

Olgeta manmeri i gat 'right' long i mas pilim seif na ol i mas pilim olsem ol narapela i rispektim ol taim ol i stap 'online' na long laip bilong ol yet tu. Tasol, planti manmeri i save pilim pasin bilong 'bullying', 'abuse' na 'hate'.

'Online hate' em i wanpela birua we i save kamap long intanet na em i save toktok long ples we ol lain i kam long en, komuniti we ol i kam long en, 'gender' o 'identity' bilong ol – kain olsem krismas bilong ol, lotu bilong ol, skin kala bilong ol, lain ol i kam long en, tok ples bilong ol, sapos ol i man o meri, pasin bilong ol olsem man o meri o ol i gat 'disability'.

Dispela i ken kamapim birua na mekim manmeri i pilim wari, belhat na i pret long i stap olsem ol yet.

'Acceptance' em taim wanpela man o meri i pilim seif, i pilim olsem ol narapela i rispektim em na em i ken i stap olsem em yet, maski em i kam long wanem kain ples, komuniti, i lukim em yet olsem em i narapela kain, o hau em i save toktok na mekim samting i narapela kain.



Hau bai mi soim olsem mi luksave long ol lain we i narapela kain long mi?

1. Givim taim long putim yau na lainim, na mekim save bilong yu i go bikpela na klia gut long ol manmeri we i kam long narapela kain ples, komuniti, na i lukim ol yet long narapela kain we.
2. Soim rispek na luksave long ol manmeri we i narakain long yu, kain olsem narapela kain kalsa, we ol i save lukim ol yet, wanem samting ol i save bilip long en o wanem we ol i save stap.
3. Toktok gut na mekim gutpela toktok long ol koneksen bilong yu; mekim ol pasin we yu laikim ol narapela long mekim long yu.
4. Sapotim ol pren husat i ken painim hevi moa long yu— o husat i nidim sampela helpim.

Sapos yu bin lukim o yu bin kamap olsem wanpela man o meri we ol narapela i mekim 'online hate' long en:

1. Blokim ol man o meri we yu no laik long toktok wantaim, na ol narapela we i save mekim yu i no pilim seif o i no pilim gut. Long kisim moa infomesen long hau yu ken mekim dispela long Facebook, lukim [Help Centre](#).
2. Ripotim wanpela man o meri o wanpela 'post' we i mekim yu pilim wari o i pilim olsem yu i no seif. Long kisim moa infomesen long hau yu ken mekim dispela long Facebook, lukim [Help Centre](#).
3. Toktok long sampela lain we yu trastim long kisim sapot na tok helpim, eksampel em wanpela pren we yu save pas wantaim, wanpela famili memba, wanpela lida bilong lotu, wanpela oganaisesen bilong ol meri na pikinini ol wanpela tisa.

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 serim ol praiwet infomesen bilong yu kain olsem paswod, wanem hap yu save stap, fon namba bilong yu, o ol infomesen bilong yu long benk wantaim ol manmeri we yu no save long en.
3. 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.
4. Yu mas salim na ekseptim (accept) ol pren rikwes long ol lain we yu save long en.

TINGIM: Olgeta manmeri i mas pilim seif taim ol i stap 'online', ol i mas pilim olsem ol narapela i laikim ol na ol i mas pilim olsem ol i ken stap olsem ol yet taim ol i go 'online'. Em i wok bilong yumi olgeta long mekim intanet i kamap wanpela ples we i seif.

Long kisim moa infomesen, lukim pes bilong Netsafe New Zealand long [support with hate incidents](#), na [gender-based](#) na [gender identity-based](#) online abuse.