

# Kete Haumarū Tuihono Mā Ngā Mātua

Te aratohu a Netsafe hei āwhina i ngā  
mātua me te whānau kia noho haumarū tā  
rātau tamaiti i runga ipurangi





He nui ake te whai wāhi atu o ngā taiohi e tipu ake ana ki ngā hangarau matihiko tēnā i ētahi atu reanga. E mārama ana rātau me te urutau wawe ki ngā whai wāhitanga. Ā, ka pā mai he uauatanga ki a rātau anō i ētahi wā.

Koinei te take me mārama ia matua ki ngā mōrea tuihono, ā, me pēhea te tautoko i tā rātau tamaiti kia pai ake tōna wheako i runga ipurangi.

Ahakoia he wehenga nui pea kei waenga i ō kōrua mōhio ko tō tamaiti mō te hangarau matihiko, ehara i te mea me tohunga hangarau koe e āwhina ai koe i tō tamaiti. He ōrite anō te tika me te hē i runga ipurangi. Ka taea e koe te tuku pūkenga noho, tohutohu me ngā wheako kāore anō kia pā ki a ia, otirā mō te āhuetanga ki ngā mahi haumaruru me te haumarutanga.

Nō reira, me pēhea te tīmata?

Kua whakaarahia e Netsafe tēnei utauta hei āwhina i ngā whānau ki te kōrero mō te haumaruru tuihono. Ka taea te pānui i [netsafe.org.nz/digitalparenting](https://netsafe.org.nz/digitalparenting).



## Ngā mahi e whitu hei āwhina i a koe ki te tīmata

He pou tarāwaho e whai ana i ngā mahi whaitake e whitu te Kete. He mea waihanga ki te hāpai ake i tō mōhio tiaki tamariki ā-matihiko me te whakaū i ngā huatau haumaruru tuihono hira.

### 4 WHAKAAE

Hangaia tētahi tikanga whānau me ō tamaiti kia whakaae tahi ai ki ngā mea ka taea e ia i runga ipurangi tae atu ki ngā pae hei toro, ngā whanonga tika, ngā tautuhinga tūmataitinga me ngā whāititanga.

### 1 MŌHIO

Me pānui i ngā tūmomo mōrea tuihono ka taea, ngā whakapātaritari, ā, i ētahi wā ko ngā whanonga takahi ture ka pā ki ngā taiohi kia mōhio ai ka aha.

### 5 WHAKAAKO

Te mōhio he tino rerekē ngā hiahia o tēnā tamaiti, o tēnā tamaiti, engari he whānui hoki ētahi huatau haumaruru tuihono. Me tīmata mā te whakaae i tāu tamaiti ki **ngā mea e 5 hei āwhina i tō tamaiti kia momoho.**

### 2 AKO

Me pātai ki tō tamaiti he aha āna mahi, kei te kōrerorero ia ki a wai, ā, he pēhea tana whakamahia i ana pūrere kia mōhio koe ki ana mahinga. Me tiroiro haere koe kia kite ai koe i ngā mea ka rerekē.

### 6 TAUIRA

Me noho koe hei tauira pai mō tō tamaiti. Me whakarite kei te whakatauiria koe i ngā mahi tika e hiahia ana koe kia kite ai koe whakamahia ana e tō tamaiti, ahakoa tuihono, ahakoa tuimotu rānei ia.

### 3 HŌPARA

Me whai wā koe ki te hōpara i ngā pae, taupānga me ngā hangarau e whakamahia ana e tō tamaiti kia mōhio ake koe me te mārama ki tōna wheako.

### 7 HANGA MAHERE

Me hanga mahere kia mōhio ai te katoa me aha ki te pā mai he raruraru, ā, me haere ki hea tiki tohutohu ai, tautoko hoki i ngā wā uaua.



## Ngā tohutohu haumaruru tuihono mā ngā mātua me ngā whānau

Kei reira ngā tūmomo mahi ka taea e koe hei āwhina i a koutou ko tō tamaiti kia haumaruru ai koutou i runga ipurangi. Mā ā mātua tohutohu ka mōhio koe ki te kōrero ki tō tamaiti me te kōrerorero tonu mō te haumaruru tuihono.

# Te mōhio ki ngā uauatanga tuihono

Me ako i ngā mōrea me ngā whakapātaritari tuihono ka pā pea ki tō tamaiti.

He māmā ake ki ngā taiohi te tūhura i tō rātau tuakiri i runga ipurangi, te werowero i ngā ritenga me ngā tikanga pakeke, te whakamātautau i ngā whanaungatanga me te whai i ētahi tūmomo whanonga. Engari ko te maha o ngā mutunga iho me ngā pānga o ēnei mea he nui ake i runga ipurangi.

Kua kitea e ngā rangahau a Netsafe tata ki te 19 ōrau o ngā taiohi o Aotearoa i pā ki tētahi whakawhitiwhiti matihiko tē hiahiatia, ā, i pā kino tēnei ki ā rātau mahi o ia rā.

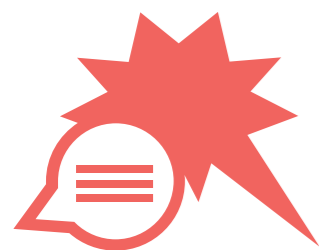
I kitea anō e taua rangahau ko te urupare a te nuinga o ngā taiohi he ārai i te tangata, kāore i aro atu, i pūrongo rānei i te raruraru ki tētahi pakeke. Ahakoa he rerekē ngā whakapātaritari ka pā ki ngā taiohi e ai ki tō rātau taipakeke me ā rātau mahi i runga ipurangi, kei reira ētahi whakapātaritari hira me mōhio ia matua.

