

He Aratohu Haumaru TikTok Mā Ngā Kaitiaki: Ngā Wero Tuihono



Hei kaitiaki, kei te mōhio mātou e hiahia ana koe ki te āwhina kia mārama ō taiohi ki te haumarū matihiko kia pai ai tā rātou whakahaere i tō rātou tūnga tuihono, ināianei, ā, ki anamata hoki.

Koinei te take e ū ana a TikTok ki te mahi ngātahi me ngā kaitiaki (tae atu ki ngā mātua, ngā kaiako me ngā kaitiaki) ki te tautoko i te tūāoma matihiko a ō taiohi

He mea hoahoa tēnei Aratohu Haumarū ma ngā Kaitiaki, ki te whakarato mōhiohio ahuhānui mō ngā āwangawanga haumarū tuihono. Mā te arotake ngātahi i tēnei aratohu me tō taiohi e āwhina ki te whakakaha i tō rātou noho kirirarau tuihono me te whakamana i a ia kia whai whakaaro ki tōna ake haumarū ipurangi.



Tā Ngā Taiohi E Tino Hiahia Ana Mai I Ngā Kaitiaki

E mārama ana mātou he mahi haukerekere te mōhio ki ngā ia me ngā pae pāpori kukune. Koinei mātou i pātai ai ki ngā taiohi he aha te tautoko e hiahia ana rātou, e uaratia nei e rātou. Anei ā rātou kōrero:

“Āwhinatia au kia mārama ki ngā ture”

He pai ki ngā taiohi te tautoko ki te whakarite pūkete, te mārama ki ngā tautuhi matatapu, haumarū hoki, ā, ka rata anō hoki ki ngā rohenga ka whakaritea! Ko tā ngā taputapu haumarū pēnei i ngā āhuratanga Whakahoā ā-Whānau a Tiktok, he tuku i a koe ki te whakatau tepenga, tatū noa ki te wā ka tīmata ngā taiohi ki te piki i runga ipurangi.

“Kia wātea ki te kōrerorero”

Ka rongō te taiohi i te tautoko ina whiwhi hoa ia e wātea ana ki te kōrero me te āwhina i a ia ki te hē tētahi mea i te ipurangi - ahakoa te nui te iti rānei o te raru.

“Kaua e maurirere ina hē tētahi mea”

Kua haere tō taiohi ki a koe ki te tono āwhina - ka rawe! Ko te kī a ngā taiohi, nā te riringa ō rātou e ngā mātua, te whakaiti rānei a te pakeke i āna māharahara, kua kore anō e hiahia tono āwhina anō. Me whakarongo me te kore e whakawā, me whiu pātai, me aro ki ngā rongō.

“Whakapono mai”

E mōhio ana ngā taiohi me riro mai te whakapono i te tuatahi, ā, me te mōhio ka tirohohia rātou e te pakeke, engari kia pakeke ake rātou, e whakaaro ana rātou he tika kia nui ake motuhaketanga. I a rātou e ako ana ki te urungi haumarū haere i te pae, ka tukuna pea rātou ki te ahū atu ki te whakamahinga motuhake i te hangarau.

“Whakautetia taku matatapu”

He mea māori noa te māharahara mēnā e mahi nanakia ana tō taiohi, ā, he uaua pea te kite i te wāhi taurite i waenga i tōna manako ki te matatapu me te tiaki i tōna haumarutanga. I kī ngā taiohi kei te hiahia rātou kia mārama ki ō take me te tūhura i ngā huarahi whakapaki i te pono.



Ngā Āki Matua 10 ki te Reo Matihiko Mā Ngā Taiohi



□ Āki 1: Tirohia Te Rite ā-Hangarau O Tō Tamaiti

Whakatauhia he kaupapahere mārama o te wā ka āhei tō taiohi ki te whakauru ki te ao matihiko, tae atu ki te whakarite kia whakamahi tō taiohi i ngā taupānga e tika ana mō tōna pakeke.

□ Āki 2: Whakaae Ki Ngā Rohenga Hangarau ā-Whānau

Whakatauhia he whakaaetanga hangarau mārama, hāngai ki te pakeke, ngātahi hoki, e kōrero ana i ngā momo ihirangi (hei tauira, ngā taupānga, ngā pae tukutuku, ngā kēmu) ka taea e tō taiohi te mātakitaki, te whakamahi me te tākaro.

