

Xariirinta u Roon Caafimaadka:

Sahanka Gardareysiga Internetka iyo Tababarka Dagaalka Internetka

1. Horumari isgaarsiin furan oo taageero laga helo.
2. Wax ka baro brograamyada miidiyaha bulshada (apps) oo wadajira.
3. U samee xuduud iyo sharciyo.
4. Dhiirigeli asturnaanta iyo ammaanka adiga oo:
 - cunugaada la fiiriyoo ammaanka iyo asturnaanta brograamyada (apps) miidiyaha bulshada;
 - isticmaala erayada lagu galo sida nambarada, xarfaha waaweyn iyo sumadaha iyo tixgeliya isticmaalka weedha;
 - gaar u dhiga iyo in badan baddala erayada lagu galo;
 - iska ilaaliya in aad soo gelisid macluumaad shaqsi;
 - dammiya sida goobta u shaqeyso kuna dhiirigeliya caruurtaada in aysan isticmaalin elataroonigga sheega meesha ay ku sugan yahiin (geotags).
5. Fududee hoggaaminta dijitalka iyo waddaniyadda adiga oo cunugaada ku dhiirigeliya in uu:
 - xoojiyo kartida, xirfadaha, iyo sifooyinka si uu internetka uga abuurto astaan wanaagsan;
 - sifooyinka internetka iyo isdhexgalka siiyo qiimo;
 - ku dhaqmo asluubta internetka;
 - taageero kuwa la kulma gardareysiga internetka (ahaw qof u istaaga xaqa).
6. Xasuusi cunugaada in uu FAKARO (**THINK**) ka hor inta uusan wax soo gelinin. Ma Runbaa (**True**)? Ma Leedahay Waxtar (**Helpful**)? Ma ku Fiican Tahay Dhiirigelinta (**Inspiring**)? Ma Loo Baahan Yahay (**Necessary**)? Ma Leedahay Naxariis (**Kind**)?
7. Ku dhiirigeli cunugaada in uu raadsado taageero haddii uu internetka ku arko dabeecad xun
8. Soo saara heshiiska ammaanka internetka idinka oo wadajira.

ILAHA

- Kids Help Phone (Telefoonka Kaalmada Ilmaha): **Online Safety: Tips for Caring Adults**
- PREVNet: **What Parents Need To Know about Cyberbullying**
- Mediya Smarts: Canada's Centre for Digital and Media Literacy (Caqliga Miidiyaha: Xarunta Aqoonta Dijitalka iyo Miidiyaha ee Canada): **mediasmarts.ca/parents**
- BOOST Child and Youth Advocacy Centre (Xarunta u Doodidda Dhallinta iyo Cunugga BOOST): **Prevention Tips for Parents/Guardians**
- Canadian Centre For Child Protection (Xarunta Badbaadinta Cunugga Canada): **ProtectKidsOnline.ca, NeedHelpNow.ca, Cybertip.ca**
- RCMP (Real Policía Montada de Canadá): **Centre For Youth Crime Prevention**
- **Ontario Victim Services**