Anei ngā whakapātaritari e rima i tukuna taipitopitotia e mātau:

1. Te whakaweti tuihono
2. Ngā whakapāpā kāore i te hiahiatia
3. Pāpāho pāpori
4. Tuku karere taera
5. Ngā ihirangi pakirara

Ko te wāhanga 'Mōhio' te mahi tuatahi i roto i tā mātau pou tarāwaho. Ka kitea e koe ētahi atu kōrero i [netsafe.org.nz/understand](https://netsafe.org.nz/understand)





## Te whakaweti tuihono

E ai ki ngā rangahau a Netsafe, kotahi te taiohi i roto i te tokorima i Aotearoa ka whakawetihia i runga ipurangi i ia tau. Ka pā mai ina whai tētahi tangata, rōpū rānei i tētahi mahi tuihono e pā mai ai te ahotea, matakū, ētahi atu kare-ā-roto kino rānei ki tētahi atu tangata. Ko te kaupapa ake o tā rātau mahi i tēnei he whakamamae i te tangata, ka mutu ehara i te mahi takitahi.

He mea hanga te Harmful Digital Communications Act hei āwhina i ngā tāngata i Aotearoa e pokea ana e ētahi atu i runga tuihono. Ka whakatakoto i ngā mātāpono whakawhitihiti kōrero 10 ka ārahi me pēhea te whakawhitihiti i runga tuihono. Kua kapi ētahi momo whakaweti i tēnei ture. Kua kapi i tēnei ture ētahi atu mea pērā i te whakahau i ētahi atu ki te whakamate i a rātau anō (he takahi ture tēnei) me te tuari i ngā pikitia kirikau, āhua kirikau rānei me te kore whakaae a te tangata kei roto i ngā pikitia.

### Me pēhea te āwhina

Me ako i tō tamaiti me aha ia mēnā ka whakawetihia i runga ipurangi kia whai ia i ngā tikanga hei whakarite i tērā. Me whakamārama i te nuinga o te wā kāore e ngaro atu, tērā pea ka tino hē kē atu me te uru mai anō pea o ētahi atu.

#### Me kōrero ki tō tamaiti mō ō hiahia mō tōna āhua ki ētahi atu i runga ipurangi. Arā:

- Te tohutohu i a ia mēnā kāore i te pai i te ao tūturu, kāore i te pai i runga ipurangi
- Te pātai ki tō tamaiti kia whakaaro ki te āhua o te tangata e whakawetihia i runga ipurangi
- Te whakamaumahara i a ia kia haere mai ki a koe, te whānau, he pakeke e whirinaki ana ia, tōna kura, a Netsafe rānei mō ngā āwhina
- Te whakamārama he ture kei reira me pēhea te whakawhitihiti tuihono. He tuku motika mō te tangata, me ngā kawenga hoki mō ngā tikanga whakawhitihiti me ētahi atu

Ko tētahi atu mea hira mēnā kua whakawetihia tō tamaiti i runga ipurangi he tango topengamata, URL rānei o ngā ihirangi ka pūrongo ki te pūhara kei runga ngā ihirangi (hei tauira, te pāpāho pāpori, pūhara kēmu).

E wātea anō he āwhina i [netsafe.org.nz/what-is-online-bullying](https://netsafe.org.nz/what-is-online-bullying)



## Ngā whakapāpā kāore i te hiahiatia

I te motuhake haere ake o te āhua o tō tamaiti i runga ipurangi, ka taea e ia te tūhono me te whakawhitihiti me ngā tāngata kāore ia i te mōhio. I te nuinga o te wā he āhuatanga pai tēnei, engari i ētahi wā kei te poipoitia pea tō tamaiti, kei te kōrero rānei ia ki tētahi tangata e rūkahu ana ko wai ia.

Ko te poipoi tuihono ko te whakamātau a te tangata ki te whakarite i tētahi āhuatanga taitōkai mā te hangarau matihiko. Ka whakataruna ētahi tāngata he taiohi anō rātau me te whakamahia i tētahi kīwhaiaro rūpahu (he āhua ōrite ki te kiriparau), ā, ka whakamahia e ētahi atu ā rātau ake kīwhaiaro mēnā kāore rātau i te tino pakeke. Ka whakataruna pea ki te whai i ngā kaingākau ōrite, te whai hoa ōrite rānei mā te tiroiro i te kīwhaiaro pāpāho pāpori a te taiohi.

Mēnā kāore anō kia kōrerorero noa ki te taiohi mā te tuku karere tūmataiti, tōtika rānei, ka ngana ia ki te heri i ngā kōrerorero ki tētahi wāhi kāore e kitea e ētahi atu. Ka whakamātau te kaipoipoi kia tata ia ki te taiohi, ā, he roa pea te wā e mahi ana ia i tēnei i mua i te whakamātau i tētahi mahi hōkaka. I te nuinga o te wā, ka whakamahia e rātau ngā tikanga me ngā kōrero he pai te wairua me te whakatenatena i te tamaiti ki te whakapuaki mōhiohia whaiaro, ngā mea e kaingākauria ana e ia kia pono ai te whanaungatanga.

### Me pēhea te āwhina

He mea nui kia mōhio tō tamaiti ka taea e ia te kōrero ki a koe ki te raru ia i runga ipurangi – ahakoa he aha ka pā mai, nō wai rānei te hē. E ai ki te pakeke o tō tamaiti ka hiahia anō pea ki te whai whakaweto i ngā taumahi kōrerorero kei runga i te kēmu ka pureitia e ia hei whakaiti i te tūpono pā mai o te whakamamae.

#### Me whakamārama ki tō tamaiti:

- He māmā mō te tangata ki te rūpahu he tangata kē ia i runga ipurangi
- Ngā pūtaka e rūpahu ai te tangata he tangata kē ia i runga ipurangi
- Ngā tikanga hei whakahaere tuihono i ngā hoa
- Me aha ia ki te hiahia tētahi tangata ki te kōrero ki a ia, te whakahoa rānei i a ia
- Me pēhea te whiriwhiri mēnā kei te pono te tangata ko wai ia
- Me aha mēnā ka tino rerekē ngā āhuatanga ina kōrero ana ki tētahi hoa i runga ipurangi

Mēnā e whakapae ana koe kei te poipoitia tō tamaiti i runga ipurangi, whakapā atu ki ngā Pirihimana ka hopu i ngā whakaaturanga katoa ka taea.

