



APA ITU BULI SIBER?

Buli siber ialah perbuatan menghina, memalukan, mengugut atau menyebarkan aib kanak-kanak melalui internet (media sosial, aplikasi mesej, game, group chat).

BENTUK YANG LAZIM

- Komen/DM maki hamun & ejek-mengejek
- Sebar fitnah / tangkap layar untuk memalukan
- Akaun palsu (menyamarkan jadi orang lain)
- Pulau dalam group chat / ajak orang “serang”
- Ugutan (“aku viralkan...”, “aku tahu sekolah kau...”)

JIKA IA BERLAKU

Segera membuat aduan ke :

- Portal Rasmi SKMM:
<https://aduan.skmm.gov.my>
- Hotline: **1800-188-030**
- Talian Kasih: **15999**

APA PERLU DIBUAT?

1. Tenangkan anak. Katakan, ini bukan salah mereka.
2. Simpan bukti seperti *screenshot*, mesej, pautan, username.
3. *Block / mute / restrict* dan *report* dalam aplikasi itu.
4. Hubungi pihak berkuasa jika serius (ugutan, pemerasan, sebar aib).
5. Dapatkan sokongan kaunselor/sekolah.

Hubungi Kami:



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

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



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Lindungi Hak &
Keselamatan Anak Kita



Buli SIBER

Anak boleh dibuli di skrin.
Namun, luka emosi berlaku di dunia nyata.

KESAN

Buli Siber boleh menyebabkan:

- Tekanan emosi, trauma, murung dan cemas
- Anak menyisihkan diri, prestasi sekolah merosot
- Risiko keselamatan jika wujud ugutan/pemerasan

Kandungan digital mudah disalin, disimpan dan disebarluaskan semula, walaupun telah dipadam.



HAK ANAK

Anak berhak kepada keselamatan, maruah dan privasi, termasuk dalam talian.



TANDA AMARAN

Waspada jika anak:

- Takut guna telefon, cemas menerima notifikasi
- Menyembunyikan skrin / memadam akaun
- Murung, cepat marah, mengelak rakan
- Enggan ke sekolah, tidur terganggu
- Menyebut mahu menyakiti diri (perlu tindakan segera)

PERANAN IBU BAPA

- Bina komunikasi terbuka (anak berani melapor).
- Tetapkan akaun private, hadkan komen/DM, guna penapis.
- Pantau secara berhemah, bukan menghukum.
- Ajar respons:
 - jangan balas,
 - simpan bukti,
 - block &
 - report.
- Dapatkan bantuan kaunselor jika kesan berpanjangan.





WHAT IS CYBERBULLYING?

Cyberbullying is the act of insulting, shaming, threatening, or spreading embarrassing content about children via the internet (social media, messaging apps, online games, group chats).

COMMON FORMS

- Abusive comments/DMs and mocking
- Spreading rumours or sharing screenshots to shame someone
- Fake accounts (impersonating someone else)
- Excluding someone in group chats / encouraging others to “attack”
- Threats (“I’ll make it go viral...”, “I know your school...”)

IF IT HAPPENS

Report it immediately to:

- MCMC Official Portal:
<https://aduan.skmm.gov.my>
- Hotline: 1800-188-030
- Talian Kasih: 15999

WHAT SHOULD BE DONE?

1. Calm your child. Tell them this is not their fault.
2. Save evidence such as screenshots, messages, links, and usernames.
3. Block / mute / restrict and report within the app.
4. Contact the authorities if it is serious (threats, extortion, spreading humiliating content).
5. Seek support from a counsellor/school.

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



Cyber BULLYING

Children can be bullied on a screen.
But emotional wounds are felt in real
life.

IMPACT

Cyberbullying can cause:

- Emotional distress, trauma, depression and anxiety
- Social withdrawal and deteriorating in school performance
- Safety risks where there are threats or extortion

Digital content can be copied, saved and reshared easily, even after it has been deleted.



CHILDREN'S RIGHTS

Children have the right to safety, dignity and privacy, including online.



WARNING SIGNS

Be alert if your child:

- Is afraid to use their phone, or becomes anxious after notifications
- Hides the screen / deletes accounts
- Seems down, becomes easily irritable, avoids friends
- Refuses to go to school, has disrupted sleep
- Talks about self-harm (**urgent action required**)

PARENTS' ROLE

- Build open communication (so your child feels free to speak up).
- Set accounts to private, limit comments/DMs, use filters.
- Monitor sensibly, not punitively.
- Teach responses:
 - don't reply,
 - save evidence,
 - block &
 - report.
- Seek help from a counsellor if the effects persist.

