

Ifa usun eom kopwe Pinei me pwan Ponu ngeni Anuwenuwen won Cyber

Anuwenuwen won Cyber a kan afeiengaw ngeni atenapen Oregon me pwan ar nenien nonom kena. Ese usun pwan ekkoch sakkun anuwenuw, ewe anuwokusun, anuwenuwen, anuwenon, me pwan asawenon seni anuwenuwen won cyber a tongeni fisino non 24 awa kena non ew ran me pwan tori atenap kena ese nifinifin ia we. Iei popun[annukun Oregon](https://safesupportivelearning.ed.gov/discipline-compendium?state=Oregon&sub_category=Authority%20to%20Develop%20and%20Establish%20Codes%20of%20Conduct) a kan fofor ngeni pwe ew fokkun ngaweno usun chok pwan ekkoch anuwen ren afeiengaw ika feiengaw.

# Meta ei anuwenuwen won cyber?

* Anuwenuwen won Cyber a kan anuwenuw ina a kan fis won pisekin digital kena usun chok cell fon kena, computer kena, me pwan tablet kena.
* Chon anuwenuwen won cyber kena ra kan nounou kapasen ametek kena ika pwarano sasing kena ra kan asawa aramas ika video kena seni non social media channel kena, ruumwen chat kena, video sites kena, text kena, ika email kena.
* Anuwenuewen won cyber kena ra fitinong tinanon, apachetan, ika nounou fengenin ngawenon, afeiengawenon, mwaninon, ika masowngawen usun pwan emon. Epwene pachenong nounou fengenin pusin ika pinepinon poraus ika sasing kena.
* Ekkoch anuwenuwen won cyber ra kan feineno won ewe anen non katan annuk ika napenapen chon atai annuk.
* Ewe napenon iteiten neni kena ikewe anuwenuwen won cyber ra kan fisino ra kan:
  + Social media, usun chok TikTok, X/Twitter, Facebook, Instagram, Snapchat, me pwan YouTube
  + Text messaging me pwan messaging apps kena won pisekin mobile kena
  + Instant messaging, direct messaging, me pwan online chatting me won ewe internet
  + Online forums kena, chat rooms kena, me pwan message boards kena, usun chok Reddit
  + Email
  + Mwichen wurumwoten online kena

# Met kopwene fori ika pwe ka kan emon awenewenen ren anuwenuwen won cyber

* Kosapw pusin tipingonuk.
* Kapas ngeni emon aramas watte ka nuku.
* Kosapw ponuwengaw fiti napenon anuwenuwen won cyber. Chon anuwenuw kena ra kan iteiten kuut ren ew ponusefan.
* Tiieno chon anuwenuw kena won social media me pwan[tiieno texts](https://www.pcmag.com/how-to/how-to-block-a-number-on-your-smartphone) kena senir.
* Iseni ew rekotin ren anuwenuw won cyber. Pwaratan ren anuwenuwen won cyber won noum fon me/ika computer ra kan tongeni nounou ren ar repwe pwarano pwe en ka kan fen anuwokusuno ika anuwenuweno.
* Repotini kapasengawen apacheta kena won social media ngeni ewe social media kompeni.
* Ika pwe en ka kan fen anuwenuweno seni text seni nampa kena ese wor a sineiir, screenshot ewe text, me pwan tiieno ewe nampa, me pwan nengenieno non ew aniwinin kuuten fon app.

# Met kopwene fori ika pwe ka kan emon chon pwaratan ren anuwenuwen won cyber

* KOSAPW nounou fengen apachetan maak kena, texts kena, sasing kena, ika video kena ina a kan ametek ngeni pwan ekkoch kena.
* Anisi ewe aramas ina ii a kan fen anuwenuweno. Asinei ngenir pwe esapw kan mwanir.
* Angei ew ponu ngeni chon anuwenuwen won cyber kena me pwan repotini napenaper kena. Chomong nenien social media kena ra kan fori pwe epwe mecheres eom kopwe repotini pachetan maak kena ina rese kan fichino.

# Ifa usun eom kopwe pusin tumunuk seni anuwenuwen won cyber:

* Kopwe tumunu ren meta pusin porausom ka nounou fengen online. Kopwe sinei pwe ekkena mettoch ka nounou fengen non pinepineno seni meinisin won text ika private message ra kan tongeni nounou fengen nein aramas.
* Kosapw mut ngeni pwan ekkoch aramas ar repwe nounou noum smartfon. Noum kena pisekin digital ra kan masow ren pusin porausom me pwan social media account kena me pwan passwords kena.
* Nounou[ruwow mettoch afatenon](https://www.cisco.com/c/en/us/products/security/what-is-two-factor-authentication.html).

