

KIA RITE, KIA HAUMARU

Whakapūmau i te hononga

Ākona ngā mōhioranga matua o ngā pae pāhopori, me te ara ki te panoni i ngā ritenga tūmataiti, whakamaru hoki, kia haumaru ai te whakaporipori tuihono.



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Ahakoā kātahi anō pea koe ka uru ki te pāhopori, kua whai pūkenga rānei/hoki, he mea waiwai kia āta mārama koe ki ngā tikanga o te noho haumarū ā-tuihono, kia tino whaitake ō hononga tuihono.

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Ngā mea waiwai o te pāhopori

Ko te tikanga o te pāhopori ko ngā paetukutuku, taupānga hoki kei tō waea, paparorohiko rānei ki reira whakaporipori ai te tangata mā te hanga, te tuari, te hono tuihono hoki i ngā kōrero, whakaahua, ataata, ihirangi atu anō hoki e mōhiotia ana ko ngā ‘whakairinga’.

He ara rorotu tēnei ki te hono atu ki ngā hoa, te whānau, ngā tauhou hoki - ki te hiahia koe. Ka hāngai ki ētahi atu anō mahi hoki, hei tauira, te hokohoko, te whai i ngā karere o te wā, te whakangahau me te whaiwāhi ki ngā hāpori tuihono, ki reira hui tahi ai ngā tāngata o roto i te kaupapa ki te whakawhitiwhiti whakaaro, te mahi tahi, te tautoko anō hoki, tētahi ki tētahi.

Ka whakarahia ake ngā hāpori mā ngā tono hoa, tono karere, tono rōpū tuihono hoki. E āhei ana e te tangata te aru, te tāpiri rānei i a koe hei hoa, arā, ka āhei rātou te kite i ngā mōhiotia, ihirangi hoki ka tuari koe. Ko te painga, ka tuku ngā pae pāhopori i te maha o ngā tautuhinga tūmataiti, whakamaru hoki, e taea ana e koe te panoni e ai ki ō hiahia.

Ko ngā tohutohu whānui a Netsafe mō te pāhopori

He maha ngā pūhara me ngā taupānga e taea ana e tātou te whakamahi kia hono tuihono ki ngā tāngata. Ka hāngai ngā whakaaro me ngā mahi kei raro nei, ahakoa te pūhara e whakamahi ana koe.



Whakahaumarū i tō pūkete

- Whakamahia ngā kupuhipa me ngā rerengahipa kaha.
- Whakaāhei i te motuhēhēnga tukarua.



Hihiratia ō tautuhinga tūmataiti

- Me whakaū kia tūmataiti tō kōtaha.
- Whirihia tō hunga mātakitaki, pānui hoki mō ia ihirangi e tuaritā ana e koe.



Āta whiriwhiria ō 'hoa'

- Tāpirihia ngā tāngata e mōhio tūturu ana koe, ā, whakapā atu ki a rātou ki waho i te ipurangi kia mōhio ai nā rātou tonu ngā tono.
- Mukua ngā tono kāore e āta mōhio ana.



Whakaaroarotia ngā ihirangi ka tuaritia e koe

- Tau ai ki te ipurangi, ka taea e ētahi atu tāngata te tuari, te tikiake, te panoni rānei i āu ihirangi.
- Pātai ki a koe anō:
 - Ka tuaritia ō mōhiohio whaiaro (arā, tauwāhi noho)?
 - He tūturu tērā? Kia mātaara, kei tūpono he tinihanga kē pea; nō reira kia āta tirohia āu puna ihirangi.

Kia maumahara, kei a koe te tikanga!



Māu e whakatau he aha ngā ihirangi, ko wai mā ngā tāngata e hiahia ana koe ki te pāhekoheko atu.

- ‘Paitia’, tuaritia atu, panuku kau atu rānei.
- Whakaaetia, kauparetia, āraitia rānei ngā karere, tono hoa rānei.
- Hunaia, mukua rānei ngā pitokōrero pāmamae kei tō whārangi, ā, whakamōhiohia atu, āraia rānei ngā pūkete.

Ki te pā atu te pāmamae tuihono ki a koe, whakapā atu ki Netsafe māna e tohutohu, e whakatakoto ngā mahi ka whai ake.

Whāia ngā tikanga haumaru mō te pāhopori

Pērā ki ērā atu wāhi tuihono, ka taea te whakamahi i ngā mea ka tuaritia ki te pāhopori kia whakaahuatia koe hei tangata. E kīia ana he tapuwae matihiko tēnei. Ina whakamahia te pāhopori, āta whakaarohia te ihirangi e tuari ana koe ki te Ipurangi.

