

# Ku kerex beta a winkirir

A **cyberbulling** (ku kerex beta a winkirir) ku ye'esik ba k'as ku betik chichan ti u bejob ich medios digitales, awan ku ruk'senek, ku p'aas, ku po'och', ku rosh, yaak k'as raji u k'at ya'ak aro'.



- A ruk'seneko' ya'ap' biktaba u beta', awan p'aas , kerex t'aan bi, po'och', tuus owan ku juum ti a baki ma tajee'.
- Aje' k'aas ku beta ti u winkirir maak ku mae' betati yubik yirira'jeera' ire' tus soy, rajen puri' k'ine ku maen kerex akob ba.
- Kiru kerex beta ba ti maak ku k'ane celular, ledes sociales, ochi, videyo, erek' online, coreyo electronico', abaki rek yaan ich aplicación móvil owan ich selvicio ti internet, kurek k'anena je'era kiru tus esa' va ku betik maak sok u che'ejta.
- Yaan makee tiri' u kerex ara' o u kerex beta ti ba, awan ku beta ti a je' maaka ma ki' yoor, chok yoor yu'up' ku winkirir, ma u k'atu sikbar yeju bejob, sajek.