

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/>



OCC.OFFICIAL.MY

Lindungi Hak & Keselamatan Anak Kita

ADAB BERMESSEJ

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.



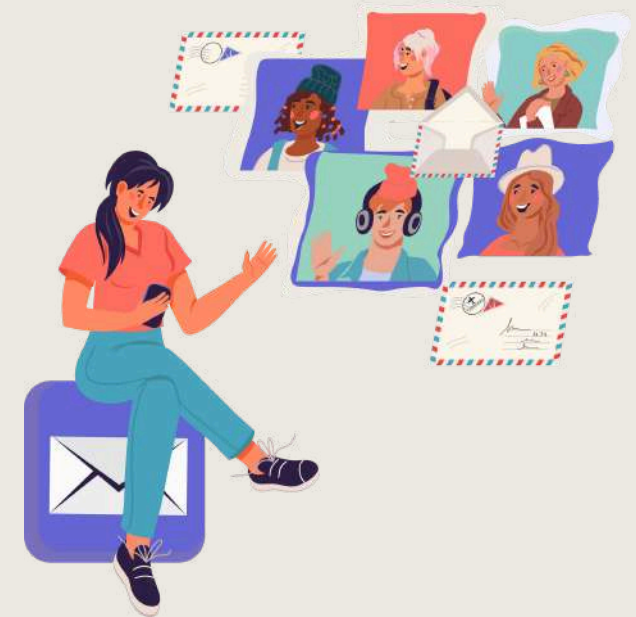
Tunjuk contoh komunikasi baik

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.
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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.



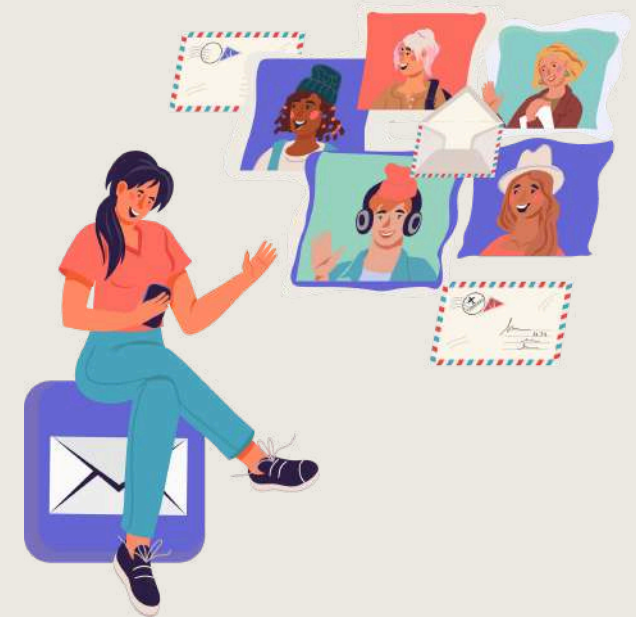
Model good communication

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

Apa itu AI & Deepfake?



AI (Kecerdasan Buatan)

Teknologi yang membolehkan komputer “berfikir” dan membantu melakukan pelbagai tugas secara pintar.



Deepfake

Hasil AI yang menjadikan imej atau video palsu kelihatan sangat realistik, seolah-olah anak anda benar-benar melakukannya.



Teknologi ini boleh digunakan untuk tujuan baik,

tetapi juga boleh disalah guna untuk hasilkan:

- Bahan lucah yang palsu
- Penipuan dan penyamaran
- Ugutan dan pemerasan
- Eksploitasi dan penganiayaan kanak-kanak

Jika Ia Berlaku

Segera membuat aduan ke SKMM:



Portal Rasmi:
<https://aduan.skmm.gov.my>



Hotline
1800-188-030

Apa perlu dibuat:

1. Tenangkan anak. Katakan, ini bukan salah mereka.
2. Simpan bukti seperti *screenshot*, mesej, pautan.
3. Buat aduan dalam aplikasi atau media sosial itu.
4. Hubungi pihak berkuasa jika serius.
5. Dapatkan sokongan kaunselor/sekolah.

Hubungi Kami:



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Lindungi Hak & Keselamatan Anak Kita

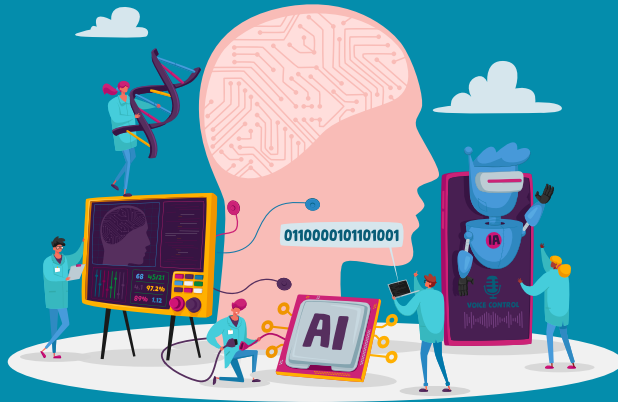
Kecerdasan Buatan (AI), *Deepfake*, & Kanak-kanak



**Teknologi makin canggih.
Risiko terhadap anak juga makin besar.**

Hak Anak Kita

- Dilindungi daripada eksploitasi dan keganasan
- Dihormati maruah dan reputasi diri
- Menikmati privasi dalam dunia digital
- Hidup dengan selamat, termasuk dalam talian

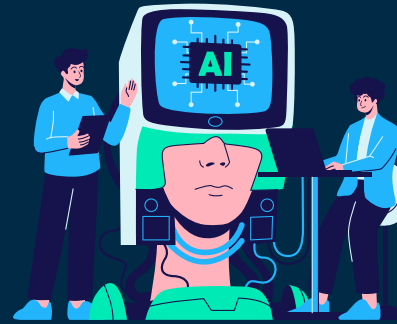


Kenapa Ia Penting?

