

INAAN

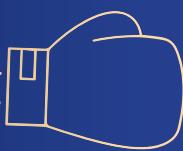


FURS

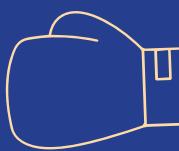


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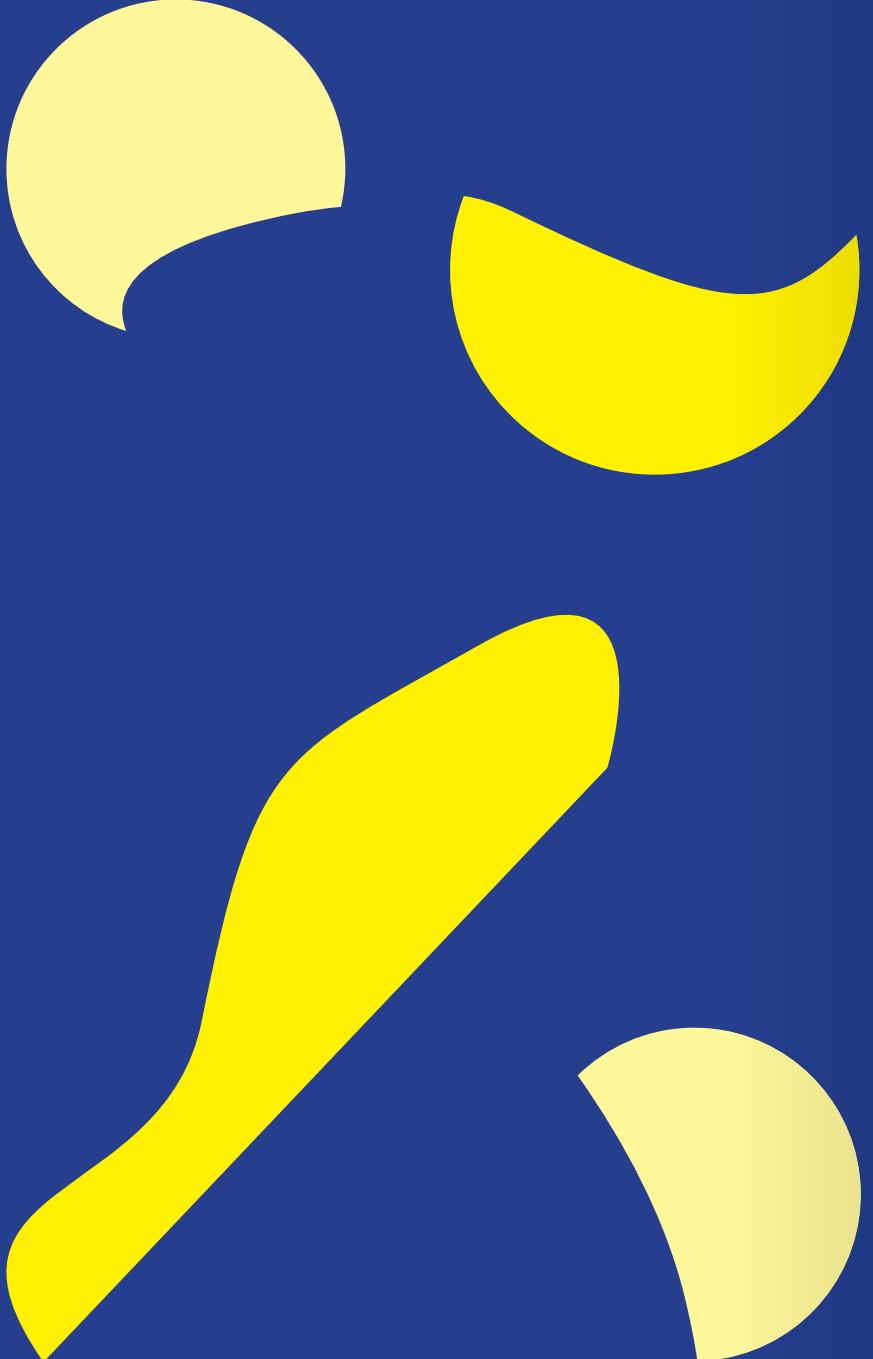
SIININ



NACAYBA



**Waa maxay sababta aan
tallaabo uga qaadayno
hadalada naceybka ah
ee internetka la soo
dhigo**



NUXURKA

WAX WALBA
WAA
NACAYB IYO
TAMA-
SHLEYN?

Bogga
5

KA
BIXITAAN
MISE
DIFAAC?

