

Ko e hā ‘a e me‘a te ke lava ‘o faí?

Ko e hokosia ‘a e tāufehi‘á ‘e lava ke ne fakatupu ‘a e maumau lahi mo e ilifia ‘i hotau ngaahi komiunitií. Kapau kuo uesia koe, mo ho ngaahi kaungāme‘á pe fāmilí, ‘e he ngaahi ‘ulungaanga tāufehi‘á, ‘oku mahu‘inga ke **tokoni**, **lekoōti**, mo **lipoōti**.

1. Tokoni

Fakapapau‘i ko koe mo e kakai kehe ‘oku uesiá ‘oku mou ‘i ha feitu‘u ‘oku malu, pea mavahe mei he tokotaha ‘okú ne fakatupu ‘a e hiá. Kapau ko ha fakamo‘oni koe, ‘ai ke mahino ko e tokotaha pe ko kinautolu ‘oku uesiá ‘oku ‘ikai te nau nofo tokotaha pea ‘okú ke ‘i iai ke poupou‘i kinautolu.

2. Lekoōti ‘a e me‘a ‘oku hokó

‘E malava ke mahu‘inga ha fakamo‘oni ‘oku lekoōti pe fakatolonga mei he me‘a na‘e hokó ‘o kapau ‘e fai hano fakatoto‘o‘i. Kapau ‘e lava ke fakahoko ‘i ha founga malu, teke lava ‘o:

- Lekoōti ha fo‘i vitiō pe faitaa‘i ‘a e me‘a na‘e hokó
- Tauhi ke malu ha ngaahi fakamo‘oni fakaesino
- Hiki fakaikiiki ‘a e taimi, feitu‘u, mo e kakai (pe ngaahi fakamatala ‘o e kakai) na‘e kau ki ai.

3. Lipoōti ‘a e me‘a na‘e hokó

Te ke lava ‘o lipoōti fakahangatonu ‘eni ki ha potungāue pe talaatu ki ha tokotaha falala‘anga ‘oku ofi taha atú - hangē ko ha faka‘uli pasi, tokotaha le‘o pe ‘i ha ‘ōfisi talitali. Te ke lava foki ‘o tala ki ha tokotaha ‘okú ke falala ki ai te ne lava ke poupou mo tokoni atu kiate koe ki hono lipoōti ‘a e me‘a na‘e hokó.

Telefoni ki he 111 kapau ‘oku ‘i ha tu‘unga fakatu‘utāmaki ha taha.

‘Oku tokoni hono lipoōti ‘o e me‘a na‘e hokó ki hono tauhi hotau ngaahi komiunitií ke malu, mālohi, mo poupou‘i.

Tu‘u fakataha ke tau‘i ‘a e taufehi‘á ‘i Aotearoa

‘E malava ‘e he taufehi‘á ke ne uesia kovi ‘a kitautolu kātoa, hotau ngaahi kaungāme‘á, hotau fāmilí, pea mo hotau ngaahi komiunitií.



Te Kāwanatanga o Aotearoa
New Zealand Government



Te Kāhui Tika Tangata
Human Rights Commission



Kapau ‘okú ke mahalo‘i ko koe, ko ha tokotaha ‘okú ke ‘ilo‘i, pe ko ha kulupu ‘oku fakataumu‘a ki ai ‘a e taufehi‘á koe‘uhí ko honau matakalí, tui fakalotú, tu‘unga tangata pe fefiné, tafa‘aki ‘oku ‘i ai ‘i he tu‘unga fakaetangata pe fakaefefiné, ta‘u motu‘á, faingata‘a‘ia fakaesinó, pe ko ha toe konga pē ‘o honau ‘ilo‘i‘angá, ‘oku mahu‘inga ke lipoōti ‘eni.

‘Oku lava ke ho‘ata mai ‘a e taufehi‘á ‘i he ngaahi ‘ulugaanga kehekehe. Mei he ui ‘aki ha ngaahi hingoa fakamamahi ki he ngaahi fakamanamana, ngaohikovia, ngaohikovia ‘i he ‘initaneti, maumau mei he faihiá, taa‘i fakamamahi, mo e fakamamahi fakalieliá. ‘Oku fakataumu‘a ‘a e ngaahi ngāue fakamamahi ko ‘eni ke fakatupu ha maumau pe manavahē ki ha tokotaha (pe fa‘ahinga tokolahi ange) pea mo e lahi ‘o e ngaahi komiunitií koe‘uhí pe ko kinautolu.

