

Online safe rahe ke liye apan lar'kan ke support karna

I normal hai ki lar'kan duniya ke baare me jaane maange, aur maata-pita offline aur online apan lar'kan ke safety ke baare me worry kare hai. Yahaan pe kuch chiiz bataaya gaye hai jon aap log sange kare sakta hai apan palwaar ke safe rakhe ke liye:

1. Palwaar ke sange kaanuun banaao

- o Har roj aap me se sab koi kitna deri online rahata hai.
- o Aapke lar'kan online konchi dekhe aur access kare iske baare me baat karte raho.

2. Ijzat waala relationships ke baare me sange baat karo

- o Make sure ki aapke lar'kan i jaane ki kon-kon bar'a log ke u log bharosa kare sake hai.
- o Make sure ki aapke lar'kan jaane ki 'na' bolna t'hiik hai aur kaise pahachaane ki koi u log ke nuksaan pahuchaaye maange hai.

3. Siikhte raho

- o Lar'kan se puucho ki u log ke favorite websites ya social media apps konchi hai, u sab download karo aur apne dekho ki u sab me konchi hai.
- o Aur jaane ke liye ki aap kaise apan lar'kan ke support kare sakta hai taaki u log online safe rahe, aap i sab resources dekhe sakta hai jon khaaskarke maata-pita ke liye teiyar kara gaye hai:

[netsafe.org: Advice for Parents](https://www.netsafe.org/Advice-for-Parents)

[netsafe.org: Parenting](https://www.netsafe.org/Parenting)

[Facebook Parents Portal](https://www.facebook.com/parentsportal)

[Facebook Topic: Parents](https://www.facebook.com/topicpage/parents)

[getsafeonline.org: Safeguarding Children](https://www.getsafeonline.org/Safeguarding-Children)

[getsafeonline.org: Protecting Yourself](https://www.getsafeonline.org/Protecting-Yourself)



Agar aapke lar'kan ke online kharaab experience huye hai

1. **Agar aapke lar'kan sacche me upset hai ya khud ke haani pahuchaaye ke signs dikhaaye hai, tab jaldi madad lo. Apan lar'kan ke akele nahi chor'o.**
2. **Pata lagao ki konchi bhaye – baatchiit suru kare ke liye kabhi bhi bahut deri nahi bhais hai.** Agar aap sochta hai ki aapke lar'kan ke bully ya abuse kara jaaye hai, bina d'ar ke u log ke sange baat karo aur pucho agar kuch bhaye hai.
3. **Support karo aur suno.** Aapke lar'kan ke aap ke sange khulke baat kare ke liye aur sach bole ke liye safe feel kare ke jaruuri hai. U log ke roko-t'oko nahi aur jon chiiz bhais hai u log ke bataan do.
4. **U log ke liye bina koi condition ke wahaan raho.** Aapke lar'kan maange jaane ki difficult haalat se baahar nikaale ke liye aap u log ke sange hai.
5. **Apan lar'kan ke blame ya criticize nahi karo** jjab u log bullies aur kharaab log ke shikaar bane hai, chahe aap gussa ya upset hota hai. Haadsa se pahale u log jon chiiz bhi karta raha uske leke judgemental nahi ho.
6. **Apan aap ke experiences share karo.** Apan lar'kan ke haalat se relate karke aap apan lar'kan ke encourage karta hai ki u log share kare ki u log ke sange konchi bhaye aur u log kaise feel kare hai.

7. **Aisan waada nahi karo jon tum puura nahi sakta kare**, lekin apan lar'kan ke bharosa dilao ki problem ke accha solution khoje me aap u log ke madad kare mangta hai.
8. **Haalat se deal kare ke liye u log ke sujhaao deo**. Hukum nahi chalaao, lekin solutions do aur u log ke encourage karo ki haalat se deal kare ke liye apan khud ke rasta nikaale. Aapke lar'kan ke bharosa aur mahasuus kare ke jaruuri hai ki u log i action plan ke hissa hai taaki u kaam kare sake.
9. **Agar aap sochta hai ki aapke lar'kan khatra me hai, tab jaldi kadam uthaao**. Agar i aapke lar'kan ke school me hoye hai, tab principal se baat karo. Aapke lar'kan ke safety jaruuri hai.
10. **Nuksaan kare la aur gairkaanuuni online jaankaari ke baare me service provider ke report karo**. Agar koi aapke lar'kan ke target kare ke liye online services use kare, tab report karo. Kharaab aur nuksaan pahuchaaye la chiiz jisme aap, aapke lar'kan ya koi bhi saamil hai uske baare me aap bahut sites aur services pe report kare sakta hai. Facebook pe nuksaan pahuchaaye la aur gairkaanuuni photos, videos, posts, log aur groups ke baare me report kare ke liye [Help Centre](#). Aap i jaane ke liye [Facebook's Community Standards](#) ke bhi par'he sakta hai ki platform pe konchi allowed hai aur konchi nahi.

