

AMBIL SERIUS JIKA ADA

- Ugutan (contoh: “aku viralkan”, “aku sebar gambar”)
- Suruh simpan rahsia daripada ibu bapa
- Minta gambar yang tak sopan
- Ajak jumpa berdua dengan orang yang dikenali melalui mesej
- Gangguan berulang yang buat anak takut atau tertekan

Bermesej itu macam bercakap depan orang. Bezanya, mesej boleh disimpan dan disebar.



APA IBU BAPA PATUT BUAT?

1. Tenangkan anak dulu
2. Simpan bukti (*screenshot*)
3. *Block* dan *report*
4. Dapatkan bantuan (guru / kaunselor / pihak berkuasa jika serius)



Hubungi Kami:



**Pejabat Pesuruhjaya Kanak-kanak (OCC),
Suruhanjaya Hak Asasi Manusia
Malaysia (SUHAKAM)**

- Tingkat 17, Menara Aras Raya, Jalan Raja Laut, Kuala Lumpur, 50100, Malaysia.
- 03-2612 5600
- humanrights@suhakam.org.my
- <http://www.suhakam.org.my/>



**Lindungi Hak &
Keselamatan Anak Kita**

ADAB BERMESEJ

**WhatsApp • DM • Group •
Game chat**



**Kanak-kanak hari ini banyak
berhubung melalui mesej.**

Kalau ibu bapa ajar adab bermesej dari awal, anak lebih matang, lebih selamat, dan kurang terjebak dengan konflik atau masalah.

7 ADAB BERMESEJ



Baca dulu sebelum hantar

Kadang-kadang ayat kita bunyi kasar bila dibaca semula.



Jangan taip masa marah

Kalau tengah panas, rehat dulu. Mesej marah selalu jadi penyesalan.



Jangan memalukan orang dalam group

Kalau nak tegur, buat secara personal.



Jangan sebarkan cerita atau aib orang

Termasuk screenshot, voice note, gambar, atau cerita dalam chat.



Jangan mudah "forward"

Kalau tak pasti betul, jangan sebar.



Hormat masa orang

Jangan spam, jangan paksa orang reply cepat.



Berhenti bila tak selesa

Anak perlu tahu "stop" itu normal bila chat mula pelik.

PERANAN IBU BAPA

Ibu bapa tak perlu baca semua mesej. Yang lebih penting ialah bina cara anak berfikir.



Faham dunia chat anak

Tahu anak aktif di mana dan jenis group apa yang dia ada.



Buat peraturan ringkas di rumah

Sedikit tetapi jelas. Mudah diingat, mudah diamalkan.



Tunjuk contoh komunikasi baik

Cara ibu bapa bercakap bila marah akan jadi "model" kepada anak bila dia menaip.



Sediakan laluan minta bantuan

Anak perlu tahu siapa yang boleh bantu: ibu bapa, kaunselor, guru/warden.



BERITAHU ANAK

- Jangan kongsi kata laluan atau OTP pada sesiapa
- Jangan kongsi alamat rumah atau lokasi live
- Jangan kongsi gambar dokumen keluarga
- Jangan sebar screenshot/voice note orang tanpa izin
- Jangan buat orang malu dalam group
- Kalau ada pergaduhan, rehat dulu sebelum balas
- Kalau rasa takut/tertekan, beritahu ibu bapa segera

TAKE IT SERIOUSLY IF THERE IS...

- Threats (e.g. “I’ll make this go viral”, “I’ll share your photos”)
- They’re told to keep secrets from parents
- Someone asks for inappropriate photos
- They’re asked to meet up alone with someone they only know through messages
- Repeated harassment that makes the child frightened or distressed

Messaging is like talking face to face, except messages can be saved and shared.



WHAT SHOULD PARENTS DO?

1. Calm your child down first
2. Save evidence (screenshots)
3. Block and report
4. Get support (teacher / counsellor / authorities if serious)



Contact us:



**Office of the Children’s
Commissioner (OCC), Human
Rights Commission of Malaysia
(SUHAKAM)**

- 17th Floor, Menara Aras Raya, Jalan Raja Laut, Kuala Lumpur, 50100, Malaysia.
- 03-2612 5600
- humanrights@suhakam.org.my
- <http://www.suhakam.org.my/>



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Protect Our Children’s
Rights & Safety

MESSAGING ETIQUETTE

*WhatsApp • DM • Group •
Game chat*



**Children today connect a lot
through messages.**

If parents teach messaging manners early, children become more mature, safer, and less likely to get drawn into conflict or problems.

7 MESSAGING MANNERS



Read before you send

Sometimes our words sound harsher when we read them back.



Don't type when you're angry

If you're heated, take a break first. Angry messages often lead to regret.



Don't embarrass people in group chats

If you need to correct someone, do it privately.



Don't spread stories or expose someone's private matters

This includes screenshots, voice notes, photos, or anything shared in chats.



Don't forward things so easily

If you're not sure it's true, don't share it.



Respect other people's time

Don't spam, and don't pressure people to reply immediately.



Stop when you feel uncomfortable

Children should know it's normal to "stop" when a chat starts to feel strange or unsafe.

THE ROLE OF PARENTS

Parents don't need to read every message. What matters more is shaping how children think.



Understand your child's chat world

Know where they are active and what kinds of groups they're in.



Set simple household rules

Keep them few but clear. Easy to remember, easy to follow.



Model good communication

How parents speak when upset becomes the "model" children follow when they type.



Create a clear route for help

Children need to know who can help: parents, counsellors, teachers/wardens.



TELL YOUR CHILD

- Don't share passwords or OTP/verification codes with anyone
- Don't share your home address or live location
- Don't share photos of family documents
- Don't share someone else's screenshots / voice notes without permission
- Don't embarrass people in group chats
- If there's an argument, pause first before replying
- If you feel scared or pressured, tell your parents immediately