He āwhina anō e wātea ana i [netsafe.org.nz/grooming-and-online-predators](https://netsafe.org.nz/grooming-and-online-predators)





## Pāpāho pāpori

Ko te taipakeke tamariki rawa mō te rēhita mō Pukamata, Tirimeme (TikTok), Kapoata (Instagram), Twitter (Tihau) me Tiriata (YouTube) he 13 tau. Ko te take kei te tipu haere tonu te pūmanawa whakawhanaunga me te kare-ā-roto o te tamaiti e uaua ai ki a ia te tautuhi me te whakarite i ngā uauatanga ka pā mai i runga pūhara i hangaia mō ngā pakeke me ngā taiohi.

Mēnā kei raro tō tamaiti i te 13 tau, ā, kei te hiahia ia ki te whakamahi i te pāpāho pāpori, me whakaaroaro koe mō tōna kaha ki te whakahaere i ngā whakapātaritari tuihono ka taea i mua i te whakatū i tētahi kīwhaiaro. Ko te mea pai ake kia pono tō tamaiti ki a koe kia taea e koe ia te āwhina i runga ipurangi.

### Me pēhea te āwhina

Me whakarite kua akona e koe ngā mea taketake haumaruru tuihono ki tō tamaiti i mua i tana tīmata ki te whakamahi i te pāpāho pāpori. Ka taea e koe ia te āwhina mā te:

- Whakatū ngātahi i te pūkete
- Whakamahi i tō īmēra kua tā tō tamaiti (kei te āhua o tōna pakeke)
- Whakauru i tōna ake rā whānau kia kore ai ia e kite i ngā ihirangi pakirara
- Whakahoia i a ia, te whai rānei i a ia
- Haere ki ngā pokapū haumaruru o ngā pae pāpāho pāpori e whakamahia ana e ia
- Kōrero haere tonu mō te hiahia ki ngā tautuhinga tūmataitinga, me pēhea te whakarite i ngā tukituki pāpori tuihono, ā, me aha ki te māharahara ia

E wātea anō he āwhina i [netsafe.org.nz/privacy-settings-on-social-networks](https://netsafe.org.nz/privacy-settings-on-social-networks)



## Tuku Karere Taera

Ko te karere taera he tuku, he whiwhi rānei i ngā ihirangi kirikau. Kei roto ko ngā pikitia kirikau, ngā whakaahua i rō tarau roto, me ngā karere hōkaka, pikitia, ataata hoki. Me maha ngā take e tahuri ai ngā taiohi ki ngā karere taera tae atu ki te hōpara i ngā mahi ai me ngā whanaungatanga, ka pēhia rānei e tētahi hoa makau, ngā hoa rānei.

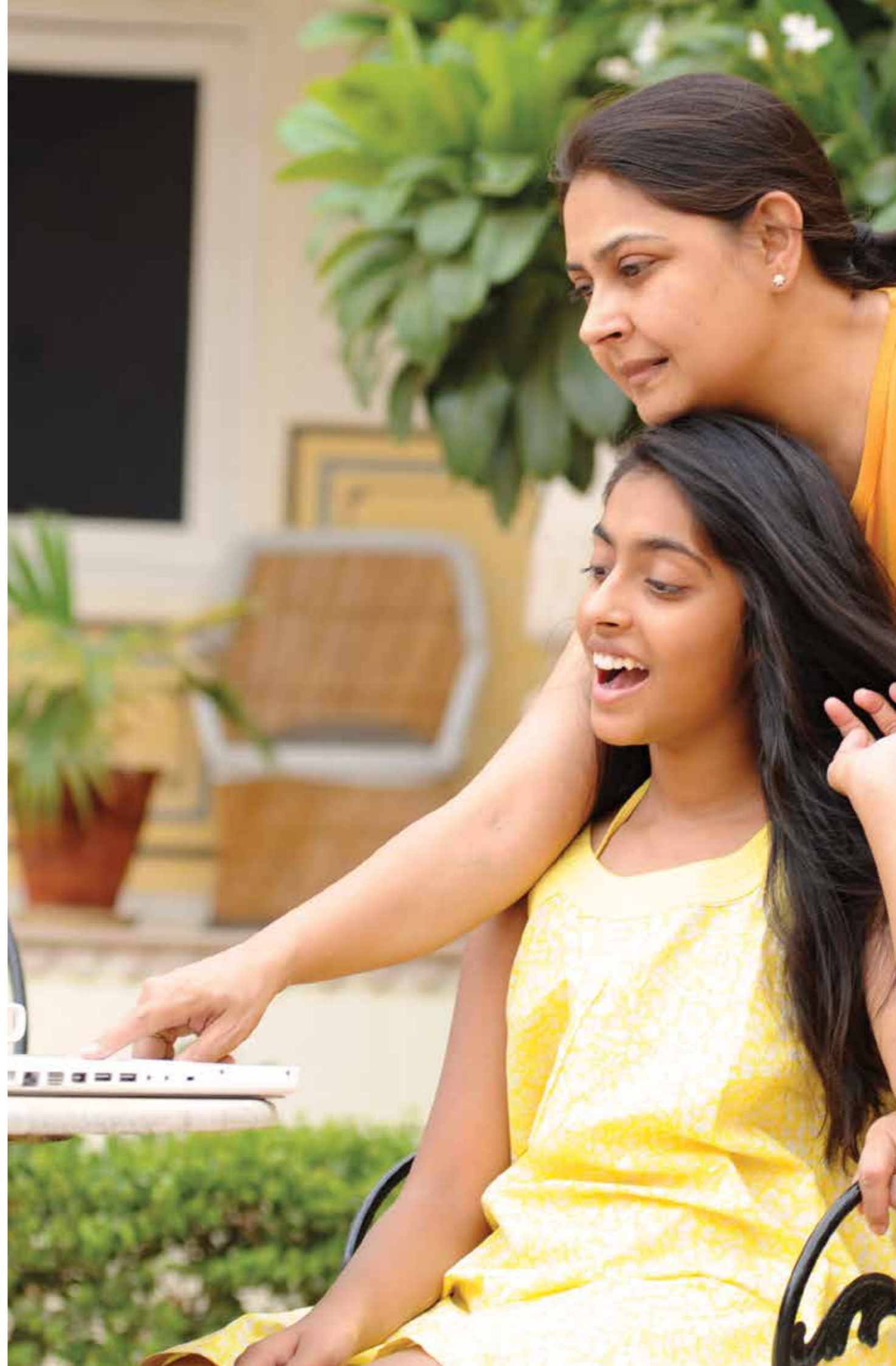
E ai ki ngā rangahau i Aotearoa he āhua iti te rahinga o te hunga e tukutuku ana i ngā pikitia kirikau mō rātau anō (he 4 ōrau o ngā taiohi i waenga i te 14-17 tau i uiuitia i mahia tēnei mahi). Kua nui ake te pā mai, ā, me te pēhi i te tangata i runga i te pōhēhē kei te mahia e te katoa, kotahi te tangata i roto i te tokorima i kī kua tonoa rātau ki te tuku pikitia kirikau.

