

# Kwon Jouj, Kwalok lakwe

Ta ko Jinen im Jemen im Rilale ro Rej Aikuj Jela Kon Kakutoto

## Ibben doon, jemaron loloorjak an aoleb rijikuul loe ke ewor rej jibane im kejbarok an jab bed ilo uwota.

Ra eo an Jelalokjen an Hawai'i State (Opij) ej tiljek in lelok nan aoleb rijikuul juon jikin katak eo ejab kauwotata im ejellok kalijeklok nan jabdewot. Aurok jerbal ko an baamle, im Opij eo ej kile am jerbal ibbamim nan ad jiban lelok iakwe ibelakin jukjukinbed in jikuul in ad.

### Ta in kakutoto?

Kakutoto ej ilo jabdewot jeje, kenono, pija, ak makutkut ko ilo anbwini rej:

- kometak, lelok uwota, kajook, ak kolelnon juon rijikuul (ekoba rijikuul ro rej koba ilo kumi in armej ewor kakien ko rej kejbarok jen mantin kalijeklok), im
- ebwe jonan an **lukkun kauwotata, wonmaanlok an jab bojrak, ak walok ilo elon waween im jikin ko jet ej** komman mejatoto in katak eo ewor kolelnon, kamijak, ak manman.

### Ta in kakutoto aunlain?

Kakutoto aunlain ej kwalok ilo waween ko rej leto letak melele ilo mejin ko, ekoba botab ejab bojrak nan melele ko rej lelok ilo internet, talebon cell, ak mejin eo rej jibwe ilo beir ejellok to wea im ej:

- kometak, lelok uwota, kajook, ak kolelnon juon rijikuul (ekoba rijikuul ro rej koba ilo kumi in armej ewor kakien ko rej kejbarok jen mantin kalijeklok), im
- ebwe jonan an **lukkun kauwotata, wonmaanlok an jab bojrak, ak walok ilo elon waween im jikin ko jet ej** komman mejatoto in katak eo ewor kolelnon, kamijak, ak manman.

Jikin Bok Melele: HAR Jeptba 19, §8-19-2 Komelele ko. peij 19-5, 19-6.

## Opij eo ej rojan an rijikuul ro kojerbal jejetin waween kein nan ta eo en kommane ne ewor kakutoto.



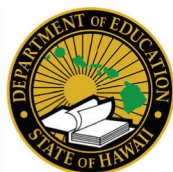
Ba nan armej eo  
bwe en **BOJRAK**  
**(STOP)**



**ETAL (WALK)**  
jen waween eo



**KENONO (TALK)** ibben  
juon rutto eo kwoj loke  
*im/ak ripoot ilo am kojerbal appe eo an*  
**Kenono Kio (Speak Now)** ejab kalikar  
won kwe  
<https://bit.ly/HIDOE-Speak-Now>



# Ta eo ij aikuj jela im lale ne ej walok?

**Ne kwoj loe jabdewot kakolle kein, kajjitok ibben ajiri eo nejum ta eo ear walok im ronjak ilo am jab kwalok am inebata.**

## **Kakolle in Uwota ko rej Kalikar ke Emaron Wor ej Kakutoto Ajiri eo Nejum**

- Jorraan ko kwojab jela wunin aer walok, mweiuk ko mweien rejako ak rejjorraan.
- Ikut an metak boran ak lojeen, ej enjaake an naninmej ak ej riab naninmej.
- Ejaje kiki ak ekut an nana totonak ko an.
- Nana lok kureet ak jab konaan etal nan jikuul.
- Kattolok emake jen ro mottan im nukkun.
- Nooje mejan kombutor ak talebon jen ro jet konke ejook.
- Jab itok limoon ilo makutkut ko.

Jikin Bok Melele ko: StopBullying.gov. Kakolle in Uwota ko nan Kakutoto (Warning Signs for Bullying) (2021); Jikin eo ej Komman Katak kon Kakutoto Aunlain (Cyberbullying Research Center). Mennin Jiban ko nan Jinen ak Jemen (Parent Resources) (n.d).

