



# **Digital Citizenship – Cyber Safety: Upsetting information**



**by Hōhepa Canterbury**

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## Before you start



This information may upset some people when they are reading it.

If you are upset after reading this document you can talk to your:

- whānau / family
- friends.



**NEED TO TALK?**



**free call or text  
any time**

You can also contact Need to Talk by:

- calling 1737
- texting 1737.



It does not cost any money to call / text 1737.

# What is in this document

**Page number:**



About this Easy Read .....3



What is upsetting content? .....8



Extra support.....19



More information about Netsafe.....24

# About this Easy Read



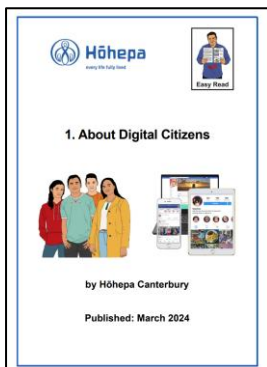
This Easy Read document is from 3 organisations:

- Hōhepa Canterbury
- People First NZ
- Netsafe.

The information in this document is based on the Digital Citizens Framework.

There is an Easy Read document called:

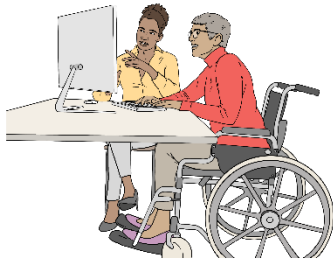
## About Digital Citizens





You can find this Easy Read at this **website**:

**[tinyurl.com/4m7mw8uf](https://tinyurl.com/4m7mw8uf)**



The Digital Citizens Framework supports you to use **digital technology**.



**Digital technology** means things like:

- smartphones
- laptops
- websites
- social media like Facebook.



This Easy Read is:

- about **cyber safety**
- tells you what you can do if you see information online that upsets you.



Here **cyber safety** is about keeping people safe from online threats like:

- **cyberbullies**
- **scammers**
- **predators.**



**Cyberbullying** is when somebody is **bullying** you online.



**Bullying** is when 1 person or a group of people treat you in a bad way.



Bullying can be things like:

- saying nasty things to you / about you
- being ignored or left out
- being hit / kicked / pushed
- telling lies about you.



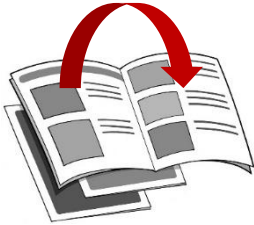
**Scammers** are people who try to trick you into doing something like giving them money.



Here a **predator** is someone who tries to get somebody do something sexual.

# netsafe

Netsafe can also support you if you see information online that you find upsetting.



Go to **page 25** to find out how to contact Netsafe.



There are more Easy Read documents about being a digital citizen at this **website**:

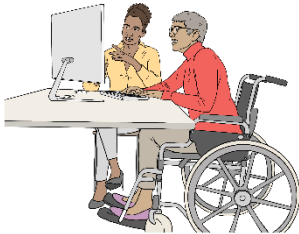
**[www.netsafe.org.nz/digicit](http://www.netsafe.org.nz/digicit)**

# What is upsetting content?



Here **content** is online:

- information
- stories
- videos
- photographs / pictures.



Sometimes you may see content online that you:

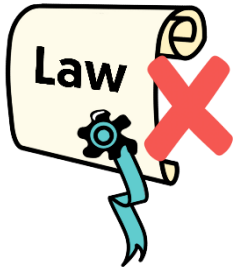
- do not want to see
- have not asked to see
- find very upsetting.





This content can be:

- **inappropriate**
- **offensive**
- **illegal.**



Here **inappropriate** means information that is not right for you.

You might:

- see the information
- have the information sent to you.



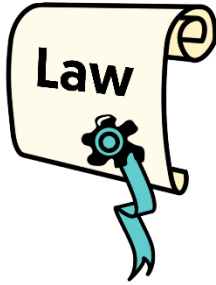
Here **offensive** means something online that makes you feel:

- upset
- annoyed
- angry.





**Illegal** is when someone has done something to break the **law**.



A **law** is a rule that everybody must follow made by the Government.



Upsetting content can also be things that:

- scare you
- are sexual like people having sex
- are very **violent**.



Here being **violent** is when somebody harms another person to:

- hurt / injure them
- kill them.





Upsetting content can:

- pop up when you are playing a game online
- be sent to you by somebody in a message like:
  - a text
  - from a messaging app like WhatsApp
  - an email
- be a link somebody has sent you.



Sometimes you may type the wrong word when searching for something online.



This can mean your search shows you information you find offensive / do not want to see.



This content can be things that are illegal in New Zealand.



Some content may only be OK for adults / grown ups.

It may be very upsetting for a child / young person to see this content.



Content can be illegal when it is shown to children / young people under an **age limit**.



**Age limit** is the age somebody is allowed to do something.



For example some content may only be legal for people over 18 years old to see.

Illegal content may be things like:



- some **pornography**
- hate information
- offensive material.



