

# #EbaSafeOnline



ET Thinkers Publishers





I-foreword 



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### I-foreword

**Dr Mashilo Boloka, CEO at Film and Publication Board:** Tichabhayi letiseloku tikhula mayelana nekusetjentiswa kwetekuchumana, atifuni nje kuphela kutsi sitimisele ekwakheni tindlela tekuchwayisa kanye nekufundzisa sive, tindzinga lubanjiswano nendlela yekuhlanganyelwa ngulabanye basingatsi sisebentisane. Lokusebentisana lokukhona emkhatsini we Film and Publication Board (FPB) ne Meta kanye nemiphakatsi yetinkhundla tetekuchumana kute kuliwe nekumoshakala lokubangwa tekuchumana, kwakhiwe tekuphepha kutekuchumana kutjengisa indlela lekufanele sisebente ngayo. Njengebalawuli lababukelele lokubhalwa kuletikhundla tekuchumana, lokubambisana loku kutjengisa kusebentisana sihlanganyele njengoba kute nayinye inhlangotho lengakhona kwenta lomsebenti lona ingadzingi lusito lwalwabanye basingatsi. Aletinye tinhlangotho.

I-Meta ibambisene ne FPB iletse tinhlelo letinyenti tekuphepha kutekuchumana kuleminyaka lendlulile, lenkhangisa umsebenti loseloku wentiwa mayelana netekuphepha nemitamo lekhona yekufundzisa bantfu ngebumboka betekuphepha kutekuchumana noma ungekho khona. Lencwadzi lena ikhombisa munye walemiklamo. Lencwadzi leluhlobo lwekhomikhi itjengisa kutsi nakukhulunyiswana kutekuchumana kufanele kubenekuphepha kanye nemasu latawusita bantfu labasakhula nebantfwana.

Kulesikhatsi lesiphila kuso kunetintfo letinyenti lenteteka kutekuchumana, lencwadzi lena ingulemcoka, ilusito futsi.

Siyayihalalisela i-Meta!

LIVE

5371



## Emavi Emhleli

Kute bantfu labasha baphephe kutinkhundla tekuchumana sitsetse lesinyatselo sekufundzisa kabanti bantfwana lesebakhulakhulile kanye nebatali. Kuhlanyanya kwetfu ne Ethnikids Publishers eNingizimu Afrika sekuphume nemphumela wencwadzi lesakhomikhi #PhephaKutekuchumana. Lencwadzi imcoka kakhulu itawuphindze ikhulise lwati mayelana nebungoti etinkhundleni tekuchumana.

Kutawube kukwekucala ngca laNingizimu Afrika kutfulwa kwencwadzi lefana nalena. Lencwadzi itfulwa bakaMeta. Loku kutjengisa kutimisela nekugcizelela tekuphepha etinkhundleni tekuchumana kwebantfwana lesebakhulakhulile. Lencwadzi ayikhulumi nebatali kuphela kutsi bakhulumisane njani nebatfwana babo lesebakhulakhulile kepha ingcizelela kakhulu bumcoka bekuba nenkhulumiswano mayelana netekuphepha kute kuchumana.

Lencwadzi itawutfolakala kutinkhundla tekuchumana, ibhalwe ngatotonkhe tilwimitalaNingizimu Afrika letilishumi nakunye. Itawutfolakala kuwebhusayithi yeMeta My Digital World lokuyindlela yekutsi ikhone kutfolakala ngato tonkhe tindlela. Loku kusikhumbuta bumcoka bekutsi ngamunye ngamunye sidlala indzima lemcala yekutsi bantfwana lesebakhulakhulile baphephe kutekuchumana.

Siyetsemba utayifundza, wabele labanye, ukhulume ngayo kubalingani bakho, batali kanye nalabo labakugadzako. KaMeta sifuna uchubeke ufundze kutsi ungativikela kanjani kuletkhundla tekuchumana.