Tanpa kesedaran dan kawalan, kanak-kanak boleh:

- Menjadi mangsa gambar atau video palsu (*deepfake*)
- Dimalukan dan diserang di media sosial
- Dibuli, diugut atau diperas ugut
- Disasar oleh pemangsa seksual dalam talian
- Mengalami tekanan emosi dan trauma

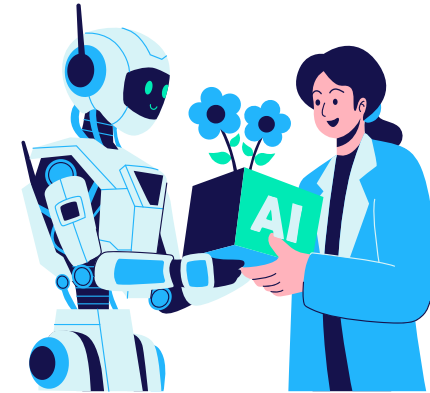
Kesan boleh berpanjangan hingga dewasa.



Tanda Amaran

Waspada jika anak:

- Tiba-tiba murung atau takut guna telefon
- Menerima mesej pelik atau ugutan
- Menyembunyikan skrin apabila dilihat
- Enggan ke sekolah atau berjumpa kawan



Peranan Ibu Bapa

Penyalahgunaan AI & *deepfake* boleh dikurangkan jika ibu bapa:

- Didik anak tentang risiko kongsi gambar.
- Tetapkan akaun media sosial sebagai *private* atau terhad.
- Elak kongsi gambar anak yang sensitif.
- Pantau aplikasi & rakan mereka dalam talian secara berhemah dan terhormat.
- Bina komunikasi terbuka di rumah.

Maruah mereka adalah amanah kita.

What Are AI & Deepfake?

✓ Artificial Intelligence (AI)

Technology that enables computers to “think” and assist with tasks in an intelligent way.

✓ Deepfake

AI-generated images or videos that look extremely realistic, as if your child really did what is shown.



📌 **This technology can be used for good purposes,**

but it can also be misused to produce:

- Fake explicit content
- Fraud and impersonation
- Threats and blackmail
- Exploitation and abuse of children

If It Happens

Report immediately to the MCMC



Official portal:
<https://aduan.skmm.gov.my>



Hotline
1800-188-030

What parents should do:

1. Reassure your child. Let them know this is not their fault.
2. Keep evidence such as screenshots, messages, and links.
3. Make a report within the app or social media platform.
4. Contact the authorities if the situation is serious or unsafe.
5. Seek emotional support from a counsellor or the 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.
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Protect Our Children's Rights
& Safety

Artificial Intelligence (AI), Deepfake, & Children



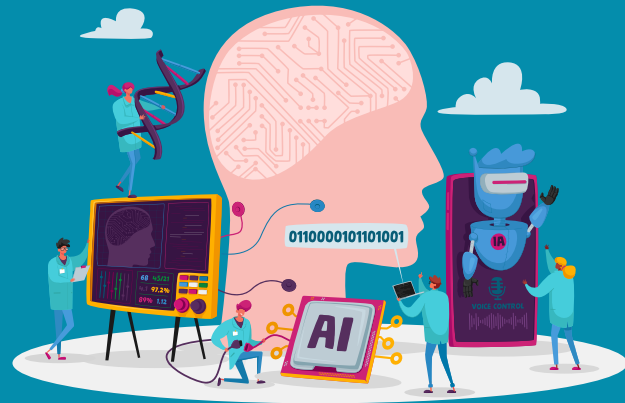
**Technology is advancing
rapidly.**

**So too are the risks faced by
children in the digital world.**

Our Children's Rights

Every child has the right to:

- Be protected from exploitation and violence
- Have their dignity and reputation respected
- Enjoy privacy in the digital world
- Live safely, including online

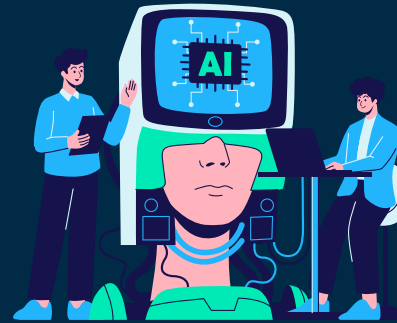


Why Is This Important?

Without awareness and proper guidance, children may:

- Become victims of fake images or videos (deepfakes)
- Be humiliated and attacked on social media
- Be bullied, threatened, or blackmailed
- Be targeted by online sexual predators
- Suffer emotional distress and trauma

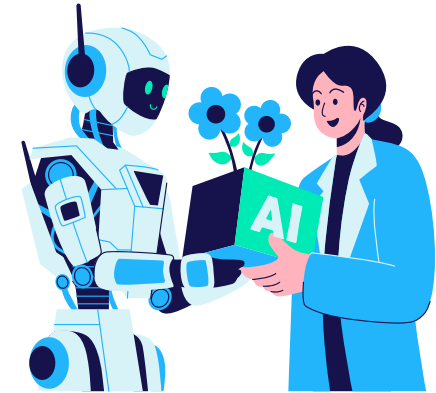
The harm can follow a child into adulthood.



Warning Signs

Be alert if your child:

- Suddenly becomes withdrawn or afraid to use their phone
- Receives strange messages or threats
- Hides their screen when being seen
- Refuses to go to school or meet friends



The Role of Parents

Misuse of AI and deepfakes can be reduced if parents:

- Teach children about the risks of sharing images and videos.
- Set social media accounts to private or restricted.
- Avoid posting sensitive photos of their children.
- Monitor apps and online contacts in a caring, respectful way.
- Build an open and trusting communication at home.

Their dignity is our responsibility.

Siapa Pemangsa? 🤔



Pemangsa ialah orang yang:

- > Pura-pura jadi kawan
- > Nampak baik sangat
- > Mahu buat adik rasa tak selesa 😞
- > Mereka mungkin BUKAN budak seperti yang mereka kata.

