

Pasin blong stap onlain na konek na serim samting em i gat amamas blong en, tasol wankain tasol yu inap long bungim sampla birua.

Ol birua onlain olsem: daunim narapla, kros na tok nogut; kisim ol poto o mesej ino gutpela; ol lain askim long serim ol piksa na toktok yu yu no pilim gutpla o ino seif; o ol tokim yu long go insait long ol pasin blong pait, o ol pasin bai bringim birua na ol pasin i save brukim lo.

Yu ken kisim eksen

Sapos yu kisim taim o yu no bin pilim gut long taim sampla samting kamap onlain we i mekim yu pret, igat ol step i stap we yu ken kisim long banisim yu yet:

1. Kisim liklik malolo long bihainim ol konek wantaim sampla kain pipel, o stap longwe liklik long intanet sapos yu mas.
2. No ken bekim ol rikwes i kam long ol lain yu no save long ol – Save long ol man/meri pastaim bihain yu ken edim ol olsem 'pren'.
3. Yu ken Unfollow, unfriend o blokim ol pipel husat yu no laik long pren wantaim ol moa. Tingim, em orait sapos yu les long konek wantaim sampla lain husat yu no laikim.
4. Rausim ol toktok we ol arapla lain i postim long profail blong yu o long mesej ol salim we i mekim yu kros.
5. Ripotim olgeta samting we i mekim yu pilim bel hevi o ino seif. Sapos yu lukim ol toktok we yu ting em i brukim sampla polisi o pletfom yu wok long yusim, ripotim long ol. Blong save moa long hao long ripotim ol pipel, grup, post o mesej long Facebook, go long [Help Senta](#). Ating yu mas ritim [Facebook Komyuniti Standet](#) long save long wanem samting yu ken larim na wanem yu no ken larim long kamap long pletfom.
6. No ken postim ol pesonal stori blong yu bikos planti lain i save lukim. Dispea stori blong yu olsem adres we yu save stap, ol famili stori blong yu, ol benk akaun namba o ol paswod.
7. Askim wanpla man/meri yu trastim long kisim edvais o sapot. Lain olsem papa o mama blong yu, brata/susa, tisa, sios o komyuniti lida o wanpla pren.
8. Sapos yu laikim helpim hariap, kontekim wanpla lokal sapot ogenaisesen o lokal atoriti.

Blong kisim [moa toksave](#), yu ken painim sampla moa risos blong helpim yu long:

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



Mi bai kisim sapot long we?

FIJI

Sapos laip blong yu stap long birua, ringim 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:

Onlain Sefti Komisen em wanpla ejensi blong Fiji we i save mekim wok blong edvokasi blong seif na risponsibel pasin long onlain blong olgeta pipel blong Fiji na em save givim sampla spes blong ol wan wan manmeri long ripotim ol wari blong ol long abius onlain. Blong kisim moa toksave, go long Onlain Sefti Komisen websait [Online Safety Commission](#) or call (+679) 9980 242.

PAPUA NEW GUINEA

Sapos laip blong yu stap long birua, ringim:

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

Sapos laip blong yu stap long birua, ringim 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

Sapos laip blong yu stap long birua, ringim 911

Fa'ataua Le Ola - Samoa Lifeline:

800 5433 [@FLOsamoa](#)

Samoa Victim Support Group:

800 7874 / 27904 / 25392

[@samoavictimsupportgroup](#)