Kia whaiwhakaaro ki tō tapuwae matihiko, ki ngā tāngata e aroha ana koe hoki.

- Ka tau tō whakaaro kia kitea tēnei mea e te tauhou, i tēnei wā, hei āmuri atu rānei?
- Ka whakaaweawetia pea ōu hononga whaiaro, pakihi rānei, rongo rānei?
- Ka āhei rānei te whakamahia kia kohikohia ngā mōhiohio whaiaro, rahirahi hoki?
- Ka tukuna atu ngā mōhiohio whaiaro o ōu hoa, whānau rānei?

Whiria ō tautuhinga wāhi noho

Ko tā ngā tautuhinga wāhi, ko te tuku kia uru, kia whakamahi hoki he taupānga, paetukutuku rānei i ngā mōhiohio matawhenua kei tō pūrere mō te mahi pērā i te Tauwāhi Amiorangi Aowhānui, arā te whakaterenga GPS, te Google Maps, me te ‘find my phone’. Ki te pīrangī koe, ka taea te whakaweto i tēnei taumahi, heoi anō kia mōhio koe, mā tērā e kore ēnei taumahi e mahi.

He paku rerekē te whakamahi i tēnei ki tēnā, ki tēnā pūhara, heoi anō:



Tuwherahia te taupānga “Settings” kei tō pūrere.



Panuku ki raro, pāwhiria “Location”,
“Privacy & Location” rānei (e ai ki tō pūrere).

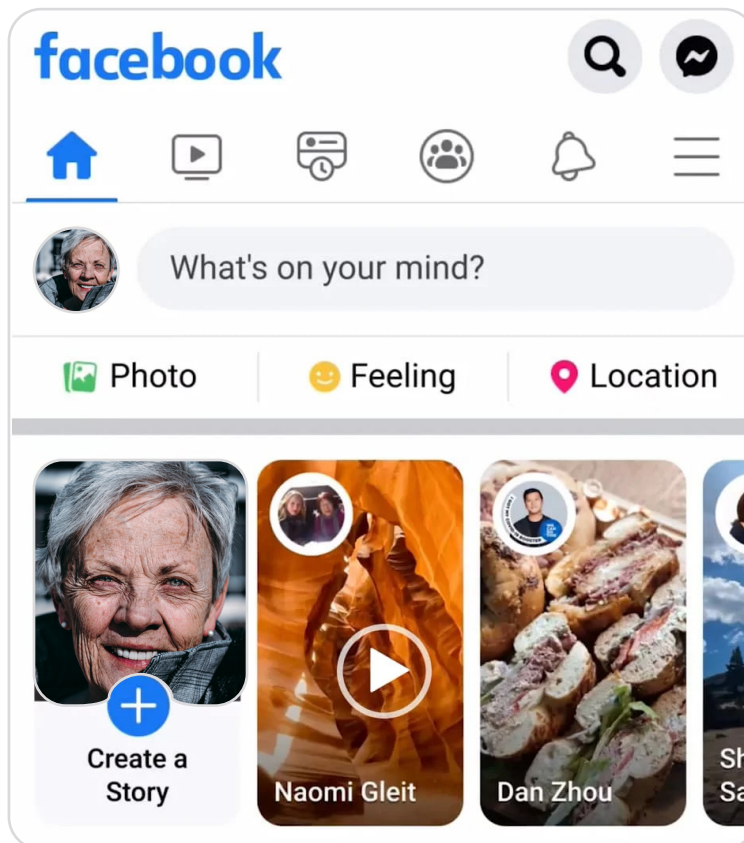


Kōwhiria “Off” ki te whakaweto i ngā ratonga tauwāhi.

Ngā paetukutuku pāhopori e kaha mahia ana



Ko Facebook pea te paetukutuku pāhopori e mōhiohia whānuitia rawa ana. Neke atu i te toru piriona ngā tāngata ka whakamahi i tēnei paetukutuku ki te hono me te pāhekoheko ki ngā hoa, whānau, ā, ka tuari i te maha o ngā momo mea pērā i ngā pitokōrero whaiaro, ngā hono ki ngā tino tohuta, whakaahua hararei rānei.



Ngā kōrero matua mō Facebook

Ka tukuna koe e te kōtaha Facebook kia hangaia he whatunga hononga ki te tuari pōhi (kōrero, whakaahua, ataata poto rānei).

