



### Sapos yu pilim bikpla wari

Planti samting iken mekim yu pilim hevi – skul, famili, ol pren, presa long ol wanlain, sosel midia. Hevi na wari inap long bagarapim sindaun blong yumi long planti wei na em impoten long luksae long displa taim yu pilim hevi na save long wei blong helpim yu yet na narapla lain yu save long en. Sampla eksampel bilong hevi o wari em belhat hariap na pasin i senis hariap, ino inap tingting gut, ino tingting stret o ino laik mekim wanpla samting, pilim wari o laik krai na painim hat long slip. Sapos yu laik save moa, yu inap lukim ol displa [risos](#).

### Ol samting blong brukim bikpla wari

Traim ol displa samting long kain kain taim long daunim wari blong yu:

1. Pulim win – lainim long pulim win gut, sindaun isi, pulim win isi igo insait long nus blong yu na autim win isi long maus blong yu.
2. Lap – painim samting o wanpla man o meri husat inap mekim yu lap.
3. Singautim wanpla pren o wanpla man o meri yu trastim na yu ken toktok wantaim.
4. Mekim gut long yu yet – sapos yu raun liklik, mekim ekseis na pulim gutpla win inap mekim yu pilim bel isi. Kisim planti malolo na slip na kisim taim long mekim ol samting yu save laikim.
5. Kisim wanpla malolo – kisim sampla taim longwe long intanet na sosel midia, o putim mak blong yu long hamas taim yu ken stap onlain: [netsafe.org](#); [Time Online](#) [Facebook: Manage Your Time](#)



### Sapos yu pilim olsem hevi bikpela tumas, yu stap yu yet o pilim yu laik kisim yu yet

Planti yangpela manmeri i save bungim taim we ol save pilim planti hevi o long ol samting i save kamap long onlain o laip tru. Yu ken pilim bikpla wari, sore, belhat, bel sore long yu yet stap, ino nap helpim yu yet o pret. O yu ken pilim nogut long yu yet na kisim ol krangki tingting blong kisim laip blong yu yet.

Hia em sampla aidia we ibin helpim ol arapla yangpela pipel, na em inap helpim yu, tu:

1. Tingim olsem em i orait sapos yu save pilim hat na wari taim yu bungim sampela bikpela hevi sampla taim, tasol em impoten long yu no ken traime long stretim hevi blong yu yet.
2. Painim ol pipel yu trastim na toktok long ol – em ol lain olsem ol papamama, ol arapla famili lain, skul pren, o ol pren long sios na long komyuniti.
3. Mekim gut long yu yet, putim yau long ol pipel yu trastim, kisim malolo na no ken mekim disisen hariap tumas.

### Sapos yu wari long wanpla famili memba blong yu o pren blong yu

Sapos yu pilim wanpla pren blong yu o wanpla blong famili lain blong yu bai stap long birua, ringim lokal imejensi sevis hariap. No ken wet.

Sampla taim bai yu painim hat long mekim wanem kain toktok long narapla lain husat i bin tokim yu olsem ol laik kisim ol yet, o yu bilip em wok long tingting long mekim olsem. Hia em sampla samting yu ken mekim long sapotim ol:

1. Strongim pren blong yu long toktok long wanem kain hevi ol pilim.
2. Kamap gutpla man o meri blong harim toktok.
3. Sekim ol klostu klostu na askim ol sapos ol orait.
4. Helpim ol long konek wantiam ol pipel ol trastim, olsem wanpla heltkea profesenel, famili memba, narapla pren o wanpla helpim fon lain. Ating ol ken painim sampla [helpim](#) long displa.
5. Lukautim yu yet long kain taim olsem na traime long kisim helpim long ol pren o heltkea profesenel husat inap sapotim yu, tu. Wei blong sapotim na lukautim ol pipel husat i gat bikpla wari em i hatpela wok na yu tu mas kisim gutpla sapot.

Blong save moa long hao long stopim pasin blong kilim yu yet, yu ken painim ol displa helpim long [hia](#).