Main dengan bijak
lindungi diri!

Perlu Bantuan?

Beritahu:

- 👩 / 👨 Ibu / Ayah
- 🏫 Cikgu / Kaunselor
- ☎️ Talian Kasih 15999
- 🌐 Lapor dalam *game*
- ❤️ OCC sentiasa bersama adik-adik!



Hubungi Kami:



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

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Lindungi Hak &
Keselamatan Adik

WASPADA! PEMANGSA DALAM GAMES 🎮



Main *game* memang seronok 😊
Tapi... ingat ya,

tak semua kawan
dalam *game* itu baik.

Mereka Mungkin Buat:



- > Ajak *chat* selalu
- > Bagi hadiah / *top-up* 📺
- > Tanya umur atau sekolah
- > Ajak *chat* di WhatsApp/Discord
- > Suruh simpan rahsia 🐶
- > Minta gambar

Kalau jadi begini,
BAHAYA!

5 Ingat! JANGAN

- ✗ Jangan bagi nama penuh dan umur
- ✗ Jangan bagi alamat / sekolah
- ✗ Jangan bagi nombor telefon
- ✗ Jangan hantar gambar / video
- ✗ Jangan jumpa orang dari *game*

🔒 Maklumat adik ialah
RAHSIA!



Apa Adik Perlu Buat? 🛡️

Kalau ada orang buat adik rasa pelik:

- ✓ Terus beritahu orang dewasa
- ✓ *Block* orang itu
- ✓ *Report* dalam *game*
- ✓ Ambil *screenshot*

♥ Adik tak salah.
♥ Adik takkan dimarahi.

Who is a Predator? 🤔



A predator is someone who:

- > Pretends to be your friend
- > Acts very nice
- > Wants to make you feel uncomfortable 😞
- > They may NOT be a child, even if they say they are.

Play smart.
Keep yourself safe!

Need Help?

Tell:

- 👨👩 Your mum or dad
- 🏫 Your teacher or school counsellor
- ☎️ Talian Kasih 15999
- 🌐 Report in the game
- ❤️ OCC is always with you!



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.
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Protect Your Rights &
Stay Safe

BEWARE! PREDATORS IN GAMES



Playing games is fun 😊
But remember...

not everyone in
games is a
good friend.

What Might They Do?



- > Ask to chat all the time
- > Give gifts or game top-ups 📺
- > Ask your personal details (age, address or school)
- > Ask you to chat on WhatsApp/Discord
- > Tell you to keep secrets 🤫
- > Ask for your photos

 If this happens,
IT'S DANGEROUS!

5 Remember DON'TS!

- ✗ Don't give your full name and age
- ✗ Don't share your address or school
- ✗ Don't give your phone number
- ✗ Don't send photos or videos
- ✗ Don't meet anyone from a game

 **Keep your details SAFE!**



What Should You Do?

If someone makes you feel strange or worried:

- ✓ Tell a trusted adult straight away
- ✓ Block that person
- ✓ Report in the game
- ✓ Take a screenshot

♥ It's not your fault.
♥ You will not get into trouble.

Apa itu Bahan Penderaan Seksual Kanak-kanak?

(Child Sexual Abuse Material - CSAM)

laitu apa-apa gambar / video / imej yang mengeksploitasi kanak-kanak secara seksual, termasuk kandungan yang disunting atau dimanipulasi.

Penting untuk ibu bapa tahu

- CSAM boleh “muncul” melalui carian, pautan, *group chat*, atau *pop-up*.
- Anak boleh terjumpa tanpa sengaja.
- Jangan klik, balas, simpan, muat turun, atau kongsi semula.



Jika Ia Berlaku...

Segera membuat aduan ke :

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

Jika Terjumpa CSAM

Ajar anak 3S:

- **STOP:** Tutup skrin, jangan teruskan menonton.
- **SKIP:** Keluar aplikasi/laman, jangan klik pautan lain.
- **SHOW:** Beritahu ibu bapa/guru yang dipercayai dengan segera.

Hubungi Kami:



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- Tingkat 17, Menara Aras Raya, Jalan Raja Laut, Kuala Lumpur, 50100, Malaysia.
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Lindungi Hak & Keselamatan Anak Kita

Bahan Penderaan Seksual Kanak-kanak

(CSAM)



CSAM ialah jenayah. Satu klik boleh menguatkan kitaran penderaan.

Panduan ini membantu ibu bapa mencegah pendedahan dan mencegah akses.

Kenapa Perlu Lindungi Anak?



Tanpa kesedaran dan kawalan, anak boleh:

- Mengalami kejutan, ketakutan dan trauma.
- Terbiasa dengan kandungan seksual yang melampau, lalu menjejaskan perkembangan emosi dan nilai.
- Mengalami trauma, rasa bersalah, malu, dan hilang rasa selamat.
- Terlibat dalam tingkah laku berisiko (klik pautan berbahaya, simpan, kongsi).

Di mana CSAM mungkin berada?

Semak bahagian ini (tanpa buka kandungan):

- Downloads / Files (fail dimuat turun)
- Gallery / Photos termasuk "Recently Deleted"
- Media dalam aplikasi mesej (folder media/auto-save)
- Browser history & cache
- Cloud backup (sinkron automatik)
- Folder "Saved/Watch later" dalam aplikasi video



Matlamat kita untuk mengurangkan risiko pendedahan, dan menghentikan akses sebelum jadi masalah besar.



Peranan Ibu Bapa

Langkah Praktikal

- Aktifkan *SafeSearch / Restricted Mode* pada carian & video.
- Hidupkan *content restrictions* (umur/web/aplikasi).
- Matikan *auto-download* media dalam aplikasi mesej.
- Tetapkan had masa skrin + waktu tidur peranti.
- Tetapkan akaun anak sebagai *private/terhad*, lokasi *OFF*, *DM/komen* ditapis.
- Peranti dicas di ruang terbuka.

