



Tingim long was gut long wanem ol websait yu bai klik long en- nogut yu bai kamap long wanpla igat ol nogut seks piksa na ol piksa blong pait nogut.

Bai mi mekim wanem sapos mi lukim ol kain piksa blong seks onlain?

Ating yu no min long klik long wanpla link we yu lukim ol piksa nogut blong seks na em i mekim yu pret o kirap nogut. O nogut ol pren blong yu tokim yu long painim ol kain seks piksa o hap hap blong bodi blong man. O ating yu laik save moa long senis i wok long kamap long bodi blong yu na rilesensip blong yu wantaim ol narapla.

Em importen long save olsem ol kain toktok na piksa blong seks long onlain em planti taim iken bagarapim yu na ol pren blong yu. Ol inap long:

1. givim yu rong tingting long seks na kam klostu wantaim narapla man/meri na bai bagarapim tingting blong yu long kamapim helti, rilesensip wantaim rispek.
2. soim olsem em i nomol wei blong ol man na meri save stap em ino tru.
3. promotim vailens o pasin blong paitim ol meri, we em ino orait olgeta.

Sapos yu laikim ol trupla toksave we i orait long krismas mak blong yu, orait askim wanpla bikpla man/meri o pren yu trastim.

Pasin blong serim ol as nating piksa bilong ol liklik pikinini em ino orait tru. Sapos yu lukim kain samting, yu mas ripotim igo long polis.

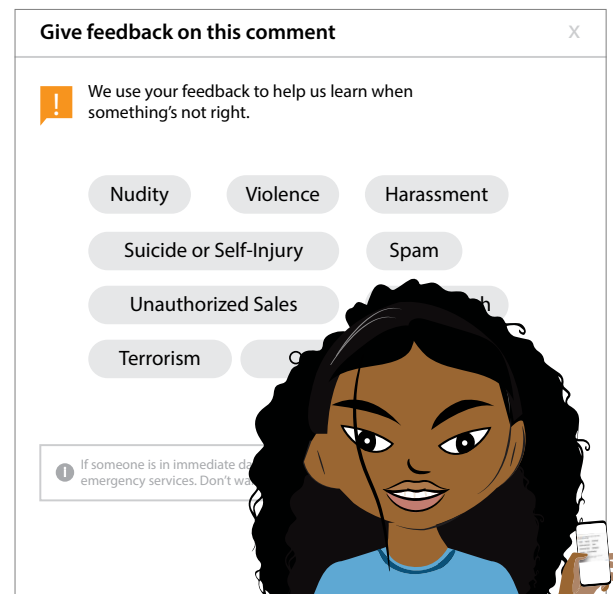
Bai mi mekim wanem sapos mi lukim pasin blong pait na bagarapim bodi long onlain?

Sampla pipel na ol grup save serim ol piksa nogut tru onlain, kain olsem pasin blong kilim o katim ol man, ol eksiden na bikpla bagarap. Yu inap long lukim ol piksa we bai mekim yu kirap nogut o mekim yu pret. Sampla taim ol ino tingting long bagarapim wanpla lain, tasol long yu na ol arapela lain displa kain piksa inap bagarapim tingting blong yu/yupela.

Kisim eksen na kontrolim wanem yu lukim

Yu mas tingim olsem em orait sapos yu pasim tingting long wanem samting yu laik lukim na wanem samting yu no laik long lukim onlain. Yu ken kontrolim olsem:

1. Go tasol long ol websait we yu save na trastim.
2. Joinim ol onlain grup we i save serim gutpla na seif piksa na ol toktok tasol.
3. RRipot long ol piksa o toktok we i mekim yu pret o mekim yu kros. Blong kisim moa Toksave long ripotim ol piksa o video long Facebook, go long [Help Senta](#). Nogut ol bai laik ritim ol [Facebook Komyuniti Standet](#) tlong save long wanem samting em orait na wanem samting em ino orait long larim long pletfom.
4. Ripotim ol piksa we i brukim lo o ol toktok igo long polis.
5. Toktok wantaim ol bikpla lain we yu trastim netwok blong kisim moa toksave, edvais o olkain.



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](#)