

Been-abuurka

Xogtaanu waxay diiradda saaraysaa wararka **marin-habaabinta ah, kuwaas oo ah macluumaad si ula kac ah loo abuuro ama loo faafiyo si loo khiyaaneeyo loona geysto waxyeello.**

Xog khadan waa macluumaad been ah ama aan sax ahayn oo la baahiyo iyada oo aan lagu talagelin in cid lagu khiyaaneeyo ama waxyeello lagu geysto.

Adeegga Sirdoonka ee Nabadsugidda New Zealand (NZSIS) waxa uu ku qeexaa been abuurka inay tahay xog si ula kac ah been abuur u ah ama marin-habaabin ah oo la faafiyo iyada oo ujeedadu tahay in waxyeello loo geysto ama la gaadho ujeedo ballaadhan. Badanaa waxaa lagu faafiyaa internetka ama baraha bulshada, laakiin sidoo kale waxay ka soo muuqan kartaa telefishinka, raadiyaha, ama wararka, oo ay ku jiraan wargeysyada.

Dowladaha shisheeye iyo wakiilladoodu waxay u adeegsan karaan macluumaad been abuur ah qayb ka mid ah faragelinta shisheeye si ay saameyn ugu yeeshaan una marin habaabiyaan dadka iyo bulshooyinka siyaabo waxyeello leh.

Sida xog marin habaabintu u faafi karto

Xogta been abuurka ah waxay ku faafi kartaa siyaabo kala duwan, oo ay ku jiraan:

- **Ababka fariimaha iyo shabakadaha bulshada**, halkaas oo macluumaadka inta badan la isku dhaafsado xidhiidhada ay dadku ku kalsoon yihiin.
- **Waxyaabaha lagu faafiyo bulshooyinka ama kooxaha dan wadaagga ah**, kuwaas oo ay dadku aad ugu kalsoonaan karaan sababtoo ah waxay ka yimaadaan ilo ay yaqaanaan ama waxay ku qoran yihiin luuqad ay fahmaan.
- **Macluumaad ka yimaada warbaahinta ama ilo ka baxsan New Zealand** oo laga yaabo inaysan la jaanqaadin warbaahinta ama xogaha New Zealand.
- **Baraha bulshada** ayaa si degdeg ah u faafin kara macluumaad khalidan, gaar ahaan waxyaabaha gaagaaban sida fiidiyowiyada TikTok, muuqaallada Instagram, ama fariimaha Twitter/X.
- **Dadka saamaynta leh iyo kuwa dadku ku xiran yihiin** waxay faafin karaan macluumaad been abuur ah sababtoo ah waxay leeyihiin taageerayaal badan ama lagu kalsoon yahay.
- **Ilaha raadinta iyo talooyinka** lagu soo bandhigo baraha internetka waxay u muujin karaan isticmaalayaasha xog marin habaabinta ah, xitaa marka aysan si ula kac ah u

raadinayn.

- **Wadaagista aan internetka ku xirnayn**, sida waraaqaha la daabacay, boodhadhka, ama hadal ahaan loogu gudbiyo goobaha shaqada, dugsiyada, ama bulshooyinka.

Noocyada xog marin habaabinta ah

Dowlado shisheeye ayaa laga yaabaa inay adeegsadaan xog marin habaabin ah iyagoo qayb ka ah faragelinta shisheeye. Halkan waxaa ku yaal tusaalooyin ka mid ah macluumaadka loo adeegsan karo in si ula kac ah dadka loo marin habaabiyo:

- **Macluumaad marin habaabin ah oo si weyn u faafa:** Macluumaad internetka lagu daabaco oo si ula kac ah loo sameeyey si uu u soo jiito dareenka dadka uguna dhiirrigeliyo inay gujiyaan xiriiriye, badanaa iyadoo la adeegsanayo sheegashooyin marin habaabin ah ama la buunbuuniyey.
- **Cinwaanno khiyaano leh, la buunbuuniyey ama been ah:** Cinwaanno si ula kac ah u qalloociya, u buunbuuniya ama si khaldan u matala macluumaadka si dadka loo marin habaabiyo.
- **Saxaafad si ula kac ah u liidata ama loo maareeyey warka:** Maqaallo loo soo bandhigo sidii warbixinno lagu kalsoonaan karo, balse si ula kac ah uga maqan cilmi-baaris habboon, caddayn, ama xaqiijin xogeed.
- **Macluumaad been ah oo lagu dhaawacayo sumcadda:** Macluumaad si ula kac ah loo sameeyey si loo waxyeelleeyo sumcadda qof ama loogu fuliyo olole sumcad-dilis ah, badanaa lagu bartilmaameedsado dadka si cod dheer u dhaliila dowlad shisheeye.
- **Xaqiiqooyin la been-abuuray ama la maareeyey:** Faahfaahin been ah sida waqtiyo la sameeyey, goobo, magacyo ama ilo aan jirin oo si ula kac ah loogu daray si dadka loo marin habaabiyo loona khiyaaneeyo.
- **Sawirrada iyo muuqaalada been abuurka ah ama la beddelay:** Images or videos that are digitally created or manipulated (including using artificial intelligence) to intentionally deceive viewers.
- **Faafin abaabulan:** Macluumaad si ula kac ah dadka u marin habaabinaya oo si ballaaran ay u wadaagaan shabakado akoonno, aalado oonlayn ah ama mareegaha internetka si looga dhigo mid ka kalsooni badan ama ka caan badan sida uu dhab ahaantii yahay.
- **Warbaahin xiriir la leh dowlad ama xiriirro aan la shaacin:** Macluumaad ay soo

saaraan warbaahinno, mareegaha internetka ama akoonnada baraha bulshada oo isu muujiya kuwo madax-bannaan balse xiriir la leh dowlado shisheeye.

- **Majaajillo ama ku-dayasho loo adeegsaday xog marin habaabin ah:** Macluumaad majaajillo ama ku-dayasho ah oo loo isticmaalo si ula kac ah in dadka loo marin habaabiyo loona saameeyo aragtidooda, mararka qaarkoodna qayb ka noqda ololeyaal abaabulan oo xog marin habaabin ah.

Ka fikiridda waxa aad aragto

Hubi:

- In macluumaadku ka yimid ilo lagu kalsoonaan karo iyo in warbaahinta kale ee lagu kalsoon yahay ay sidoo kale ka warbixiyeen isla macluumaadkaas. Si aad wax badan uga ogaato, [eeg khayraadka Netsafe ee Sida Loo Garto](#) Wararka Been-abuurka ah.
- Halka ay sheekada ama macluumaadka asalka ahi markii ugu horreysay ka soo baxday iyo cidda faafinaysa ama wadaagaysa.
- Qoraagu cidda uu yahay iyo waxa ay noqon karaan asalkiisa, ujeeddadiisa ama danihiisu (tusaale ahaan, inuu doonayo inuu dadka wargeliyo, qanciyo, aragti gaar ah kor u qaado, ama saameeyo fikradaha dadka).

Ka fikir:

- Joogsasho yar samaynta marka macluumaadku kugu abuurto dareen xooggan (tusaale ahaan, degdeg, cabsi, ama caro).
- Isweydiinta sababta macluumaadka loo sameeyey ama loo wadaagay (tusaale ahaan, si loo saameeyo fikradaha dadka, loo helo booqashooyin badan, ama dadka loogu dhiirrigeliyo inay tallaabo qaadaan).
- Ka fikiridda cidda ka faa'iidayanaysa haddii macluumaadka la rumaysto ama la wadaago.

Tusaale ahaan, haddii aad aragto qoraal leh "wadaag hadda kahor inta aan la tirtirin," tani waa inay kugu dhiirrigelisaa inaad joogsato oo aad ka fikirto sababta loo wadaagayo.

Waxa la sameeyo marka aadan hubin

Waxaa muhiim ah in la xasuusto in ay caadi tahay inaad isla markiiba ogaan karin in wax ay yihiin xog marin habaabin ah iyo in kale.

Inaad waqti qaadata kahor inta aadan wadaagin macluumaad waxay ku siinaysaa fursad aad uga fikirto inuu run yahay, aad xaqiiqooyinka u hubiso, isla markaana aad uga fogaato faafinta macluumaad aan sax ahayn.