### Me pēhea te āwhina

Mā te kōrerorero ngākau tuwhera ka āwhina i tō taiohi kia mārama ia ki ngā pānga o te tuku pikitia kirikau. Me kōrero ki a ia mō ngā mōrea o te tuku mōhiohia whaiaro me ngā atahanga hōkaka, ka ahatia aua whakaahua, ataata rānei ina hangaia ka tuaritā.

He mea nui kia mōhio tō tamaiti he pēhea te māmā o te tuari haere o ngā ihirangi tūmataiti ki waho o te hunga mā rātau ake.

E wātea anō he āwhina i [netsafe.org.nz/sending-nudes-parents](https://netsafe.org.nz/sending-nudes-parents)





## Ngā ihirangi pakirara

I ētahi wā ka kite ngā taiohi i ngā ihirangi hē, weriweri, takahi ture rānei ahakoa kāore i āta rapua e rātau. Ka puta ake pea i a rātau e purei kēmu ana, ka tukuna pea he hono e tētahi, ka whakaaturia pea ngā atahanga hōkaka ina rapu ataata, ka puta ake rānei ngā ihirangi ohorere nā te hē o te tuhi i te kupu.

Kei roto pea i ngā ihirangi weriweri, takahi ture rānei ko ngā take, atahanga, ētahi atu mōhiohio rānei e rāhuitia ana i Aotearoa. Ka whakahārangi pea ngā ihirangi i tētahi taiohi ina kitea e ia.

### Me pēhea te āwhina

He whakakohiku pea mō tō tamaiti ētahi o ngā mea ka kitea tuihonotia e ia. He mea nui kia whakapakari koe i a ia ina piki ia ki te ipurangi, ā, me kōrerorero haere tonu me ia mō ngā mea e kite ana ia me ana mahi.

Anei ētahi atu mahi ka taea e koe:

- Me tiro tiro haere i ngā mahi tuihono a tō tamaiti
- Whakamahia ngā utauta mana mātua hei tātari i ngā ihirangi ka whai wāhi atu tō tamaiti
- Me āta urupare mēnā ka kitea e tō tamaiti ngā ihirangi pakirara, ā, kua haere mai ki a koe kia āwhinatia ia
- Me whakamārama atu koe me aha mēnā ka pā mai anō tēnei, ā, kua e tango i ana pūrere, e aukati rānei i te whai wāhi atu mēnā ka tūpono ia ki ēnei momo ihirangi

E wātea anō he āwhina i

[netsafe.org.nz/upsetting-content/](https://netsafe.org.nz/upsetting-content/)



# Me ako mō ngā mahi tuihono a tō tamaiti

Ko te mea māmā noa e mōhio ai koe mō ana mahi tuihono me pātai atu.

He mea nui kia mārama ake koe ki ngā mahi me ngā wheako tuihono o tō tamaiti, ngā mea e hiahia rānei ia ki te hōpara. **Me kōrero ki a ia mō ana mahi tuihono, he pēhea tana whakamahi i ngā pūrere me te hunga e kōrerorero ana ia.**

**Me whai wā koe ki te āta kōrerorero ki a ia** – ka pōhēhē koe pea he kēmu noa e tākarotia ana e tō tamaiti engari koinei pea te tikanga e tūhonohono, e whitiwhiti kōrero ana tō tamaiti ki hunga tauhou ki a ia.

E ai ki ngā rangahau he mea nui ngā mātua mō te haumarū, angitū, mātau hoki o te tamaiti mō te whakamahi i ngā hangarau matihiko. Ka āwhina ngā kōrerorero noa i te kāinga ki te whakaiti i ngā mahi kino mēnā ka raruraru i runga ipurangi. **Mā te pātai atu ki tō tamaiti he aha āna tohutohu ki tētahi hoa kua pā mai he uauatanga**

He aha i pai ai ki a ia ētahi taupānga, pae rānei?

Ko wai kei roto i tōna kāhui?

Kei te hanga puoro, ataata rānei?

He aha ngā mea kei te purei ia?

He aha ngā mōhiohio e tuaritia ana e ia?

**ki a ia i runga ipurangi ka āwhina i a ia ki te kōrero.** Ka āwhina anō i a koe kia mōhio ai koe he ōna mōhio, āna mahi, ā, tōna whanonga.

**Mā te aro atu ki a ia ka whakamāmā i ngā kōrerorero taumaha ki te pupū ake he raruraru.**

Ko te wāhanga 'Whakaako' te mahi tuarua o tā tātatau pou tarāwaho. Ka whiwhi mōhio atu anō koe i [netsafe.org.nz/learn](https://netsafe.org.nz/learn)

# Hōparatia te hangarau

Mēnā kāore koe i te mōhio he aha ngā mahi a tō tamaiti i runga ipurangi, me whakamātau.

**Hōparatia ngā paetukutuku, taupānga me ngā hangarau e whakamahia ana e tō tamaiti.** Ka āwhina tēnei ki te whakawhānui i tō mōhio, ā, ka mārama ake koe ki ngā uauatanga ka pā mai.

**Kaua e whakaririka ngā hangarau hou** i te mea kei te whakamahia ēnei e ngā taiohi – mēnā kāore i te kāinga, kei te whakamahia kētia i ngā kāinga o ngā hoa, i te kura rānei.

**Pātai atu ki tō tamaiti kia whakaaturia mai he pēhea te mahi a tana tino paetukutuku, pūrere rānei** hei wāhi i ngā kōrerorero mō te haumaruru tuihono. Me pātai ki a ia he pēhea tana tiaki i a ia anō kia haumaruru ia, he aha ngā āhuahira e whakamahia ana e ia, ā, he pēhea tana tiaki i tōna tuakiri.