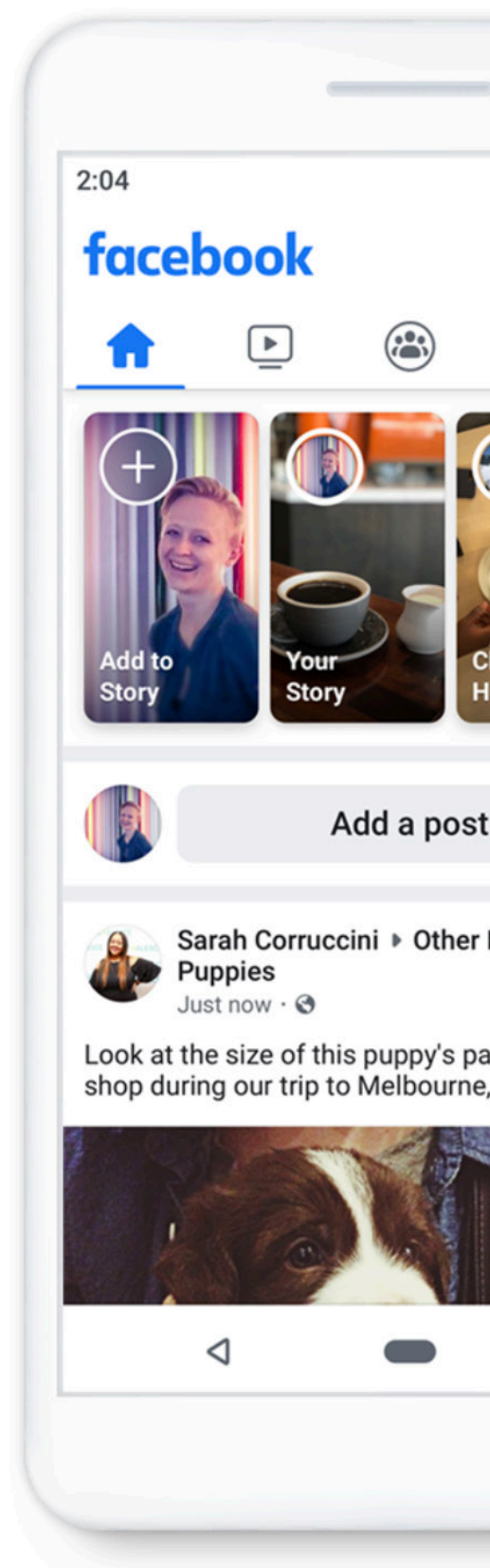
Ka āhei koe te tono ki ngā tangata e mōhio ana koe hei 'hoa', kia 'aru' i te tangata, i ngā rōpū hoki.

Whāngai Facebook

Ko te rārangi whakairinga e whakahoungia tonuhia kei waenga i tō whārangi kāinga ko tō whāngai Facebook. Tae ana tērā ki ngā whakahou tūnga, whakaahua, ataata mai i ngā tangata, whārangi, me ngā rōpū e aru ana koe.

Ka tāpirihia hoki e Facebook ki tō whāngai ngā ihirangi me ngā whakatairanga e tūtohungia ana, e ai ki āu e paitia ana, e aruhia ana, e rangahaua ana (kei roto, kei waho hoki i Facebook).

Mā tēnei e whakatūria pea he mirumiru tuihono, he, 'ana karangaranga' ki reira āhei ai ko koe anake te kite i ngā ihirangi e whakaata ana i ōu ake whakaaro, aronga hoki.



Panonihia ō kōwhiringa whāngai Facebook

- Pāwhiria tō whakaahua kōtaha, ngā pae e toru ☰ kei te taha matau, o runga, a Facebook.
- Kōwhiria **Settings and privacy**, then click **News Feed**.
- Pāwhiria tētahi o ngā whiringa e whai ake nei ki te panoni i āu kōwhiringa whāngai:



Whakahaerehia ō tino ki te kōwhiri i ngā tāngata me ngā whārangi e hiahia ana koe te whakaarotau. Mā tēnei ka whakaaturia ā rātou whakairinga ki runga ake ki tō whāngai, ā, ka mātua kite koe i ā rātou whakairinga hou.



Pāwhiria wetearu ki te whakamutu i te aru i tētahi tangata, whārangi, rōpū rānei.




Hono atu anō ki te aru i tētahi tangata, whārangi, rōpū rānei i wetearu koe i mua.

Kia mataara: Ngā uiui ‘taera-tuakiri’ pārekareka ka puta ki tō whāngai Facebook, ka taea te tuari e ngā hoapā. I ētahi wā ka whakahau ēnei pātai, ēnei momo kēmu i a koe ki tētahi taupānga o waho, paetukutuku rānei ki te mau i ōu mōhiohio whaiaro.



