



Anyone can and should be able to enjoy being safe online. But people living with disability are among the most marginalised groups and often experience more discrimination, bullying or physical, mental and emotional abuse.

Discrimination, bullying and abuse are never okay and should not be tolerated – either online or in real life.

A good friend should:

- Be kind and respectful
- Not make you feel sad
- Not ask you to do anything you don't want to do.

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. Don't leave the door to your house open. It's the same online – don't share your password with anyone. Not your friends, not your family. It is never worth the risk.
3. Don't share other private information like where you live, your phone number or bank details with people you don't know.
4. As your friends list grows, keep checking your privacy settings regularly to make sure the information you are keeping private and public still feels safe to you.
5. If you come across anything online that you do not like, or don't understand, tell someone you trust.
6. Only send and accept friend requests if you actually know the person.

If you or someone you know is experiencing online bullying or abuse because of their living with disability:

1. Ask if they're okay and support them, if they want to share how they feel.
2. Encourage them to talk to others who they trust for support and advice.
3. Remind them that they can [report](#) people and bad behaviour to the people who run the online site that it's happening on. Offer to help them with this if you can, or encourage them to ask someone they trust.
4. If someone or something is making you feel bad about yourself, or if using Facebook is making you feel sad or worried, tell someone close to you. It's always okay to take a break from social media.
5. If something makes you feel worried about a friend, check in with them.
6. If something doesn't feel right, something is troubling you or makes you feel uncomfortable, trust your instincts and seek help from someone you trust.



For more information, visit Netsafe New Zealand's resources on [bullying and abuse](#).

