

Fofola e fala

'Fofola e fala kae talanoa e kāinga' – Roll out the mat so the family can dialogue

Te Tāhū Hauora
Health Quality & Safety
Commission

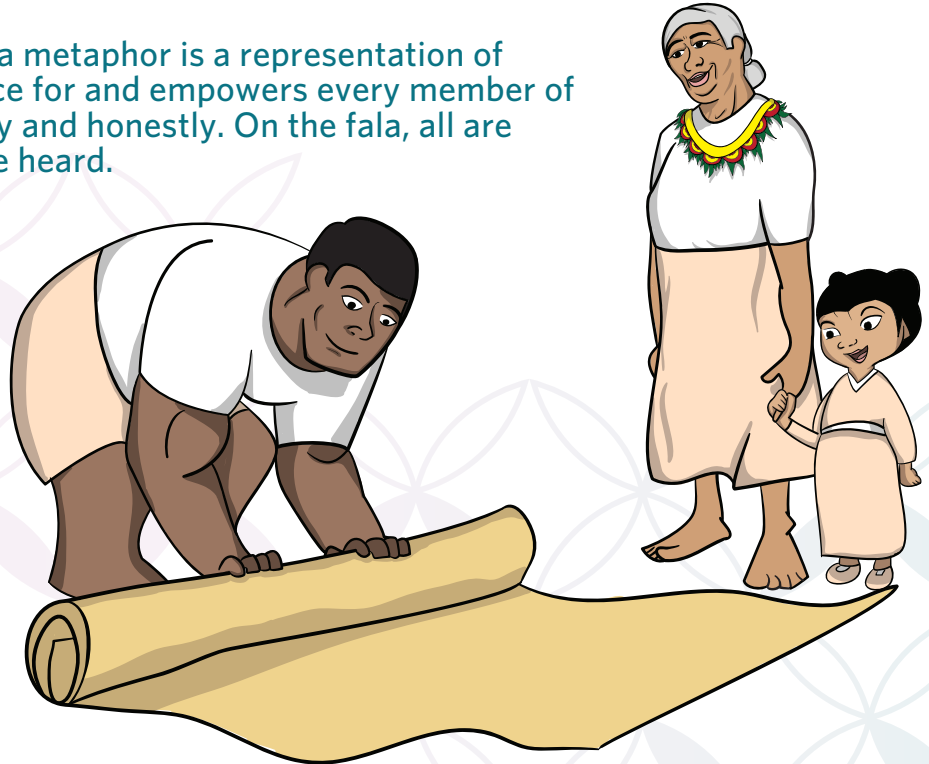


What does it mean?

The fofola e fala kae talanoa e kāinga metaphor is a representation of Tongan culture that creates the space for and empowers every member of the kāinga (family) to talanoa openly and honestly. On the fala, all are present, all can contribute, all can be heard.

The fala, or mat, symbolises safety and equal ground. In the utilisation of this metaphor, there is no hierarchical social structure or status, there is no partiality and everyone has a voice, including children and youth.

There is still the respect for the sister-brother relationship, respect for your elders and respect for your parents, but on the fala everyone is the same.





How do we create space (physical space, digital space, spiritual space and mental space) for robust talanoa to occur?

How do you ensure the space you create represents what the fala represents?

How does the community like to be approached and engaged with, and what is the appropriate gateway?

Havea S, Alefaio-Tugia S, Hodgetts D. 2021. Fofola e Fala ka e Talanoa e Kainga: A Tongan approach to family violence prevention and intervention. *Journal of Pacific Rim Psychology* 15.