

E ‘Olu‘olu aku, E Aloha aku

Ka ‘Ike No nā Mākua e Pili ana i ka Hana Hō‘a‘ano

Ke hana pū kākou, hiki ke hō‘oia ‘ia ka palekana a kāko‘o ‘ia ho‘i o nā haumāna a pau.

Pa‘a ka mana‘o o ko ka ‘Oihana Ho‘ona‘auao o ka Moku‘āina ‘o Hawai‘i (‘Oihana) e ho‘olako pono i nā honua a‘o palekana no nā kānaka a pau. Ko‘iko‘i ka hana a nā ‘ohana ma kēia hana, a mahalo nui ‘ia kou kōkua e ka ‘Oihana ma ka ho‘oikaika a ho‘olaha ‘ana i ke aloha ma ke kahua kula a me ke kaiāulu nō ho‘i.

He aha ka hana hō‘a‘ano?

‘O ka hana hō‘a‘ano kekahi kākau ‘ana, ho‘opuka ‘ana, kahaki‘i ‘ana, a hana nō ho‘i:

- e hō‘eha, ho‘opilikia, ho‘ohilahila, a ho‘omaka‘u ana i kekahi haumāna (‘o nā haumāna mai nā hui kūpale ‘ia kekahi)
- o ke kūlana ‘ino loa, hikiāloa, a laulaha paha e ho‘oulu ana i honua a‘o maka‘u, weliweli, a ‘ino paha.

He aha ka hō‘a‘ano pūnaewele?

‘O ka hō‘a‘ano pūnaewele ka hana hō‘a‘ano ‘ana ma o nā hana ho‘oka‘a‘ike ma ka ‘enehana e la‘a me ka ho‘ouna ‘ana i nā mea ma ka pūnaewele, ke kelepona, a i ‘ole nā hāme‘a pa‘alima ‘ē a‘e:

- e ‘eha, pilikia, hilahila, a maka‘u ai kekahi haumāna (‘o nā haumāna mai nā hui kūpale ‘ia kekahi)
- o ke kūlana ‘ino loa, hikiāloa, a laulaha paha e ho‘oulu ana i honua a‘o maka‘u, weliweli, a ‘ino paha.

Kūmole: [HAR Chapter 19, §8-19-2 Definitions. p. 19-5, 19-6.]

Paipai ka ‘Oihana i nā haumāna e ho‘ohana i kēia ka‘ina hana e hō‘ole aku ai i ka hana hō‘a‘ano ‘ana.



E ha‘i i ke kanaka hō‘a‘ano e **HO‘OKŪ** i kāna hana

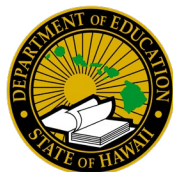


E **HA‘ALELE** i ia wahi a pō‘aiapili ho‘i



E **KAMA‘ILIO** i kekahi kanaka makua hilina‘i ‘ia a i ‘ole, e hō‘ike aku i ia pilikia ma ka ho‘ohana ‘ana iā Speak Now, he polokalamu e ‘ike ‘ole ‘ia ai ka inoa o nā kānaka.

(<https://bit.ly/HIDOE-Speak-Now>)



He aha ka‘u e ‘ike maopopo ai a e maka‘ala ai ho‘i?

Inā ‘ike ‘oe i kekahi o kēia mau hō‘ailona, e kama‘ilio i kāu keiki e pili ana i nā pilikia, a e ho‘olohe pono aku iā ia.

Nā Hō‘ailona Pōpilikia o ka Hana Hō‘a‘ano ‘ia o Kāu Keiki

- ‘Ike ‘ia nā ‘eha o ke kino, ka nalo a me ka wāwahi ‘ia ho‘i o kāna mau mea.
- ‘Eha mau kona po‘o a me kona ‘ōpū, ma‘i ‘o ia, a i ‘ole ho‘omeamea ‘o ia i ka ma‘i ‘ana.
- Hia‘ā ‘o ia i ka pō, a nui nā pahulu.
- Emi nā kaha, a ‘a‘ole makemake e hele i ke kula.
- Ka‘awale ‘o ia mai nā hoa a me nā ‘ohana.
- Hūnā ‘o ia i ka papakaumaka me ka hilahila.
- Pau kona hoihoi i nā hana le‘ale‘a.