Facebook Messenger

Kua honoa a Facebook Messenger ki Facebook. Ki te aru koe i tētahi, ā, ki te whai ia i a koe hoki i runga o Facebook, ka āhei te whakawhitiwhiti karere, tētahi ki tētahi - pērā i te pātuhi. E āhei ana te tuari whakaahua, ataata, waea ataata, tētahi ki tētahi, te whakatū rōpu kōrerorero kia hono ki ngā hoa, whānau, hoa kaupapa rānei.

Kia mataara: Ka āhei i ngā kaiwhakamahi Facebook kāore anō koe kia whakaaetia hei hoa te tuku karere ki a koe. Mehemea kāore anō koe kia whakawhitiwhiti karere ki tēnei tangata, ka tae mai tāna tono hei ‘tono karere’ e kitea ana mā te pāwhiri ki te tohu paetoru i roto i te messenger chat ☰ kei runga waea kawē. Mō te papamahi, pāwhiria te tohu messenger kei te taha matau , kātahi pāwhiria ngā ira pae e toru ●●●.



Facebook Marketplace

He māketē matihiko te Facebook Marketplace, ka āhei i ngā kaiwhakamahi te hoko mai, te hoko atu me te hokohoko mea ki te rohe kāinga.


Kia tūpato: Hoko ai ētahi mea i Facebook Marketplace, i ngā whārangi hapori rānei. Ahakoa he pono te tokomaha tangata, arā ētahi kaihoko kāore e pono ana, nō reira he pai rawa kia kaua e tuku moni i mua i tō kite ā-kanohi nei i te mea.

Tautuhinga tūmataiti, whakamaru hoki o Facebook

Panonihia ō tautuhinga tūmataiti kia tūmatanuitia ai tō kōtaha, kia kitea e ō hoapā anake rānei.

Whakamahia te **Privacy Checkup** a Facebook ki te whakatau ko ēhea mōhiohio e hiahia ana koe kia tūmataiti tonu, ā, ki te ako me pēhea e panoni ai ngā whakataunga tūmataiti.



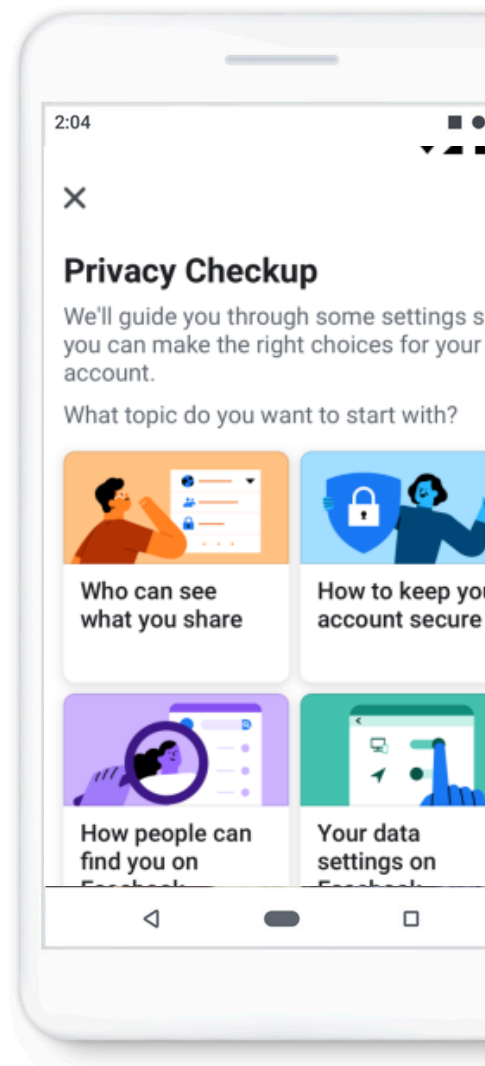
Pāwhiria tō whakaahua kōtaha (kei te papamahi), ngā pae e toru rānei  (kei te waea kawe) kimihia te tahua/tohu nihowhiti.



Pāwhiria Settings & privacy. Kātahi pāwhiria **Privacy Checkup**.

Ki te whakawhena i ō tautuhinga whakamaru, whakamahia **Security Checkup**.

- Ina kua takiuru kē, haere ki facebook.com/help/securitycheckup.
- Pāwhiria Start Security Checkup.