**Me whai wāhi anō koe ki te pānui i ngā ture me ngā here.** He whakamārama he aha te taipakeke tika o te tangata i mua i te whakamahi i te ratonga, ā, ka ahatia ngā mōhiohia ka tukuna e tō tamaiti.

Ko te wāhanga "Hōpara" te mahi tuatoru o tā tātau pou tarāwaho. Ka whiwhi mōhio atu anō koe i [netsafe.org.nz/explore](https://netsafe.org.nz/explore)



# Whakaae me te whakatakoto i ngā tūmanako

I ētahi wā kāore ngā taiohi i te mōhio ki ngā ture, me pēhea rānei te whakahaere i ō rātau ake ao.

Me kōrerorero mō te wheako ka pā pea ki tō tamaiti i runga ipurangi me ngā painga me ngā uauatanga. Me kōrero ki tō tamaiti mō ngā tūmomo whanonga e tika ana mōna me te whakaū i te kōrero ko ā rātau mahi ka mahue mai hei hāraunga matihiko pūmau.

## Whakatakotohia ngā tūmanako mō:

- Tētahi wā tika i runga ipurangi
- Ngā taipānga me ngā pae e tika ana hei whakamahi
- He pēhea te pānga o tōna whanonga ki ētahi atu
- He aha ngā momo mōhio he pai ki te tuari tuihono
- Ki hea ia haere ai ki te tiki tohutohu tae atu ki a koe, tētahi pakeke e whirinaki ana ia, he kaiako, ki Netsafe rānei.

He rerekē ngā kaupapa e ai ki te taipakeke me te wāhanga o tō tamaiti – me ngā mea e rata ki a koe te matapaki.

He āwhina kei roto i ngā kōwhiringa hangarau pērā i ngā mana mātua, engari ka whaitake ake mēnā ka tāpiritia atu ki ngā matauranga haumaruru tuihono.

He mahi whaitake te wehe mai i

tētahi wā mō te whānau katoa ki te waihanga i tētahi tikanga ā-whānau me tō tamaiti mō ngā mahi tuihono.

Ka taea e koe te kōrerorero mō ngā mea hira ki a koutou te whānau me ngā mea e hāngai ana ki a koutou katoa.

Me mārama ngā taiohi ka pā ngā uauatanga ki ngā tāngata katoa i runga ipurangi. Me kōrero mō ngā raru i pā mai ki a koe ahakoa pea he māmā noa iho pērā i tō wareware i tō kupuhipa me te whakamārama i pea tō whakatika.

Me whakatenatena i tō tamaiti ki te kōrero ki a koe mō ana mahi tuihono tae atu ki ngā mea whakapōraruru ana i a ia. Ahakoa he aha, me te pūtake, kua e riri.

Ko te wāhanga 'Whakaae' te mahi tuawhā o tā tātau pou tarāwaho. Ka whiwhi mōhio atu anō koe i [netsafe.org.nz/understand](https://netsafe.org.nz/understand)

**Me rapu me pēhea te whakamahi i ngā mana mātua i [netsafe.org.nz/filters](https://netsafe.org.nz/filters)**

**Pānuitia ētahi atu kōrero mō te wā ka pau i runga ipurangi i [netsafe.org.nz/screen-time](https://netsafe.org.nz/screen-time)**

# Whakaakona ngā mea taketake

Whakamōhiohia atu ngā mea taketake o te haumarū tuihono.

He pokapū haumarū tō te nuinga o ngā pāpāho pāpori me ngā whakahaere kēmu. Tirohia ngā pokapū haumarū me tō tamaiti ka whakaako i a ia me pēhea te whakamahi i ngā utauta e wātea ana. Me tīmata atu me pēhea te ārai i te tangata, me pēhea te pūrongo i ngā ihirangi, ā, me pēhea te whakamahi i ngā tautuhinga tūmataitinga. Me whakaako i tō tamaiti ki te hopu i ngā topengamata, ngā URL rānei mō te tūpono raruraru, ā, ka hiahiatia ana ēnei mōhiohio.

Ko tētahi atu mea ka whakaaroarohia e ngā mātua i tētahi wā mēnā me whiwhi pūrere tā rātau tamaiti. Mēnā kei te whakaaro ake koe ki te tiki pūrere mā tō tamaiti, tirohia ngā tohutohu i [netsafe.org.nz/byod](https://netsafe.org.nz/byod)

Ko te wāhanga 'Whakaako' te mahi tuarima o tā tātau pou tarāwaho. Ka whiwhi mōhio atu anō koe i [netsafe.org.nz/teach](https://netsafe.org.nz/teach)

Ko **ngā kupu aki e 5 a Netsafe hei āwhina i tō tamaiti kia momoho** tētahi o ngā utauta haumarū tuihono pai rawa ka taea e koe te whakaako:

## 1 Me noho maukati

Ka āwhina ngā kupuhipa me ngā waehe pine ki te whakamaru i te kīwhaiaro me ngā pūkete a tō tamaiti. Me whakatū ngā pine me ngā kupuhipa me ngā pūrere – ka whakaū anō i te kōrero kia kaua e tukuna ki ētahi atu i tua atu i a koe. Me tiki mōhiohio anō i [netsafe.org.nz/passwords](https://netsafe.org.nz/passwords).