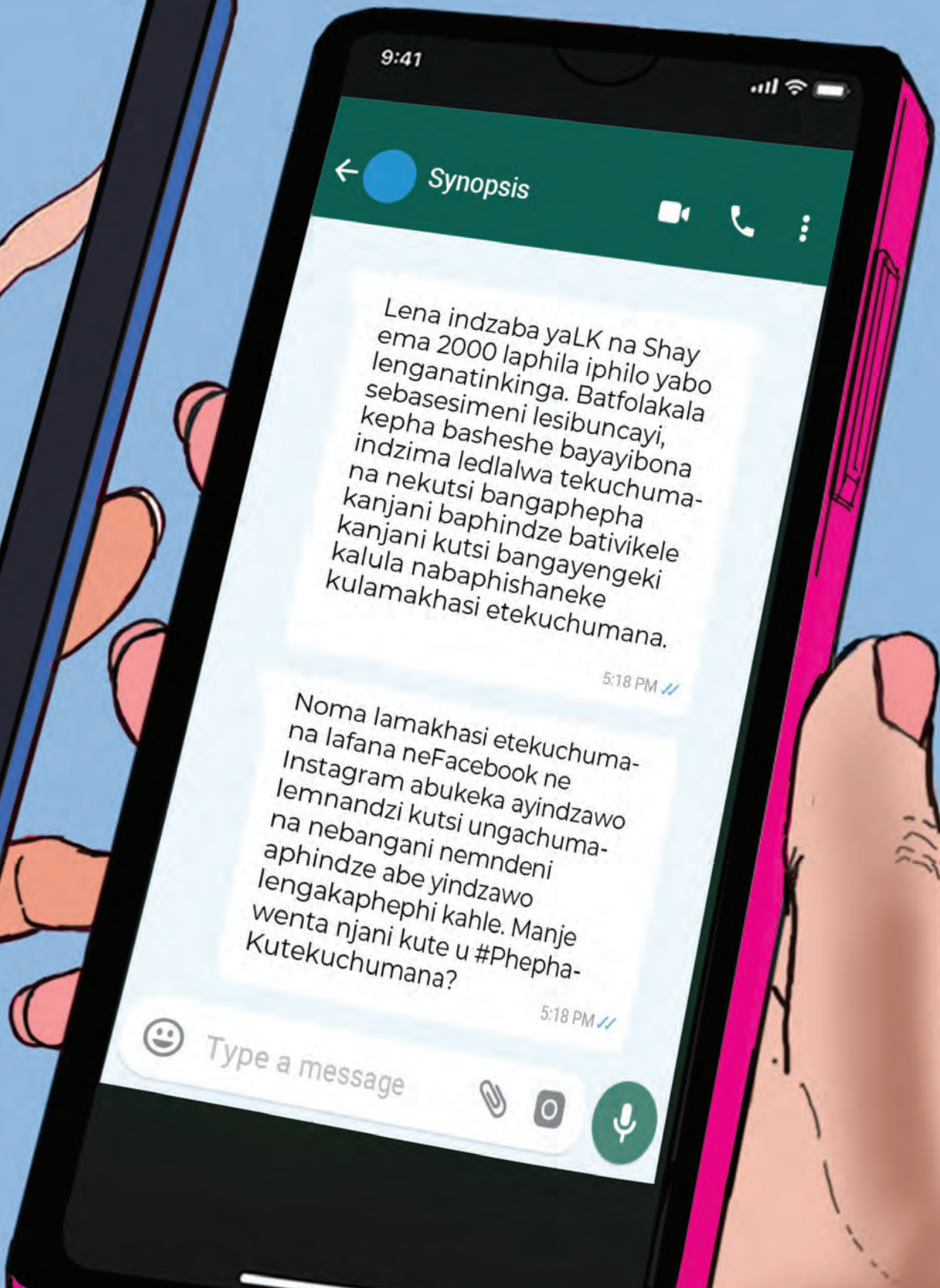
Fundza Ufokote!

Oluwasola Obagbemi  
Corporate Communications Manager at Meta

Comment



# #EbaSafeOnline



9:41



← Synopsis



Lena indzaba yaLK na Shay  
ema 2000 laphila iphilo yabo  
lenganatinkinga. Batfolakala  
sebasesimeni lesibuncayi,  
kepha basheshe bayayibona  
indzima ledlalwa tekuchuma-  
na nekutsi bangaphepha  
kanjani baphindze bativikele  
kanjani kutsi bangayengeki  
kalula nabaphishaneke  
kulamakhasi etekuchumana.

5:18 PM //

Noma lamakhasi etekuchuma-  
na lafana neFacebook ne  
Instagram abukeka ayinzawo  
lemnandzi kutsi ungachuma-  
na nebangani nemndeni  
aphindze abe yinzawo  
lengakaphephi kahle. Manje  
wenta njani kute u #Phepha-  
Kutekuchumana?