Peraturan Rumah

- Jangan klik pautan pelik / mesej mencurigakan
- Jangan simpan dan jangan kongsi apa-apa bahan seksual
- Terus beritahu ibu bapa

What is Child Sexual Abuse Material?

It refers to any pictures / videos / images that sexually exploit children, including content that has been edited or manipulated.

Important for parents to know

- CSAM may “appear” through searches, links, group chats, or pop-ups.
- Children may come across it unintentionally.
- Do not click, reply, save, download, or share it again.



If It Happens...

Make a report immediately to:

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

If You Come Across CSAM

Teach your child the 3S:

- **STOP:** Close the screen; do not continue watching.
- **SKIP:** Exit the app/page; do not click other links.
- **SHOW:** Tell a parent/trusted teacher immediately.

Contact us:



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

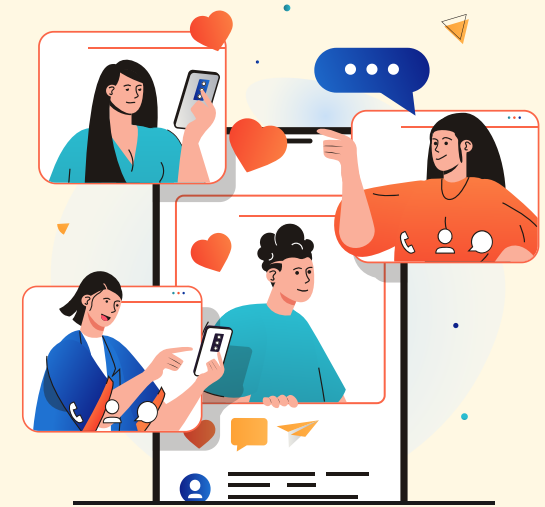
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Protect Our Children's Rights & Safety

Child Sexual Abuse Material (CSAM)



CSAM is a crime. One click can strengthen the cycle of abuse.

This guide helps parents prevent exposure and prevent access.

Why Do We Need to Protect Children?



Without awareness and controls, children may:

- Experience shock, fear, and trauma.
- Become accustomed to extreme sexual content, affecting emotional development and values.
- Experience trauma, guilt, shame, and a loss of safety.
- Engage in risky behaviour (clicking harmful links, saving, sharing).

Where Might CSAM Be Found?

Check these areas (without opening the content):

- Downloads / Files (downloaded files)
- Gallery / Photos, including “Recently Deleted”
- Media in messaging apps (media folder/auto-save)
- Browser history & cache
- Cloud backup (automatic sync)
- “Saved/Watch later” folder in video apps



Our aim is to reduce the risk of exposure and to stop access before it becomes a bigger problem.



Parents' Role

Practical Steps

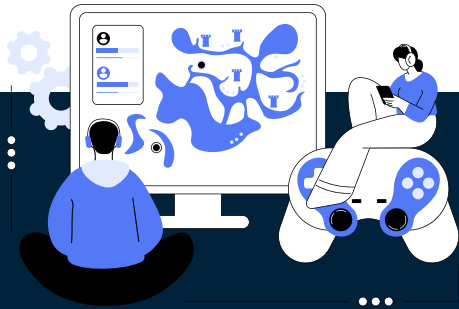
- Turn on SafeSearch / Restricted Mode for searches and videos.
- Enable content restrictions (age/web/apps).
- Turn off auto-download of media in messaging apps.
- Set screen-time limits + device bedtime.
- Set your child's account to private/restricted, location OFF, filter DMs/comments.
- Charge devices in an open/shared space.

House Rules

- Do not click strange links / suspicious messages
- Do not save or share any sexual material
- Tell your parents immediately

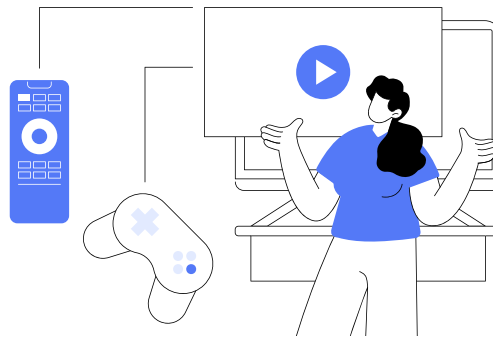
Peranan Ibu Bapa Sangat Penting

Kawalan yang baik bermula dengan **hubungan yang rapat**, bukan paksaan.



Ibu bapa boleh:

- Jadi contoh tauladan bagi penggunaan gajet yang sihat
- Bermain dan berbual bersama anak
- Bina rutin harian yang seimbang
- Tetapkan had masa bermain yang jelas
- Pantau jenis permainan yang dimainkan



Apa yang Ibu Bapa Boleh Buat Sekarang?

- Wujudkan peraturan keluarga tentang *games*
- Berbincang dengan anak secara tenang
- Galakkan aktiviti luar dan hobi lain
- Dengar perasaan anak, bukan hanya larang
- Dapatkan bantuan profesional jika perlu

Anak perlukan bimbingan, bukan hukuman.

Hubungi Kami:



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Suruhanjaya Hak Asasi Manusia
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**Lindungi Hak &
Keselamatan Anak Kita**

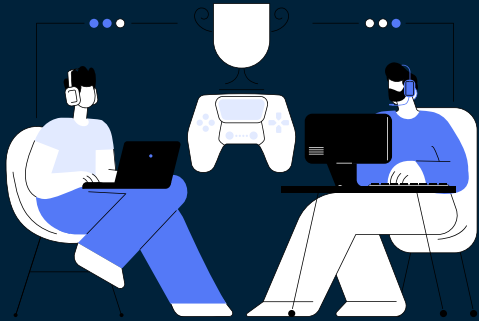
Tangani **KETAGIHAN GAMES**



**Bimbing Anak Dalam
Dunia Games.**

**Games tanpa kawalan boleh
menjejaskan perkembangan
anak.**

Apa Itu Ketagihan Games?



