e kau talavou ʻi he akoʻanga kolisí mo e mītia fakasōsialé

ʻOku ʻi ai e ngafa mahuʻinga e ngaahi mātuʻá ʻi hono tokoniʻi ʻenau fānau toʻutupú ke hoko ʻo malu ʻi he opé mo e ngaahi saiti mītia fakasōsialé. ʻE lava ke ke tokoniʻi hoʻo fānaú ke nau fekumi malu ʻi honau māmani fakaʻilekitulōniká pea akoʻi kinautolu ke fakaʻehiʻehi mei he hokosia ha ngaahi meʻa kovi ʻi he opé. ʻE lava ke mo ʻahia fakataha ʻa e ngaahi uepisaití, ngaahi keimi, ʻepi mo e mītia fakasōsialé pea fokotuʻu ha ngaahi lao ʻe niʻihi mo e ngaahi fakangatangata.

ʻE lava ʻe hoʻo tokoní mo hoʻo tatakí ke ʻoatu ki hoʻo fānaú ʻa e ʻilo ke fakahokoʻaki ʻa e ngaahi fili lelei ʻi he opé pea lototoʻa ke kole ki ha tokoni ʻi he taimi tenau fiemaʻu ai iá. ʻOku toe mahuʻinga foki ke nofoʻaki lāuʻilo fekauʻaki mo e malu ʻi he opé.

ʻE lava ke ke lau lahiange fekauʻaki mo e [malu tefito ʻi he opé](https://www.esafety.gov.au/parents/issues-and-advice/online-safety-basics) ʻi he uepisaiti ʻa e eSafety Commissioner.

ʻE toe lava foki ke ke ako fekauʻaki mo e ngaahi mītia fakasōsiale kehekehe, ngaahi keimi, ngaahi ʻepi mo e ngaahi saiti ʻi he [eSafety Guide,](https://www.esafety.gov.au/key-topics/esafety-guide) kau ai ʻa e ngaahi ʻepí kotoa, fekauʻaki mo e taʻu fakangatangatá, mo e anga hono maluʻi ʻa e fakamatala fakafoʻituitui mo e anga hono līpooti ʻa e ngaahi meʻa ʻi loto ʻi he ngaahi ʻepí.

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

ʻOku lahi ʻa e ngaahi tokoni ʻoku ʻatā ke tokoniʻiʻaki koe ke ke tokoniʻi hoʻo kiʻi leká.

* Ko e [uepisaiti ʻa e eSafety Commissioner](https://www.esafety.gov.au/) te ne ʻoatu ʻa e:
* [uepisaiti ʻa e ngaahi mātuʻá](https://www.esafety.gov.au/parents) kau ai ʻa e ngaahi fakamatala [ki he anga hono fai ha talanoa fefeka 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 ngaahi ʻata fakalieliá.
* [uepina](https://www.esafety.gov.au/parents/webinars) ke ʻoange ki he ngaahi mātuʻá/kau tauhí ʻa e ʻilo, ngaahi pōtoʻi mo e meʻangāue ke tokoni ki he ngaahi hokosia malu ʻi he opé ʻo kau ai ha talateu ki he malu ʻi he opé mo e ngaahi tekinolosiá ʻoku ʻalu hake.
* [ko e ngaahi vitiō mo e ngaahi pepa faleʻi fakakaumeʻa maʻae fāmilí](https://www.esafety.gov.au/parents/resources/online-safety-for-every-family) ʻi he ngaahi lea kehekehe ke tokoniʻiʻaki ho fāmilí ke nofoʻaki malu ʻi he opé, pe kamata ngāueʻaki ʻa e mītia fakasōsialé, keimi malu ʻi he opé pea maʻu ʻa e tokoni ʻi he taimi ʻoku fakamamahiʻi ai hoʻo kiʻi leká ʻi he opé.
* [faleʻi](https://www.esafety.gov.au/parents/issues-and-advice/grooming-or-unwanted-contact) ke tokoniʻi ʻa e mātuʻa fekauʻaki mo e ngaahi ʻīsiū ʻi he opé hangē ko hono ʻave mo e feʻaveʻaki pōpoaki fakalielia, ʻata fakalielia mo e fakamamahiʻi ʻi he opé (cyberbullying).
* faleʻi ke fakahangatonu hono [tokoniʻi ʻa e toʻutupú](https://www.esafety.gov.au/young-people) kau ai ʻa e anga ʻo e fekuki mo e ngaahi tenge ʻa e mītia fakasōsialé.
* [Taʻofiʻanga ʻo e Kau Fakamamahí](https://www.vic.gov.au/bully-stoppers) ʻoku ʻoatu ai ʻa e ngaahi meʻangāue tokoni ki he [malu ʻi he opé mo e fakamamahi ʻi he opé](https://www.vic.gov.au/advice-sheets-students#cyberbullying)maʻae fānau ako kolisí pea mo ha peesi tokoni 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.
* [Ko e 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 ʻa ia ʻokú ne kātoi ʻa e ngaahi kaveinga kau ai hono teuteuʻi ʻo e kau talavoú ke fakapotopoto ʻi hono ngāueʻaki ʻa e ngaahi meʻangāue fakaʻinitanetí, tokoniʻi ʻa e kau talavoú ʻi ha māmani fakafehokotaki, fakamafeia hoʻo kiʻi talavoú ke keimi malu pea ikuʻi ʻa hono fakamamahiʻi ʻo e kau talavoú.
* [Netiueka ʻOhake ʻo e Fānaú](https://raisingchildren.net.au/school-age/media-technology) ʻoku ʻoatu ai ʻa e ngaahi meʻangāue tokoni maʻae ngaahi mātuʻá ʻo e kau toʻutupú mo e ngaahi kaveinga kau ai ʻa e taimi ʻoku fakamoleki ʻi he ngaahi meʻa fakaʻilekitulōniká, fakamamahi ʻi he opé, feʻaveʻaki pōpoaki fakalielia mo e keimi.