Pūrongotia te ihirangi whakararuraru kei Facebook

Ki te kite koe i tētahi mea whakararuraru, tūkino, mea tē pīrangitia rānei ki tō whāngai:

- Kimihia ngā ira e toru ●●● tata ki te runga o te whakairi, ā, whakaparo i tō pehu ki runga ake kia whakaputa i te tahua kōwhiringa.
- Atu i konei, ka taea te muku, te huna rānei i ngā pitokōrero, te pūrongo ki Facebook mō te ihirangi, me te kati i te kite atu i ngā whakatairanga, i ngā whakairi kua utua hoki.
- Ka taea hoki te pūrongo i tētahi atu kōtaha mā te pāwhiri i ngā ira e toru ●●● kei tā rātou kōtaha.



Haere ki: <https://www.facebook.com/settings/> mō ētahi anō kōwhiringa tūmataiti, whakamaru, haumaru hoki.

03 Ngā paetukutuku pāhopori e kaha mahia ana: Instagram



Ko Instagram he pae pāhopori roturotu kei reira hangaia ai e ngā kaiwhakamahi ngā kōtaha, tuaritia ai ngā whakaahua, ataata hoki, whakamahia ai ngā momo tātari, hua panoni, whakapāpā hoki ki te ihirangi mā ngā pai, pitokōrero, karere tōtika hoki. Kua whaitake te toro atu me te hono atu a ngā pakihi, te hunga rongonui, ngā tāngata ‘whakaaweawe’ takitahi hoki ki ō rātou minenga.



Ngā kōrero matua mō Instagram

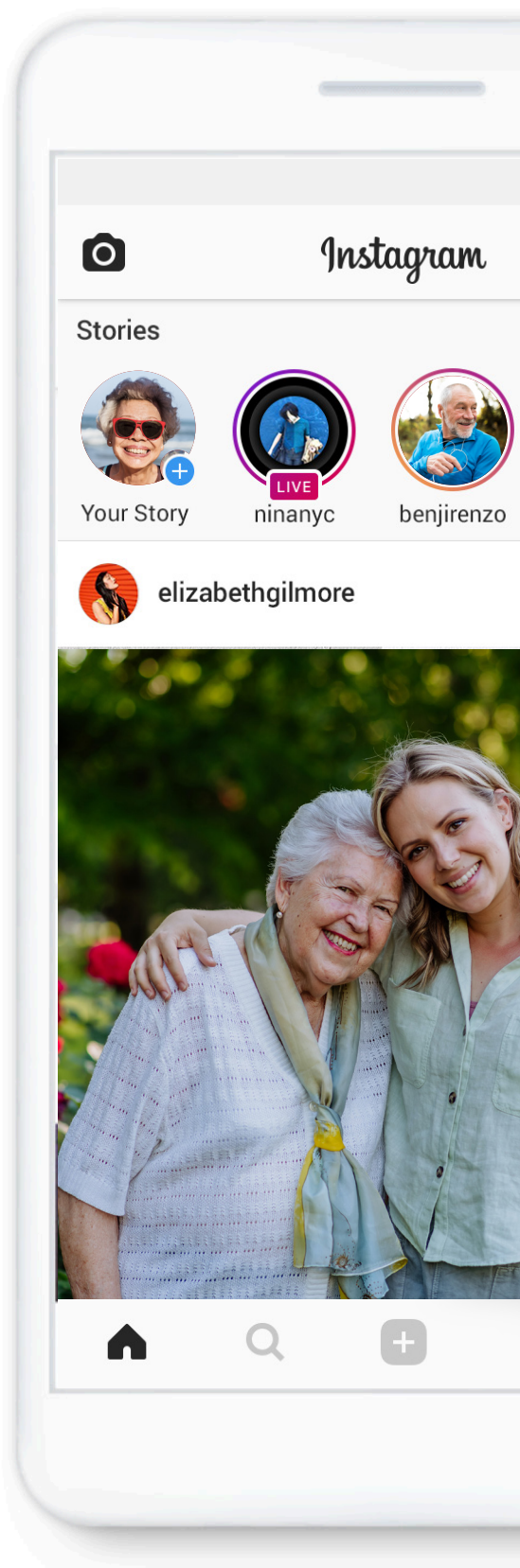
Pērā ki ētahi atu pae pāhopori, ka āhei i ngā kaiwhakamahi Instagram te tuku pai, pitokōrero, tohuwāhi i ngā whakairinga o tangata kē, te tuku karere tūmataiti hoki ki ō rātou hoa.

