# Maʻae fānauako kolisí

Tokoni maʻau ke ke hoko ʻo malu ʻi he mītia fakasōsialé

Ko e tataki ko ení ʻoku ʻoatu ai ʻa e fanga kiʻi tūhulu ke tokoniʻiʻaki koe ke ke malu ʻi he mītia fakasōsialé pea fakafehokotaki ki he faleʻi fekauʻaki mo e meʻa ke fai kapau te ke fiemaʻu ha tokoni.

## Founga ke ke maʻu ai ha hokosia lelei mo malu ʻi he opé

* ʻIloʻi ʻa e feituʻu ke maʻu mei ai ʻa e fakamatalá: Ko e eSafety Commissioner te ne ʻoatu ʻa e [ngaahi fakamatala ʻaonga lahi ke tokoniʻiʻaki koe ke ke malu ʻi he opé](https://www.esafety.gov.au/young-people) - ngaahi kaveinga kau ai ʻa e faialea mo e ngaahi vahaʻangatae, fonongaʻia e ngaahi tuʻunga faingataʻa, maluʻi koe ʻi he opé, ngaahi ongoongo loi mo e ngaahi meʻa lahiange.
* ʻAi ke palanisi ho māmani ʻi he opé mo e ʻikai ʻi he opé:ʻE lava ke faingofua pē ke fakamoleki ʻa e taimi lahi ʻi he opé, ka ko hono ʻiloʻi ʻa e lahi hoʻo mo e ngāueʻaki ʻa e opé ʻe lava ke tokoni ia kia koe ke ke fokotuʻutuʻu ha taimi palanisi fakatupu moʻuilelei mo fakafiefia ʻi he taimi ʻoku ʻikai ai ke ngāueʻaki ʻa e opé. Sio ki he [Fakapalanisi ho taimi ʻi he opé](https://www.esafety.gov.au/young-people/balancing-your-time-online).
* Levaʻi ʻa e hisitōlia hoʻo ngāueʻaki ʻa e ʻinitanetí: ʻOku lahiange ʻa e meʻa ʻoku manatuʻi ʻe he ʻinitanetí fekauʻaki mo koe ʻi he meʻa ʻokú ke ʻamanekiná. ʻOkú ne tuku ha halanga ʻo e teita, ʻoku ʻiloa ko e hisitōlia hoʻo ngāueʻaki ʻa e ʻinitanetí. Ko e ongoongo leleí, ʻoku 'i ai ʻa e ngaahi founga ke levaʻi ʻa e hisitōlia hoʻo ngāueʻaki ʻa e ʻinitanetí. Vakaiʻi ʻa e [Hisitōlia hono ngāueʻaki ʻa e ʻinitanetí](https://www.esafety.gov.au/young-people/digital-footprint) ki ha ngaahi tūhulu ki hono levaʻi haʻaú.
* Fakasiʻisiʻi ʻa e tengé: Ko e mītia fakasōsialé ʻe lava ke hoko ia ko ha founga lelei ke fetuʻutaki ai mo e ngaahi kaumeʻá, ka ʻi he taimi ʻe niʻihi ʻe lava pē ke ne ʻai kitautolu ketau fakahoa kitautolu ki he niʻihi kehé pe ongoʻi hangē ʻoku tau fiemaʻu ke hokohoko fetuʻutaki. Ko e ngaahi tenge mei he mītia fakasōsialé ʻoku moʻoni ia ʻoku ʻi ai honau ngaahi nunuʻa maʻa kitautolu kotoa. Sio ki he [Ngaahi tenge mei he mītia fakasōsialé](https://www.esafety.gov.au/young-people/pressures-from-social-media) ki he fanga kiʻi tūhulu.
* Hoko ko ha tokotaha maluʻi: Neongo ʻene lava ke faingataʻa ke sio ki hono fakamamahiʻi ha taha ʻi he opé, ʻoku toe faingataʻa ange ke hoko tonu ko e tokotaha ʻoku fakamamahiʻí. ʻE lava ketau fai kotoa ha meʻa ke tokoní ʻaki ʻetau hoko ko ha kau maluʻi. Ko ha tokotaha maluʻí ko ha taha ʻokú ne fili ke tokoniʻi ha taha ʻoku fakamālohiʻi pe fakamamahiʻi. ʻE hā ngali fakalotosiʻi nai ka ʻoku ʻi ai ha ngaahi founga malu ke hoko ai ko ha tokotaha maluʻi ʻi he opé pea mata-ki he-mata. Sio ki he [ʻOua ʻe hohaʻa kou kau mo koe](https://www.vic.gov.au/i-have-your-back) ke ako lahiange.
* Tokoni ki hono fakamoleki ʻa e taimi lahi ʻi he opé: ʻOku uesia koe ʻe hoʻo tōʻonga ʻi he opé ʻi he taimi ʻoku ʻikai ai ke ke ngāueʻaki ai iá? Kapau ko e founga ʻetau ngāueʻaki ʻa e mītia fakasōsialé ʻoku ʻi ai ʻene uesia ʻetau moʻuileleí mo hotau ngaahi vahaʻangataé, ʻoku fiemaʻu ke tau tuʻu pea fakakaukau fekauʻaki mo e meʻa ʻoku hokó. Vakaiʻi ʻa e: [Ngaahi kaumeʻa moʻoní](https://www.vic.gov.au/secondary-real-friends).