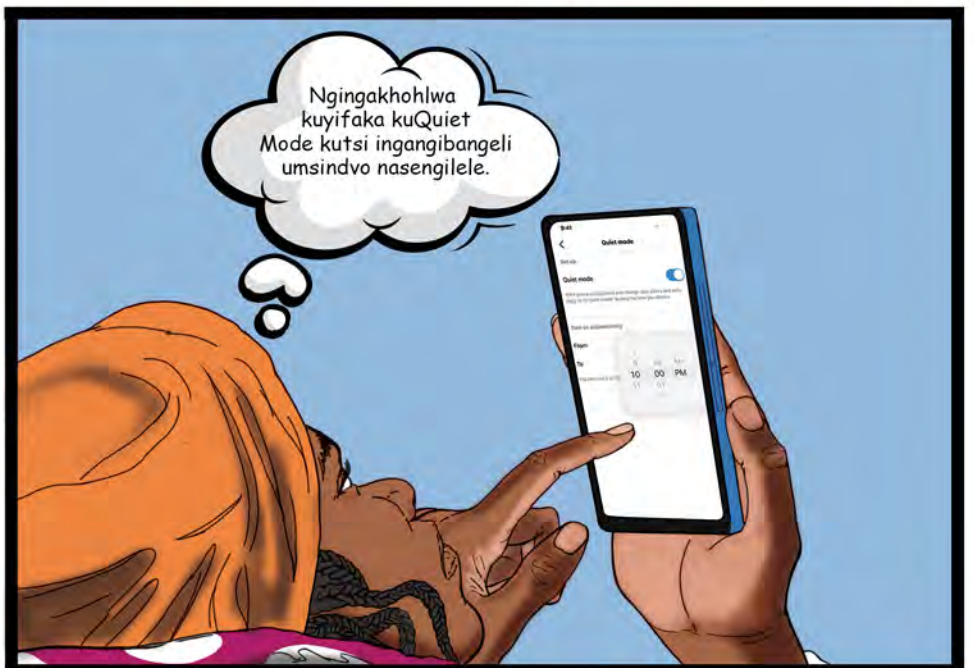
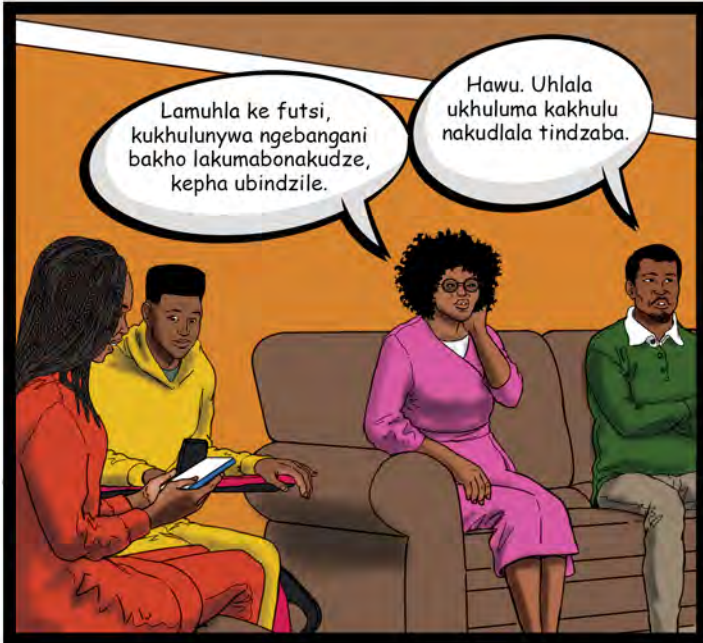
5:18 PM //



Type a message







Ngelilanga lekugcina lemaholide esikolwa, Shay na make wakhe bavakashela likhaya laka Dlomo.

Hhayibo Marion!  
Bowulapha?  
Ungacambi emanga!

Nomsa, ngicinisile! Mine benziyotitsengela tintfo sivele sahlangana savalelwa ngulabantfwana bebangcwele ema!

Bonogadzi base mall bona?

Bekute, namunye! Uyabona? Kungako ngitohlala ngitsenga online.

Mm mm! Kugcwele bagulukudvu lapho. Uwatsemba njani lamasayithi ngemininingwane yakho yasebhange?

Sitokwenta njani? Shay uyangifundzisa futsi ngiyashesha kufundza. Futsi sakha budlelwane lobuhle nasenta loku.

Cabanga nje! Angifuni nje nekuba yincenye ye-online loku nalokwa. Kuyingoti.

Ingoti? Dali wami. Sinebantfwana lesebakhulakhulile. Shayla ngumtwanami lokuphela kwakhe, ngifuna kumcwayisa kahle ngatontokhe letintfo taku internet.

Mhlawumbe angikunaki kahle ngoba Lwando usengakabi netinkinga mayelana naletintf takubo internet.

\*ummh\* Liphuzu lehlile lelo. Nayitolo, Lisakhaya bekangangeneki ngenca yelucingo lwakhe.