Kūmole: [StopBullying.gov. Warning Signs for Bullying (2021); Cyberbullying Research Center. Parent Resources (n.d).]

Nā Hō‘ailona Pōpilikia o ka Hana Hō‘a‘ano ‘ana aku o Kāu Keiki i nā Keiki ‘ē a‘e

- Hakakā kino a ho‘opa‘apa‘a paha ‘o ia, a i ‘ole he mau hoa kona i hana hō‘a‘ano aku i nā keiki ‘ē a‘e.
- Ho‘ouna nui ‘ia ‘o ia i ke ke‘ena o ke po‘okumu.
- Nui a‘e kāna kālā me ka ‘ike ‘ole ‘ia o ke kumu i loa‘a ai, a i ‘ole he mau mea hou kāna.
- Ho‘āhewa ‘o ia i nā kānaka ‘ē a‘e, a ‘a‘ole ‘o ia ho‘omaopopo i ka pilikia maoli o kāna hana.
- Nui kona makemake e ho‘okū i nā no‘ono‘o nui ‘o ia i kona nānā ‘ia mai e ka po‘e a me kona kaulana iho.

Ke ‘ike ‘oe i kekahi o kēia mau hō‘ailona, e kama‘ilio i kāu keiki e ‘ike ai i nā kāko‘o e pono ai ‘o ia.

Kūmole: [StopBullying.gov. Warning Signs for Bullying (2021).]

Pehea au e a‘o ai i ka‘u keiki e ‘ike, kāohi, a ho‘oponopono i ka hana hō‘a‘ano?

No nā Keiki o ke Kula Kamali‘i - Papa 5 Ka Māhele Ho‘omōhala: Ka Palekana o ka Na‘au

Nā Mākau a nā Mākua e A‘o aku ai	Nā A‘oa‘o Pūnaeweale no Kāu Keiki	Ka Hana a nā Mākua
• E ‘Olu‘olu aku: E ‘olu‘olu a e hō‘ihi i nā kānaka ‘ē a‘e. • E Maka‘ala: E kōkua i kāu keiki i ka ‘ike ‘ana i ka palekana ‘ole a ‘olu‘olu ‘ole o kekahi mea. • E ‘Ike i nā Hana ‘Olu‘olu ‘Ole: E kōkua i kāu keiki i ka ‘ike ‘ana i nā hana kūpono ‘ole a me ka ho‘ohenehene ‘ana. • E ‘Imi Kōkua: E hele i kekahi kanaka makua hilina‘i ‘ia ma ke kula ke pono ‘o ia i ke kōkua.	• E Noi Mua: E ho‘omana‘o i kāu keiki e noi i kekahi makua a kahu mālama paha ma mua o ka ho‘ouka a ho‘olaha ‘ana i kekahi mea ma ka pūnaeweale. • E ‘Ike i ka Hō‘ike Pilikia ‘ana: E a‘o i kāu keiki i ka hana e palaka ai i ka po‘e i ‘olu‘olu ‘ole a me ka hō‘ike ‘ana aku i ka pilikia. • E Pa‘a Koke nā Lula: Maika‘i ke pa‘a pono nā lula me ka mōakāka, a e paipai iā lākou e ha‘i mai i nā mea a lākou i ‘ike ai ma ka pūnaeweale i lilo i mea i kānalua iho ai ‘o ia.	• E Nīele: E nīele i kāu keiki i kāna mau mea e hoihoi ai, a e maka‘ala i kāna mau hana ma ka pūnaeweale. • E Lilo i Kumu Ho‘ohālike: E ho‘opa‘a a hahai i nā lula mōakāka no ka ho‘ohana ‘ana i ka ‘enehana a e kaupalena i ka nui hola e ho‘ohana ‘ia ai ka ‘enehana. • E Ho‘ololi i nā Kohona: E koho i nā mea i kūpono no ka pae makahiki o kāu keiki, a e ho‘opio i ka ho‘olele ‘akomi ‘ia o nā wikiō, ke hiki. • E Maka‘ala Mau: E maka‘ala mau i nā kulekele kula a me nā koina o ka lumi papa.