Ka āhei i ngā kaiwhakamahi te tāpiri whakapūaho ki ia whakairinga, te whakamahi i ngā tohumarau (#) hei kuputohu i ēnei whakairinga, kia taea ai te rapu i ēnei e kaiwhakamahi atu anō kei roto i te taupānga.

Kei roto i te Instagram ko ngā āhukatanga pērā i ngā pūrākau, ka tuku i ngā kaiwhakamahi ki te tuari whakaahua taupua, ataata taupua hoki ka ngaro āmuri i te 24 haora.

Whāngai Instagram

Tae ana tō whāngai Instagram ki ngā whakairinga mai i ngā pūkete e aru ana koe, ngā whakairinga kua marohitia me ngā whakatairanga mai i ngā pakihi ka aro atu, ka hāngai atu pea ki a koe.



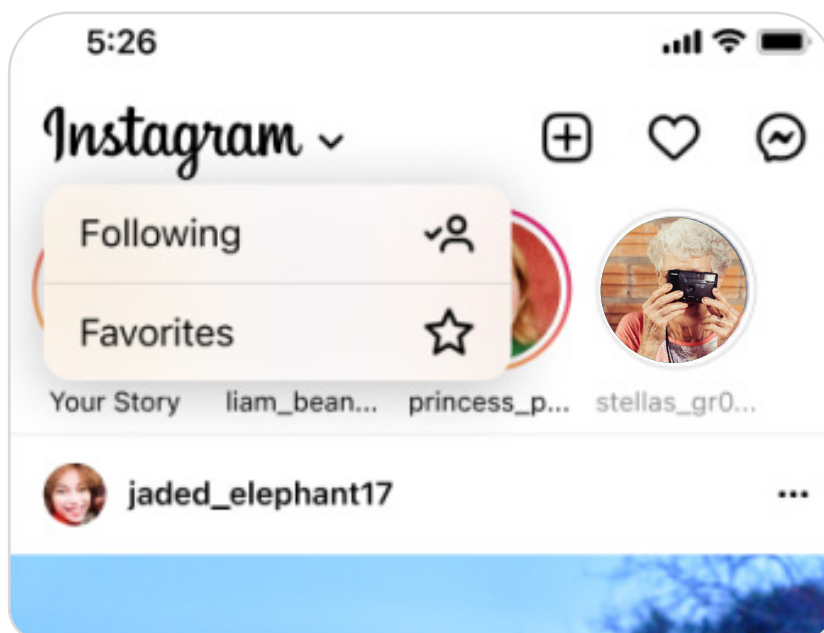
Panonihia ō kōwhiringa whāngai Instagram

He ara hou ngā Tino me te Aru kia hopu i ngā whakairinga mai i ngā pūkete ka aru koe.

Ka whakaatu ngā Tino i ngā kōrero o te wā mai i ngā pūkete ka kōwhiria e koe, pērā i ō tino hoa, ō tino kaihangā hoki.


Ka whakaatu te Aru ki a koe i ngā whakairinga mai i ngā tāngata e aru ana koe.

Kia whakamahi i Ngā Tino me Aru, pāwhiria te tohu Instagram kei te taha mauī o runga o tō whārangi kāinga kia kōwhiria ngā mea ka kite koe.







Tautuhinga tūmataiti, whakamaru hoki o Instagram

Ka taea e koe te kōtaha tūmataiti, tūmatanui rānei. E tūtohu ana mātou kia whakamahia te kōtaha tūmatanui ina ia ka whakamahia te pūhara hei whakatairanga i t/ētahi mea anake.

- He whakahaere tūmataiti kei Instagram e taea ai te panoni mā te pāwhiri i ngā pae e toru  kei te taha mauī o raro o tō kōtaha (kei te taha matau o runga rānei kei tō waea kawē).

Pūrongotia te ihirangi whakararuraru kei Instagram

- **Kia ārai, pūrongo hoki i ētahi atu kaiwhakamahi kei Instagram i runga i tō waea kawē,** pāwhirihia ō rātou kōtaha, kātahi pāwhiria ngā ira poutū e toru  kei te runga kia kitea he tahua kōwhiringa.
- **Kia ārai, pūrongo hoki i ētahi atu kaiwhakamahi kei tō papamahi,** pāwhiria ō rātou kōtaha, kātahi pāwhiria ngā ira poutū e toru  kei te runga kia kitea he tahua kōwhiringa.
- **Kia pūrongohia tētahi whakairinga he ihirangi whakararuraru, tūkino rānei kei roto,** pāwhiria ngā ira e toru  kei te taha o te whakairinga Instagram e hiahia ana koe te pūrongo atu.

