

Ka hortag maagidda elektaroonikada ah

HADDAAD TAHAY ARDAY...

- Ha ka jawaabin haddii qof kale si elektaroonik ah idinku maago adiga amase saaxiibbadaa - u sheeg waalidkaaga, qof weyn oo jooga dugsiga, amase qof aad adigu ku kalsoon tahay.
- U sheeg qof qaangaar ah haddaad heshid fariimo adiga ku galiya dareen aan fiicneyn, oo arxan daran, amase loo habeeyey inay adiga amase qof kale wax yeelaan.
- Cidna ha kula wadaagin internetka macluumaad hadhow ku dareensiin kara ceeb.
- Cidna ha la wadaagin macluumaad shakhsi ah, sida magacaaga, da'daada, cinwaankaaga, amase taleefan lambarkaaga.

HADDAAD TAHAY WAALID...

- Kaydi amase daabac farriimaha iyo sawirada aan fiicneyn ee ilamhaagu kula wadaago- kuwaasi waa caddeyn oo waxay muhim u yihiin tallaabo kasta oo aad qaaddo mustaqbalka.
- Waxaad la xiriirtaa bixiyaha adeegga Internetka oo waxaad feyl-garaysaa dacwad haddaad heshid farriimo amase sawiro aad u maleyneyso inay ku xad-gudbeen Qodobbada iyo Xujooyijka kunturaadkaaga.
- La xiriir dugsiga haddii ilmahaaga la maago, dandaansado, amase arday kale kaga bajiyo (ugu hanjabo) internetka.
- Haddii ilmahaaga lagu dacweeyo maagid-internet, waxaad caawimo ka raadsataa bixiyahaaga Internetka, dugsigaaga, iyo, la-talin khibrad u baahan ah, haddii la tilmaamay.
- La xiriir booliska haddii ilmahaaga helay hanjabaado xoox leh amase boornogaraafiyo (qawanaan) loo soo mariyey Internetka.
- La xiriir booliska haddii ilamhaagu helo taleefanno cey amase hanjabaad ah amase farriimo qoraal ah.
- Dhammaan dugsiyada Washington oo dhan waxa sharcigu ka rabaa inay lahaadaan xeer ku saabsan hanjabaad-internet- wax ka ogow xeerka dugsigaaga.
- Ka fikir inaad isticmaasho shaandhooyin hor-istaagga baraha Internetka ee aan fiicneyn.

KHEYRAADYO FIIGAN EE INTERNETKA

- ✓ <http://www.netsmartz.org>
- ✓ <http://www.ncpc.org/cyberbullying>
- ✓ <http://www.isafe.org>
- ✓ <http://wiredsafety.org>
- ✓ <http://www.GetNetWise.org>
- ✓ <http://safely.yahoo.com>
- ✓ <http://www.theinternetandyourchild.org>

TALOOPYIN SIDA AMMAANKA LEH EE INTERNETKA LOO ISTIGMAALO

CYBER AMMAAN



HAGE WAALID IYO KUREY/FOODLEY



Waxa diyaariyey:
Office of Superintendent of Public Instruction
Washington State School Safety Center

<http://www.k12.wa.us/SafetyCenter/>
Somali

NOQO FARIID

TALOOPYIN XAGGA KUREYDA/FOODLEYDA

AMMAAN AHAANSHO EE INTERNETKA

Internetku wuxuu noqon karaa aalad cilmi-baaris oo aad u fiican iyo dariiqo fan ah oo lagula xiriiro saaxiibbada iyo qoyska. Laakiin gelidda internetku waxay keeni kartaa haliso dhici kara oo aad u baahan tahay inaad wax ka ogaato. Halkan waxa ku qoran siyaabo aad adigu uga leexan kartid mashaakilka markaad isticmaalaysid Shabakadda.

MA JIRAAAN WAX BIRIFAATI AH

- Ka fakar waxa aad teeb-gareyneysa. Waligaa ha ku dirin internetka macluumaadkaaga shakhsiga ah, sida magac, cinwaan, taleefan lambar, sawiro, amase magaca dugsigaaga.
- "E-mail"ada waxa lagu sii gudbin karaa jig jiid (click of a mouse). Waxaad xasuusataa wixii macluumaad shakhsi ah ee aad u dirto qof kale in si dhakhso ah loogu sii diri karo dad kale.

NOQO FARIID

- Waligaa ha sameynin qorshe aad kula kulmeysid "saaxiib" internetka ah kulan qof ahaan adiga oon marka hore la socodsiihin waalidkaaga/mas'uulkaaga. Haddii waalidkaaga/mas'uulkaaga uu fakarkaasi raalli ka yihiin, soo kaxee qofkaas oo kulankiinna ka dhig meel fagaaro dadweyne ah.
- Waxaad xasuusataa, in kasta oo uu qofku u eg yahay mid saaxiib-wanaag iyo cayaar-wadaag leh marka uu ku jiro internetka, waxa laga yaabaa in noloshiisa dhabta ahi ka duwan tahay sidaas.
- Adigaa ka mas'uul ah anshaxaaga internetka. Adigu cidna ha daandaansan amase ha maagin, hana ka jawaabin marka qof kale isku dayo inuu kuu bilaabo dagaal internet ah.