## 2 Me noho matatapu

Ka noho mōrea ake tō tamaiti ki te tāhaetanga o tōna tuakiri, te poiipoitia rānei mēnā ka tuihono te tuari whānui i ētahi mōhiohio i runga ipurangi. He mea nui kia tūpato ina tuari ana i ngā:

- Kupuhipa
- Wāhi noho
- Rā whānau
- Taipitopito pūtea pēke
- Taipitopito kura
- Tauwāhi o ngā taupānga
- Mōhiohio whaiaro ka taea te whakamahi hei kimikimi i ngā pātai haumarutanga

## 3 Me whaitake

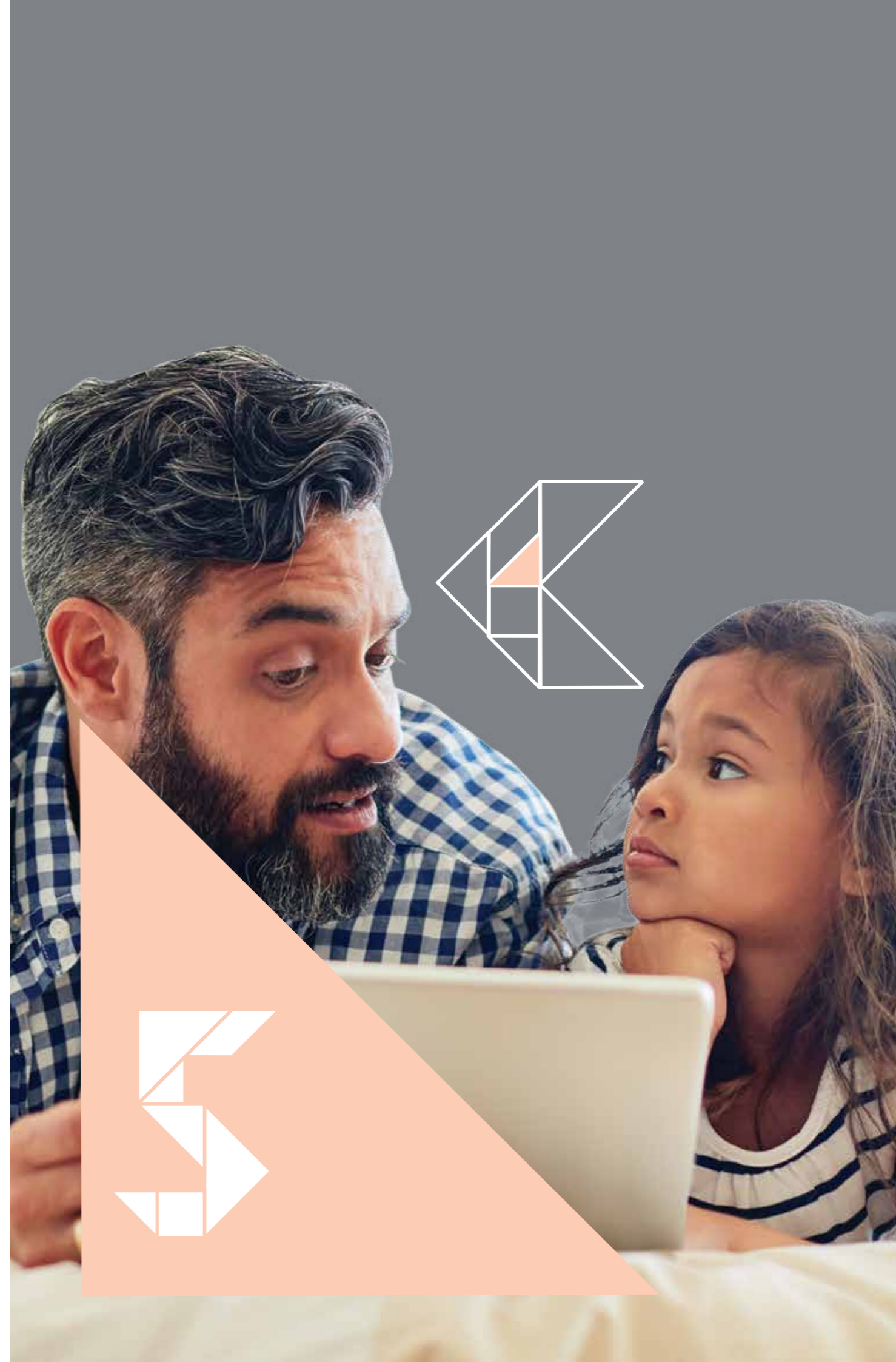
Ko te hāraunga matihiko te ara 'maramara tāhiko' ka mahue i a koe i runga ipurangi, ā, me āta whakahaere. Ka tino roa pea te noho mai i muri hoki i tō rātau pōhēhē kua mukua e rātau, ā, ka whai i a rātau tae noa ki tō rātau pakeketanga. Rapu mōhio atu anō i [netsafe.org.nz/digital-footprint](https://netsafe.org.nz/digital-footprint).

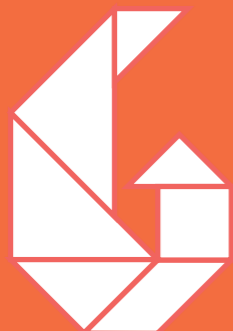
## 4 Me noho tuturu

Ka mōhio noa pea te pakeke, engari he uaua pea ki te tamariki te mōhio kāore e pono ngā tāngata katoa ko wai ake ia. He mea whakaongaonga hoki ki te hiahia te tangata ki te whakahoā, te whakawhitiwhiti kōrero, te whai rānei i a ia. **Me kōrero ki tō tamaiti mō ngā pōhiri, kōrerorero rānei me ngā tāngata tauhou, te take kāore i te haumarū, ā, me pēhea tāna whakarite i tērā.**

## 5 Me noho hoahoa

Me ako i tō tamaiti kia ngākau atawhai, whakaaronui hoki i runga ipurangi, ā, kia tūpato te kōrero, te tuari mōhiohio rānei me te hunga kāore ia i te mōhio.





## Me whakatauiria ki a ia

Kei te mātakitaki ngā tamariki i ngā wā katoa, nō reira kua e ngutu kau.

**Me tiroiro he pēhea te whakamahi a ngā tāngata i tō kāinga i te hangarau.**

Me whai whakaaro koe ki ngā tauira, whanonga, ngā mahinga rānei me whakaaroaro anō. Ka whakamahia ngā waea i te tēpu? He pēhea tō kōrero, o whakairinga tuihono rānei?

**He uaua pea te whakatakoto tūmanako mō te whānau mēnā kāore i whakatinanahia e koe.**

Me matapaki i ētahi o ngā āhuatanga haumaruru hira me tō tamaiti, engari me whakarite kei te mahia anō e koe.