## **Kakolle in Uwota ko Ajiri eo Nejum Emaron Kakutoto Ro Jet**

- Ej irre ak akwel ibben ro jet ak kumi ko mottan rej kakutoto ro jet.
- Ekut aer jilkinlok nan opij eo ilo opij eo an jikuul.
- Kwojab jela etke elon an jaan ak ewor mweiuk kaal ko mweien.
- Ej nae ruen ro jet im ejab kwalok bod ko ear kommane.
- Ekonaan jiae im ej inebata kon etan ak an emmon ibben armej.

**Ilo ien am loe jabdewot kakolkol kein, kenono ibben ajiri eo nejum nan lale ta jiban eo ej aikuj.**

Jikin Bok Melele: StopBullying.gov. Kakolle in Uwota ko nan Kakutoto (Warning Signs for Bullying) (2021).

# **Waween katakini ajiri eo neju kile, bobrae, im ta eo en kommane ne ewor kakutoto?**

## **Nan Ajiri ro ilo Kilaaj PreK-5**

Aikuj eo nan an jejjet an jela im eddek: Jab Mijak in Kwalok Lomnak

| <b>Kapeel ko Jinen im Jemen Remaron Katakini</b>                                                                                                                                                                                                                                                                                                                                                                         | <b>Melele in Jiban ko Aunlain nan Ajiri eo Nejum</b>                                                                                                                                                                                                                                                                                                                                                                                                                                          | <b>Ta eo Jinen im Jemen Remaron Kommane</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
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| <ul style="list-style-type: none"><li>• <b>Kwon Jouj:</b> Aoleb ien kwon jouj im kautiej ro jet.</li><li>• <b>Kwon Jela:</b> Jiban ajiri eo nejum jela ne ewor juon waween eo ej loe ekauwotata ak ejab emmon nane.</li><li>• <b>Kile Manit eo Ejab Jouj:</b> Jibane bwe en jela manit in laj ak kakutoto.</li><li>• <b>Kabok Jiban:</b> Etal ibben juon rutto eo kwoj loke ilo jikuul ilo ien am aikuj jiban.</li></ul> | <ul style="list-style-type: none"><li>• <b>Kajjitok Mokta:</b> Kokememej ajiri eo nejum bwe en kajjitok ibben jinen ak jemen ak armej eo ej lale mokta jen an likut ak kwalok jabdewot melele aunlain.</li><li>• <b>Jela Waween Ielok Ripoot:</b> Katakini waween an bulak/ripooto armej ro rejab jouj.</li><li>• <b>Mokaj Am Kojejjet Kakien ko nan Waween an Kojerbal Mejin:</b> Kojejjet kakien ko ralikar im rojan aer kwalok ta ko rej inebata kaki kon ta ko rej loe aunlain.</li></ul> | <ul style="list-style-type: none"><li>• <b>Kwon Kajinot:</b> Kajjitok ibben ajiri eo nejum ta ko eitok limoon kake im lale ta ko ej kommane aunlain.</li><li>• <b>Kwon Juon Waan Jonak:</b> Kojejjet im bokake kakien ko ralikar nan an kojerbal mejin im komman jonan ien an alwoj.</li><li>• <b>Komman Okak ko ilo Kobban Mejin eo:</b> Kelet kobban melele ko rekkar nan dettan iio innem kune an kaju jo ne kwomaron.</li><li>• <b>Wonmaanlok Am Bok Melele im Jela:</b> Kejbarok am loore kakien ko an jikuul im ta ko emoj katmane ilo kilaaj ruum eo.</li></ul> |

Waan jonak waween an jouj im mokaj am kenono kon kakutoto bwe ren jela remaron iwoj ibbam nan jiban.