Ketagihan *games* berlaku apabila kanak-kanak:

- Bermain terlalu lama setiap hari
- Sukar berhenti walaupun diminta
- Marah, gelisah atau memberontak bila tidak dapat bermain

Games bukan masalah.

Yang berbahaya ialah penggunaan tanpa had dan tanpa bimbingan.

Tanda-tanda Anak Mungkin Ketagih

Perhatikan jika anak:

- Mengabaikan kerja sekolah dan ibadah
- Kurang tidur atau makan tidak teratur
- Tidak berminat bermain di luar atau berbual
- Mudah marah dan emosi tidak stabil
- Berbohong tentang masa bermain *games*



Jika beberapa tanda ini berlaku, ibu bapa perlu bertindak awal.

Kesan Ketagihan Games

Jika dibiarkan, ketagihan *games* boleh menyebabkan:

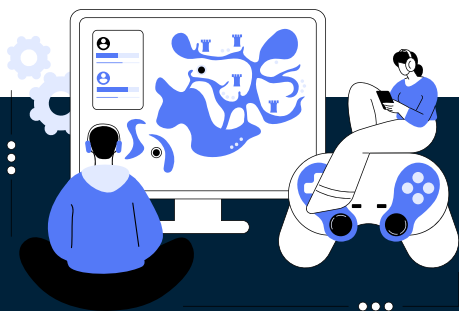
- Prestasi akademik merosot
- Masalah kesihatan (keletihan mata, masalah tidur, postur badan)
- Kurang kemahiran sosial
- Sukar mengawal emosi
- Hubungan keluarga menjadi renggang

Ketagihan digital adalah isu kesihatan dan kesejahteraan kanak-kanak.



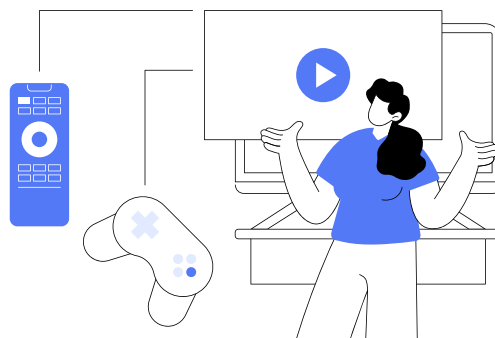
Parental Role Is Crucial

Effective guidance begins with a **close relationship**, not force.



Parents can:

- Be positive role models in healthy device use
- Play and talk to your children
- Create a balanced daily routine
- Set clear limits on gaming time
- Monitor the types of games played



What Can Parents Do Now?

- Establish family rules on gaming
- Talk to your child calmly and openly
- Encourage outdoor activities and other hobbies
- Listen to your child's feelings, not just impose restrictions
- Seek professional support if needed

Children need guidance, not punishment.

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

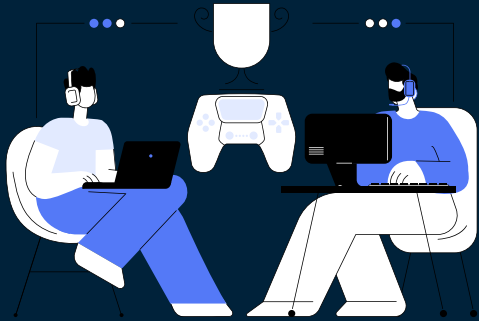
Addressing GAMING ADDICTION



**Guide Your Children in
the World of Gaming.**

**Unsupervised gaming can
harm a child's development.**

What Is Gaming Addiction?



Gaming addiction occurs when children:

- Spend excessive time gaming every day
- Find it difficult to stop even when asked
- Become angry, restless, or distressed when unable to play

Games are not the problem.

What can be harmful is excessive use without limits or guidance.

Signs Your Child May Be Addicted

Pay attention if your child:

- Neglects schoolwork and religious rituals
- Lacks proper sleep or has irregular eating habits
- Loses interest in outdoor play or conversation
- Becomes easily irritated or emotionally unstable
- Lies about the amount of time spent gaming



If several of these signs appear, early action by parents is important.

The Impact of Gaming Addiction

If left unaddressed, gaming addiction may lead to:

- Declining academic performance
- Health issues (eye strain, sleep problems, poor posture)
- Weak social skills
- Difficulty managing emotions
- Strained family relationships

Digital addiction is a child health and wellbeing issue.



Kenapa Ia Penting?

Tanpa kawalan, anak boleh:

- Tonton video ganas atau lucu
- Dibuli atau diganggu orang asing
- Main telefon terlalu lama
- Jadi pemarah, susah tidur, susah fokus

Parental control bantu cegah awal, sebelum jadi masalah besar.



Parental control bantu ibu bapa jaga anak dalam dunia digital.

- Beritahu anak kenapa telefon dikawal
- Jangan guna sebagai hukuman
- Pantau dengan cara berhemah

Hubungi Kami:



Pejabat Pesuruhjaya Kanak-kanak (OCC),
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- Tingkat 17, Menara Aras Raya, Jalan Raja Laut, Kuala Lumpur, Malaysia, 50100
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Lindungi Anak Guna
Telefon & Tablet

KAWALAN IBU BAPA

Parental Control

Telefon pintar ada kebaikan. Tapi tanpa kawalan, anak boleh terdedah kepada perkara yang tidak sesuai.



Apa itu Parental Control?

Parental control ialah cara ibu bapa:

- Hadkan masa anak guna telefon
- Sekat video & laman web tidak sesuai
- Kawal permainan dan aplikasi
- Elakkan anak beli barang dalam aplikasi

- ✦ Bukan untuk mengintip.
- ✦ Untuk lindungi dan bimbing anak.