**Pornography** is when people are doing sexual things in front of a camera.

Pornography is not like real life sex.

Pornography is called **porn** for short.



If you see offensive content it is important that you do not:

- show it to somebody
- send it to somebody.



This is because it may be illegal to do these things.



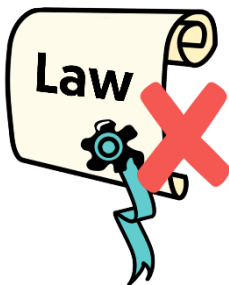
Sometimes content online is not real.

This means things like:



- photos are changed
- stories are made up.

Made up content can also:

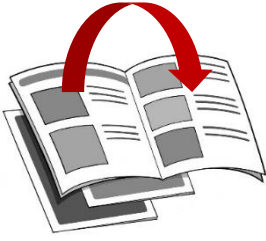


- be illegal
- upset you.

**netsafe**

Netsafe can support you if you:

- get sent upsetting / offensive content
- see upsetting / offensive content.



Go to **page 25** to find out how to contact Netsafe.

# Things you can do if you see content that upsets you



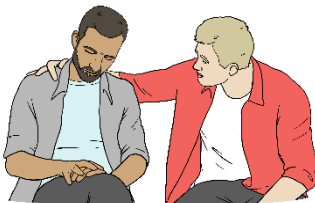
There are things you can do if you see something that upsets you online.



It is OK if you are unsure about how you feel when you see something upsetting online.



You may want to talk to somebody close to you about what you have seen.



Ask your friend / family member to make sure they are OK to talk about what you have seen.



Some people may find it very hard to talk about what you have seen.

You should report the content.



This will help stop the content being seen by other people.



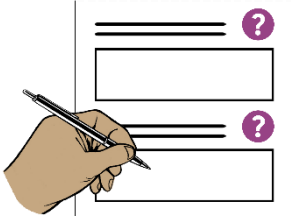
You can report it to:

- Netsafe
- someone you trust – ask them first
- the social media platform you saw the content on.





If you have seen content you think is illegal report it to the Department of Internal Affairs.



There is a form you can fill out on their **website**:

<https://tinyurl.com/DIAReportIt>



This form is **not** in Easy Read.

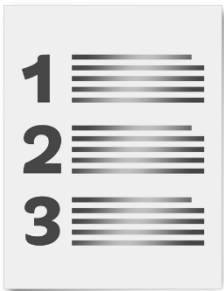
## Extra support



You may need extra support to deal with how you feel about what you have seen online.



There are organisations that may be able to support you when you have seen upsetting content online.



On the next pages we have put:

- the name of each organisation
- their contact details.



## Lifeline

Lifeline provides support if you are having problems with things like your:



- mental health
- whānau / family
- emotions / feelings.

You can contact Lifeline by:



- **calling on:**  
**0800 543 354**



- **texting on:**  
**4357.**



Visit their **website** for more information:

**[www.lifeline.org.nz](http://www.lifeline.org.nz)**

NEED TO TALK?



free call or text  
any time

## Need to Talk?

You can contact Need to Talk  
24 hours a day.

You can contact Need to Talk by:

- **calling** on:

**1737**

- **texting** on:

**1737.**



It does **not** cost you money to use  
these numbers.



Visit their website at:

**[www.1737.org.nz](http://www.1737.org.nz)**



## Tautoko Suicide Crisis Helpline

The Tautoko **Suicide** Crisis **Helpline** can support you if:

- you are thinking about suicide
- someone you know is thinking about suicide.



**Suicide** is when a person takes their own life.



You can contact the Tautoko Suicide Crisis Helpline 24 hours a day by **calling:**

**0508 828 865**



It does **not** cost you money to call this number.



If you / someone you know is in danger now call **111**.

## Youthline

Youthline supports young people aged 12 to 24 years old with their worries.



You can contact Youthline 24 hours a day by:

- **calling** them on:

**0800 376 633**

- **texting** them on:

**234**



It does **not** cost you money to use these numbers.



Visit their **website**:

**<https://youthline.co.nz>**

## More information about Netsafe

netsafe



Netsafe can support you if you:

- have worries about upsetting content you have seen online
- want more information about how to be safe online.



Visit the Netsafe **website** to find out more about how to stay safe online:

<https://netsafe.org.nz>



The Netsafe website is **not** in Easy Read.



You can **call** the Netsafe helpline on:

**0508 638 723**



This number does **not** cost you money to call.



If the Netsafe office is closed then you can leave a voicemail message.



You can **text** Netsafe on:

**4282**



You can email Netsafe for support on:

**help@netsafe.org.nz**



You can **text** Netsafe on:

**4282**



You can **email** Netsafe for support on:

**[help@netsafe.org.nz](mailto:help@netsafe.org.nz)**



This information has been put together by Hōhepa Canterbury for their Digital Citizens project.



It has been translated into Easy Read by the Make it Easy Kia Māmā Mai service of People First New Zealand Ngā Tāngata Tuatahi.



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