He tīwhiri: Ka taea e koe te muku pitokōrero mā te whakaparo i tō pehu ki runga ake i te pitokōrero e pīrangi ana koe te muku, kātahi pāwhiria ngā ira e toru .



Haere ki <https://help.instagram.com/> mō ētahi atu anō kōwhiringa tūmataiti, haumarū, whakamaru hoki.


He pūhara karere



Ko WhatsApp he pūhara tuku karere koreutu mō te whakawhitiwhiti karere, kōrero, ataata hoki. Ka taea e ngā kaiwhakamahi te tuku karere, te waea atu, te tuari hoki i ngā whakaahua me ngā ataata. Nā te whakamuna pito-ki-pito, ka taea e te kaituku me te kaiwhiwhi anake te pānui i ngā karere. He auau te whakamahia mō te whakawhitiwhiti kōrero ki ō hoa, me tō whānau ki te ao whānui.





Tautuhinga tūmataiti, whakamaru hoki o WhatsApp

Kia panoni i ō tuatuhinga tūmataiti, whakamaru hoki kei WhatsApp, pāwhiria ngā ira poutū e toru  kei te runga o tō pūkete, kātahi pāwhiria 'settings'.

Te ārai me te pūrongo i runga WhatsApp

Ka āhei koe te aukati i ngā karere, ngā waea, ngā paraurehe whakararu, te ihirangi rānei mai i t/ētahi hoapā, mai i ngā nama waea kāore e mōhioia ana hoki mā te ārai i a rātou.

- Tuwheratia WhatsApp, ā, tirohia ngā tautuhinga, ngā ira poutū e toru  rānei kei te runga o tō pūkete.
- Pāwhiria Privacy > Blocked.
- Pāwhiria Add.
- Ka āhei hoki koe te pūrongo, te ārai rānei i ngā nama tē mōhioia ana kei roto tonu i te kōrerorero. Tuwheratia te kōrerorero ki te kaiwhakamahi e hiahia ana koe te pūrongo atu, ā, pāwhiritia te ingoa kātahi pāwhirihia Pūrongo, kimihia ngā ira poutū e toru  rānei, ā, pāwhirihia Atu anō/More, kātahi pāwhirihia Pūrongo.

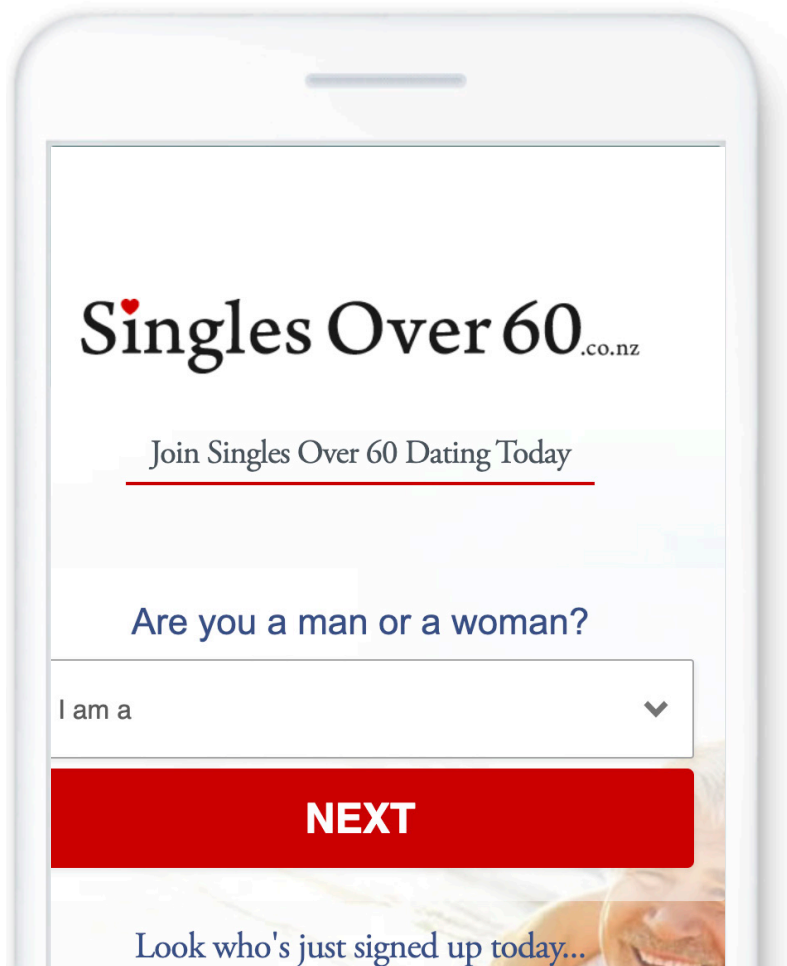


Haere ki <https://faq.whatsapp.com/> mō ētahi anō kōwhiringa tūmataiti, whakamaru, haumarū hoki.