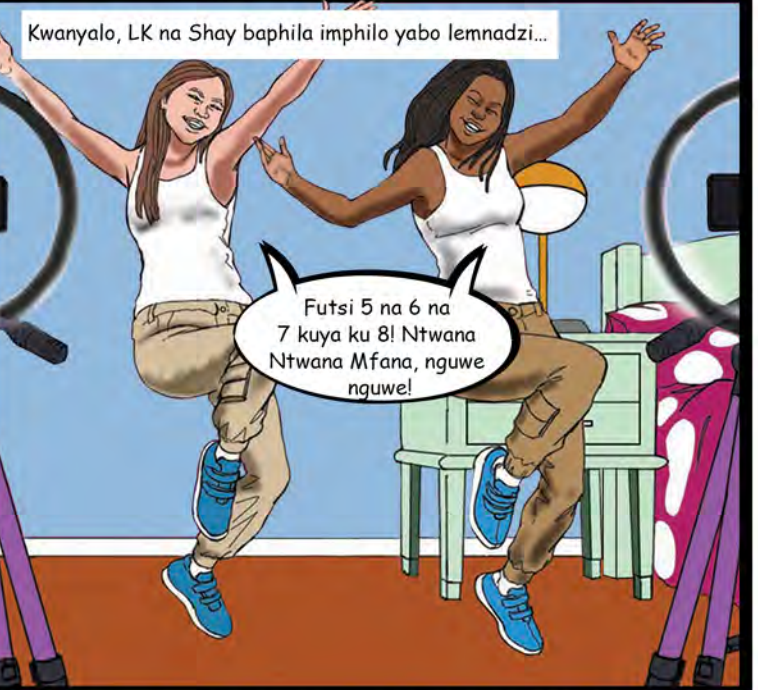
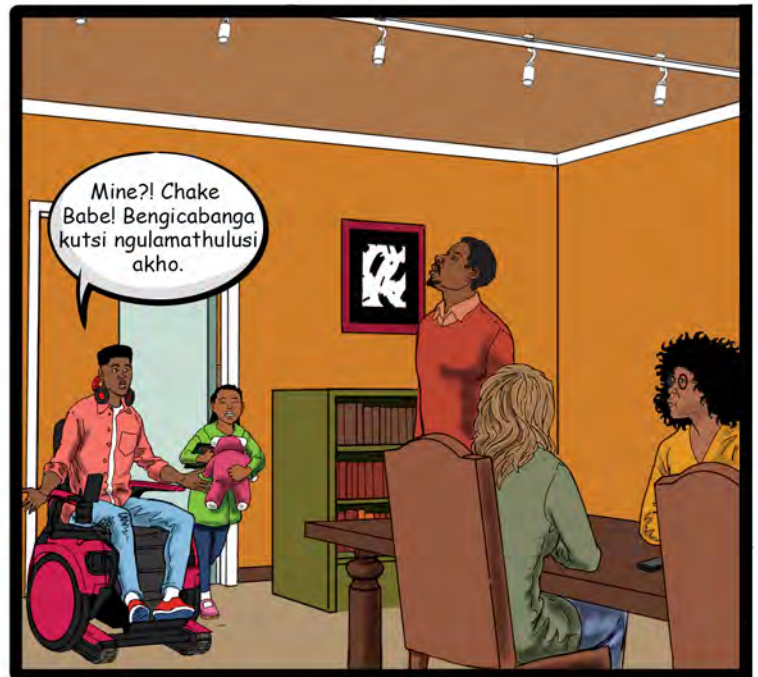
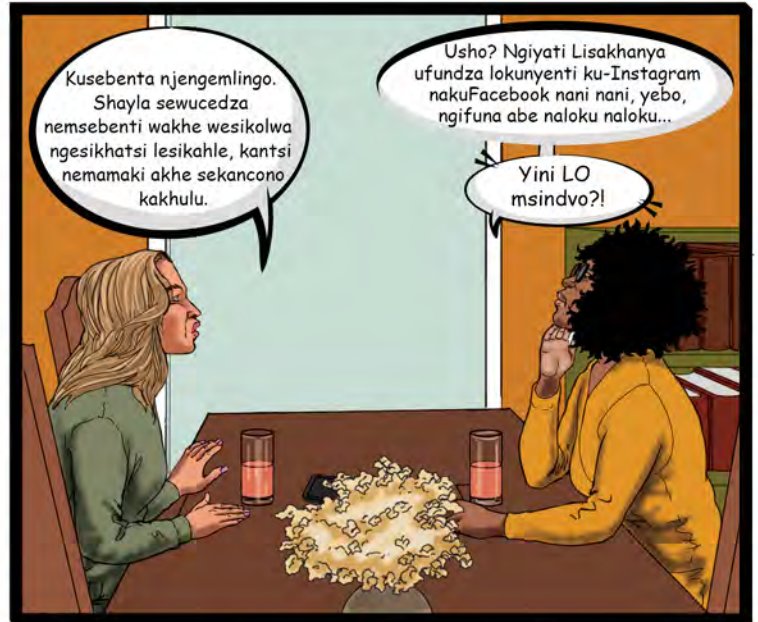
Kepha bekungunini lapho? Nakuta ku internet, netinyanga letimbalwa kubonakala ngatsi sesidze kakhulu lesikhatsi. Hhayi letintfo leti tintjintja njalo ngeliviki, ngiyakutjela.

