

Ujian pantas

Tanya diri kamu tiga soalan.

1. Semua orang ketawa; termasuk orang yang dijadikan bahan?
2. Bila dia kata “cukup”, lawak itu berhenti?
3. Orang yang sama dijadikan bahan setiap kali?



Kalau jawapannya tidak sedap didengar, itu bukan lawak lagi.

Kenapa ini penting

Lawak sepatutnya buat semua orang gembira.

Kalau satu orang sahaja yang sakit hati setiap kali, lawak itu sudah bertukar jadi buli. Kamu boleh belajar mengenal bezanya.



DITERBITKAN OLEH
Suruhanjaya Hak Asasi Manusia
Malaysia (SUHAKAM)

Tingkat 17, Menara Aras Raya, No. 11, Jalan Raja Laut, 50100
Kuala Lumpur · Tel: 03-2612 5600 ·
humanrights@suhakam.org.my · www.suhakam.org.my

Siri kesedaran di bawah Akta Antibuli 2026 (Akta 876).

Buli vs Gurauan



Bila lawak jadi menyakitkan?

Akta Antibuli 2026 (Akta 876)

MASIH GURAUAN

Semua gembira

- ✓ Semua orang ketawa, termasuk orang yang dijadikan bahan.
- ✓ Lawak berhenti sebaik seseorang kata dia tak suka.
- ✓ Bahannya bertukar-tukar, bukan orang yang sama setiap kali.
- ✓ Selepas itu semua orang masih berkawan seperti biasa.



SUDAH JADI BULI

Enam tanda

Gurauan masih boleh jadi buli kalau ia sengaja dibuat untuk:

- ✗ Menjatuhkan maruah seseorang.
- ✗ Mengugut supaya dia takut.
- ✗ Menghina rupa, keluarga atau kebolehannya.
- ✗ Memalukan dia di depan orang lain.
- ✗ Mengasingkan dia daripada kawan-kawan.
- ✗ Membuat dia rasa takut, malu dan tertekan.

Kawan yang baik tahu bila nak berhenti.

“Gurau sahaja” bukan alasan.

Yang penting bukan niat kamu, tetapi perasaan orang itu.

Apa nak buat

Tiga cara mudah

- A Kalau kamu yang bergurau**
Berhenti apabila diminta berhenti, dan minta maaf. Itu sudah cukup.
- B Kalau kamu yang disakitkan**
Kamu boleh kata “saya tak suka”, dan beritahu guru atau orang dewasa yang kamu percaya.
- C Kalau kamu yang melihat**
Jangan ikut ketawa. Temankan kawan itu dan bantu dia beritahu guru.



Quick test

Ask yourself three questions.

1. Is everyone laughing; including the person the joke is about?

2. When they say “stop”, does the joke stop?

3. Is it always the same person being made fun of?



If the answers are uncomfortable, it is not a joke any more.

Why this matters

A joke should make everyone happy.

If the same person is hurt every time, the joke has turned into bullying. You can learn to tell the difference.



PUBLISHED BY
Human Rights Commission of Malaysia (SUHAKAM)

17th Floor, Menara Aras Raya, No. 11, Jalan Raja Laut, 50100
Kuala Lumpur · Tel: 03-2612 5600 ·
humanrights@suhakam.org.my · www.suhakam.org.my

An awareness series under the Anti-Bully Act 2026 (Act 876).

Bullying vs Joking



When does a joke start to hurt?

Anti-Bully Act 2026 (Act 876)

STILL A JOKE

Everyone is happy

- ✓ Everyone laughs, including the person the joke is about.
- ✓ The joke stops as soon as someone says they do not like it.
- ✓ The joke moves around; it is not the same person every time.
- ✓ Afterwards everyone is still friends, just as before.



NOW BULLYING

Six signs

Joking can still be bullying if it is meant to:

- ✗ Take away someone's dignity.
- ✗ Threaten them so they are afraid.
- ✗ Insult their looks, family or ability.
- ✗ Embarrass them in front of others.
- ✗ Leave them out from the group of friends.
- ✗ Make them feel afraid, ashamed and stressed.

A good friend knows when to stop.

"It was just a joke" is not an excuse.

What matters is not what you meant, but how the other person feels.

What to do

Three easy ways

- A If you are the one joking**
Stop when you are asked to stop, and say sorry. That is enough.
- B If you are the one being hurt**
You can say "I do not like this", and tell a teacher or an adult you trust.
- C If you are watching**
Do not join in the laughing. Stay with your friend and help them tell a teacher.