Bogga
7

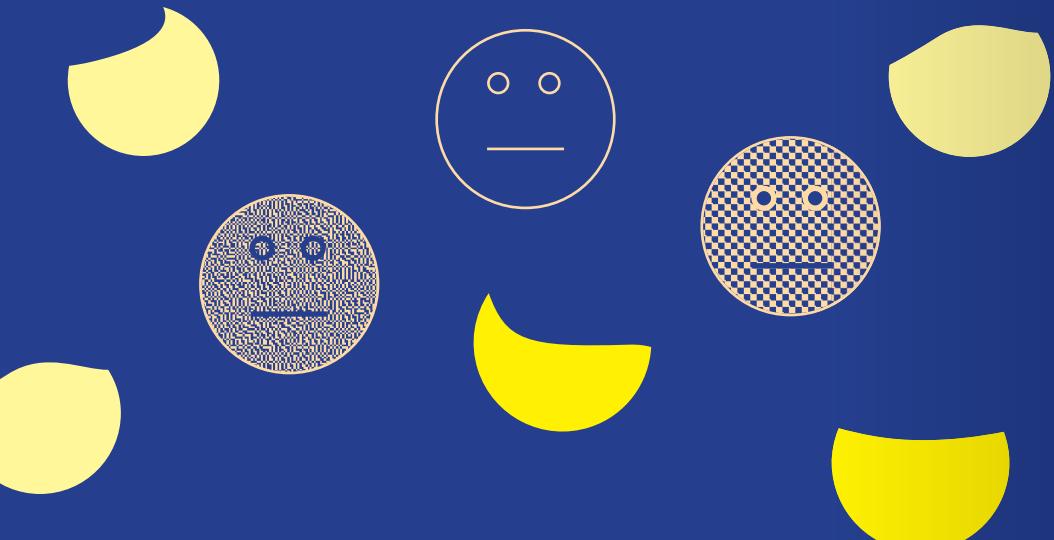
MAXAA LA
SAMEYAA
HADDII AY
DHACDO
MUUJIN NA-
CAYD?

Bogga
9

MASHRUU
CEENA

Bogga
15

WAX WALBA WAA NACAYB IYO TAMA- SHLEYN?



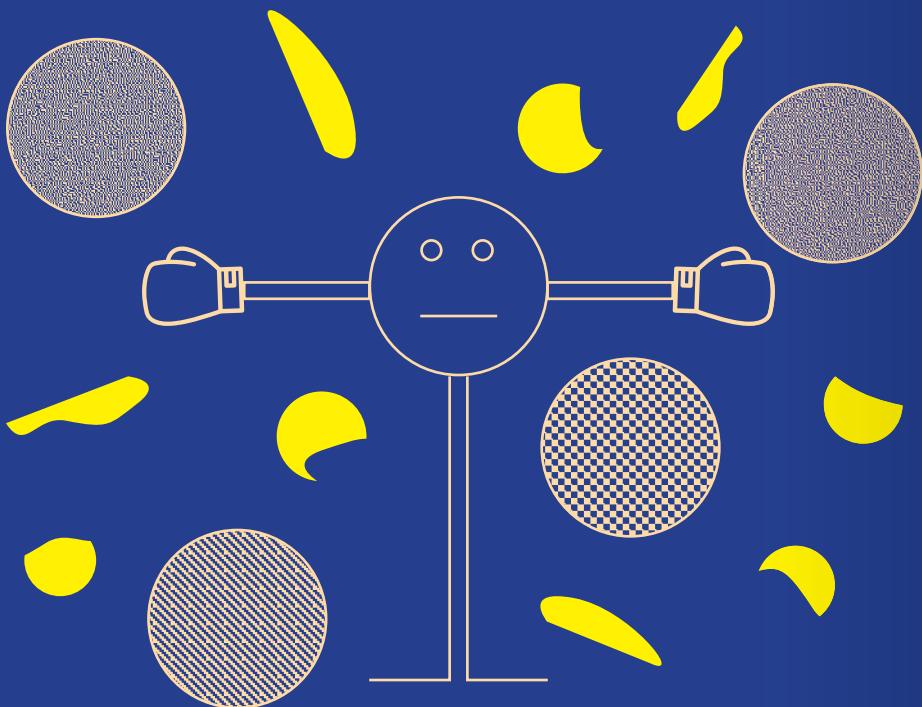
Shabakadaha bulshadu waa qayb ka mid ah nolol maalmeedkeena. Ha ahaato Twitter, Facebook, Tiktok ama Instagram, Waxaan maclummaad isku weydaarsanaa isticmaalayaasha adduunka daafifiisa jooga, waxaan ku muujinaya sawirro aan iska qaadnay waqtigeneen firaaqada ama waxaan ku soo bandhignaa shaqadayada. Noolal aan lahayn warbaahinta bulshada ayaa mid aan la qiyaasi karin u ah dad badan.

