

Olgeta manmeri i ken na i mas amamas na i stap seif 'online'. Tasol planti manmeri we i gat 'disability' em wanpela bilong ol grup we ol lain i no save laikim ol na ol narapela lain i save mekim 'discrimination', 'bullying' o 'physical', 'mental' na 'emotional abuse' i kamap long ol planti taim.

'Discrimination', 'bullying' na 'abuse' em ol i no orait na yumi no ken larim ol dispela pasin i kamap – taim yumi i stap 'online' o long laip bilong yumi wanwan.

Wanpela gutpela pren em i mas:

- Mekim gutpela pasin na soim rispek
- I no mekim yu pilim wari
- I no askim yu long mekim samting we yu no laik long mekim.

Sampela tingting long hau yu ken banisim yu yet na ol narapela taim yu stap 'online':

1. Banisim imeil bilong yu na ol sosol midia akaun bilong yu taim yu mekim [setting up strong passwords](#) na [two-factor authentication](#). Askim wanpela man o meri we yu trastim long helpim yu, sapos yu nidim helpim.
2. No ken larim dua long haus bilong yu i op nating na i stap. Dispela em i wankain taim yu stap 'online' – no ken serim paswod bilong yu wantaim wanpela man o meri. No ken serim wantaim ol pren, o famili bilong yu. Hevi we i ken kamap long dispela em i bikipela tru.
3. No ken serim ol infomesen long laip bilong yu kain olsem wanem hap yu stap, fon namba bilong yu o infomesen bilong benk wantaim ol manmeri we yu no save long en.
4. Taim namba bilong ol pren bilong yu i gro, yu mas sekim 'privacy settings' olgeta taim long lukim olsem ol infomesen we yu wok long serim long praivet o long pablik em i seif long yu.
5. Sapos yu lukim ol samting i stap 'online' we yu no laikim, o yu no klia gut long en, tokim sampela lain we yu trastim.
6. Yu mas salim na ekseptim (accept) ol pren rikwes long ol lain we yu save long ol.

Sapos yu yet o sampela lain we yu save long en i wok long stap insait long 'online bullying' o 'abuse' bikos long hau ol i save stap o bikos ol i gat 'disability':

1. Askim ol long wanem we ol i pilim na sapotim ol, sapos ol i laik toktok long wanem we ol i wok long pilim.
2. Strongim ol long toktok long ol narapela lain we ol i trastim long kisim sapot na toktok we i ken helpim ol.
3. Tokim ol gen olsem ol i ken [ripotim](#) ol manmeri na ol pasin nogut i go long ol manmeri husat i save ronim ol dispela 'online site' we dispela ol samting i wok long kamap long en. Givim sampela helpim sapos yu inap long givim, o strongim ol long askim ol lain we ol i trastim long kisim helpim.



4. Sapos wanpela man o meri o wanpela samting i mekim yu i pilim nogut long yu yet, o sapos pasin bilong yusim Facebook i mekim yu pilim wari, tokim ol lain we yu save stap wantaim. Em i gutpela long malolo long yusim sosol midia.
5. Sapos sampela samting i mekim yu i tingting planti long wanpela pren bilong yu, orait yu mas sekim em.
6. Sapos sampela samting i no luk orait, sampela samting i mekim yu tingting planti o i no pilim gut, trastim wanem samting yu pilim insait long bel bilong yu na askim long helpim long wanpela man o meri we yu save trastim.

Long kisim moa infomesen, lukim ol risos bilong Netsafe New Zealand long [bullying and abuse](#).