Ko te wāhanga 'Tauira' te mahi tuaono o tā tātāu pou tarāwaho. Ka whiwhi mōhio atu anō koe i [netsafe.org.nz/role-model](https://www.netsafe.org.nz/role-model)

# Me hanga mahere

Me mōhio ngā taiohi me haere rātau ki hea ki te tiki āwhina.

Me whakamōhio atu ki tō tamaiti he aha ngā kōwhiringa e wātea ana ki a ia mēnā kei te pā mai ngā uauatanga tuihono. Me kōrero atu ia ki a koe, te whānau, he pakeke e whirinaki ana ia, tōna kura, a Netsafe?

I te nuinga o te wā he mahi nui ina rapu āwhina ngā taiohi. E ai ki ngā rangahau a Netsafe he maha ngā taiohi kāore i te rapu āwhina ina pā mai he hapa i runga ipurangi. I te nuinga o te wā ka waiho e rātau te raru, ka ngana ki te whakatika, ka pōhēhē rānei ka tangohia e ō rātau mātua te hangarau.

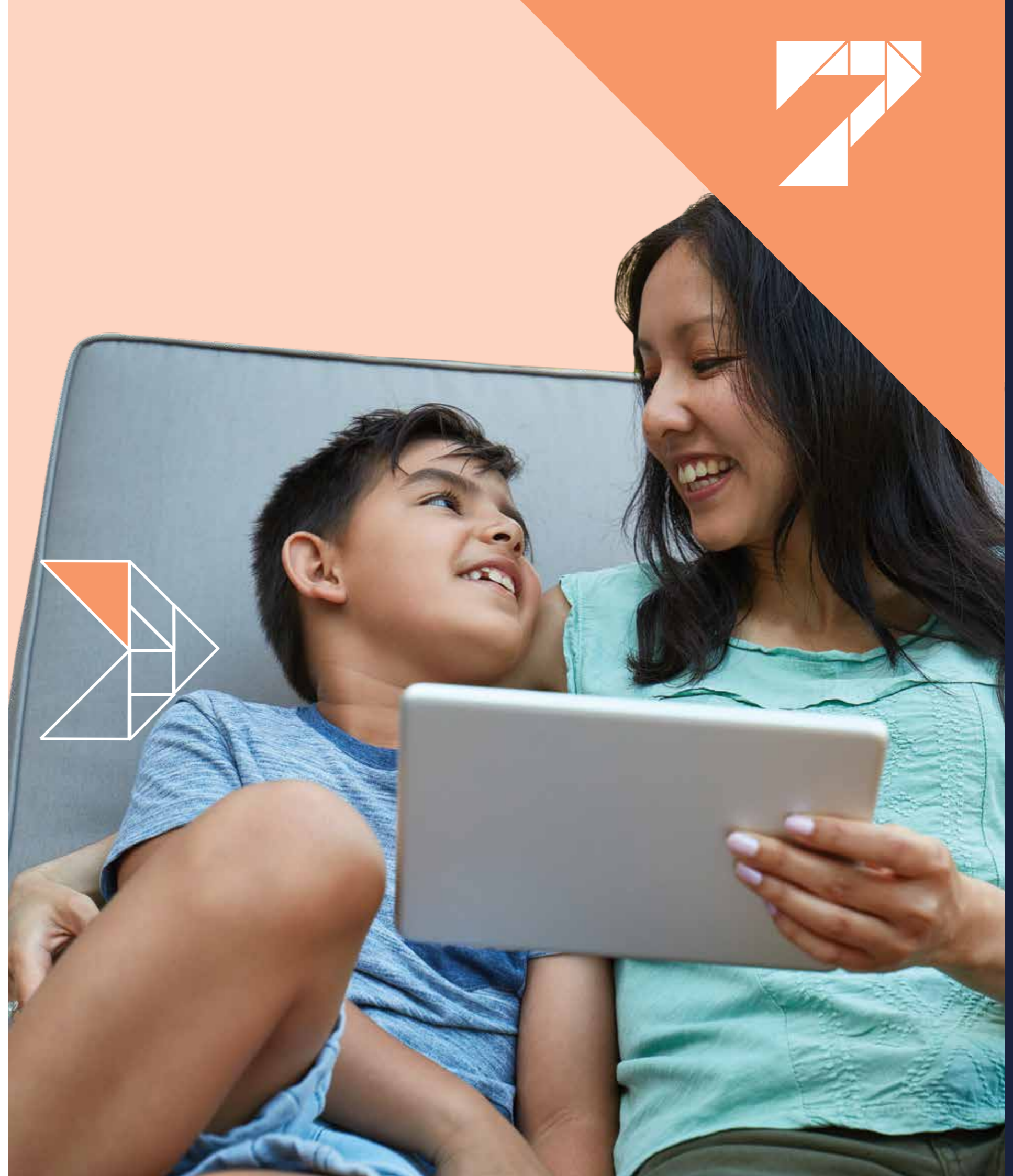
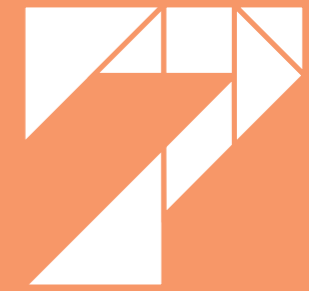
Mēnā ka haere mai he taiohi ki a koe me aro ki te whakatika i te raru, kua te whiu i te hunga whai pānga, te muru rānei i ana pūrere – ahakoa i hapa ia. Mēnā ka whakakorehia atu e koe tana āhei atu ki te hangarau, kua kore koe e noho hei rerenga tuatahi mōna ina pā mai anō he raruraru.

Kua hangaia e Netsafe te Tiriti Haumarua Whānau Tuihono hei āwhina ki te ārahi i ēnei kōrerorero, ā, kia māmā ake ai te wheako.

E toru ngā putanga o te Tiriti kia hāngai ai ki ngā rōpū taipakeke rerekē [netsafe.org.nz/family-safe-online-treaty](https://netsafe.org.nz/family-safe-online-treaty).

Ka kite anō pea koe koinei pea te wā ki te tiroiro ki ā tātau mea wāhi i ngā kōrero kia tīmata ai.