Ko hono lipoōti ‘e malava ke fakasi‘isi‘i ai ‘a e ngaahi uesia kovi ‘oku fakatupu mei he taufehi‘á pea lava ke ma‘u ai ‘a e fakamatala fakalūkufua ki he founa ‘oku uesia ai ‘a hotau fonuá. ‘Oku malava leva heni ‘e he ngaahi potungāue ke nau muimui‘i mo ta‘ofi ‘a e ngaahi ‘ulungaanga kovi, pea toe fakahoko foki mo e ngaahi tokoni kiate kinautolu ‘oku uesiá.



Lipoōti

Kapau ‘e ‘ikai teke lipoōti, ‘e ‘ikai te mau lava ‘o tokoni.

‘Oku mau mahino‘i ko e talanoa fekau‘aki mo e ngaahi me‘a ko‘eni ‘oku lava ke faingata‘a. ‘Oku lahi ‘a e ngaahi founa ke ke fili mei ai ke lipoōti mo kumi ha tokoni, kau ai ‘a e malava ke ke lea mai ‘i ha founa ‘oku malu mo ‘ikai ‘ilo‘i ai koe.

Polisi

Kapau ‘oku ‘i ha tu‘unga fakatu‘utāmaki ha taha pe ‘oku lolotonga hoko ha me‘a, [telefoni ki he 111 ‘i he taimi ni pē](#).

Kapau kuo ‘osi hoko ha me‘a ia pea ‘oku ‘ikai ha taha ‘oku ‘i ha tuunga fakatu‘utāmaki, [lipoōti ia ‘i he ‘initaneti](#) ‘i he [105.police.govt.nz](#)

Netsafe

Ko e Netsafe ko e kautaha malu‘i ia ‘i he ‘initaneti ‘a Nu‘u Silá ni, ‘a ia ‘oku tu‘u tau‘atāina pea ‘ikai ma‘u ha‘ane pa‘anga tupu. Te ke lava ‘o lipoōti ha ngaahi me‘a kau ai ‘a e ngaohikovia ‘i he ‘initaneti, houtamaki mo e ngaohikoviá.

‘A‘ahi ki he [netsafe.org.nz/report](#)

[Pe telefoni ki he 0508 NETSAFE \(0508 638 723\)](#)

Ko e Department of Internal Affairs: Fakafepaki‘i ‘o e Fakamālohi Fakalilifu ‘i he ‘Initaneti (Countering Violent Extremism Online)

Ko e fatongia ‘o e Timi ki he Fakafepaki‘i ‘o e Fakamālohi Fakalilifu ‘i he ‘Initaneti (Digital Violent Extremism Team) ‘i he DIA ko hono tokanga‘i ke malu ‘a e kakai ‘o Nu‘u Silá ni mei he fakatu‘utāmaki ‘i he ‘initaneti ‘aki ‘enau ngāue ki hono ta‘ofi ‘a e mafola ‘o e ngaahi fakamatala kovi ‘oku malava ke tu‘uaki atu pe faka‘ai‘ai ‘a e fakamālohi fakalilifu.

‘A‘ahi ki he [dia.govt.nz/Countering-Violent-Extremism](#)

Kau Ta‘ofi Faihiá (Crime Stoppers)

Ko e Kau Ta‘ofi Faihiá ko ha kautaha ngāue tau‘atāina ia ‘okú ne ‘oatu ha founa ‘oku malu pea ‘e ‘ikai ‘ilo‘i ai koe ke ke lava ‘o lea mai ai pea lipoōti.

Tenau lava ‘o ‘ave ‘a e fakamatala kuó ke ‘oangé ki he potungāue totonú pea ‘oku nau fiema‘u ke mahino‘i ‘a e me‘a ‘okú ke ‘iló, kae ‘ikai ko koe.

‘A‘ahi ki he [crimestoppers-nz.org/report](#)

[Pe telefoni ki he 0800 555 111](#) ke talanoa mo ha taha ‘oku taukei ‘i he tali ‘o e fakamatala ‘i he telefoni.

Komisoni ki he Totonu ‘a e Kakaí Te Kāhui Tika Tangata

‘Oku fakahoko ‘e he Komisoni ki he Totonu ‘a e Kakaí ‘a e sēvesi ‘oku ta‘etotongi, malu fakafo‘ituitui ke tokoni ki he ngaahi faka‘eke‘eke mo e ngaahi lāunga fekau‘aki mo e filifilimānako ‘oku ta‘efakalaó, fakaho‘oha‘asi fakalielia mo e fakamatakali, mo e lea ‘oku fakatupu kovi.