Waxaad sidoo kale la hadli kartaa dad aad ku kalsoon tahay, sida xubnaha qoyska ama saaxiibbada, si aad u maqasho waxa ay ka qabaan macluumaadkaas.

Xog marin habaabin ah oo ay adeegsadaan dowlado shisheeye iyo wakiilladoodu

Hoos waxaa ku qoran qaar ka mid ah astaamaha si ula kac ah loogu adeegsado **xog marin habaabinta ay faafiyaan dowlado shisheeye iyo wakiilladoodu**:

- **Kicinta dareenno xooggan** iyadoo si ula kac ah looga tagayo xaqiiqooyin ama caddaymo muhiim ah si loo abuuro caro, cabsi, ama cadho.
- **Soo bandhigista macluumaadka si marin habaabin ah** ama la buunbuuniyey si loo kiciyo falcelin ama uu si degdeg ah u faafo.
- **Adeegsiga luuqad xambaarsan dareen xooggan** si loo kiciyo falcelinta akhristayaasha halkii la wargelin lahaa.
- **Muujiinta eex cad ama ku tiirsanaanta fikrado guud** oo qaldan si loo saameeyo sida dadku uga fikiraan arrin ama koox gaar ah.
- **Ka tagista aragtiyo ama fikrado kala duwan** si loo soo bandhigo hal dhinac oo keliya oo sheeko ah.
- **Ku darista macluumaad khaldan, la meeriya ama duugoobay** iyadoo loo soo bandhigayo sidii inuu sax yahay.
- **Ka koobnaanshaha khaladaad badan oo higgsaad ama naxwe ah**, kuwaas oo mararka qaarkood muujin kara kalsooni yari ama macluumaad si degdeg ah loo sameeyey.
- **Adeegsiga sawirro ama muuqaallo tayo liita, la tafatiray ama laga saaray macnahoodii asalka ahaa** si loogu taageero macluumaad marin habaabin ah.

La wareeg xakamaynta quudintaada baraha bulshada

Haddii akoon baraha bulshada ah uu wadaagayo macluumaad been ah ama marin habaabin ah:

- **Xannib ama ka-noqo** raacista akoonka si aad uga hortagto in macluumaad la mid ah uu mar kale kuu soo muuqdo.
- **Ka warbixi akoonkaas barta** baraha bulshada si looga caawiyo yaraynta macluumaadka waxyeellada leh ee internetka lagu faafiyo.

Sida loo soo sheego xog marin habaabin ah

Waxaad soo sheegi kartaa macluumaad waxyeello leh ama been ah oo internetka lagu faafiyo:

- Ku soo sheeg xog marin habaabin ah [iyo macluumaad kale oo waxyeello leh mareegta Netsafe](#).
- Haddii macluumaadka warbaahintu uu yahay mid marin habaabin ah ama uu jebinayo xeerarka baahinta, cabasho u gudbi [Golaha Warbaahinta New Zealand](#), ama [Hay'adda Heerarka Xayeysiiska](#).
- Ku soo sheeg xog marin habaabin ah **baraha bulshada** adigoo adeegsanaya hababka warbixinta ee ay bixiyaan barahaasi.

Wax badan ka baro Netsafe

[Netsafe](#) waa hay'ad madaxbannaan oo aan faa'iido doon ahayn oo ka shaqaysa badbaadada internetka gudaha New Zealand, waxayna bixisaa taageero, khibrad iyo wacyigelin ku saabsan badbaadada internetka dadka ku nool New Zealand, oo ay ku jiraan: [carruurta iyo dhallinyarada](#), [waalidiinta iyo daryeelayaasha](#), [dadka waaweyn](#) iyo [dadka da'da ah](#).

Headspace Invaders

[Headspace Invaders waa madal is-dhexgal ah](#) taas oo ka caawisa dhallinyarada da'doodu u dhaxayso 12 ilaa 16 sano inay xoojiyaan kalsoonida iyo xirfadda fekerka xasaasiga ah marka ay marayaan waxyaabaha onlaynka (online content), si ay dhallinyaradu uga gartaan xukumashadda (manipulation), cadaadiska, iyo waxyeelada onlaynka.