## Nan Ajiri ro ilo Kilaaj 6-8

Aikuj eo nan an jejjet an jela im eddek: Ewor Mottan im Emmon an Bed

| Kapeel ko Jinen im Jemen Remaron Katakini                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Melele in Jiban ko Aunlain nan Ajiri eo Nejum                                                                                                                                                                                                                                                                                                                                                                                                                                        | Ta eo Jinen im Jemen Remaron Kommane                                                                                                                                                                                                                                                                                                                                                                                     |
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| <ul style="list-style-type: none"> <li><b>Kwalok Am Rimelele:</b> Kattar jidik im lomnak kon waween an armej ro jet lomnak mokta jen am komman jabdewot.</li> <li><b>Kalikar Ta ko Emmon im Ejab Emmon Ibbam:</b> Kwon juon mottan armej eo emmon ilo am bar kalikar am kojejjet ta ko remmon ibbam.</li> <li><b>Kejbarok ilo Am Emakut ak Etal:</b> Etal jen waween ko rekawotata im kabok rutto eo emaron jiban eok.</li> <li><b>Komman Makutkut ko Remmon nan Ajmour:</b> Jela pelan ien kiki, ikkure inaboj, im am aitel kumi ko mottam ejab aunlain.</li> </ul> | <ul style="list-style-type: none"> <li><b>Jela im Kejbarok Am Aunlain:</b> Kokememej ajiri eo nejum ke ne enaj likut juon melele aunlain, eban ejeer.</li> <li><b>Lale Waween Kejbarok Melele ko Am:</b> Katakini ajiri eo nejum kojerbal password ko rekajur im kejbarok bwe jabdewot armej renjab loe melele ko an.</li> <li><b>Lomnak Mokta jen am Kwalok:</b> Kokememej e ke an lemaanlok, rekoot, ak kalikar an emmon kojella ko rekawotata ej juon waween kakutoto.</li> </ul> | <ul style="list-style-type: none"> <li><b>Jiban Kelet ko Rejimwe:</b> Rojan an ajiri eo nejum loke ta ko ej lomnak im kokememej e kwonaj jibane.</li> <li><b>Etale App ko Ibben Doon:</b> Kelet ta app in leto letak melele ko aunlain rekkar ibben ajiri eo nejum.</li> <li><b>Wonmaanlok Am Bok Kwonaam:</b> Kobalok ilo makutkut ko an jikuul im wonmaanlok am lale melele ko ibben rikaki im rijerbal ro.</li> </ul> |
| Katakini kon armej ro rej kejbarok jen uwota im lelok jiban im waween an lale ta ko rej komman an lomnak ak makutkut ilo juon waween (einwot social media).                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                          |

## Nan Ajiri ro ilo Kilaaj 9-12

Aikuj eo nan an jejjet an jela im eddek: Kolablok Kapeel ko Enaj Aikuj ilo Aoleben Mour eo an Juon Armej

| Kapeel ko Jinen im Jemen Remaron Katakini                                                                                                                                                                                                                                                                                                                                                          | Melele in Jiban ko Aunlain nan Ajiri eo Nejum                                                                                                                                                                                                                                                                                                                                                                             | Ta eo Jinen im Jemen Remaron Kommane                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
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| <ul style="list-style-type: none"> <li><b>Bok Kwonaan:</b> Bukot waween ko remmon nan lelok kwonaer ilo jikuul im jukjukinbed eo aer.</li> <li><b>Rojan:</b> Jutak kon er make im ro jet ilo juon waween eo ejab kauwotata im ewor kautiej.</li> <li><b>Jela Waween Am Bok Kwonaam:</b> Kile naat eo ejellok uwota nan kenono ak lale juon waween im naat eo emmonlok ne kwonaj bojrak.</li> </ul> | <ul style="list-style-type: none"> <li><b>Etale Mokta jen Am Kwalok:</b> Kamool jikin ko kwar bok melele, lale raan ko, im kajjitok kobban melele ko mokta jen am bar kwalok aunlain.</li> <li><b>Jela Kwonaam:</b> Melele ke kojella ko aunlain, enaan ko, im kwalok ke emmon emaron ukot lomnak ak makutkut ko an ro jet. Jab kaajeeded melele ko remaron komman uwota, naan ko kwojab jela remool, ak riab.</li> </ul> | <ul style="list-style-type: none"> <li><b>Kalikar Ejellok Bod ilo Kabok Jiban:</b> Kokememej jodikdik eo nejum ke ewor ien aoleb rej aikuj jiban. Rejab aikuj make im bukot kilen ilo waween ko rebin.</li> <li><b>Kenono Kakien ko kon Mejin ko Ibben Doon:</b> Lale melele in kajinet ko ibben doon im komelele etke ewor tokjeir.</li> <li><b>Kenono Kake Jeklaj:</b> Kenono kon waween an kelet ko ej kommane ilo jikuul, aunlain, ak ilo an bed ibben armej emaron komman an nana ak emmon etan ilo kaloj, jerbal, im iomwin ien aitok.</li> </ul> |
| Kakajur er bwe ren kommane jela ilo aer komman kelet im kabok jiban ilo waween ko rekawotata ak rebin.                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |

