

## APA IBU BAPA BOLEH BUAT?

- Berbual dengan anak setiap hari
- Tanya dengan siapa mereka bersembang
- Tetapkan peraturan guna telefon
- Akaun media sosial mesti "private" atau terhad
- Ajar anak jangan kongsi gambar & rahsia



Jadilah tempat anak rasa selamat untuk bercerita.

## AJAR ANAK TENTANG KESELAMATAN DIGITAL

- Jangan kongsi gambar badan
- Jangan kongsi lokasi atau butiran sekolah
- Jangan kongsi nombor telefon
- Jangan simpan rahsia dengan orang online
- Orang asing online = orang asing sebenar
- Berani kata TIDAK
- Terus beritahu ibu bapa jika rasa tak selesa

## JIKA IBU BAPA MENGESYAKI BAHAYA

- Jangan marah atau salahkan anak
- Dengar dan tenangkan anak
- Simpan mesej, gambar atau bukti
- Laporkan kepada pihak polis / sekolah
- Dapatkan bantuan professional jika perlu



### Hubungi Kami:



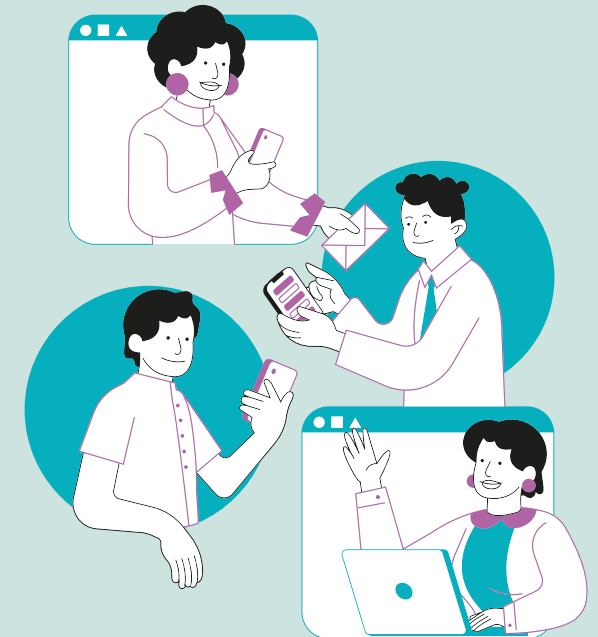
Pejabat Pesuruhjaya Kanak-kanak (OCC),  
Suruhanjaya Hak Asasi Manusia  
Malaysia (SUHAKAM)

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



Lindungi Anak Guna Internet dan Media Sosial

## PENGANTUNAN ATAS TALIAN Online Grooming



## ANCAMAN SENYAP DI DUNIA DIGITAL

Anak kita bijak guna telefon.  
Tetapi pemangsa juga licik mengambil peluang.

## APA ITU PENGANTUNAN ATAS TALIAN?

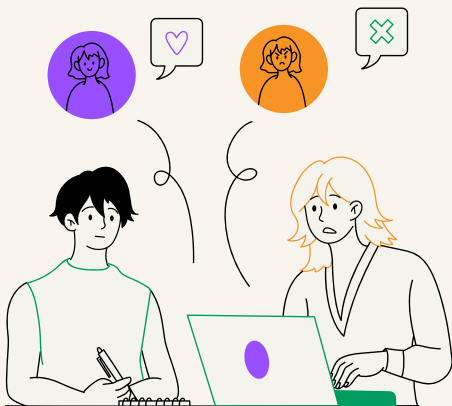
Online grooming ialah perbuatan:

- Orang dewasa atau individu tidak dikenali
- Mendekati kanak-kanak secara online
- Untuk memanipulasi emosi dan kepercayaan anak

Antara tujuan mereka:

- Meminta gambar atau video tidak senonoh
- Mengajak bertemu secara fizikal bagi tujuan seksual
- Mengugut atau mengawal anak
- Eksploitasi seksual dan emosi

*Ia berlaku tanpa sentuhan fizikal, tetapi kesannya sangat teruk.*

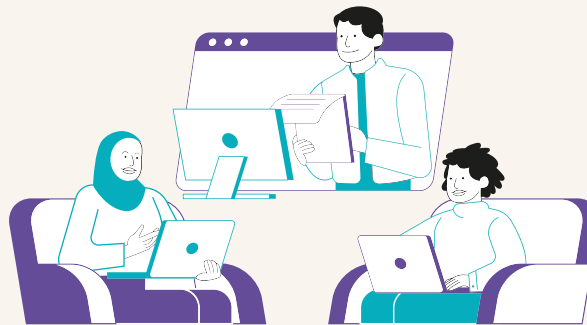


## BAGAIMANA IA BIASANYA BERMULA?

Online grooming boleh berlaku melalui:

- Media sosial (TikTok, Instagram, Facebook)
- Permainan online
- WhatsApp, Telegram, Discord
- Live video dan ruangan komen

*Grooming bukan berlaku sekali, tetapi proses berperingkat.*



Pemangsa selalunya:

- Mulakan dengan sapaan mesra
- Berpura-pura faham perasaan anak
- Beri pujian berlebihan
- Jadi tempat anak meluahkan perasaan

Pemangsa boleh menyamar sebagai:

- Rakan sebaya
- Gamer profesional
- Influencer
- Abang / kakak baik



## KENAPA KANAK-KANAK MUDAH TERJEBAK?

Kanak-kanak mudah terpedaya kerana:

- Mahukan perhatian dan pujian
- Rasa sunyi atau kurang difahami
- Teruja dapat kawan baru
- Tidak tahu niat sebenar orang dewasa
- Tak faham risiko dunia digital