Nasiib darro, nolol maalmeedkaas waxaa sidoo kale ku jira xadgudub. Hadalada nacaybka waa marka dadka isticmaala baraha bulshada la qiima daro/ yeso ama la weeraro - gaar ahaan marka dadka ay khusayso ay ka mid yihiin bulshooyinka laga tirada badan yahay.

Haddii dumarka loo aflagaadeeyo galmo ahaan, dadka madowna ay tahay inay u adkaystaan xadgudubka cunsuriyadda ama Yuhuuddu ay la kulmaan nacaybka ka dhanka ah Yuhuudda, taasi waxay la macno tahay inay la kulmayaan hadalo nacayb ah. "Hadalada Xadgudubka ah" waxay soo saaraan Hadalo nacayb ah iyadoo ujeedkooduna yahay inay daandaansi sameeyaan; "dadka nacaybka badan" waxay inta badan diiradda saaraan shakhsiyadka ay u dhibaateeyaan sababo kala duwan.

Waxa arrinkaas ku dhiiragelinaya, si kastaba ha ahaatee, macno ma lahan: Waxa muhiimka ahi waa saamaynta uu hadalkani ku yeelanayo dadka iyo saamaynta uu ku yeelanayo wada-noolaanshaheena.

KA BIXITAANK A MISE DIFAAC?



Hadalka nacaybka ah waa nooc ka mid ah rabshadaha wuxuuna yeelan karaa saameyn aad u xun. Wuxuu gey-san karaa dhaawac xagga qalbiga ah, wuxuu keeni karaa naxdin, wuxuuna sababi karaa in isticmaalayaasha ay ka baxaan khadka dadweynaha.

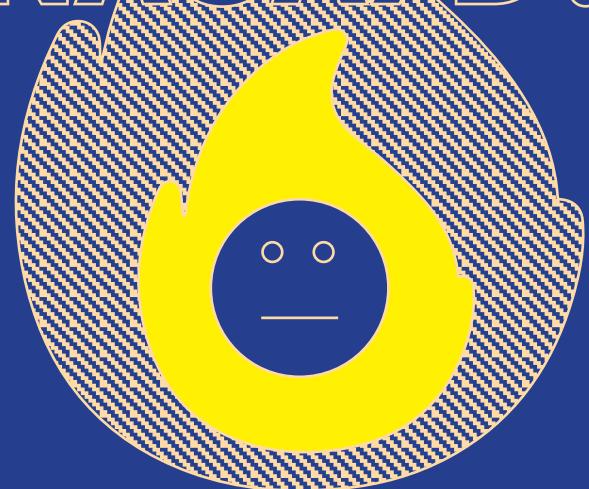
Heer shakhsii ahaaneed, hadalada na-caybka ah ayaa dadka ka dhiga inay dareemaan dareen xun: Waxayna sababi karaan walbahaar muddo dheer ah, tusa-ale ahaan, waxay kicin karaan weeraro argagax leh, walbahaar ama hurdo xumo.

Marka loo eego bulsho ahaana, hadalada nacaybka ah ayaa sababi kara in kooxa-ha markii horeba taag darnaa oo la ta-koorayay inay ka sii fogaadaan indhaha bulshada.

Sidaa darteed aad bay muhiim u tahay in lala dagaal-lamo hadalada nacaybka leh!

Ma doonayno kaliya inaan ka caawino isticmaalayaasha inay tallaabo ka qaadaan hadalada nacaybka ah ee la soo dhigo internetka, lakin waxaan sidoo kale rabnaa inaan maskaxda ku hayno yoolka ah inaan hadalada na-caybka si wadajir ah uga baabii'no internetka!

MAXAA LA SAMEYAA HADDII AY DHACDO MUUJIN NACAYD?



Haddii aad taqaano xeelada-ha lagula dagaalamo hadalada nacaybka ah, waxaad difaaci kartaa naftaada iyo dadka kalaba.

1

Waxaan ka soo baranay safarka hawada: Marka hore is ilaali, kadibna waxaad caawin kartaa dadka kale. Macluumaadkaaga khaaska ah, tusaale ahaan, waa inaan waligood arki karin dadka oo dhan, iyo si la mid ah meesha aad ku noosahay iyo meesha aad joogto. Talooyin ku aadan arrintan waxaa laga heli karaa www.kompass-social.media.

