



Sexual abuse, exploitation aur harassment online ya asal jindagi me hoye sake hai. Lekin i chaache kab aur kaise hoye, kabhi bhi accha nahi hai. Agar i aapke ya jiske aap janta hai uske sange hoye, aap iske baare me police ke report karo.

I bhi yaad rakho ki agar aapke sange kabhi sexual abuse, exploitation aur harassment bhais, isme aapke koi galti nahi hai aur ek accha idea hai ki aap support lo.

Sexual abuse – jabran sexual contact, jisme saamil hai balaatkaar ya balaatkaar kare ke kosis, aur sexual aur bina ijaazat ke chuuna. Agar aap ek chhota lar'ka/lar'ki hai, tab koi bhi aapke sexual nature ke images ya videos nahi dekhaaye sake hai, ya iske online share nahi kare sake hai.

Sexual exploitation – jab koi apan sexual faayda ke liye aap ke bharosa ke tuur'e ya apan position ke faayda uthaaye. Jaise ki ek teacher ya authority me koi bhi log sexual favour ke khaatir aapke liye gifts khariide ya secret photos maange aur fir koi kharaab kaam ke liye iske use kare. Jon log aap se koi chiiz maange ya aisan kuch kare jon aapke uncomfortable kare ya daraaye, u log accha nahi hai aur u log ke iraada kharaab hai. Aisan log se husiyaar raho jon khali dekhaaye ki u log aapke sange bahut accha se rahe hai. Kuch kharaab log aapke bharosa jiite ke liye kosis kare taaki u log aapse chiiz maange sake jaise photos.

Sexual harassment – jab koi sexual advance ya sexual favour ke maang kare jon aap nahi mangta.

hai, sexual rakam se bully kare, ya sexual nature ke bartaaon kare jon aap nahi mangta hai. Aur jaankaari ke liye, i sab resources aapke madad kari:

www.facebook.com/safety/StopSextortion

www.netsafe.org.nz/image-based-abuse/

www.netsafe.org.nz/grooming/

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

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

International kaanuun ke mutaabik, 18 se kamti umar ke ya aapke des ke kaanuun me bataaya gaye umar se niiche ke, jon bhi jaada hai, ek child maana jaaye hai.

Hardam khayaal rakhna:

1. I accha baat nahi hai ki koi bina maange koi ke nange la photos ya sexual images ya videos bheje.
2. I bhi accha baat nahi hai ki koi dabaao d'aale ki duusra koi uske nange la photos, ya sexual images ya videos bheje.
3. 'Na' bolo accha baat hai aur wahi chiiz karo jon aap kare mangta hai, aur jiske kare se aapke accha lage.

HAM KONCHI KARE SAKTA HAI?

1. **Apne instincts pe bharosa karo.** Agar aapke koi uncomfortable ya unsafe mahasuus karaaye, tab apan aap ke suno aur khud pe biswaas karo.
2. **Kadam ut'haao aur madad lo.** Agar aap online ya asal jindagi me sexual abuse, exploitation ya harassment experience karta hai, tab uske bataao jiske aap bharosa karta hai ki u aapke i situation ke manage kare me madad kari.
3. Online koi bhi **kharaab, dhamkaaye waala aur abusive bartaaon ke report karo** aur u log ke block kardo jon aapke dhamkaaye ya social media pe abuse kare taaki u log aapke ke u platform pe contact nahi kare.

Facebook reporting pe aur jaankaari 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.



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](#)