## TANDA-TANDA ANAK MUNGKIN BERISIKO

Ibu bapa perlu peka jika anak:

- Terlalu rahsia tentang telefon
- Cepat marah atau murung
- Tutup skrin bila ibu bapa datang
- Tak mahu cerita tentang kawan online
- Dapat hadiah atau duit secara online

**!** *Jangan abaikan walaupun satu tanda.*

## WHAT CAN PARENTS DO?

- Talk to your child every day
- Ask who they are chatting with
- Set clear rules for phone use
- Keep social media accounts private or limited
- Teach children not to share photos or secrets



*Be someone your child feels safe talking to.*

## TEACH CHILDREN ABOUT DIGITAL SAFETY

- Never share photos of body parts
- Never share location or school details
- Never share phone numbers
- Never keep secrets with people online
- Remember: online strangers are real strangers
- Be brave enough to say NO
- Tell parents immediately if something feels uncomfortable

## IF PARENTS SUSPECT ANY RISK

- Do not scold or blame your child
- Listen calmly and reassure them
- Save messages, photos, or any evidence
- Report to the police or school
- Get professional help if needed



### Contact us:



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

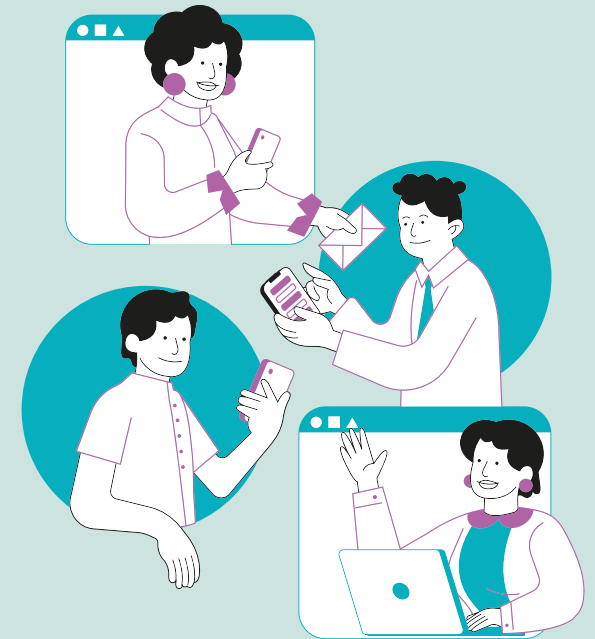
- 17th Floor, Menara Aras Raya, Jalan Raja Laut, Kuala Lumpur, 50100, Malaysia.
- 03-2612 5600
- [humanrights@suhakam.org.my](mailto:humanrights@suhakam.org.my)
- <http://www.suhakam.org.my/>



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**Protect Children When Using the Internet and Social Media**

## ONLINE GROOMING



## A SILENT THREAT IN THE DIGITAL WORLD

*Our children are smart with their phones.  
But predators are also cunning at taking advantage.*

# WHAT IS ONLINE GROOMING?

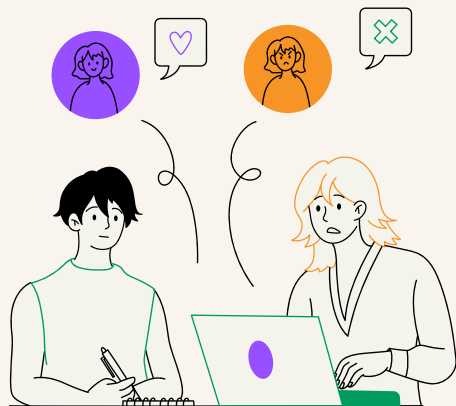
Online grooming is when:

- An adult or unknown person
- Approaches a child online
- To manipulate the child's emotions and trust

Predators may:

- Ask for inappropriate photos or videos
- Invite the child to meet in person for sexual purposes
- Threaten or control the child
- Sexually or emotionally exploit the child

*It often happens without physical contact, but the impact can be very severe.*

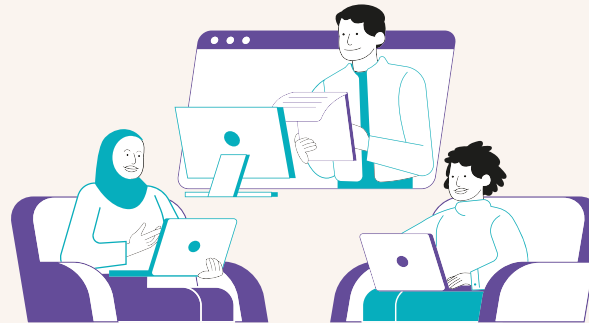


# WHERE DOES ONLINE GROOMING HAPPEN?

It can occur through:

- Social media (TikTok, Instagram, Facebook)
- Online games
- Messaging apps (WhatsApp, Telegram, Discord)
- Live videos and comment sections

*Grooming is not a one-time act, it is a step-by-step process.*



Predators often:

- Begin with friendly messages
- Pretend to understand the child's feelings
- Give excessive compliments
- Become the person the child confides in

They may pretend to be:

- A peer or friend
- A professional gamer
- An influencer
- A "kind" older brother or sister



# WHY ARE CHILDREN EASILY TARGETED?

Children may be vulnerable because they:

- Crave for attention and praise
- Feel lonely or misunderstood
- Are excited to make new friends
- Do not understand adults' actual motives
- Do not fully understand digital risks

# WARNING SIGNS YOUR CHILD MAY BE AT RISK

Parents should be alert if a child:

- Is very secretive about their phone
- Becomes easily upset or withdrawn
- Quickly hides the screen when parents approach
- Refuses to talk about online friends
- Receives gifts or money online

**!** *Do not ignore even a single sign.*