Kawalan Terus Dalam Telefon

- Percuma
- Tak perlu pasang aplikasi lain



iPhone / iPad

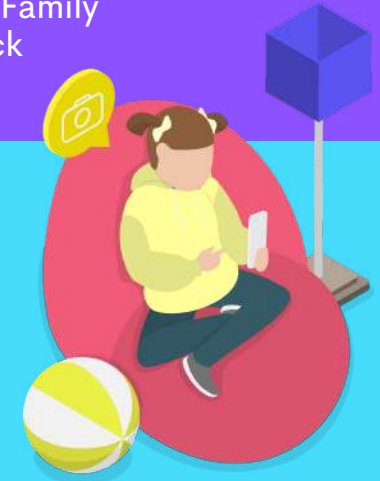
- Tentukan had masa guna mana-mana aplikasi
- Sekat laman web dewasa
- Tutup pembelian dalam aplikasi
- Tetapkan waktu rehat pada jam tertentu (contoh: malam)

Android

- Had masa skrin harian
- Lulus atau tolak aplikasi
- Sekat kandungan ikut umur
- Boleh kunci telefon dari jauh

Aplikasi lain Berbayar

- Qustodio
- Net Nanny
- Kaspersky Safe Kids
- Norton Family
- KidsLock



Kelebihan Aplikasi Berbayar

1. **Had masa:** Tetapkan masa guna telefon.
2. **Sekat aplikasi:** Kunci aplikasi tak sesuai.
3. **Tapis video & web:** Halang kandungan tak elok.
4. **Kawal muat turun:** Tak boleh pasang tanpa izin.
5. **Lihat penggunaan:** Tahu anak buat apa.
6. **Kunci telefon:** Tutup bila perlu.

Why is it Important?

Without control, children may:

- Watch violent or pornographic videos
- Be bullied or disturbed by strangers
- Use the phone for too long
- Become irritable, have trouble sleeping, and find it hard to focus

Parental control helps prevent problems early, before they become serious.



Parental control helps parents protect their children in the digital world.

- Tell your child why the phone is being controlled
- Do not use it as punishment
- Monitor in a respectful way

Contact us:



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Protect Your Child When
Using Phones & Tablets

PARENTAL CONTROL

Smartphones have benefits.

But without control, children can be exposed to things that are not suitable.



What is Parental Control?

Parental control is a way for parents to:

- Limit the time children use the phone
- Block unsuitable videos and websites
- Control games and applications
- Prevent children from buying items in apps

- 📌 Not for spying.
- 📌 To protect and guide children.



Built-in Control on the Phone

- Free
- No need to install other apps



■ iPhone / iPad

- Set time limits for any app
- Block adult websites
- Turn off in-app purchases
- Set downtime at certain hours (for example: at night)

■ Android

- Daily screen time limits
- Approve or reject apps
- Block content based on age
- Can lock the phone remotely

Paid Apps

- Qustodio
- Net Nanny
- Kaspersky Safe Kids
- Norton Family
- KidsLock



Advantages of Paid Apps

1. **Time limits:** Set phone usage time.
2. **Block apps:** Lock unsuitable apps.
3. **Filter videos & web:** Block harmful content.
4. **Control downloads:** Cannot install without permission.
5. **View usage:** Know what your child is doing.
6. **Lock phone:** Turn off when needed.

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



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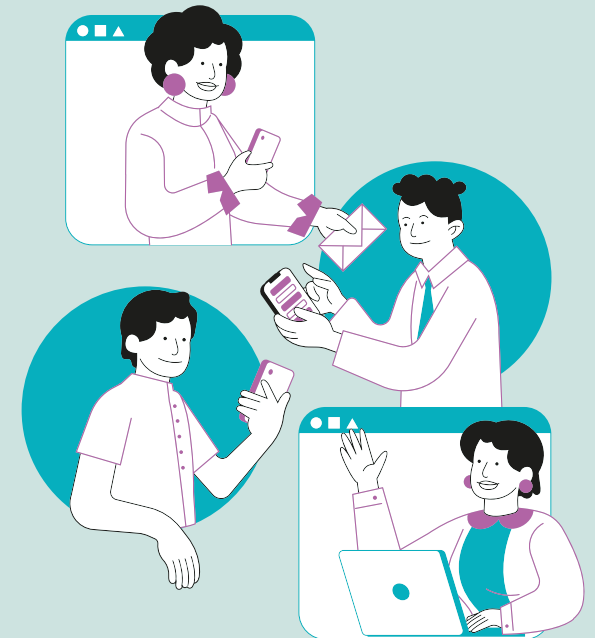
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Lindungi Anak Guna Internet dan Media Sosial

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?

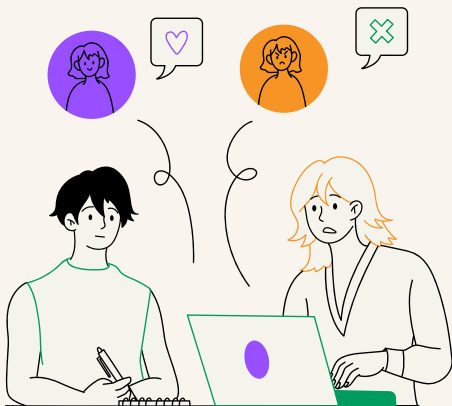
Online grooming ialah perbuatan:

- 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.

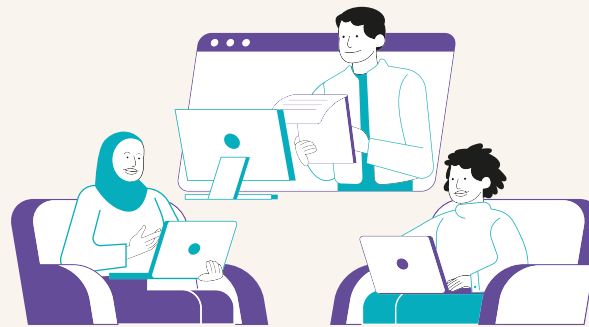


BAGAIMANA IA BIASANYA BERMULA?