Tohutohu mō te whai ipo tuihono

Kua rorotu haere ngā paetukutuku whai ipo tuihono hei ara hono whaiāipo mō ngā tāngata o ngā reanga katoa. He maha noa atu ngā paetukutuku e taea ana te hono atu.

Hei tauira, ko Find Someone, Singles Over 60.co.nz, Elite Singles, Bumble me Tinder ētahi o ngā ratonga whai ipo tuihono kei Aotearoa.



Ina tūtaki atu ki tangata hou, tuihono, tuimotu rānei, me whaiwhakaaro ki ngā whakatūpato e whai ake nei me maumahara hoki kei a koe tonu te mana ki te kī atu ‘kāore’.

- Kaua e tuari ki te marea, ki tētahi tangata kātahi anō koe ka tūtaki ā-tuihono rānei, te maha o ngā pitopito kōrero whaiaro (pērā i te roanga o tōu ingoa, wāhi noho, wāhitau īmēra, me te mōhiohio ahumoni).
- Kaua e tuari i tō tauwāhi, whakairi rānei i te whakaahua, ataata rānei ka whakamōhiohia tō tauwāhi (ko ngā tohutohu me pēhea te whakaweto i ngā tautuhinga tauwāhi, kei te wāhanga mōhioranga haumarua matua o ngā pāhopori, kei runga).
- Kaua e tuari mōhiohioho mō tō whānau, whakaahua rānei o tō whānau, mokopuna rānei. Me whakaū kia haumarua tō whānau.
- Kaua rawa e tuku moni, mōhiohio ahumoni rānei ki te tangata ka tūtakina atu ā-tuihono, inarā tonu kei tāwahi rātou.
- Kōwhiria he wāhi wātea, tūmatanui, haere ki te taha o tētahi hoa, whakamōhio atu rānei ki tētahi tangata kei hea koe mēnā ka whakaaro tau koe ki te tūtaki ā-tinana.

Pūrongotia te whanonga tūpato, tūkinō rānei ki te paetukutuku. Kia mataara ki ngā haki whero:

- ▶ Ka rongō koe kāore e whakautengia ō paenga
- ▶ He kaha rawa te ratarata
- ▶ He hononga tuihono noa iho
- ▶ Te whakamahinga o te ihirangi i kapohia i mua
- ▶ He āhua hē te āhua

Ētahi atu rauemi

Ināianeī kei a koe he tīwhiri hei āwhina i tō rapu hapori he ōrite ngā aronga, kia honohono tonu koe ki ētahi atu tāngata hoki. Tirohia ētahi anō kōrero mō ngā kaupapa Get Set Up For Safety ki netsafe.org.nz/olderpeople, tae ana ki:

- **Whakamarutia ō pūrere**

Whakaritea ō pūrere (waea, paparorohiko, rorohiko, aha atu) mō te haumarū, kia tau ai tō mauri i a koe i te ipurangi.

- **He pūrere ratarata kaiwhakamahi**

Whakaritea tō pūrere kia ngāwari ake, haumarū ake hoki te whakamahi.

- **Kia haumarū ake ai te hokohoko, te haumi me ngā mahi pūtea pēke tuihono**

Ākona me pēhea koe e kaupare i ngā tāware, ā, me aha ina ka puta he raru.

- **Hopukina he tāware**

Ko te tāware, tētahi kōrero tipatipa, hei tinihanga i te tangata ki te tāhae i ā rātou moni, mōhiohio rānei. Me ako pēhea te kite i ngā haki whero.

- **Kuputaka**

Whakahoungia ō mōhio ki ngā kupu matihiko mā te kuputaka a Netsafe, kua aro atu kia haere tahi me ētahi atu rauemi ki te whakamārama i ngā kupu.

Mēnā he āwangawanga ōu mō tētahi putanga, kei te hiahia rānei i ngā tohutohu anō, ka kitea he mōhiohio anō kei te paetukutuku o Netsafe, arā, kei [netsafe.org.nz](https://www.netsafe.org.nz).

Kei konei mātou mōu. Mēnā ka hiahia koe i te āwhina, ka pāngia rānei e te pāmamae tuihono, whakapā mai ki Netsafe.



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