Manje, ucabanga kutsi wena ungafundzisa locine atse ga njengami?

Ah, ngiyakucela. Buka la. Ngimdzala kunawe. Futsi ngiyati uyabatsandza batfwanabakho, nekutsi ufuna bahlale baphephile.



Lena imelula kabi ibitwa ngekutsi 'iParental Supervision'. Kuyasita kubona kutsi bobani bangani baShayla kuletinkhunda tekuchumana. Ngiyakhona kubona kutsi ngubani lambikile, nekutsi ublocker bani kukhuluma naye, noma atama kuntjintja tintfo lekungakameli atishintje.





...batama kutfola balandzeli labanyenti be akhawuthi yeInstagram yaLK.

Kukhona lokuvako?

Kube bengati kutsi lomcudzelwano walomdansa utawuba lukhuni kangaka...

Hmmm. Chake.

Mbamba. Mbamba.

Sitawuvelo sidvume! Usho kutsi sitawuba nebalandzeli labanyenti.

Kepha ngiyati kutsi wonkhe umntfu sewuvelo wagcumela kuwo njengoba udvumile futsi nasingawenta kahle?

Yebol! Mhlawumbe umngani wakho, angabese soffola kuhlanganyela nema-brand lamakhuli.

Ngingakutsandza ke loko nakungentakela, kepha khumbula kutsi noma kungenteki akusho kutsi sekubhubha umhlaba.

Kumele. Ntombi, sengidziniwe!

Akesihlole. Ngiyacabanga sikhonile kenyalo.

Heyi, li-battery lakho lifile?

Woo, loko. Sikhatsi sami selikhefu. Make wami ufake sikhatsi lekumele ngiyekele ngaso kuba-online.

It's time to close Instagram  
You've reached the end of your allowed screen time today.  
Learn more  
Settings  
Ask for more time

Heee? Sikumaholide nje.

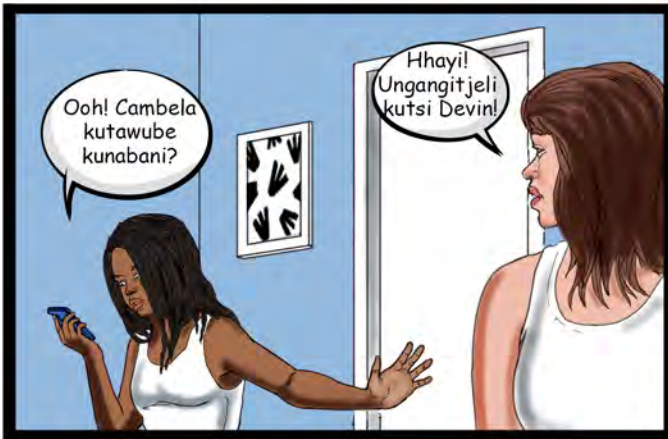
Usho, njengani nje?

Ngiyati kepha ngiyakutsandza. Kuyangisita kutsi ngikhone nekwenza letinye tintfo.

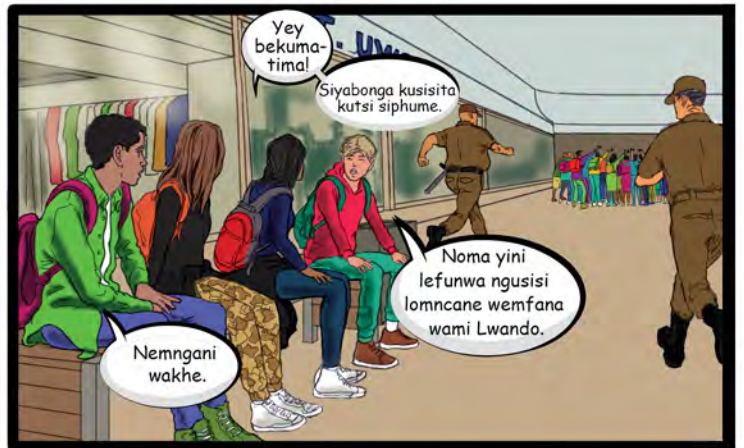
Nje ngekufundza tincwadzi, nginikele ngesikhatsi sami endzaweni yetilwane kanye nekutivocavoca. Ngijabulile.