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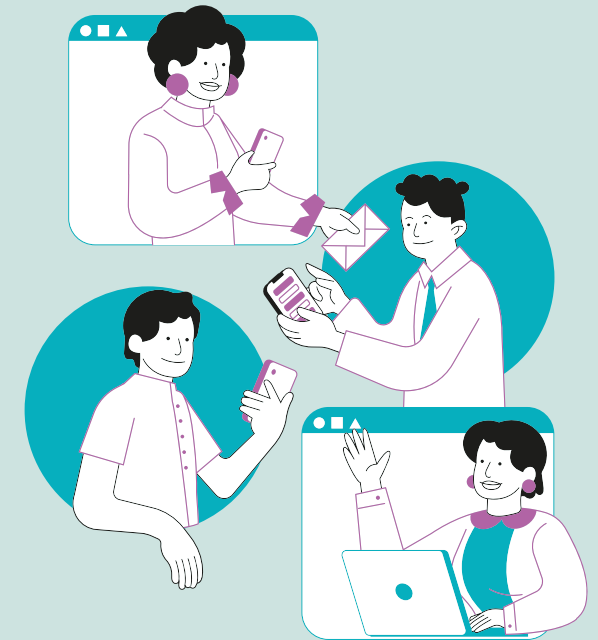
- 17th Floor, Menara Aras Raya, Jalan Raja Laut, Kuala Lumpur, 50100, Malaysia.
- 03-2612 5600
- humanrights@suhakam.org.my
- <http://www.suhakam.org.my/>



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Protect 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?

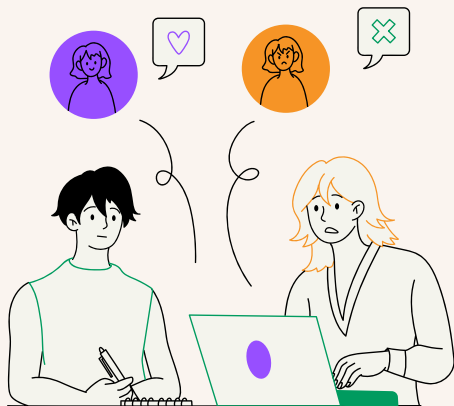
Online grooming is when:

- 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.

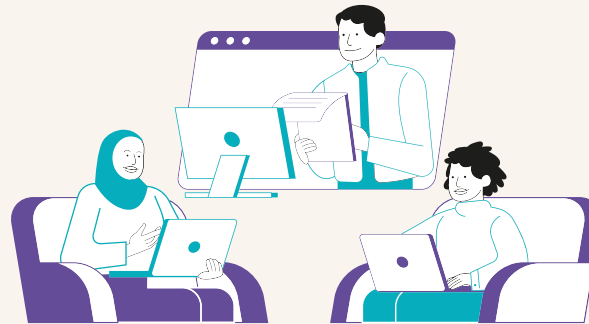


WHERE DOES ONLINE GROOMING HAPPEN?

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.*



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:



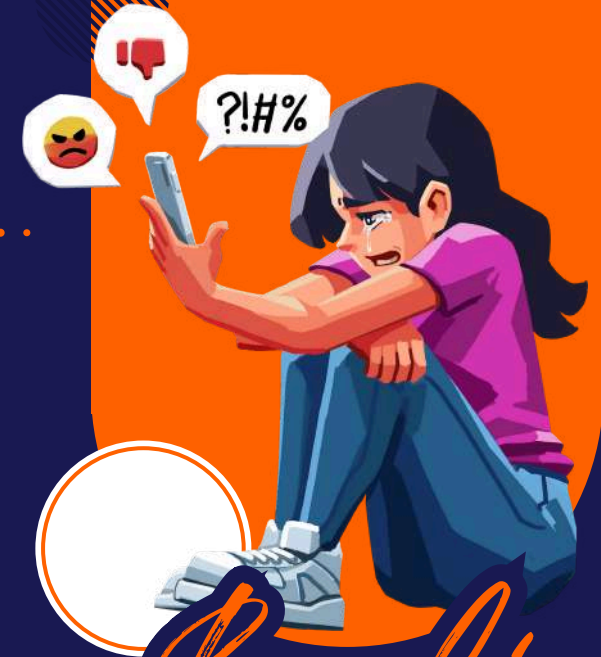
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- humanrights@suhakam.org.my
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Lindungi Hak &
Keselamatan Anak Kita



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.
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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.



⚠️ Kenapa Perlu Hati-Hati?

Apa yang kita kongsi, boleh:

- ✗ Dilihat orang tak dikenali
- ✗ Disalah guna untuk jenayah
- ✗ Buat anak malu apabila besar
- ✗ Kekal lama di internet

Sekali dimuat naik, susah nak padam.

📱 Jejak Digital

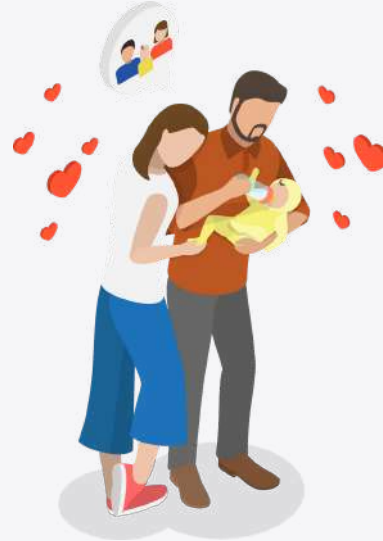
Jejak digital anak ialah semua gambar & maklumat anak yang pernah dikongsi di internet.

Jejak ini boleh ikut anak hingga dia dewasa.



📢 Fikir dulu sebelum kongsi

- 💬 Jadilah ibu bapa yang bijak.
- 🏠 Lindungi anak, keselamatan bermula dari rumah.
- 🌐 Pelihara privasi dan maruah anak.



