

Online siikhna, connect karna aur share karna accha hai aur maja bhi lage, lekin aap kabhi-kabhi kuch risks bhi experience kara hoyi.

Online risks me saamil hai: kisi ke bully karna, harassment aur abuse; galat photographs milna ya messages, aisan images aur jaankaari dene ke liye puucha jaana jon aapke uncomfortable ya unsafe feel karaaye; ya koi aapke encourage kare ki aap violent, khatarnaak ya gairkaanuuni kaam me bhaag lo.



Aap action le sakta hai

Agar online aapke kharaab experiences raha ya aap abhi bhi experience karta hai jon aapke discomfort, d'ar ya distress de, tab apan aap ke bachaaye ke liye kuch kadam uthaaye sakta hai:

1. Thor'a din kuch log ke follow nahi karo ya u log se connect nahi karo, aur jaruurat par'e to internet se duur raho.
2. Anjaan log se friend requests nahi accept karo – 'friend' banaaye se pahale u insaan ke baare me jaano ki u kon hai.
3. Jon log se aap interact nahi mangta kare u log ke unfollow, unfriend aur block kardo. Yaad rakho ki jisse aap baat nahi kare mangta, uske mana karna accha baat hai.
4. Comments delete kardo jon duusar log aapke profile pe post kare ya messages jon aapke upset kare.
5. Koi bhi chiiz report karo jon aapke upset aur unsafe kare. Agar platform pe aap kuch dekhta hai aur socta hai ki u policies ke khilaaf hai, tab uske report karo. Facebook pe log, groups, posts ya messages ke baare me report kare ke liye [Help Centre](#). Aap [Facebook's Community Standards](#) ke baare me bhi par'hke jaane sakta hai ki platform pe konchi allowed hai aur konchi nahi.
6. Personal details post nahi karo, kaahe ki kaafi log dekhe sake hai. Isme saamil hai ghar ke pata, school ke naam, palwaar ke jaankaari, bank accounts ke baare me ya passwords.
7. Usse salaah ya support lo jisper aap bharosa karta hai. I log aapke maata-pita, bhai/bahan, teacher, church ya community leader, ya ek dost hoye sake hai.
8. Turant support ke liye, ek local support organization ke contact karo, ya local authorities ke.

Aur [jaankari](#) ke liye liye, aap i sab additional resources dekhe sakta hai:

[netsafe.org](https://www.netsafe.org/): Advice for Young People
[getsafeonline.org](https://www.getsafeonline.org/): Protecting Yourself



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](#)