

Evriwan long yumi i save mo i shud harem sef taem yumi stap onlaen. Be olgeta we oli handikap plante taem oli stap afsaed long komuniti mo oli safu bitim mak from fasin blong mekem defren long olgeta from oli no sem mak olsem ol narafala man, toktok strong long olgeta, mekem badfasin, spolem tingting blong olgeta.

Ol fasin olsem i no stret nating mo yumi no mas letem i hapen, onlaen o long barava laef.

Wan gudfala fren hemi wan we hemi:

- Kaen mo soem respek
- No mekem se yu harem sad
- No askem yu blong mekem eni samting we yu no wantem.

Samfala wei blong mekem se i no gat eni samting i save spolem yu mo narafala man onlaen:

1. Lukaot gud long imel blong yu wetem ol kaon blong yu long internet (olsem Facebook mo ol narakaen ples olsem) long tufala wei ia: [setimap ol strong paswod \(we hemi rod blong yu blong konek wetem internet\)](#) mo [tu \(2\) stamba samting blong jekem se i stret - long Inglis oli tokbaot 'two-factor authentication'](#). Askem wan man we yu trastem hem blong givhan long yu sapos yu nidim help.
2. Yu no mas livim doa blong haos blong yu i open. Sem mak onlaen – yu no mas serem paswod blong yu wetem narafala man. No serem wetem ol fren blong yu o wetem famle blong yu. Sapos no i gat janis se rabis samting bae i hapen.
3. No serem infomesen long saed blong yu olsem ples we yu slip long hem, fon namba blong yu o eni samting long saed blong bank akaon blong yu wetem ol man we yu no save olgeta.
4. Taem lis blong ol fren blong yu i stap kam bigwan bambae yu mas jekem ol samting we yu bin setimap long saed blong praevet laef blong yu oltaem blong meksua se wanem we i praevet mo wanem we i pablik i stil stap sef long lukluk blong yu.
5. Sapos yu lukim wan samting onlaen we yu no laekem o yu no andastanem bambae yu mas talemaot long wan man we yu trastem hem.
6. Taem yu wantem sanem mesej blong mekem fren mo talem yes long olgeta we oli askem blong mekem fren wetem yu meksua se yu rili save man ia.

Sapos yu stap fesem o wan man we yu save hem i stap fesem nogud fasin onlaen from we yu gat handikap o hem i handikap:

1. Askem hem sapos hemi oraet mo givim sapot long hem sapos i wantem serem olsem wanem hemi harem.
2. Traem blong mekem i isi long hem blong tok wetem ol narafala man we oli save trastem blong givim sapot mo advaes.
3. Talem long hem se hemi save [ripotem](#) kaen man olsem mo badfasin long ol man we oli stap wokem stret ples onlaen we samting ia i stap hapen. Givhan long hem sapos yu save o mekem i isi long hem blong askem wan man we hemi trastem blong helpem hem.
4. Sapos i gat wan man o wan samting we i mekem se yu harem nogud, o sapos yu harem sad o yu wari taem yu stap yusum Facebook, talemaot long wan gudfala fren blong yu. I gud blong spel smol taem mo lego ol sosel media (olsem Facebook).
5. Sapos i gat wan samting we i mekem se yu wari long wan fren, jekemap hem.
6. Sapos i gat wan samting we i no stret, o i mekem se yu wari o yu harem nogud, trastem tingting blong yu mo askem help long wan man we yu trastem hem.
7. Blong save moa, visitim risos blong Netsafe New Zealand long saed blong fasin nogud we long Inglis hemi [Bullying and Abuse](#).