MARKA AAD SHEEGI KARTID

- Haddaad internetka kala kulanto qof amase wax jirkaagu diido, isla markiiba u sheeg qof qaangaar ah oo aad u kalsoon tahay! Qofka qaangaarka ihi wuxuu xitaa fiirin karaa macluumaadka ku yaalla muraayadda oo wuxuu go'aamin karaa haddii loo sheegi karo kuwa sharciga fuliya.
- "Grooming" amase 'diyaarin' waa marka qof qaangaar ihi internetka galo si uu ula kulmo dhalinyaro isagoo qasdigiisu yahay la sameyn xiriir aan habbooneyn. Haddaad tuhunto in adiga amase qof aad taqaanaa uu yahay bar tilmaameed 'duyaarin', isla markiiba u sheeg qof qaangaar ah oo aad u ku kalsoon tahay!
- Haddaad qof aad u aragto internetka uu u ekaado "wax aan la rumeysan karin", waxa laga yaabaa inay sidaasi run tahay.
- Haddii aad hesho ballan-qaadyo ay ka mid yihiin tagid shir, qof kugu soo booqda gurigiina, amase dirid lacag amase macluumaad kaarka deynka (credit card), u sheeg waalidkaaga amase mas'uulkaaga.

NOQO AMMAAN

TALOOPYIN WAALID

HAGAYAASHA AMMAANKA QOYSKA EE INTERNETKA

Sannad kasta waxa galmo-ahaan internetka looga shukaansadaa shantii kurey/foodley mid ka mid ah. Waxa jira waxyaalo gaar ah oo aad sameyn karto si aad uga caawiso kureydaada/foodleydaada inay ammaan ahaadaan. Waxaad kaga bilowdaa inaad adigu wax kala qeyb-qaadatid! Waxaad adigu is-bartaa siduu Internetku u shaqeeyo oo waxaad ka warhaysaa isticmaalka ilmahaaga ee Internetka.

BAR

- Abuur qorshe ammaan Internet oo qoran. Xeerar u samee isticmaalka Internetka iyo 'e-mail'ka. Waxaad ku dartaa istiraajiyado cayiman oo kureygaaga/foodleydaadu sameyn doonto haddii galmo-ahaan looga shukaansado internetka, amase haddii ay cabsi-galiyo kulan xagga internetka ah. Saxeex qorshaha oo ku dhaji meel u dhow kombuyuutarka.
- Xasuusi kureygaaga/foodleydaada inaanu/inaaney internetka shaaca kaga qaadin macluumaad shakhsi ah.
- Wada qora liis waxyaalaha aan cid kale lala wadaagin karin, oo ay ku jiraan magac, da', dugsii, taleefan lambar, cinwaan guri, iyo sawiro.
- Si joogta ah ula hadal kureygaaga/foodleydaada. Kala hadal saaxiibbadda internetka sida aad ugala hadasho saaxiibbadda kale.

KORMEER

- Ha yaallo kombuyuutarku meel dadka u dhaxeysa oo guriga ah. Taasi wey sahli kartaa kormeerk isticmaalka kombuyuutarka.
- Warsa kureygaaga/foodleydaada inuu/inay isla markiiba kuu sheego kulannada internetka ee dareenka xun, adigoo u ballan qaadaya in aadan adigu u caroon doonin hadiid uu/ay adiga kalsooni wax kuugu sheego.
- Ka fakar "software" shaandho amase kormeer ah. In kasta oo ay kuwaasi adiga kaa caawin karaan kantaroolka isticmaalka ilmahaaga ee internetka, haddana qalabkani ma'aha mid beddeli kara ka-qeyb-galka iyo kormeerka waalid.
- Iska jir Waxa laga yaabaa inuu kureygaaga/foodleydaadu isticmaalo kombuyuutarro kale ee dugsiga, maktabadda dadweynaha, iyo guryaha saaxiibbada.

RIBOOR

- Waxaad ogaataa calaamadaha loo yaqaanno "grooming" amase 'diyaarin'. Marka qof internetka xiriir kula sameeyo qof dhalinyaro ah iyadoo qasdigu yahay sameyn xiriir oo galmo ah, waxa arrintaas la dhahaa "grooming" amase 'diyaarin'.
- Haddaad ka shakido inay jirto 'diyaarin' kureygaaga/foodleydaada ah amase ilmo kale, arrintaas u riboor garee hay'adda hirgalinta sharciga ee xaafaddaada.