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

ʻE ala lava ke ʻi ai ha uesia kovi ki ha kiʻi talavou ʻi he opé ʻi heʻene ngaahi ngāue ʻi he opé ʻo kapau ʻe ʻikai potupotu tatau ia mo e ngaahi ngāue ʻi tuʻa ʻi he opé. ʻI he taimi ʻe niʻihi, ko ha kiʻi talavou te ne fakahaaʻi nai ʻa e ngaahi fakaʻilonga ʻoku ʻi ai ʻenau fakafehokotaki kovi ʻi he opé pe ʻoku fakamamahiʻi kinautolu.

ʻE ʻikai nai te nau talaatu kiate koe kapau ko ha ʻfaikaumeʻa’ ʻi he opé pe tuʻunga kuo hoko ʻo fakamāfasia pe faingataʻa koeʻuhí ʻoku nau mā pe matahū, pe ilifia te ne ʻai ʻa e ngaahi meʻá ke koviange.

Hoko ʻo fakatokanga meʻa ki he ngaahi liliu ʻi he tōʻonga mo e ongoʻi ʻa hoʻo kiʻi leká. Fakasio ki he ngaahi fakaʻilonga hangē ko e takataka tokotaha, hohaʻatuʻu, mamahi pe liliu ʻa e fetuʻuaki mo e fāmilí pe ngaahi kaumeʻá.

Ko e ngaahi fakaʻilonga ʻe lava ke hohaʻa ki aí ʻoku kau ai 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-mafasi 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 fakatokangá ʻo e fakamamahi ʻi he [Taʻofiʻanga ʻo e Kau Fakamamahí](https://www.vic.gov.au/warning-signs-bullying), [fakaʻilonga ʻo hono teuteuʻi ke fai ha hia](https://www.esafety.gov.au/parents/issues-and-advice/grooming-or-unwanted-contact) mo e [fakamatala fekauʻaki mo e fakamamahi fakalielia](https://www.esafety.gov.au/key-topics/image-based-abuse/deal-with-sextortion) 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 hohaʻá pe ke maʻu ha tokoni ʻo ka ʻi ai ha meʻa ʻe hoko.

* ʻE lava ke ke talanoa ki he ʻapiako hoʻo kiʻi leká ki ha faʻahinga hohaʻa te ke maʻu nai pe kapau naʻe ʻi ai ha meʻa naʻe hoko. Ko e ʻapiakó ʻoku ʻi ai ʻenau ngaahi lao mo e ngaahi founga kuo fokotuʻu ʻa ia ʻe lava ke tokoni pea ke fakapapauʻi ʻoku maʻu ʻe hoʻo kiʻi leká ʻa e tokoni fakalahi kapau tenau fiemaʻu ia. Fetuʻutaki ki he faiako hoʻo kiʻi leká pe ki he timi ki he moʻuilelei 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 hoʻo kiʻi leká ʻi ha meʻa ʻi he opé, ʻoku mahuʻinga ke ke ngāue fakataha mo hoʻo ʻapiakó ke ʻoatu ʻa e tokoni ʻa ia ʻoku fiemaʻu ʻe hoʻo kiʻi leká. 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 toe lava foki 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 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 fiemaʻú 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 tene toe 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.
* Faleʻi headspace: Ko e fānau ako kolisi ʻa e Puleʻanga Vikatōliá ʻe lava ke nau kau ki he   
  ngaahi sēvesi faleʻi mei he headspace. Tā ki he: 1800 650 890 pe ʻaʻahi ki he [www.headspace.org.au/eheadspace](http://www.headspace.org.au/eheadspace)
* 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 ʻo e ʻinitanetí, mo e fakamamahi mo e malu ʻi he opé
* 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)