E hō‘ike mau i ka hana ‘olu‘olu, a e kama‘ilio koke e pili ana i ka hana hō‘a‘ano i mea e ‘ike ai kāu keiki, hiki iā ia ke ‘imi aku iā ‘oe no ke kōkua.

No nā Keiki o ka Papa 6-8

Ka Māhele Ho'omōhala: Ka Pilina Hoa a me nā Pilina Laulā

Nā Mākau a nā Mākua e A'ō aku ai	Nā A'oa'o Pūnaeweale no Kāu Keiki	Ka Hana a nā Mākua
• E Aloha aku: E kū a e no'ono'o i ka na'au a me ka pono o nā kākana 'ē a'e ma mua o kāu hana 'ana aku. • E Ho'opa'a i nā Palena: E lilo i hoa maika'i me ka ho'opa'a pū i nā palena kūpono. • E Ha'alele: E ha'alele i nā pō'aiapili palekana 'ole a e 'imi i ke kākō'o o kekahi kanaka makua. • E Ho'oulu i nā Hana Kūpono: E ho'okaulike i nā hola 'e'e pūnaeweale, ka hiamoe, ka pā'ani 'ana i waho, a me ka hui 'ana me nā hoa ma waho o ka pūnaeweale.	• E Maka'ala i ka Meheu Kikoho'e: E ho'omana'o i kāu keiki, ke ho'ouka 'ia kekahi mea ma ka pūnaeweale, he mea e pa'a mau ana ma laila i ia mua aku. • E Mālama i Kūlana Pilikino: E a'o i kāu keiki e haku i nā helu huna palekana loa a e mālama pū ho'i i ka palekana a pilikino ho'i o kāna mau waihona pūnaeweale. • E No'ono'o ma mua o ka Ho'ouka 'ana: E ho'omana'o i kāu keiki, he 'ano hana hō'a'ano 'ana ka pane'e 'ana, ka ho'opa'a wikiō 'ana, a me ka makemake 'ana i nā mea 'ino i ho'ouka 'ia.	• E Kākō'o i ke Koho Pono 'ana: E paipai i kāu keiki e maliu i kona na'au, a e ho'omana'o iā ia, hiki nō iā 'oe ke kākō'o aku iā ia. • E Wae Pū i nā Polokalamu: E wae pū me kāu keiki i nā polokalamu kūlelepaho kūpono. • E Komo Mau i nā Hana: E komo ma nā hanana kula, a e pili mau i nā kumu a me nā limahana kula.

E a'o e pili ana i nā pilina palekana a kūpono a me ka ho'okele 'ana i nā koikoina o ka launa kanaka 'ana (e la'a me ke kūlelepaho).

No nā Keiki o ka Papa 9-12

Ka Māhele Ho'omōhala: Ka Ho'oulu Mākau Hikiāloa

Nā Mākau a nā Mākua e A'ō aku ai	Nā A'oa'o Pūnaeweale no Kāu Keiki	Ka Hana a nā Mākua
• E Hana: E 'imi i nā ala e hana ai i nā mea no ke kula a me ke kaiāulu. • E Kūpa'a: E kūpa'a 'o ia no kona pono iho a me ka pono o nā kākana 'ē a'e ma ke 'ano palekana a hō'ihi nō ho'i. • E Wae i nā Wā e Komo ai: E 'ike ho'omaopopo i nā wā palekana e ho'oponopono ai i kekahi pō'aiapili a me ka wā maika'i e ha'alele ai.	• E No'ono'o ma mua o ka Ho'ouka 'ana: E hō'ōia i nā kūmole, e hō'ōia ho'i i nā lā, a e kālailai pū i ka ma'i'o ma mua o ka ho'ouka 'ana. • E 'Ike i Kou Kuleana: E 'ike, 'o ka ho'ouka 'ana, ka waiho mana'o 'ana, a me ka makemake 'ana i nā mea ma ka pūnaeweale kekahi mau ala e ho'ohuli ai i ko ha'i mana'o. E hō'alo i ka ho'olaha 'ana i nā mea 'ino, nā lauāhea, a me nā mea 'ōia'i'o 'ole.	• E Ho'okuluma i ka 'Imi Kōkua 'ana: E ho'omana'o i kāu keiki 'ōpio, pono nā kākana a pau i ke kōkua. 'A'ole pono e 'alo ho'okahi aku i nā pilikia. • E Kūkākūkā pū 'ia nā Lula 'Enehana: E ho'oholo pū i nā lula, a e wehewehe i ke kumu e ko'iko'i ai ia mau lula. • E Kama'ilio no Kēia Mua aku: E kama'ilio no ka hiki ke ho'opilikia 'ia kona hele kula 'ana, kāna 'oihana, a me kona kaulana hikiāloa e kāna mau koho ma ke kula, ma ka pūnaeweale, a me ka hui kino 'ana me nā kākana.