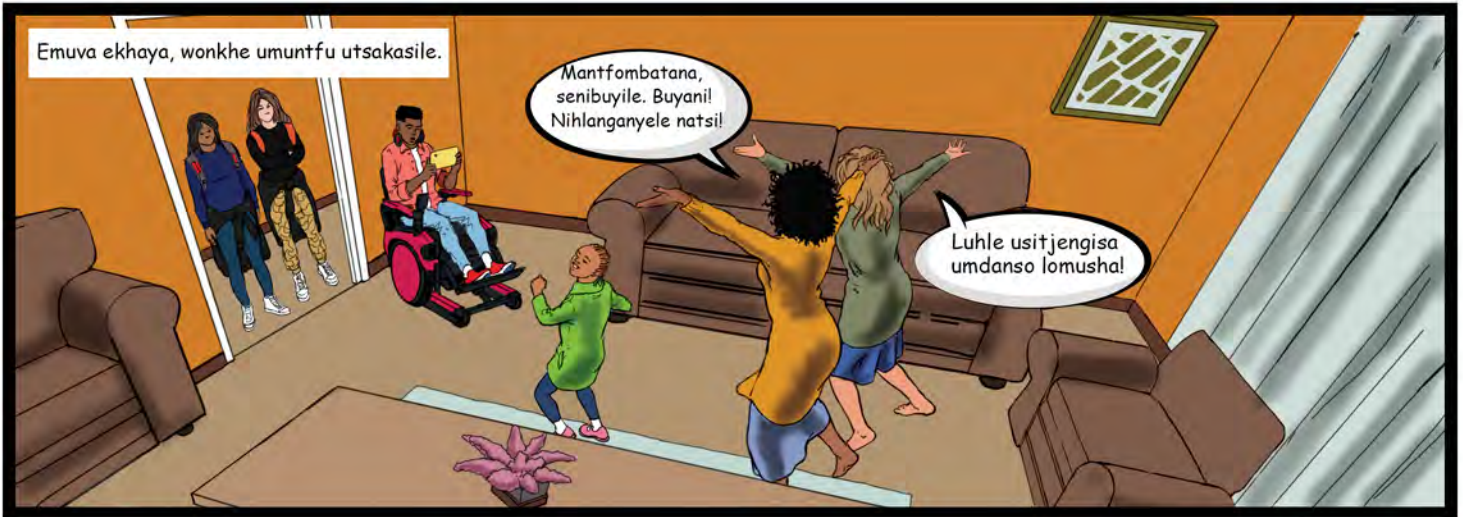
Ngiyatichenya ngawe, Shay. Nami ngiyativocavoca. Ngivale onkhe emakhasi lakhuluma ngekudla lokungasikahle. Sengibona kakhulu emakhasi lajabulisako, lakhuluma ngekudla lokukahle kanye nekutivocavoca.

Buka kumelula kwani? Kuyamangalisa!









Emuva ekhaya, wonkhe umuntfu utsakasile.

Mantfombatana, senibuyile. Buyani! Nihlanganyele natsi!

Luhle usitjengisa umdanso lomusha!



Ye-LK! Siyawati lona!

Lengoma lena ishisa tikhotsa!



Kuhle kakhulu! Ngitaniffumela le-video. Ibukeka iyinhle.

Ngicabanga uyati kufanele wenteni ngaloku...

Siyabonga, mnetfu. Ibukeka iyinhle kakhulu

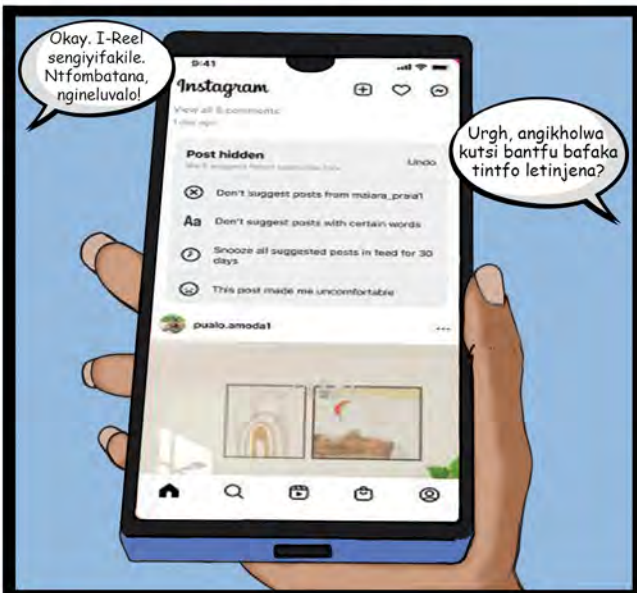


Usho mbamba.

Ngisho mbabha, Yizame.

Okay, ngiya-kwetsembe.

Usho njalo mngani, Ngiyacabanga kutoba kahle kakhulu.



Okay. I-Reel sengiyifakile. Ntfombatana, ngineluvalo!

Urgh, angikholwa kutsi banffu bafaka tintfo letinjena?



Yini inkinga?

Yonkhe lenyakanyaka leya leyenteke e-mall!

