



Iske khayaal rakho ki aap kon-kon websites pe jaata hai – aap galti se sexually explicit ya violent content dekhe sakta hai.

Ham konchi kare sakta agar ham sexually explicit content online dekha hai?

Aap galti se koi aisan link pe click kar diya aur sexual images dekha jon aapke daraae diis ya hairaan kar diis. Ya aapke dost saait bataais ki aap sexual images ya body ke parts ke baare me search karo. Ya fir aap apan changing body ya relationships ke leke bahut curious hai. I jaane ke bahut jaruuri hai ki online koi bhi sexually explicit jaankari aapke liye aur aapke dost log ke liye kharaab hai. U sab:

1. sex aur intimate relationship ke baare me aapke galat idea de sake hai aur accha, ijjat la relationships banaaye me aapke haani pahuchaayi.
2. aurat aur admi log ke galat rakam se dekhaayi aur asal jindagi ke baare me gumraah kari.
3. aurat ke khilaaf violence ya aggression ke bar'haawa deyi, jon accha nahi hai.

Agar aap aisan jaankaari mangta hai jon sacche, factual aur aapke umar ke liye sahi hai, tab koi bar'a jan ya dost se puucho jispe aap bharosa karta hai.

Lar'kan ke sexually explicit ya nange la photos share karna kabhi bhi accha nahi hai. Agar aap aisan kuch dekhta hai, tab aapke police me report kare ke chaahi.

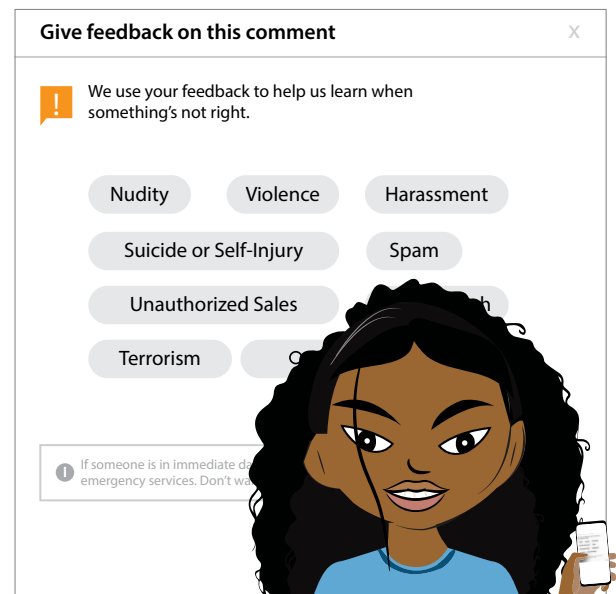
Ham konchi kari agar ham violent content online dekhta hai?

Kuch log aur groups bahut graphic content online share kare hai, jaise ki violent images, dhakka aur chot lage la photos. Aap bhi saait aisan image dekha hoyi jon aap ke hairaan kar diis ya daraaye diis. Kabhi-kabhi jon aisan images post kare hai uske iraada nuksaan pahuchaaye ke nahi hai, lekin aapke aur duusar ke i sab images paresaan kare sake.

Kadam uthaao aur jon chiiz aap dekhta hai uske control karo

I yaad rakho ki aap faisla kare sakta hai ki aap online konchi dekhe mangta aur konchi nahi. I control kare ke liye:

1. Khali wahi websites pe jaao jiske baare me aap janta aur bharosa karta hai.
2. Khali wahi online groups join karna jon positive aur safe images aur jaankaari share kare.
3. U sab images ya jaankaari ke baare me report karna jon aap ke daraaye ya accha nahi lage. Facebook pe images aur videos ke baare me report kaise karo, iske baare me aur jaankaari 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.
4. Gairkaanuuni images ya jaankaari ke baare me police ke report karna.
5. Koi bar'a jan jispe aap bharosa karta hai ya aapke support network se aur jaankari, salaah ya support ke liye baat karna.



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](#)