Jikin (ko) nan Bok Melele: Opij eo an Amedka ej Bok Eddoin Kejbarok im Bobrae jen Naninmej (U.S. Centers for Disease Control and Prevention). Kakutoto (Bullying) (2024); Katak an Ra eo an Amedka ej Bok Eddoin Ritarinae (U.S. Department of Defense Education). Jela im Bobrae jen Kakutoto: Nan Jinen im Jemen (n.d.); Jikin eo nan Jikuul ko Ejellok Uwota in Jorraan (Center for Safe Schools). Ta eo Aoleb Jinen ak Jemen Aikuj Jela kon Kakutoto (What Every Parent Should Know About Bullying) (2024); Jikin eo ej Komman Katak kon Kakutoto Aunlain (Cyberbullying Research Center). Mennin Jiban ko nan Jinen ak Jemen (Parent Resources) (n.d).

# Ta eo ij aikuj kommane elane emoj kakutoto ajiri eo neju?

**Loloorjak emmon ajiri eo nejum mour.** Kenono ibben ajiri eo nejum im jiban an jela ejab bed ilo uwota. Ne ewor uwota ilo ien eo wot, kall e 911.

**Bok jonan melele eo kwomaron.** Kakwon kein kamool jabdewot pija ko jen talebon, bideo, ak rikamool (won/ta/naat/ia).

**Ripoot kake jorraan eo ear walok.** Kwomaron ripoote joraan eo ilo jabdewot waween kein laajrak:

- Kaju kall ak email e burinjibol eo ne ejab armej eo emoj jitone.
- Bael abnono Jepta 19 ilo am kojerbal peba eo (<https://bit.ly/HIDOE-Ch19Form>).
- Kojerbal **app eo an Kenono Kio (Speak Now)** ejab kalikar won kwe (<https://bit.ly/HIDOE-Speak-Now>).

Kwalok melele ko rejimwe, etan ajiri eo nejum, kilaaj jete, im kajjitok won eo enaj bar lale. Ripoot manit ko rej ruprup kakien ko realb nan opij eo an bulijmaan ilo jukjuginbed eo am.

**Jerbal ibben jikuul eo.** Wonmaanlok am leto letak melele ibben jikuul eo im jermal ibben doon nan kalikar ta eo ajiri eo nejum aikuj bwe enjab bed ilo uwota.

**Bar lale im jiban ajiri eo nejum.** Kokememej ajiri eo nejum bwe en kojerbal kultien waween ko Bojrak, Etal, Kenono.

## Mennin Jiban im Melele

### Webjait eo kon an Mo Kakutoto

Kakien in Jerbal ko an Hawaii Jepta 19, App eo an Speak Now, kakien im jejjetin waween ko nan ripoot kakutoto

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



### Opij eo ej Kejbarok Maron ko an Armej iomwin Kakien im Lale an Aoleb Bokake Kakien ko

Kakien ko an federal im state, mennin jiban ko an Opij eo nan kakien im aikuj ko nan Kejbarok Maron ko an Armej iomwin Kakien

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



### Webjait eo an Bed Ijin nan Jiban

Mennin jiban ko ejellok wonneir nan baamle ko einwot lellok melele nan jinen ak jemen im jiban nan kajojo armej

<https://heretohelphidoe.com>



### Mennin Jiban ko Aunlain

Melele ko mennin jiban ko ibelakin aelon eo im ibelakin state eo nan jiban baamle ko

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



988 ej lewaj jiban 24 awa/7 raan nan naninmej ko ilo komelij, kojerbal wuno kaju, im elablok.

Text, kall, ak chat 988.

Ne ajiri eo nejum ebed ilo uwota ilo ien eo wot, kall e 911.

**Kommol kon am jiban kejbarok jikuul im jukjuginbed ko ad jab bed ilo uwota in jorraan bwe aoleb rijikuul ren maron tobrak ilo juon jikin katak eo emmon.**