## Ko e hā ʻe faí kapau ʻokú ke kau ʻi ha meʻa ʻikai malu ʻi he opé

ʻE lava ke hoko ha meʻa ʻi he opé ʻa ia te ne ʻai kitautolu ke tau ongoʻi taʻemanonga pe ʻikai malu. ʻE lava ke pe ke hoko eni koeʻuhí ko e fakamamahi, sio ʻi ha ngaahi meʻa fakatupu hohaʻa pe fakamālohi, ko hano vahevahe ha ngaahi tā taʻeteʻeki ke ke fakangofua, maʻu ha ʻata fakalielia naʻe ʻikai te ke loto ki ai pe fetuʻutaki atu ha taha ʻikai ke mo maheni ʻa ia ʻokú ne ʻai koe ke ke ongoʻi taʻemanonga. ʻOku ʻi ai ʻa e ngaahi founga ke maʻu ai ʻa e tokoni.

ʻOku ʻikai ke ke tokotaha pē. ʻOku ʻi ai maʻupē ha taha ʻe lava ke tokoni. Ko ha tokotaha lahi ʻokú ke falala ki ai, hangē ko ha mēmipa ʻo e fāmilí pe faiakó, ʻe lava ke ne ʻoatu kiate koe ha fakakaukau foʻou, pea pehē ki heʻene tokoniʻi koe ke ke fili ʻa e meʻa ke faí pea pehē ki he anga hoʻo fekuki mo ha faʻahinga ola pē. Feinga ke ke nofoʻaki fetuʻutaki mo hoʻo tokotaha tokoní lolotonga hoʻo fakaleleiʻi ʻa e tuʻungá.

**Hoko ʻo fakmamahiʻi ʻi he opé.**

* Tokoni kapau ʻoku fakamamahiʻi koe ʻi he opé: ʻOku ʻikai ha taha ʻe totonu ke fekuki mo e fakamamahi ʻi he opé, ka ko hono ʻiloʻi ʻa e founga lelei taha ke taʻofi ai iá ʻe tokoni. Ko e fakamamahi ʻi he opé ko e fakamamahi ʻo ngāueʻaki ʻa e tekinolosia fakaʻilekitulōniká hangē ko e ngaahi meʻangāue telefoni toʻotoʻo, ʻīmeili mo e mītia fakasōsialé. ʻE lava ke ke ako lahiange fekauʻaki mo ia ʻi heni: [Fakamamahi ʻi he opé](https://www.vic.gov.au/cyberbullying); pea ako ʻa e meʻa teke fai kapau te ke hokosia ʻa e [fakamamahi ʻi he opé](https://www.esafety.gov.au/young-people/cyberbullying).
* Ko e hā te ke fai kapau ʻe ui koe ko ha tokotaha fakamamahi: Kapau ʻokú ke kau ʻi ha tōʻonga fakamamahi, ʻoku mahuʻinga ke ke fakakaukau fekauʻaki mo e founga ʻe lava ke ke liliu ai hoʻo tōʻongá. ʻE toe lava foki ke fou ʻi he ngaahi sitepu ke fakapapauʻi ʻe ʻikai ke toe hoko. Kapau ʻe ui koe, sio ki he [Kuo ui au ko ha tokotaha fakamamahi | eSafety Commissioner](https://www.esafety.gov.au/young-people/ive-been-called-out) ki ha faleʻi.