Hubungi Kami:



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Lindungi Hak & Keselamatan Anak Kita



Sharenting Kongsi dengan Bijak

Gambar anak di media sosial nampak biasa, tapi boleh beri risiko kepada anak.

Apa itu *Sharenting*?

Sharenting ialah apabila ibu bapa atau penjaga kongsi gambar, video atau cerita tentang anak di Facebook, WhatsApp, TikTok dan lain-lain.

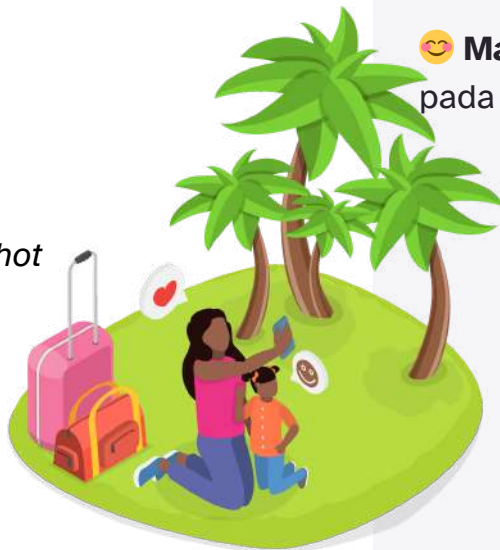
📷 Contoh:

- ❌ Gambar anak di sekolah
- ❌ video mandi
- ❌ cerita keputusan peperiksaan
- ❌ kongsi lokasi

Kita tidak boleh kawal sepenuhnya ke mana ia akan pergi.

Di media sosial, orang lain boleh:

- 📷 ambil *screenshot*
- 🔄 simpan dan kongsi semula



Anak Ada Hak

🔒 **Privasi:** supaya gambar dan maklumat anak tidak didedah.

🛡️ **Keselamatan:** supaya anak terhindar daripada bahaya.

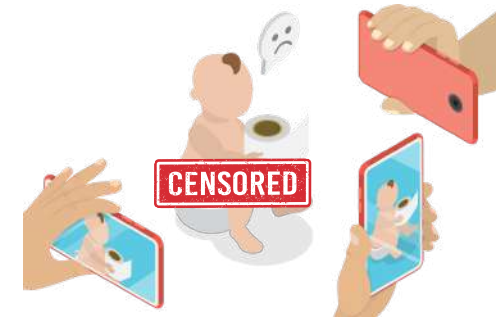
😊 **Maruah:** supaya anak tidak dimalukan, pada masa kini atau suatu hari nanti.

Kanak-kanak ada hak untuk dilindungi daripada mudarat dan aib.

Ibu bapa bertanggungjawab jaga keselamatan & maruah anak.

🛑 Elak Kongsi Ini

- ❌ Gambar tanpa baju / mandi
- ❌ Nama penuh & umur tepat
- ❌ Nama sekolah / tadika
- ❌ Lokasi rumah / rutin harian
- ❌ Cerita sensitif tentang anak



Langkah Mudah Lindungi Anak

- ✔️ Semak tetapan (*setting*) privasi akaun media sosial
- ✔️ Hadkan siapa boleh lihat posting
- ✔️ Elak kongsi secara terbuka
- ✔️ Padam posting lama yang berisiko

⚠️ Why should we be careful?

What we share can:

- ✗ Be seen by strangers
- ✗ Be misused for crimes
- ✗ Embarrass your child when they grow up
- ✗ Stay on the internet for a very long time

Once uploaded, it is hard to delete.

📱 Digital footprint

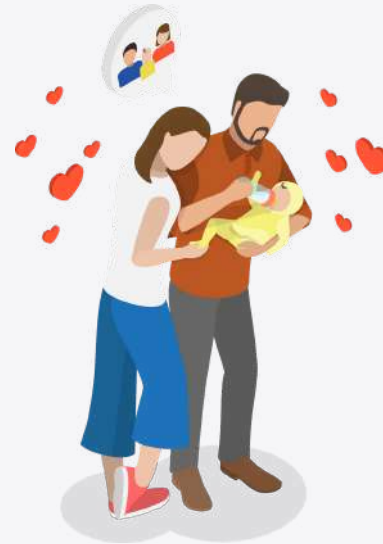
A child's digital footprint is all the photos and information about them that have been shared online.

This footprint can follow a child into adulthood.



📣 Think before you share

- 💬 Be a wise parent.
- 🏠 Protect your child, safety begins at home.
- 🌐 Safeguard your child's privacy and dignity.



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/>



Protect Our Children's Rights and Safety



Sharenting Share wisely

Photos of children on social media may seem normal, but they can put children at risk.

What is sharenting?

Sharenting is when parents or guardians share photos, videos, or stories about their children on Facebook, WhatsApp, TikTok, and other platforms.

📷 Examples:

- ❌ Photos of children at school
- ❌ Bath-time videos
- ❌ Stories about exam results
- ❌ Sharing locations

We cannot fully control where it will go.

On social media, others can:

- 📷 Take screenshots
- 🔄 Save and reshare content



Children have rights

🔒 **Privacy:** so their photos and information are not exposed.

🛡️ **Safety:** so they are protected from harm.

😊 **Dignity:** so they are not embarrassed, now or in the future.

Children have the right to be protected from harm and humiliation.

Parents are responsible for protecting their children's safety and dignity.

🛑 Avoid sharing

- ❌ Photos without clothes or during bathing
- ❌ Full name and exact age
- ❌ Name of school or kindergarten
- ❌ Home location or daily routine
- ❌ Sensitive stories about your child



Simple steps to protect your child

- ✅ Check your social media privacy settings
- ✅ Limit who can see your posts
- ✅ Avoid sharing publicly
- ✅ Delete old posts that may pose risks

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
-
- 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
- <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.
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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.

