

Bullying yaane ki koi ke sange galat bartaaon jon uske daraaye ya upset kare. I kahiin pe aur alag-alag rakam se hoye sake hai jaise afwaah faylaana, kharaab photos post karna, ya koi ke dhamki dena.

Agar aapke koi bully kare to isme aapke kabhi bhi koi galti nahi hai aur iske kabhi bhi saho nahi. Yaad rakho ki i koi ke sange hoye sake hai aur aap akele nahi hai. Aap sab time aisan insaan se madad lo jisme aap bharaosa karta hai ki u aapke i situation me madad kari.

Agar hamme bully kara jaaye hai tab ham konchi kare sakta?

1. **Saanti raho aur kadam ut'haaye se pahale socho.** Jab aap upset hai, tab retaliate nahi karo ya u insaan ke saamna nahi karo jon aap ke bully karis hai - isse situation aur kharaab hoye sake hai. Accha se socho aur sahi faisla lo ki kisse sakta aap baat kare aur konchi bole mangta.
2. **Uske bataao jisme aap bharaosa karta hai.** Kariib la koi dost, church leader ya teacher se support aur salaah lo.
3. Kabhi aisan insaan ke sange akele rahe ke khatra nahi lo jon tumme dhamkaaye ya unsafe feel karwaaye.
4. **Galat bartaaon ke saamne laao aur report karo.** Bahut d'her online platform ke paas policies hai jon bully kare se roke hai. Agar aapke koi online bully kare hai, tab u platform pe report karo jisme aap ke bully kara jaaye hai. Facebook pe online bullying ke baare me report kare ke liye [Help Centre](#). Aap [Facebook Community Standards](#) ke baare me bhi par'hke jaane sakta hai ki platform pe konchi allowed hai aur konchi nahi.

Ham ek dost ke kaise madad kare sakta hai jiske bully kara gaye hai?

1. U log ke bataao ki u log akele nahi hai aur aap u log ke madad kare ke liye hai.
2. U log ke sange time bitaao taaki u log jaane ki aap u log ke sange hai.
3. U log ke yaad dilao ki u log aisan kuch nahi karis hai jisse u log bullying deserve kare hai aur koi bhi u log ke bully nahi kare sake.
4. U log ke yaad dilao ki agar u log ke online bully kara gaye hai, tab u log u platform pe report kare sake hai jisme bully kara gaye hai. Facebook pe online bullying 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.
5. U log ke encourage karo ki u log u insaan ke sange akele nahi rahe jon uske bully kare hai.
6. U log ke madad karo ki u log bully kare waala insaan pe gussa nahi kare kaahe ki isse haalat aur kharaab hoye sake hai.
7. Apan dost ke taraf se baat nahi karo jab tak u log tumse bole nahi.
8. Make sure aap kuch-kuch din pe u log ke check kar lo taaki u log ke lage ki aap u log ke baare me fikar karta hai.

Agar koi hamme bully bole tab?

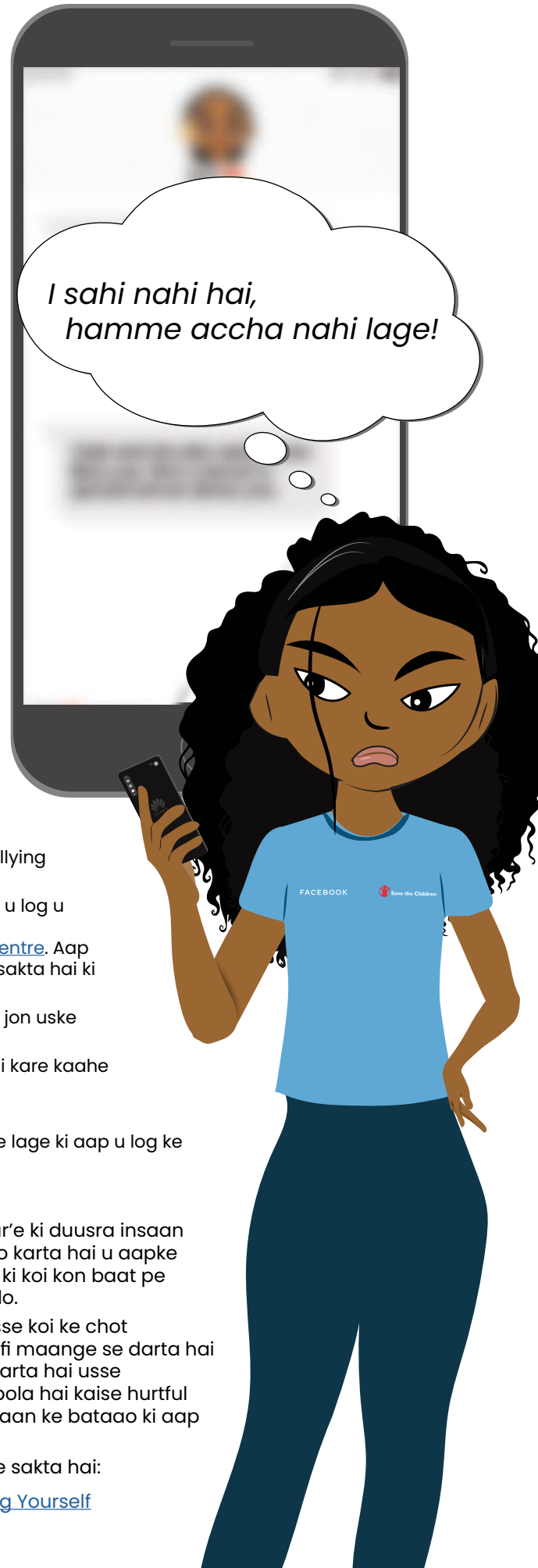
Koi aur ke bully karna kabhi bhi accha nahi hai. Isse koi fark nahi par'e ki duusra insaan aap se konci bole ya kare, jon rakam se aap u log ke sange bartaaon karta hai u aapke choice hai. Yaad rakho ki ham log sab time predict nahi kare sakta ki koi kon baat pe upset hoye jaaye, tab faayda yahi hai ki ham log koi chances nahi lo.

Agar aapke pata lage ki aapke baat se ya jon kuch aap kara hai usse koi ke chot pahuucha hai, tab jaruuri hai ki aap maafi maango. Agar aap maafi maange se darta hai ya uncomfortable hai, tab koi bar'a jan ya dost jisme aap biswaas karta hai usse guidance lo. Agar aap iske baare me sure nahi hai ki aap jon chiiz bola hai kaise hurtful hai, tab maafi maango aur u insaan se clarification maang lo U insaan ke bataao ki aap aur careful rahega aur fir se aise nahi karega.

[Bullying ke baare me aur jaankari](#) ke liye, aap i sab resources dekhe sakta hai:

netsafe.org: Bullying & Abuse

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](#)