**Ongoʻi ʻikai malu ʻi he opé**

* Maʻu ha tokoni kapau ʻoku ʻi ai ha taha ʻokú ne ʻai koe ke ke ongoʻi taʻemanonga pe ʻikai malu: Feʻiloaki mo e kakaí, ʻai ha ngaahi kaumeʻa foʻou pea fetuʻutaki mo e niʻihi kehe ʻa ia kuo ke ʻosi ʻiloʻi ʻoku nau anga-maheni ʻi he ngaahi ʻepi, saiti mo e keimí. Pe ko hai pē ʻokú ke fetuʻutaki mo iá, ʻoku mahuʻinga ke ʻiloʻi ʻa e founga ke maʻu ai ha tokoni kapau ʻoku nau ʻai koe ke ke ongoʻi taʻemanonga pe ʻikai malu. Lau lahiange fekauʻaki mo e meʻa ke faí ʻi he [Fetuʻutaki ʻikai malu mo e 'teuteuʻi'](https://www.esafety.gov.au/young-people/unsafe-contact)
* Kapau ʻoku ʻi ai ha taha ʻokú ne vahevahe pe fakamanamanaʻi ke vahevahe hao ʻīmisi telefua: Naʻa mo haʻo ʻave ki ha taha hao ʻīmisi pe vitiō ʻo ʻou, pe loto kenau faitaaʻi koe, ʻoku ʻikai ʻuhinga ia aí ʻoku nau maʻu ʻa e fakaʻatā ke vahevahe atu ia mo ha taha kehe. ʻIlo ʻa e meʻa ʻoku totonu ke ke faí ʻi heni: [Ko hoku tā telefuá kuo vahevahe atu ia](https://www.esafety.gov.au/young-people/my-nudes-have-been-shared) pe [Ko taha ʻokú ne fakamanamanaʻi ke vahevahe atu ha ku tā telefua](https://www.esafety.gov.au/young-people/someone-threatening-to-share-my-nudes)

Līpooti ha meʻa fakatuʻutāmaki

* Līpooti ha meʻa fakatuʻutāmaki ʻi he opé: Ko e eSafety Commissioner ʻe lava ke ne tokoniʻi koe ke toʻo ʻa e fakakmamahi ʻi he opé, mo e ngaahi meʻa taʻefakalao mo fakataputapui ʻi he opé, kau ai hono fakamamahiʻi ʻi he opé ʻa ia ʻe ngalingali ʻe fakatuʻutāmaki ki he moʻuilelei fakaesino mo e fakaeʻatamai ʻo e tokotaha ʻoku tāketiʻí. ʻAlu ki he [Līpooti ʻo ha fakatuʻutāmaki ʻi he opé](https://www.esafety.gov.au/report) ke ako lahiange fekauʻaki mo e meʻa ʻe lava ke līpootí, founga ke līpooti iá mo e fakamoʻoni ke fakahaofi pea fai ha līpooti.
* Meʻa fakatupu hohaʻa: ʻI he taimi ʻe niʻhi te ke ʻiloʻi ha meʻa ʻa ia ʻe leleiange ke ʻikai ke ke sio ai ʻi he taimi ʻokú ke ʻi he opé ai. ʻE lava ke kau ai ʻa e meʻa ʻe fakatupu hohaʻa pe fakalotomāfasia koeʻuhí ʻokú ne fakahaaʻi ha fakamālohi kovi pe fakalotomamahi. ʻE lava ke ke fai ha meʻa fakauʻaki mo ia [Meʻa fakatupu hohaʻa](https://www.esafety.gov.au/young-people/disturbing-content).

## Feituʻu ke ke ʻalu ki ai kapau ko koe pe ko ha kaumeʻa ʻe fiemaʻu ha tokoni lahiange

* Fetuʻutaki ki he 000 ki ha tokoni fakavavevave
* Fakatalanoa ki ha taha ʻi hoʻo ʻapiakó pe ko ha tokotaha lahi falalaʻanga ʻi tuʻa ʻi he ʻapiakó
* Fetuʻutaki ki he [eSafety Commissioner](https://www.esafety.gov.au/) ki ha faleʻi pe ke līpooti ha fakamālohi ʻi he opé
* Faleʻi headspace: ʻe lava ʻa e fānau ako kolisi ʻa e Puleʻanga Vikatōliá ke kau ki he
ngaahi sēvesi faleʻi mei he headspace. eheadspace: 1800 650 890 [www.headspace.org.au/eheadspace](http://www.headspace.org.au/eheadspace)
* ʻAʻahi ki hoʻo GP ʻi ho feituʻú kapau ʻokú ke fiemaʻu ha tokoni fakaemoʻuilelei fakaʻatamai
* Lainetokoni ʻa e Kau Leká: 1800 551 800 [www.kidshelpline.com.au](http://www.kidshelpline.com.au)
* 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)