

# Langkah praktikal



- Bina komunikasi selamat di rumah supaya anak selesa bercerita
- Tetapkan peraturan penggunaan telefon dan komputer di rumah. (contoh: tiada telefon dalam bilik tidur)
- Aktifkan Parental control:
  - Tetapkan had masa,
  - tapisan carian,
  - *restricted mode*
  - halang *install* tanpa kebenaran.
- Pantau secara berhemah dengan menyemak *setting* & aplikasi berkala.
- Hadkan aplikasi ikut umur (content restrictions)
- Matikan *auto-download* media dalam aplikasi mesej
- Set akaun anak *private*/terhad, jadikan lokasi *OFF*.

# Jika Ia Berlaku...

Segera membuat aduan ke:

- Portal Rasmi SKMM:  
<https://aduan.skmm.gov.my>
  - Hotline: 1800-188-030
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- Tenangkan anak dan berikan sokongan emosi.
  - Tutup akses dan simpan bukti jika perlu (*screenshot*, mesej, pautan).
  - Laporkan kandungan dalam aplikasi. **Block / mute / restrict.**
  - Ajar anak 3S:
    - STOP (tutup skrin)
    - SKIP (keluar aplikasi/laman)
    - SHOW (beritahu ibu bapa/guru)

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](mailto:humanrights@suhakam.org.my)
- <http://www.suhakam.org.my/>



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LINDUNGI HAK & KESELAMATAN ANAK KITA

# PORNOGRAFI Atas Talian

*Bahaya Senyap Terhadap Kanak-kanak*



Anak boleh "terjumpa" tanpa mencari pun.

# Apa itu pornografi atas talian?

Apa-apa kandungan seksual yang eksplisit dalam talian yang tidak sesuai untuk kanak-kanak, sama ada jelas atau tidak nyata (soft porn).



Ini termasuk:

- video, gambar, teks atau audio berunsur seksual
- soft porn (aksi menggoda, pakaian terlalu terdedah, gaya erotik)
- iklan, pop-up, atau klip pendek yang "nampak biasa"
- anime/komik, meme, atau kandungan yang disunting
- pautan dalam group chat, DM, atau permainan

# Kenapa Ia Bahaya?

Jika dibiarkan, ia boleh sebabkan:

- anak takut / trauma / rasa bersalah
- tidur terganggu, cepat marah
- keliru tentang batas tubuh & maruah diri
- mula "terbiasa" dengan kandungan melampau, ganas dan eksploitasi
- mudah jadi sasaran pemangsa (grooming)

# Kenapa mudah sampai kepada anak?

Kandungan pornografi boleh:

- muncul tiba-tiba melalui iklan, pop-up, atau cadangan video
- muncul dalam sesetengah filem/siri di platform penstriman video (jika penapis umur tidak aktif)
- dikongsi dalam chat, media sosial, atau games
- algoritma menolak kandungan semakin melampau selepas satu klik
- ada yang menyamar sebagai "lucu", "trendy", "prank", atau "tutorial"



# Tanda Amaran

Waspada jika anak:

- cepat tutup skrin bila orang dewasa datang mendekati
- carian pelik / akaun baharu tanpa pengetahuan
- suka berseorangan dengan telefon, terutama malam
- terlalu rahsia tentang telefon atau komputer
- sebut perkara seksual yang tidak mengikut tahap umur
- fokus dan prestasi sekolah merosot

**Tanda ini belum tentu pornografi, tapi cukup untuk ambil serius & mula berbual.**



# Practical Steps



- Build open and safe communication so your child feels comfortable sharing
- Set clear rules for phone and computer use (e.g. no phones in bedrooms)
- Enable parental controls:
  - Screen-time limits
  - Search filters
  - Restricted Mode
  - Prevent app installation without permission
- Monitor devices wisely by checking settings and apps regularly
- Apply age-appropriate content restrictions
- Disable automatic media downloads in messaging apps
- Set your child's account to private / restricted and turn location OFF

# If Exposure Happens...

Report immediately to:

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

- Calm your child and support them emotionally
- Block access and keep evidence if needed (screenshots, messages, links)
- Report the content within the app (block / mute / restrict)
- Teach children the 3S Rule:
  - STOP – Close the screen immediately
  - SKIP – Exit the app or website
  - SHOW – Tell a trusted adult (parent or teacher)

## 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](mailto:humanrights@suhakam.org.my)
- <http://www.suhakam.org.my/>



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PROTECT OUR CHILDREN'S  
RIGHTS & SAFETY

# Online PORNOGRAPHY

*A Silent Danger to  
Children*



**Children can come across  
harmful content even without  
searching for it.**

# What is Online Pornography?

Any sexually explicit content online that is not suitable for children, whether obvious or subtle (including "soft porn").



This includes:

- Sexual videos, images, text, or audio
- Soft porn (suggestive actions, revealing clothing, erotic poses)
- Ads, pop-ups, or short clips that may look "normal"
- Anime, comics, memes, or edited content
- Links shared in group chats, private messages, or games

# Why Is It Dangerous?

If exposure continues, it may cause:

- Fear, trauma, or feelings of guilt
- Sleep problems and increased irritability
- Confusion about body boundaries and personal dignity
- Desensitisation to extreme, violent, or exploitative content
- Increased risk of grooming by predators

# Why Is It Easy for Children to Be Exposed?

Pornographic content may:

- Appear suddenly through ads, pop-ups, or video suggestions
- Appear in some films or TV series on video streaming platforms (if age filters are not enabled).
- Be shared via chats, social media, or online games
- Be pushed by algorithms after just one click
- Be disguised as "funny", "trendy", "pranks", or "tutorials"



# Warning Signs to Watch For

Be alert if your child:

- Quickly closes the screen when adults approach
- Has unusual searches or new accounts you don't know about
- Spends long periods alone with their phone, especially at night
- Is very secretive about their phone or computer
- Mentions sexual topics beyond their age level
- Shows declining focus or school performance

**These signs do not always mean pornography exposure, but they are serious enough to start a conversation.**