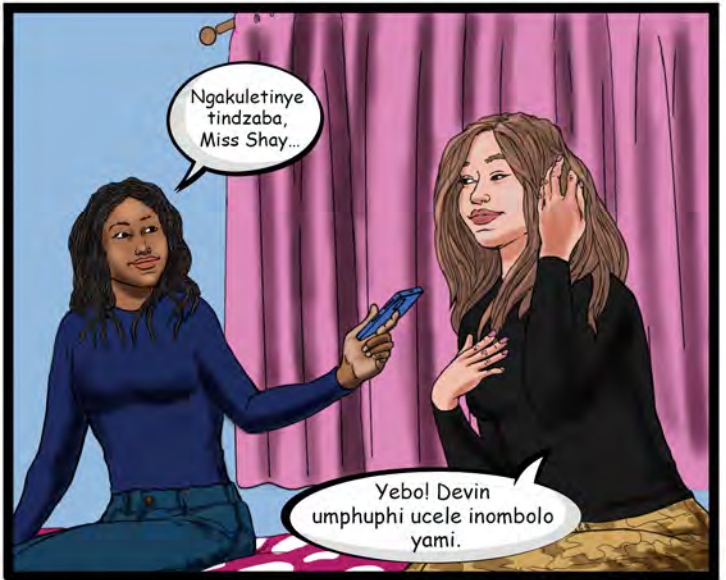
Bekusiphitsiphitsi? Ngiyabona nyalo lakusocial media!

Ngitobika ngako konkhe lokufakiwe lebekungasikahle!



Nami sengente njalo. Kute lekufanele abone loko.

I-Meta ikahle kakhulu ivele je ikususe lokubi nayitfolo umbiko lonjalo.



Ngakuletinye tindzaba, Miss Shay...

Yebo! Devin umphuphi ucele inombolo yami.



Loluhleko lwalamantfombatana lwaphazamiswa livi lwa-Lwando.

Kuyamangalisa kutsi kuphume intfo lenhle entfweni l ebeyisabeka.

Ngingahlala ngingayi e-mall keeephaa lamuhla kugcine sekumnandzi kakhulu!

LK! Shay!



Sekunemuntfu lose advumile.

Phangisa! Usengakakuboni loku?!

Sengisondzele!



Ntfombatana! Ngitseni?

Yini?! Usho mbamba!

Luhle, uncinisile!

Mfana, sekudvumile! Buka tonkhe l etinombolo.

Make utsi wonkhe umuntfu utsi ngihamba embili ngekudansa.




Ngiyacabanga Lisakhaya angajabulela kukufundzisa.

Ngiyabonga ngalevideo, Lwando. Ngiyabonga kungivumela ngifake levideo.

Mhlawumbe sonkhe singenta emavideo?

Ningibale name!

Ngiyababula sikhonile kusita. Ngingababula kwati kabanti nge-internet.

An illustration of a woman with long, dark braids wearing a red top, and a man in a yellow hoodie and black cap, both on a staircase with wooden railings. The woman is looking towards the man.

**I-Meta ikutfulela**

**#PhephaKutekuchumana**

**Umbhali**

Lebohang Masango

**Umdvwebi**

Mfundo Ndevu

**Bahleli**

Oluwasola Obagbemi and Kezia Anim-Addo

**Umsunguli**

Itumeleng Morule

**Bahlanganyeli**

Duduetsang Makuse, Sylvia Musalagani, Phil Oduor,

Ece Basay, Sophie Vogel, Eva Sow Ebion

**Ethnikids Publishers**

Tina Akuoko and Khumo Tapfumaneyi

**Siyabonga kunaba:**

Clockwork, PR partner for Meta in South Africa

**Imininingwane yekushicilelwa**

Lencwadzi lena ikhicitwe yiEthnikids Publishers (Pty) Ltd bentela iMeta Africa nga2023. Lonelilungelo lalokubhaliwe nguLebohang Masango 2023. Lonelilungelo lemidvwebo nguMfundo Ndevu 2023. Lonelilungelo lekukhicitwa yiEthnikids Publishers 2023. Ihlelwe yiEthnikids Publishers (Pty) Ltd yalungiselwa kuhlelwa yiEthnikids Publishers Onkhe emalungelo agciniwe. Awukavumeleki kuyikhicita noma usebentise incenye yalokubhaliwe noma ngayiphi indlela ngaphandle kwemvumo lebhale iMeta Africa. I-Ethnikids Publishers iyincenye ye Ethnikids (Pty) Ltd. [www.ekp.africa](http://www.ekp.africa).