Agar aap soch me hai ki aapke lar'kan online sexual images ya pornography access kare hai

Kya aap apan lar'kan se relationships, u log ke body me changes ya internet pe jon dekhe hai, uske baare me baat kare mangta hai, lekin pata nahi kahaan se suru karo? Yahaan kuch ideas hai jon aap ke baat suru kare me madad kari.

1. Relationships me marzi aur ijjat ke baare me baat suru kare me kabhi bhi jaldi ya bahut deri nahi hoye hai.
2. Apan lar'kan ke saja nahi do – kabhi-kabhi lar'kan galti se explicit chiiz dekh le hai, kabhi-kabhi u log ke dost u log ke sange share kare hai aur kabhi-kabhi u log khud jaane maange i sab chiiz ke baare me. Saanti aur samajhdaari se kaam lo.
3. Apan lar'kan aur apan palwaar ke culture aur background ke maturity level ke aadhaar pe, aap sex ke baare me baat kare sakta hai. Pyaar aur sex ke baare me baatchiit jaruuri hai, uske sange sex ke liye boundaries aur sahi umar, aur baaki personal values.
4. Agar aapke lar'kan ke dost ya u log se bar'a students pornography dikhaain hai, tab u log ke bataao ki 'na' bolna accha hai aur aisan log se duur hoye jao.
5. I baat pe bal do ki pornography ke koi aur ke sange share karna, ya koi bhi device me save karna kabhi bhi accha idea nahi hai.



Aur siikhe ke liye ki aap apan lar'kan ke online safe rakhe ke liye konchi kare sakta hai, aap i sab [resources](#) dekhe sakta hai jon khaaskar maata-pita ke liye teiyar kara gaye hai.

Hamme support kahaan se mile sake hai?

FIJI

Agar jaan khatra me hai, tab call karo 911

Child Helpline Fiji:

24-hour toll-free: 1325

National Domestic Violence:

24-hour toll-free helpline: 1560

Lifeline Fiji:

132 454 / 3630 400 / 9402 541

[@lifelinefiji](#)

Psychiatric Survivors Association:

3319 043 or 9538 667 [@psafiji](#)

Fiji Women's Crisis Center:

Suva: 0331 3300 / 0920 9470

Nadi: 0670 7558 / 0918 2884

Ba: 0667 0466 / 0923 9775

Rakiraki: 0669 4012 / 0912 9790

Labasa: 0881 4609 / 0937 7784

[@FijiWomen](#)

Empower Pacific Counselling Centres:

Lautoka: 0773 0010 Nadi: 0776 0018

Suva: 0778 0015 Labasa: 0776 0017

[@EmpowerPacific](#)

Online Safety Commission Fiji:

Online Safety Commission ek Fijian agency hai jon sabhi Fijians ke liye online safe aur jimmedaar bartaaon ke bar'haawa de hai aur sab ke ek platform de hai ki online abuse ke baare me concerns report karo. Aur jaankaari ke liye, Online Safety Commission ke website dekho [Online Safety Commission](#) ya call karo (+679) 9980 242.

PAPUA NEW GUINEA

Agar jaan khatra me hai, tab call karo:

NCD police: 1800 100

Goroka police: 5321 222

Wewak police: 4562 222 / 7103 0345

AROB police: 9739 755 (north)

Morobe police: 7090 3300 (toll free)

Kiunga police: 6491 022

Daru police: 6459 022

ITok Kaunselin Helpim Lain:

7150 8000 [@ITokHelpimLain](#)

Family and Sexual Violence Action Committee:

3211 714 [@FSVAC](#)

TONGA

Agar jaan khatra me hai, tab call karo 911

Women and Children Crisis Centre:

0800 444 [@tongawccc](#) [@counsellingwccc](#)

National Centre for Women and Children:

26567

[Tonga National Centre for Women and Children](#)

SAMOA

Agar jaan khatra me hai, tab call karo 911

Fa'ataua Le Ola - Samoa

Lifeline:

800 5433 [@FLOsamoa](#)

Samoa Victim Support Group:

800 7874 / 27904 / 25392

[@samoavictimsupportgroup](#)