2

Heellanaantu waa muhiim, laakiin waxay noqon kartaa mid daal iyo walbahaarba leh. Fiiro gaar ah u yeelo badqabkaaga - xitaa haddii aad akhrido keliyo fariimo. Ka bixitaanka waqtii fiican. Caafimaadkaaga mar walba ayaa ah muhiimada ugu horeysa.

3

Kaligaa ma tihid! Hel caawimaad iyo taageero! Ha ahaato mid aad ka helayo ururo ama saxyibadaa iyo dad aad taqaan. Weligaa keligaa kuma tihid waxyaabaha aad la kulmayso! Talo ka raadso dadka kale ee ay saamayn la mid ah soo gaartay, isticmaal shabakadaha jira.

4

Dhammaan aaladaha muhiimka ah waxay leeyihii tilmaamo mamnuucaya cayda, laakiin sidoo kale warbixinada been abuur ah, tusaale ahaan. Haddii aad la kulanto faallooyinkan oo kale, waad soo gudbin kartaa waana in aad soo sheegtaa.
Laakin sidoo kale inaad u sheegto websay-dhyada sida www.hassmelden.de ayaa ku caawin karta.

5

Sheeg nacaybka! Sida fiican u sheeg dadweynaha. Si ay dadka kale ugu caddaato in ay tahay colAAD afka ah oo aanay ahayn arrin aan macno lahayn.

6

Khilaafida Hadalka Nacaybka ah: Wararka been abuurka ah waa in la khilaafaa mabda'a ahaan - xitaa haddii akhristayaasha ay aamusaan oo aysan tallaabo qaadin. Faallo ka dhiibashada waxay bilaabi kartaa dood, waxayna keeni kartaa aragti cusub oo arrinta ku aadan waxayna diiradda saari kartaa hadalada nacaybka ah.

7

Laakiin: "Ha quudin/wax haku sii darin hadalka xadgudubka ah!" Waxaa jira isticmaaleyaal si ula kac ah nacaybka ugu faafiya internetka, iyagoo raba inay waxyeeleeyaan ama ka cadhaysiyyaan dadka. Haddi ay ogadaan inaad ka falcelin karto, tani waxay niyad jebin kartaa iyaga. Waad xannibi kartaa ama aamusin kartaa akoonada noocaas ah.

HA
QUUDININ/
WAX HAKU/
DARSANIN/
HADALADA/
XADGUDUB/
KA AH!