□ Āki 3: Whakatauhia He Tepenga Wā Mata

He rite tonu te hira o ngā whanonga matihiko hauora ki ngā whanonga kai hauora. Āwhinatia tō taiohi ki te whakawhanake i te kiritoa me ngā pūkenga whakahaere wā i te wā kei runga pae pāpori.

□ Āki 4: Kōrero Mō Te Whakaweti Tuihono

Waiho kia tuwhera ngā ara whakawhiti kōrero mā te tiro tiro i ngā wheako tuihono a tō taiohi, ngā mea e kōrerorero nei ia ki ōna hoa, mēnā rānei he take āna o te whakaweti tuihono.

□ Āki 5: Kōrero mō te Matatapu

Āwhinatia tō taiohi kia mārama ki te uara o ō rātou mōhiohio whaiaro, ā, he aha i noho ai hei take hira te āta pānui i te kaupapahere matatapu i mua i te whakauru ki ētahi taupānga, pae tukutuku rānei.

□ Āki 6: Kōrero mō ngā Kaiwhakapā Mōrea me ngā Ihirangi

Whakamaharatia tō taiohi ehara kau pea te tangata i te hunga e kerēme nei ia ā-tuihono. Arahina me pēhea te whakaiti i ngā pānga pōrearea me ngā ihirangi mōrea i ngā tautuhinga taupānga.

□ Āki 7: Kōrero mō te Sexting

Me kaha te pātai i tō taiohi mēnā kua tohaina e ia, kua tonu rānei kia tohaina ētahi ihirangi taupiri, hōkaka rānei o tōna āhua ake. Whakamāramatia, ina tohaina ā-tuihono ngā ihirangi, he uua te whakahaere i te āhua o te tohanga, ā, he tino taumaha ngā tukunga iho, he mauroa hoki.

□ Āki 8: Kōrero Mō Te Mōhiohio Teka/Hē

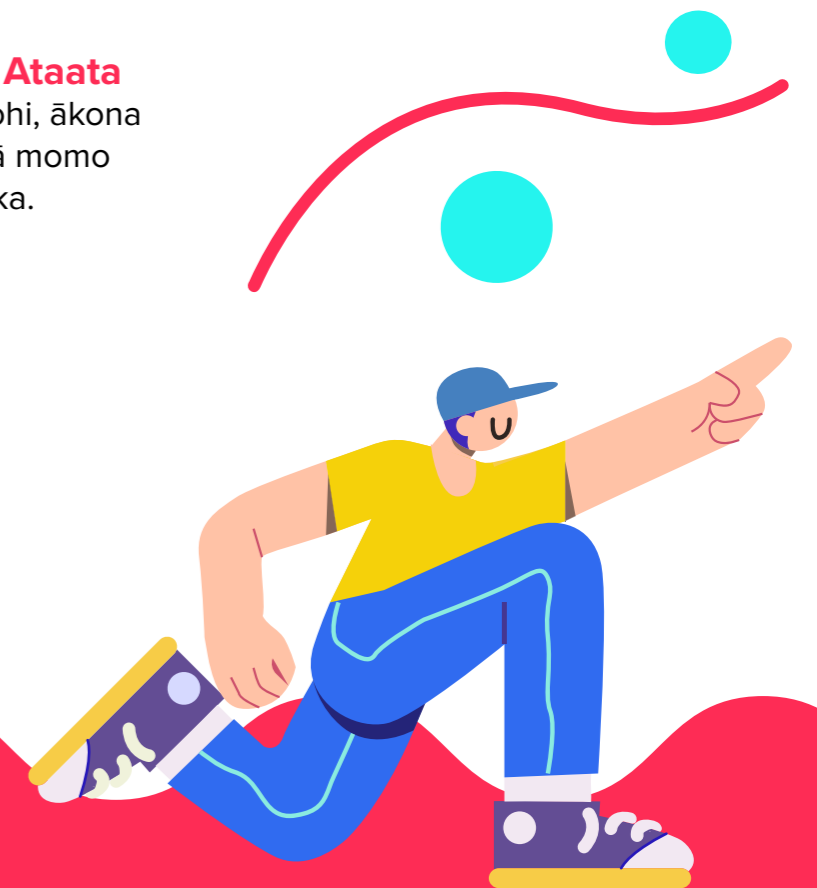
Kōrero ki tō taiohi mō te 'kawe pūrongo teka', ā, ākina ia ki te āta whakaaro mō ngā mea ka kite ia i runga ipurangi, tae atu ki ngā kiriawe me ngā pānui whakatairanga (hei tauira, he aha te tikanga, te kaupapa huna o ngā mōhiohio pea) me te whakamahara i a ia kia tirohia te pono o te mātāpuna kōrero.

