Every individual has rights and deserves to feel safe and be respected online and in real life. But sadly, people can experience bullying, abuse and hate.

Online hate is any kind of attack that happens on the internet and targets a person's background, community, gender or identity - like their age, gender, religion, skin colour, ethnicity, language, sexuality, sexual characteristics or disability. This can cause harm and make people feel sad, angry and afraid to be their real self.

'Acceptance' is when every person feels safe, respected and able to be who they are, regardless of their background, community, identity, or how they express themselves.

How can I show accepting behaviour?

1. Take time to listen and learn, and grow your knowledge and understanding about people who have different backgrounds, communities and identities from you.
2. Respect and accept people's differences, including different cultures, identities, beliefs or ways of life.
3. Be kind and positive in your connections; treat other people as you want to be treated yourself.
4. Support friends who might face more difficulties than you — or who might appreciate a little help.

If you've seen or been the target of online hate

1. Block any person who you no longer wish to interact with, anyone who makes you feel unsafe or uncomfortable. For information on how to do this on Facebook, visit the Help Centre.
2. Report any person or post that makes you feel upset or unsafe. For information on how to do this on Facebook, visit the Help Centre.
3. Talk to someone you trust for support and advice, for example a close friend, family member, religious leader, women and children's rights organisation or teacher.

Tips for how to protect yourself and others online:

1. Protect your email and social media accounts by setting up strong passwords and two-factor authentication. Ask someone you trust for help with this, if you need it.
2. Do not share your private information like passwords, where you live, your phone number or bank details with people you don't know.
3. If you come across anything online that you do not like, or don't understand, tell someone you trust.
4. Only send and accept friend requests if you actually know the person.

REMEMBER: Every individual should feel safe, accepted and able to be their real self whenever they go online. It is everyone's responsibility to make the internet a safe place for all.

For more information, visit Netsafe New Zealand's page on support with hate incidents, and gender-based and gender identity-based online abuse.

FACEBOOK   Save the Children   #IAmDigital