



Sexual abuse, exploitation and harassment can occur online and in real life. But no matter when or how it happens, it is never okay. If this happens to you or someone you know, you should report it to the police.

Also remember that if you ever experience sexual abuse, exploitation or harassment, it's not your fault and it's a good idea to seek support.

Sexual abuse – forced sexual contact, including rape and attempted rape, and sexual and non-consensual touching. If you are a child, no-one may show you images or videos of a sexual nature, or share these with you online.

Sexual exploitation – when someone abuses your trust or their position of power for their sexual benefit. Someone like a teacher or someone in authority might buy you gifts in exchange for sexual favours or ask you for secret photos and then use those photos for a bad reason. People who ask you to give them things or do things that make you uncomfortable or scared are not nice people and their intentions are bad. Be alert to people who might simply seem like they are being nice to you. Some bad people try and gain your trust so that they can ask you for things like photos.

Sexual harassment – when someone makes an unwelcome sexual advance or request for sexual favours, bullies you in a sexual way, or engages in other unwelcome conduct of a sexual nature.

For more information, you may find these resources useful:

<https://www.facebook.com/safety/StopSextortion>

<https://www.netsafe.org.nz/image-based-abuse/>

<https://www.netsafe.org.nz/grooming/>

<https://papuanewguinea.getsafeonline.org/protecting-yourself/>

Sharing sexually explicit or nude photos of children is never okay. If you see this, you should report it to the police.

According to international law, a child is anyone under the age of 18 or your country's age of majority, whichever is higher.

ALWAYS REMEMBER:

1. It's NOT OK for anyone to send nudes or sexual images or videos to someone who didn't ask for them.
2. It's also NOT OK for anyone to pressure another person to send them nudes, or sexual images or videos.
3. It IS OK to say 'no' and only do things you want to do, and that you feel good about doing.

WHAT CAN I DO?

1. **Trust your instincts.** If someone makes you feel uncomfortable or unsafe, listen to yourself and believe in yourself.
2. **Take action and seek help.** If you experience sexual abuse, exploitation or harassment online or in real life, tell someone you trust who will support you in managing the situation.
3. **Report bad, threatening or abusive behaviour** online and block anyone who threatens or abuses you on social media so they can no longer contact you on that platform.

For more information on Facebook reporting, visit the [Help Centre](#). You may also wish to read [Facebook's Community Standards](#) to learn what is and is not allowed on the platform.



Where can I get support?

FIJI

If life is in danger, call 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:

The Online Safety Commission is the Fijian agency responsible for advocating for safe and responsible online behaviour for all Fijians and provides a space for individuals to report concerns of online abuse. For more information, visit the Online Safety Commission website at [Online Safety Commission](#) or call (+679) 9980 242.

PAPUA NEW GUINEA

If life is in danger, call:

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

If life is in danger, call 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

If life is in danger, call 911

Fa'ataua Le Ola – Samoa Lifeline:

800 5433 [@FLOsamoa](#)

Samoa Victim Support Group:

800 7874 / 27904 / 25392

[@samoavictimsupportgroup](#)