□ Āki 9: Tūhono ki ngā Whatunga Tautoko

Whakawhanaketia ngā kaupapahere mātua matihiko, ā, me ū te whānau katoa, kia pai ai te hanga i tētahi whatunga pakari, whatunga tautiaki hoki.

□ Āki 10: Hanga Ngātahi i ngā Ataata

Waihanga ihirangi ngahau me tō taiohi, ākona he aha ōna kaingākau, kōrerotia ngā momo ihirangi e tika ana, kāore rānei i te tika.



Ngā Wero Tuihono Me Ngā Māminga, Ā, Me Pēhea Te Kōrerero I Ēnei Ki Ngā Taiohi

He kaha te aukume i roto i ngā taiohi ki te whakauru ki tētahi kaupapa nunui, me te kore e whai whakaaro ki ngā tūpono mōrea. Anei ētahi mea me mōhio koe mō ngā wero tuihono me ngā māminga, ā, me pēhea te whakatau i ēnei me tō taiohi:

- Ko ngā wero nui, e pā ana ki te tangata e hopu ana i a rātou anō ki te ataata e mahi ana i tētahi mea pakeke, nā rātou i toha hei kipakipa i ētahi atu.
- He rorotu i te mea tērā ētahi āheinga pai, pēnei i te mahi i te taha o ngā hoa, te whakamātautau i tō kaha ā-tinana, te mahi auaha rānei.
- Engari, ka puta pea he wharanga mōrea, taumaha rānei.
- Ko ētahi o ngā wero e nukarau ana i te tangata kia whakapono ki tētahi mea teka - otirā ka whakawehi, ā, ka ohore.
- Ka taea e ngā taiohi te whakaanga kē i ō rātou aro mai i ngā wero tuihono me ngā māminga mā te tūhura i ētahi atu huarahi o te whakatau i ō rātou hiahia.

4. Ngā Āki O Te Kōrero Mō Ngā Wero Tuihono Me Ngā Māminga Ki Ngā Taiohi

Āki 1: Āwhinatia tō taiohi kia haumarū āna kōwhiringa mā te tohu atu i ngā tūpono mōrea me te whai whakaaro ki ngā otinga (me te āhua, tērā pea ka whara ia, tētahi atu rānei).

Āki 2: Ko te hātepe e whā a TikTok o te “Tatari, Whakaarotia, Whakatauhia, Mahia” he huarahi ngāwari e whai whakaaro ai te taiohi ki te (ngā) mōrea.

STOP:



Me tatari.

THINK:



He haumarū tēnei? He whakakino tēnei? He tūturu tēnei? Mēnā kāore koe i te mōhio, pātai ki tētahi pakeke, hoa rānei, rapua ētahi atu mōhiohio mai i tētahi mātāpuna matatau i te ipurangi.

DECIDE:



Mēnā he mōrearea, he kino rānei, kāore rānei koe i te tino mōhio, kaua e mahia. Kāore he take o te tuku i a koe, tētahi atu rānei kia taka ki te mōrea.

ACT:



Pūrongotia ngā wero kino, ngā māminga rānei ki te taupānga tonu. Kaua e tohaina.

Āki 3: Mēnā e āwangawanga ana koe ki te haumarū o tētahi wero, me mārama tō kōrero ki tō taiohi, me te tikanga o tāu kōrero pērā.

Āki 4: He māmā te kite i ētahi o ngā mōrea, engari ko ētahi atu he tuatini ake, ā, he uaua ake te kite atu. Ki te kore koe e tino mōhio, rapu ā-tuihono mō ngā mōhiohio mai i ngā mātāpuna whakapono, ā, ka noho me tō taiohi ki te kōrerorero.



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Ētahi atu Rauemi Whaitake:

Te Aratohu Kaitiaki Haumarū Pokapū a TikTok

<https://www.tiktok.com/safety/en-nz/guardians-guide/>

Utauta Tuihono mā ngā Mātua a Netsafe:

netsafe.org.nz/parenttoolkit



 **TikTok**