Ko te wāhanga 'Mahere' te mahi tuarua o tā tātau pou tarāwaho. Ka whiwhi mōhio atu anō koe i [netsafe.org.nz/plan](https://netsafe.org.nz/plan)



# Tiriti Haumarū Whānau Tuihono

Ko te hiahia o Netsafe kia haumarū, kia pai hoki te wā o ngā tamariki o Aotearoa me ō rātau whānau i runga ipurangi me ā rātau pūrere. Ka whaitake pea mō ngā whānau te whakaae tahi ki ētahi aratohu kia taea ai tēnei.

## 1 ME WAIRUA MANAAKI

I a koe i runga ipurangi, me whai whakaaro ki ētahi atu me te kōrero, te tohatoha rānei i runga i te wairua manaaki.

## 2 ME NOHO KI A KOE ANŌ

Me noho haumarū, tūmataiti hoki ō kupuhipa me ō mōhiohio mōu anō, mō ētahi atu rānei.

## 3 KIA TŪPATO

Me āta whakaaroaro koe mō ngā mea ka tuaritā e koe me te whakarite he āhuatanga papai ki a koe, ā, ka pai koe ki te tuari me tētahi atu kanohi ki te kanohi.

## 4 ME NOHO TŪTURU

Ehara i te mea he tūturu ngā tāngata katoa ka kite koe i runga ipurangi. Ka tūturu pea te āhua, te tangi rānei, engari he teka, he meho rānei ētahi mea, nō reira me āta tiroiro, me pātai rānei ki tō kaiako mēnā kāore koe i te tino mārama.

## 5 ME NOHO PONO

Ina kape, whakamahi rānei tātau i ngā kupu, pikitia, whakaaro rānei o ētahi atu mai i te ipurangi, me whakarite tātau kei te tika te āhua o tā tātau tuari i ēnei mea me te whai i ngā ture mō te tuari i ngā mea ehara nā tātau.

## 6 KIA TIKA TE ĀHUA

Me mātua pātai ki ngā tangata mēnā e whakaae ana kia hopukia rātau, te tuari whakaahua, ataata rānei kei roto rātau. Me whiwhi kōrero rātau mō ngā mea ka whakairia ki te ipurangi mēnā kei roto rātau.

## 7 ME WHAI TAKOHANGA

Mēnā ka heria mai e koe tāu ake pūrere ki te kura, me whakamahi e ai ki ngā tohutohu me ngā wā i whakatauhia e ia.

## 8 ME WHAI WHAKAARO

E wātea ana ngā āwhina koreutu me te matatapu mai i Netsafe ([netsafe.org.nz](https://www.netsafe.org.nz), **0508 NETSAFE** rānei) ki te pā mai ngā uauatanga i runga ipurangi.

**He aha ētahi atu aratohu whaitake, ā, ka aha mēnā kāore e whāia?**

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**Mēnā kei te hiahia āwhina mātau nā tētahi raruraru me tēnei Tiriti ka kōrero atu mātau ki:**

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**E whakaū ana taku waitohu kei te whakaae ahau ki ngā aratohu i runga ake**

Waitohu o te tamaiti \_\_\_\_\_ Rā \_\_\_\_\_

E whakaae ana ahau/māua kia tika te whakahaere i ēnei aratohu. Me whakaaronui ngā tāngata katoa mō te whakamahi hangarau, ā, me hui te whānau ki te kore e ū ki ēnei aratohu. Ka whakahoā me te whai ahau/māua, engari kāore e whakamomoka tuihono i a koe.

Waitohu matua/kaitiaki \_\_\_\_\_ Rā \_\_\_\_\_

# Tiki tautoko

Kei reira ngā tūmomo wāhi hei tiki tautoko mō ngā take haumarū tuihono.



He tuku i tētahi ratonga haumarū tuihono matatapu me te koreutu mō ngā tāngata katoa o Aotearoa. He āwhina i ngā tāngata me ngā whakaweti tuihono, mahi tūkinō, nonotitanga me ētahi atu uauatanga tuihono



He tuku i ngā mōhiohio whaitake me ngā tohutohu me pēhea te whakahaumarū i ō mōhiohio i runga ipurangi. Ka taea anō e koe te pūrongo ō raruraru haumarutanga ipurangi.



Mēnā ki ōu whakaaro kei te noho mōrea koe, tētahi atu rānei, i takahia rānei te ture me waea atu ki 111.



## Me tūhono ki Netsafe

He whakahaere kaupapa arumoni-kore motuhake a Netsafe e ngākau tapatapahi ana ki te haumarū tuihono. Ka whakahaumarū mātau i ngā tāngata i runga ipurangi mā te tuku i ngā tautoko koreutu, mātauranga me ngā pūkenga maiki tuihono i te whitu rā i te wiki.

### Whakapā atu ki te waea āwhina a Netsafe

E wātea ana mātau i ia rā. Ahakoa kei te whakatūtaki koe i ngā mahi whakaweti tuihono, he tono tuihono tūpato, kei te hiahia tohutohu rānei koe mō tō whānau, ka taea e mātau te āwhina.

- Waea koreutu mai ki 0508 NETSAFE
- Īmēra [help@netsafe.org.nz](mailto:help@netsafe.org.nz)
- Patowaea 'Netsafe' ki 4282
- Pūrongo tuihono i [netsafe.org.nz/report](https://netsafe.org.nz/report)

### Haere ki [netsafe.org.nz](https://netsafe.org.nz)

He mōhiohio, kupu aki, aratohu āwhina-whaiaro ā mātau mō ngā tūmomo take haumarū tuihono. E whakaratoa anō e mātau ngā rauemi ki te rāngai mātauranga me ngā tohutohu mō ngā ia hou rawa mō te haumarū tuihono.

Tirohia te [netsafe.org.nz/digitalparenting](https://netsafe.org.nz/digitalparenting)

### Me noho mōhio

Ka taea e koe te ohauru ki tā mātau pānui ā-marama i [netsafe.org.nz/newsletter](https://netsafe.org.nz/newsletter), whai rānei i a 'NetsafeNZ' i runga Pukamata, Tīhau, me Kapoata kia whiwhi ai koe i ngā kōrero hou rawa mō ngā rongokōrero haumarū tuihono, tohutohu, kupu aki rānei.

**Tūhono mai ki a mātau**

@netsafenz