E paipai iā lākou e ho'oholo i nā koho kūpono a e 'imi i ke kōkua ma nā pō'aiapili palekana 'ole a ko'iko'i ho'i.

He aha ka'u hana inā ua hō'a'ano 'ia ka'u keiki?

E hō'ōia i kona maika'i. E kama'ilio i kāu keiki a e ho'opalekana iho iā ia. Inā pilikia nui 'o ia, e kelepona 911.

E ho'onui 'ike, ke hiki. E palapala i nā ki'i, nā wikiō, a me nā kānaka i 'ike maka i ka pilikia (na wai/he aha/ināhea/ma hea).

E hō'ike aku i ka pilikia. Hiki ke hō'ike aku i ka pilikia ma o kekahi o kēia mau ala:

- Kelepona a leka uila paha i ke po'okumu a limahana paha.
- E ho'ouna i kumu ho'opi'i Mokuna 19 me ka ho'ohana 'ana i kēia palapala (<https://bit.ly/HIDOE-Ch19Form>).
- E ho'ohana i ka polokalamu hō'ike pilikia 'o Speak Now, he polokalamu e 'ike 'ole 'ia ai ka inoa o nā kānaka (<https://bit.ly/HIDOE-Speak-Now>).

E hō'ike aku i nā kū'i'o, ka inoa o kāu keiki, ka papa, a e noi pū i ka inoa o ke kanaka nāna e ho'okolo i ka pilikia. E hō'ike pū i nā hana kalaima i nā māka'i o kou wahi noho.

E hana pū me ke kula. E ho'oka'a'ike mau i ke kula, a e hana pū ma ka 'ike 'ana i nā mea e pono ai kāu keiki a me kona palekana iho.

E kama'ilio a kāko'o mau i kāu keiki. E ho'omana'o i kāu keiki e ho'ohana i nā ka'akālai, E Kū, E Ha'alele, E Kama'ilio.

Nā Kumuwaiwai a 'Ikepili

Ke Kaha Pūnaewe Kāohi Hō'a'ano

Nā Lula Ho'oponopono
Hawai'i, Mokuna 19, Ka
Polokalamu 'o Speak
Now, nā kulekele a me
nā ka'ina hana hō'ike
hō'a'ano

<https://bit.ly/HIDOE-AntiBullying>



Nā Pono Kīwila a me ka Māhele 'Āpono

Nā kānāwai pekelala a
moku'āina, ke Ke'ena
Kumuwaiwai no nā lula a
kulekele Pono Kīwila

<https://bit.ly/HIDOE-CRCB>



Pūnaewe Kōkua

Nā kumuwaiwai kāko'o
manuahi no nā 'ohana, e
la'a me ke alaka'i makua
'ana a me nā kāko'o
pākahi 'ana

<https://heretohelpidoe.com>



Nā Kumuwaiwai Pūnaewe

Nā kumuwaiwai
moku'āina a
kaumoku'āina no ke
kāko'o 'ana i nā 'ohana

<https://bit.ly/HIDOE-BP-ParentResources>



*Kāko'o ka helu 988 i ke ola pono o ka no'ono'o, ka ho'ohana lā'au 'ino, a pēlā aku i nā hola 24/7.
E kelekiko, kelepona, a leka paha i ka helu 988.
Inā pilikia 'ino kāu keiki, e kelepona 911.*

**Mahalo i ke kōkua 'ana iā mākou e mālama i ka palekana o ke kula a me
ke kaiāulu i mea e puka lanakila ai nā haumāna a pau ma kēia honua
a'o maika'i.**