

Te bullying bon te waki n iowawa ke n kakamaku nakon temanna. E kona n riki n aki akaka ao n mwaiti aekakina, n aron kabutanakoan kabwararia (rumors), katokaan tamnei aika aki raraoi, ke kakamakakin temanna.

Te bullying bon tiaki am bure ao e riai n aki butimwaeaki. Uringnga are e kona n riki nakon temanna ma temanna, tiaki ti ngke. Ko kona n reitaki nakon temanna ae ko onimakinna bwa ena buokiko inanon am tai n aitara ma te kanganga aei.

### Tera ae nna karaoia ngkana I bully-naki?

1. **Tai maku ao iango raoi imwain ae ko waki.** Tai kataia ni karekekai ke n kaekaa te aomata ae e bully-niko ngkana ko un – aio ena ti kabuburai bwaai. Kaitiaka am iango ao tai ienikuri. Karao raoi te babaire ae tamaroa bwa antai ae ko na maroro ma ngaia ao tera ae ko na taekinna.
2. **Tuanga temanna ae ko onimakinna.** Reitaki nakon raoraom, am koraki, am tia kairiri nte aro, ke am tia reirei ibukin te boutoka ao te ibuobuoki.
3. Tai kariaia bwa ko na tiku ma temanna ae kakamakuko ke ae ko mwengabuaka irouna.
4. **Kinai anua aika aki riai ao ribotinii.** Angiin tenan waki n online iai aia kainibaire ae totokoi waki n bully. Ngkana iai ae bully-niko nte online, ribotinna nakon te rabwata anne ke te online platform ane ko kabongana. Ibukin rongorongon te online bullying n te Facebook, kawara te [Help Centre](#). Ko kona naba n wareka te [Facebook Community Standards](#) ibukin atakin bwaai aika kariaiakaki ao aika aki kariaiakaki nte platform aei.

### Nna kanga n buoka raoraou ngkana e bully naki?

1. Tuangia bwa a na aki maroa ao karaou nanona bwa ko na tauraoui n buokia.
2. Kabanea am tai irarikia kaota am boutoka nakoia.
3. Kauringia ae akea te bwai ae a kairua iai ngkai e karaoaki aei nakoia ao eaki riai te mwakuri n bully nakoia.
4. Kauringia ngkana a bullied online, a kona n ribotinna nakon te platform ke te rabwata are e riki iai te online bullying. Ibukin rongorongon ribotinkin te online bullying n te Facebook, a kona n kawara te [Help Centre](#). A kona naba n wareka te [Facebook Community Standards](#) ibukin atakin bwaai aika kariaiakaki ao aika aki kariaiakaki nte platform aei.
5. Kaungia bwa a na aki tiku ti ngaia ma te aomata are karaoa te mwakuri n bully nakoia.
6. Buokia bwa a na aki karaoui mwakuri n karekekai ke n kaikoaki nakon te aomata are bully nakoia, aio e kona n kabuburai rik bwaai.
7. Tai taetae ibukin raoraom, bon ti ngkana a tuangko bwa ko na taetae ibukia.
8. Kaningingaia ni katoa tao 2-3 te bong bwa ko na kaotia ae ko mwannanoia.

### Ao tera arou ngkana I aranaki iroun temanna bwa te bully ngai?

E aki riai te bully nakon temanna. E aoria ngkana tera ae taekinna ke n karaoia temanna nakoim, moan te kakawaki bwa ko na barongaa raoi arom n kaekaa. Uringnga are tiaki kona n ataia bwa tera ae na un iai temana ma temanna, ngaia e raoiroi riki te tatauraoui ao te iango raoi naba.

Ngkana ko kunea bwa iai ae rotaki n te bwai ae ko taekinna ke n karaoia, e kakawaki te raraoma ke kabwaraan am bure. Ngkana ko maku ke koaki koaua raoi bwa ena kanga arom n kabwara bure ke n katamaroa te reitaki, titirakina ae ikawai nakoim ae ko onimakinna ke raoraom ibukin buokam. Ngkana ko aki koaua bwa tera ae ko taekinna ae rotaki iai ke n un iai temanna, kabwara am bure ao titirakina te aomata anne te kamatata. Tuanga te aomata anne bwa ko na taratara raoi imwina ao n aki manga karaoa te bwai are un iai.

Ibukin taekan riki te bullying, a na ibuobuoki rongorongon aikai:

[netsafe.org: Bullying & Abuse](https://www.netsafe.org)

[facebook.com: What is Bullying?](https://www.facebook.com)