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**Siswati**

# Bufakazi

"Bantfu labasha laAfrika sebaphila esikhatsini lesisheshako njengoba sekunetekuchumana konkhe labakudzingako sekuvele kusetandleni tabo akusafani neminyaka lemashumi lamabili lengcile konkhe loku bekuliphupho. Noma lomhlaba lomusha uchamuka netitsembiso nematfuba lamanyenti nangabe unelikhono lekusebentisa lemishina yetekuchumana, umphakatsi unensayeya yekutsi bantfu labasha bayakhona kusebentisa letindlela letisha tekuchumana baphephile phindze banekutitsembe. I-Digify Afrika ikholelwa ekutseni kumcoka kutsi kufundziswe kabanti ngaletindlela tekuchumana njengendlela lensha yetemfundvo temakhono kulesikhatsi se21st century. Siyatichenya kutsi sikhone kunikela ngalolwati lwemfundvo kubantfu labasha lapha eAfrika mahhala hha sibambisene neMeta."

- **Gavin Weale, CEO Digify Africa.**

"Kuyakhutsata kubona imitamano nekunakekela lokutjengiswa bakaMeta ekutfufukiseni basebentisi beInstagram neFacebhuku nekutsi bayatikhatsata kutsi kube nekuphepha kubantfu labasebentisa tinkhundla tekuchumana. Kuncinisekisa kuphepha kutekuchumana kwebantfu labasha kutjengisa kubambisana lokukhona kanye netinsita fana nalencwadzi lena singafikelela kubantfu labasha ngendlela lencono nalabayivisisako bona. Lokusetjentiswa kwetintfombe, nemagama kanye nemidvwebo nelwati lolucuketswe kulencwadzi kuyajabulisa futsi kumelula kutsi kusebentiseke. Lomlayeto locuketswe kulencwadzi ngatsi ungakhutsata ingcogco uphindze ukhumbute bafundzi kutsi badlala indzima kwakha indzawo yetekuchumana lephephile kantsi phindze tsine ngamunye ngamunye kumele sidlale indzima nasisebentisa tekuchumana." - **Rianette Leibowitz, Cyber Wellness and Online Safety expert, founder of SaveTNet and Digital Parenting author**

"Siyi Clockwork sijabulile kusebentisana nebakaMeta ekwakheni lencwadzi yekhomikhi letsi #PhephaKutekuchumana, letjengisa kutimisela kubakaMeta ekutinikeleni nasekuncinisekiseni kutsi kuphepha kwebantfu labasha nabasebentisa tikhundla tekuchumana kuhamba embili. Njengoba lencwadzi yekhomikhi inhlose kwadzisa lwati iphindze itfutukise bantfu kutotonkhe tinkhungo tetekuchumana ngekubaniketa lwati, tinsita kanye nemathulusi labatawuwadzinga nabasebentisa tinkhundla tekuchumana. Siyetsembe kutsi sibambisene neMeta, sitawubonakalisa umkhombandlela wekuncinisekiseka kutsi nasichafata, siposta siphindze sakhe budlelwane sitawugcugcuteleka ngalemitsetfo lebekiwe mayelana netekuphepha kutekuchumana, siphindze sitfutukisane, sakhe kancono kuya embili tekuphepha etinkhundleni tekuchumana lokutawulungela wonkhe umuntu." - **Meta PR Team at Clockwork**

"Ithehnoloji ihlukahlukile kakhulu kunebantfu, kangakanani kubantfu labasha labakhona kuyisebentisa. Kungako iMeta ikhetse kutfutukisa kuphepha kwe ithanethi ikakhulu kwebantfu labasha njengoba inguyinye yetinkhundla lapho bantfu labasakhula mhlabawonkhe bakhetsa kucitsa sikhatsi sabo khona. Kusebenta ngalencwadzi bekuyitfokoto nenjabulo kuphindze kube litfuba lami lekutsi ngifundze ngiphindze ngivisisa kabanti mayelana nekutsi ngihlale ngiphephile ku-ithanethi." - **Lebohang Masango, Social Anthropologist, Award-winning author, Poet**

"Kuba yincenye yekwenta lencwadzi yekhomikhi bekuyinjabulo lekhulu. I-Meta ingumhlahlandlela ekwenteni kutsi bantfu baphephe ku ithanethi ikakhulu bantfu labasha. Ngiyatichenya kutsi ngibe yincenye yalomklamo. Loluhlelo luhambisana kakhulu nelukhono lwami kanye nenjongo yekwakha nekusabalalisa lwati kubantfu labasakhula kanye nalabo lasebakhulakhulile." - **Mfundo Ndevu, Illustrator and Graphic Designer**

"Sitive kufanele kutsi sibe yincenye yaloluhlelo lolumcoka kangaka, lekufundzisa kanye nekushitja indlela lekubukwa ngayo tekuchumana natisetjentiswa bantfu labasakhula. Bekumcoka kutsi sakhe intfo bantfu labasha labatawukhona kuyivisisa batfole nemlayeto lovakalako. Siyetsembe ligalelo lentfo litawuba nemiphumela letawubona bantfu labasakhula nalabandzala basebentisa tekuchumana ngendlela lephephile." - **Ethnikids Publishers**

