

5 tips to be happy online



1. Korero with whānau ōu hoa (Talk with family and friends)

Talking about what you do on the internet with family and friends can help you stay safe.



2. Be a good person

Be kind towards other people and be careful about what you share online about them.



3. Ignore fake news

If something you read or see online or on social media seems strange or makes you feel angry, ask someone to help you check if it is real.



4. Talk about things that make you feel uncomfortable

Have conversations with someone you know about anything you see or hear online that make you feel funny in a bad way. This could include nude or semi-naked images or videos, and nasty or hateful comments.



5. Know where to get help

Everyone in New Zealand is protected by a law called the Harmful Digital Communications Act. Netsafe has responsibility, under this law, to help you if things go wrong.

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Get Help

If something's not right, you can call 0508 638 723, email help@netsafe.org.nz or text 4282 for free help.

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