# Meta sam me in repwe kan fori ren ar repwe tumunu nour semirit kena me pwan teen kena seni an epwe fis ngenir anuwenuwen won cyber

* Pre-teens me pwan teens kena fan iteiten rese kan aporausa meta a kan fis non menauwer kena. Nenengeni ekkena siwinino non an noumuwe atenap we memef, foforun, mourun me pwan ususun an mongo kena, me pwan napenapen.
* Tumunu pwe noumuwe semirit/teen a mefi tongen me pwan aninisin. Nge pwan napenon auchean, awora iteiten fansoun eom kopwe awusening ngeni meta a kan fis non menauwer kena.
* Aiiti ngeni noum semirit/teen ifa usun ar repwe tumunu porauser online. Angang fengen wonforitan

pechakunenon foritan pinepineno seni meinisin me pwan ruwow mettochun afatenon non social media account kena me pwan tumunu pwe ir ra sinei ifa usun ar repwe repotini maak kena ra apacheta ina ra kuuna pwe ra kan ametek me pwan ariafouno.

* Angei ew suukunon me pwan wenewenen kakapas fengen usun anuwenuw me pwan anuwenuwen won cyber. Kopwe kan afata usun eom ekkiek kena usun ifa usun ar repwe kan tumunu porauser online, me pwan ina en ka kan nom ikewe ren eom kopwe ngenir aninis nupwen ra mochen aninis. Kakapas fengen usun ekkena nonineng ren anuwenuwika

anuwenuwen won cyber a kan tongeni uwato ngonuk non ew fansoun ese nifinifin.

* Ika pwe noum semirit/teen a kan fis ngeni anuwenuwen won cyber, apechakuna ngenir pwe resapw ponungaw ngeni, me pwan angang fichi ngenir ren ar repwe forata ew akoten fofor ngeni.
* Ika pwe ewe osupwang a kan sopwesopweno iwe anisi noumuwe semirit/teen ren eionin pwarata me pwan kakapas fengen ren ifa usun eom kopwene repotini angawenon apachentan maak kena, sasing kena, me pwan video kena ngeni ewe social media kompeni, me pwan ekkewe fichinon chon nemenem kena.
* Repotini me pwan tiieno nampan fonen anuwokus kena non ew[mwichen buuken fon](https://www.callersmart.com/).

# Meta sam me in kena ra tongeni fori ren ar repwe pinei anuwenuwen won cyber

* Angei ew suukunon kakapas fengen usun anuwenuw me pwan anuwenuwen won cyber. Kopwe afatano pwe a kan ametekino, me pwan ese kan pwan etiwano.
* Ngenir afatenon afanefanen kena ren ifa usun ar repwe ponu ngeni anuwenuwen won cyber mi pachenong resapw nounou fengen ika apachasefanieta poraus kena usun pwan ekkoch kena.
* Apechakuna "fansoun offline." Ateteni ew fansoun amoutano ew me ew ran ina epwene pachenong fansoun an family mongo kena ika fansoun asoso.
* Tumunu pwe noum semirit/teen a kan sinei pwe ar "napenapen digital" a kan namot, me pwan ina anuwenuwen won cyber a kan tongeni fori ew nongetamenon ngawen ngeni pusin ii me pwan ren annuk kena.

# Apachenongen Nenien Angei Aninis

* [Cyberbullying Research Center Resource fiti poraus kena won angawen digital dating, wuuta ngeni me pwan ponu ngeni anuwenuwen won cyber, me pwan chomong.](https://cyberbullying.org/category/resources/students)
* [Meta ei](https://connectsafely.org/) Anuwenuwen won Cyber? Nenien angei aninis aporausen anuwenuwen won cyber me pwan awora nenien angei aninis kena ren pinepinenon me pwan repotin.
* [ConnectSafely: Ew mwichen nonprofit a fofor ngeni asukunen chon nounoun ren chungenin technology usun tumun,](https://mhanational.org/sites/default/files/back-to-school/2023/downloads/2023-BTS-Toolkit.pdf) pinepinenon poraua, me pwan tumununon.
* Selfies, Social and Screens: Navigating Virtual Spaces for Youth - Mental Health America [2023 Back-to-School Toolkit: Ew](https://cyberbullying.org/) achufengenin tichikin poraus ren nenien angaiin aninis kena ren chon angangen sukun me pwan sam me in kena

usun nenien virtual kena, me pwan ngawenon ngeni semwenin non mekur kena.

* Cyberbullying Research Center: A kan awora ew achufengenin tichikin porausen ren nenien angaiin aninisin kena ren chon asukun kena, sam me in kena, atenap, me pwan nenien nonom kena.