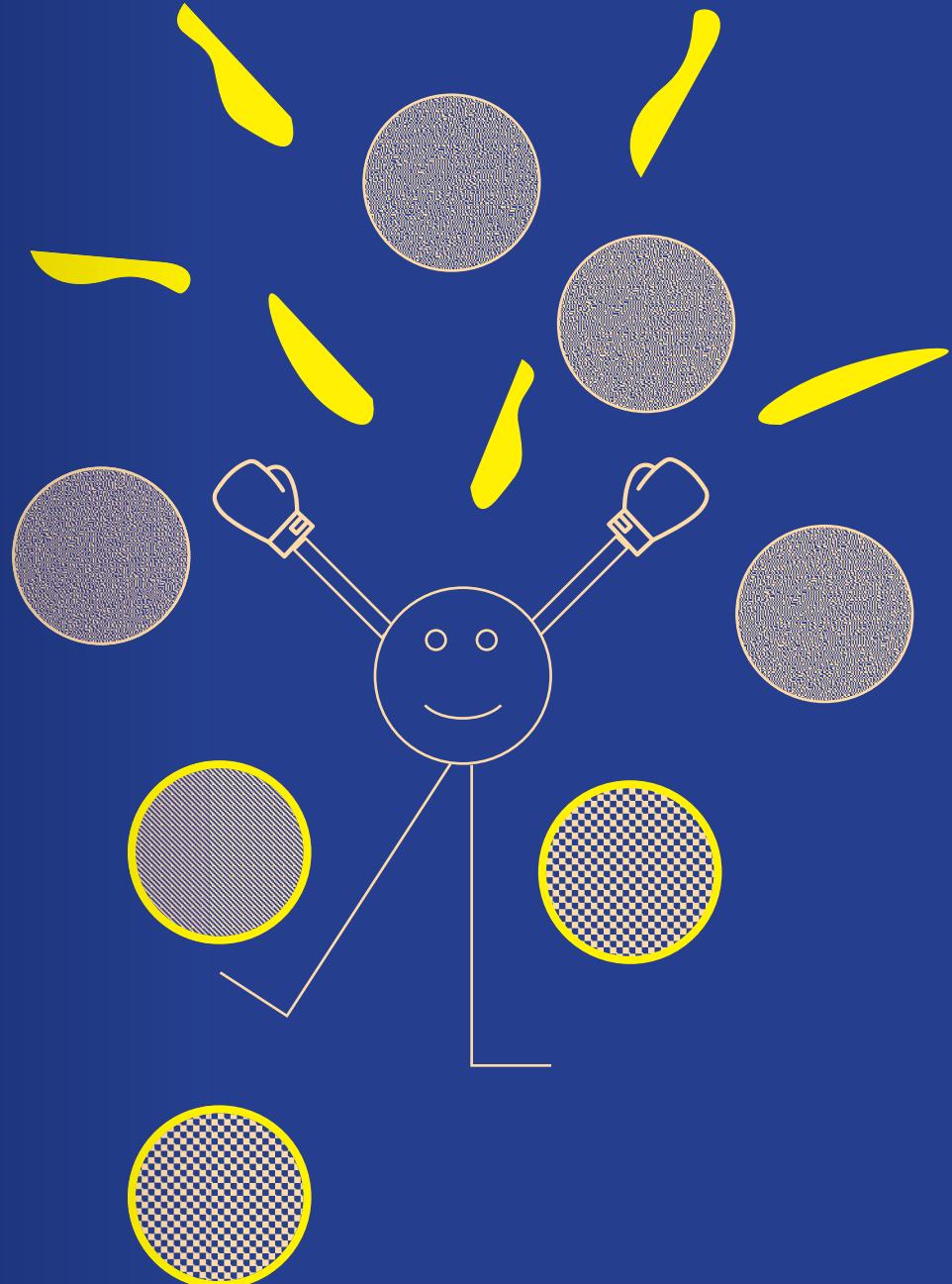


8

Internetku maaha meel aan sharci lahayn. Hal-kan, sidoo kale, eedeymo ayaa lagu soo gudbin karaa – eedamayhaas oo ku aadan sumcad-di-lid, kicin nacayb ama hurin rabshado. Booliisku waxay ilaalo dhanka internetka ah ku leeyihii ku dhawaad dhammaan gobolada Jarmalka. Xafiisyo badan oo dacwad oogayaasha guud ah ayaa sidoo kale aqbala dacwadaha/cabasho-oyinka lagu soo diro iimaylka. Laakiin maskaxda ku hay: Haddii ay tahay dacwad, qofka la soo sheegay/eedeeeyey sidoo kale wax buu kaa ogaan doonaa dacwada.

9

Had iyo jeer hadalada nacaybka/xadgudubka ah ka qaad sawiro macno leh si aad u soo bandhigto, daboolka ka qaad wixii si burinaya ama caddayn u raadi haddii aad qabto cabasho.



MASHRUUC EENA

XOOJINTA KAHORTAG GA HADALADA NACAYBKA

!

Ururo badan oo Jarmalka ka jira ayaa ka shaqeeya ka hortagga cunsuriyadda iyo naceybka Yahuudda - ururada soo-galootiga ama ururada kale ee maxalliga ah. Ururada noocaan ah ayaa inta badan cabsi ka qabaan hadalada naceybka ah wayna ka xishoodaan baraha bulshada. Haddana waxa muhiim ah in dareenkooda la siiyo fiiro guud oo bulshada dhexdeeda ah.

Anagoo isticmaalayna shabakado iyo heellanaan wadajir ah oo ka dhan ah nacaybka Yuhuudda iyo cunsuriyadda, waxaan hoosta ka xarriiqaynaa saamaynta ay ku leeyihiiin dhaqan-siyaasadeed - wada noolaanshaha dadka kala duwan iyo helitaanka bulsho rayid ah oo xooggan.

Waxaan rabnaa inaan xoojino ururada maxalliga ah ee Jarmalka si wax looga qabto hadalada nacaybka ah. Waxaan dadka barnaa xirfadaha ka hortagga weerarra- da, waxaan hormarinaa xeeladaha khilaafida hadalada nacaybka ah waxaana soo bandhignaa fursadaha midni- mo ee iskaashiga ku saleysan.

Iyadoo la waafajinayo baahiyahooda, waxaanu hay'ada- ha ka caawinaa tababaro, qaababka waxbarashada ee khadka ah iyo adeegyada la-talinta, tusaale ahaan; ku saabsan isbeddellada, adeegyada, maareynta bulshada, amniga iyo kanaalada warbixinta/cabashada.

LA XIRIIR

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