‘A‘ahi ki he [tikatangata.org.nz](#)

[Pe telefoni ki he 0800 496 877](#)

CERT NZ

‘Oku ngāue ‘a e CERT NZ ki hono malu‘i ‘a Nu‘u Silá ni mei he ngaahi fakatu‘utāmaki ‘e ala ma‘u mei he opé (cyber security). ‘Oku nau tokoni‘i ‘a e kakai ‘oku uesia ‘e he ngaahi fakatu‘utāmaki ‘i he opé, pea ‘oatu mo e ngaahi fakamatala mo e fale‘i.

‘A‘ahi ki he [cert.govt.nz/report](#)

Tokoni

‘Oua ‘aupito na‘a ke ongo‘i ‘i ha taimi ‘oku ke tuenoa.

‘Oku ‘i ai ma‘u pē ‘a e tokoni ‘oku ‘atā atu.

Tokoni ki he Kakai Uesiá (Victim)

Kapau kuo uesia koe tupunga mei ha maumaulao, tatau ai pē pe ko e ha hono mamafá, ‘oku lava ke ma‘u ha tokoni. ‘E lava ‘e he Victim Support ke tokoni atu kiate koe ke ke lava ‘o tokangaekina ‘a e ngaahi uesia fakaeloto mo e ngaahi uesia kovi mei he hiá pea ‘oatu mo ha fakamatala ke tokoni‘i koe ke ke mahino‘i ‘a e founa fakalaó.

‘A‘ahi ki he [victimsupport.org.nz](#)

[Pe telefoni ki he 0800 842 846](#)

Tokoni ki he mo‘ui fakae‘atamai (Mental health support)

‘Oku lahi ‘a e ngaahi naunau mo e ngaahi sēvesi ‘oku ‘atā atu ke tokoni, kau ai ‘a e telefoni mo e ngaahi sēvesi mo e fakamatala ‘i he ‘initaneti, mo e tokoni ‘i he fesiofaki mata ki he mata.

[Depression Helpline](#)
[Telefoni ki he 0800 111 757](#)
[Tohi \(Text\) ki he 4202](#)
[‘A‘ahi ki he depression.org.nz](#)

[1737](#)
[Telefoni pe tohi ki he 1737](#)
[‘A‘ahi ki he 1737.org.nz](#)

[Suicide Crisis Helpline](#)
[Telefoni ki he 0508 TAUTOKO](#)

[The Lowdown](#)
[Telefoni ki he 0800 111 757](#)
[Tohi ki he 5626](#)
[‘A‘ahi ki he thelowdown.co.nz](#)

[Lifeline](#)
[Telefoni ki he 0800 LIFELINE](#)
[Tohi ki he HELP pe 4357](#)
[‘A‘ahi ki he lifeline.org.nz](#)

Tokoni fakakomiunitií (Community support)

Ko e [Neighbourhood Support](#) ‘oku nau ngāue mo e potungāue Polisi ke fakatahataha‘i mai ‘a e ngaahi kaunga‘api ‘i he koló ke fokotu‘u ha ngaahi komiuniti ‘oku malu, tu‘u mālohi mo fehokotaki.

‘A‘ahi ki he [neighbourhoodsupport.co.nz](#)

[Pe telefoni ki he 0800 4 NEIGHBOURS](#)

[Kau ‘Ōfisa Fēngaue‘aki ‘a e kau Polisi \(Police Liaison Officers\)](#)

[Ko e kau ‘Ōfisa fēngaue‘aki ‘ae kakai Māuli \(Iwi\)](#)
‘oku nau fakahoko ha fatongia mahu‘inga ‘i hono fe‘aveaki ‘a e ngaahi fiema‘u fakae‘ulungaangá mo ngāue ke fakalakalaka ‘a e vaha‘angatae ‘a e kau Polisi mo e kakai Maulí

[Ko e kau ‘Ōfisa Fēngaue‘aki Fakamatakali mo e Pasifiki \(Ethnic and Pacific Liaison Officers\)](#)
‘oku nau ngāue ‘i he ngaahi komiuniti ‘i he kotoa ‘o e fonuá, ke nau fanongo ki ho‘o ngaahi hoha‘á mo ngāue ke fakalakalaka ‘a e malu ‘i ho ngaahi komiunitií.

[Ko e kau ‘Ōfisa Fēngaue‘aki ki he Fa‘ahinga Kehekehé \(Diversity Liaison Officers\)](#)
‘oku nau fakafehokotaki ‘a e Polisi mo e kakai ‘i hotau komiunitií ‘a ia ‘oku ‘ilo‘i kinautolu ‘oku nau fakatangata/ fakafefine, lesbian, bisexual, transgender, intersex mo queer.

[Ke fetu‘utaki ki ho‘o ‘Ōfisa Fēngaue‘aki, ‘a‘ahi ki he police.govt.nz/contact-us/local-contacts](#)