

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 media 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 bikpela 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 media.
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](#).

