

Ladkan ke online suraksha

advice parents aur carers ke liye





Parents aur carers hoye ke naate, aapke paas sabse zyda mauka hai ki aap support aur guide karo apan ladkan ke taki ulong online khatra se bachey aur surkachit experience rahe ulong ke. Sarkaar aur industry ke bhi ek role nibhaye ke pade taki sure kare sako ki online duniya ek safe jagha hai.

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Bache aur jawaan insaan, school, ghare aur apnan friends ke saathe internet use kare hai. Chahe ghar pe sathe hi hai, lekin mumkin nahi hai ki aap har pal apan ladkan pe nigraani rakhe sakta. Eii zaruri hai ki aap ulong seh baat karta online safety issues ke baarein mein tki ulong ke madat miley sahi choices banae mein.

Eii guide mein dewanai hai kuch online safety issues jawaan insaan ke liye aur kafi practical tips aur advice ki konchi kare sakta jab kuch galat hoey jaey. Ismeinn kuch common online safety issues dewanai hai jaise ki online time manage karna, parental controls aur settings aur respond karna issues jaise ki cyberbullying, galat content, nudes bhejhe jon aur anjaan seh contact.

Ee guide u mata pita ke liye hai jilong ke ladkan aat (8) saal se upar hai. Chota umar ke ladkan ke liye, aap sakta request kare **Kamtii umar ke ladkan ke liye suraksha** booklet Online Safety Commission se, onlinesafetycommission.com



Yaha dus (10) top tips hai jo madat kare apan ladkan ke online:

- 1 Technology ke aaspaas khula aur bharose mand samandh bao** — matlab ki aapke apan ladkan ke support kare ke padi aur ulong se baat kare ke padi taaki jab koi problem online hoye tab unlong aap ke paas aaye sake.
 - 2 Ladkan ke saathe khelo aur dekho** — agar aap aise karega tab apan ladkan ke samjhe sake ga ki unlong konchi kare hai aur ek app, game ya website kahe enjoy kare hai. Aur aap ke paas acha mauka rahi ki aap unlong se online safety ke baarein mein baat karlega.
 - 3 Achi adat bao aur digital intelligence aur emotional skills ke liye ladkan ke madad karo** — jaise ki respect, ek dusar ke acha se samjho, acha sooch rakho, zimmedaar bano — aur ek acha online nagrik bano.
 - 4 Ladkan ke himmat do** — jaha tak hoye sake ladkan ke madad karo jismein ki ulong apan liye wise decision banaye sake, ee nai ki aap hardam unlong ke batao ki unlong ke konchi kare ke hai. Aapke aisan strategies banaye ke padi ladkan ke liye ki agar ulong koi bhi negative online experiences ke saamna kare toh ulong ke confidence aur resilience build hoye.

- 5 Devices ko ghar mein khuli jagha par istemaal karo** — isse aap jaane sakta hai ki aap ke ladkan phone pe ya phir online through phones, tablets, smart TV's, gaming consoles aur koi aur devices use karke kisse interact kare hai.
- 6 Time limit set karo** — jon balance rakhe screen ke saamne samaye bitana aur offline activities— aap ke ek Family technology plan banaye ke padi jissse aapke ladkan jaane sake ki kab aur kaha ulong tehnology use kare sake hai— example aur templates aap online khoje sakta hai.
- 7 Ladkan kon apps, games aur social media sites pe jaaye uske baarein mein janoo** — dhayan mein rakho ki ulong keh age ke hisaab seh use kare aur sikhe kaise messageing ya online chat limit kara jaey aur location sharing functions apps aur games mein jon rahe uske bhi kon had tak use kare sakey taki ulong apan physical location nai share kare. eSafety Guide mein information hai jon parents aur carers ke help taki unlong safer apps choose kare sake aur koi bhi unwanted contact aur sexual approaches ke report aur block kare sake.
- 8 Privacy settings check karo** apps aur games keh jon aapke ladkan use kare aur khayal rakho ki ulong ke profiles strictest privacy setting pe on hai. Ladkan ke batao ki naya friends banaye se pahele aap se check kare ki ulong friend request accept kare sake hai ki nai.
- 9 Available technology use karo** devices pe parental control set up kare ke liye jon harmful content filter kare sake, monitor kare sakta aapke ladkan ke online use aur limit ya block kare sakta ulong ke time connected device ya function pe (e.g. cameras, in-app purchases).
- 10 Koi bhi musibat ke liye alert raho** aur jaano ki kaha jaey sakta advice aur support ke liye.



Top tips



Top tips



Top tips



Top tips



Top tips



Top tips



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Top tips



Top tips



Top tips



Top tips



Online Samaye

Kaafi time humlong sunta hai ki screen ke aage bahut zyda deeri rehna ladkan ke liye acha nai hai. Lekin 'bahut zyda' ketna hoye hai?

ee depend kare hai ki aap ke ladkan kon chi dekhe hai aur online konchi kare hai. Digital technology mauka dewe creativity, problem-solving aur sikhe ke liye — ee sab acha screen practices hai. Dono screen practices aur screen time ke baarein mein socho jab aap apan ladkan ke liye decide karta hai ki konchi acha hai uulong ke liye.

Agar aapke ladkan school ke kaam ke liye platform ya phir program use kare hai to dhyan rakho ki non-school related online activity aur offline time mein healthy balance rahe. Ee bahut important hai.

Kuch labhdayak tips:

- Ladkan jab ghare rahe tab ulong ke liye time set karo ki ketna deri ulong online rahe sake hai.
 - Jon technologies hai uske use karo jaise ki — parental controls aur tools hai jisse ki aap monitor kare sakta hai ki ketna online time aap allow kare mangta hai ya phir aap device aur internet usage pe time limit set kare sakta hai. Aapke bahut honest rahe ke padi ki aap kahe mangta hai ee technology use kare.

- Social media pe notifications off kardo taaki disturbance nai hove.
 - Aapke ladkan ke umar ke hisaab se aap family tech agreement banaye sakta hai jo screens balance kare offline activity seh. Aap templates online search kare sakta hai.
 - Ghar pe offline activity bhi rakho jaise ki family exercise, reading time aur board games.
 - Apan online time bhi kamti karo taaki aap mein bhi positive behaviour dikhaye.

Bahut jasti connectivity se health pe negative asar pade hai. Kuch signs hai jispe dhayan rakhe ke padi jaise ki:

- Thakawat, sute mein pareshaani, mood piraai, aankhi mein zor padi
 - Khaane ke aadat mein badlao
 - Personal hygiene mein kami
 - Baar baar online program ke barein mein baat kari jaise ki gaming site
 - Bahut jasti gussaye jaana jab aapke batawa jaaye ki aap online activity se break lo
 - Computer aur device se jab door hota hai tab bahut chidchida-pan hoye jaaye hai
 - Family aur friends se door hoye jaana

Agar aap apan ladkan mein ee sab cheese notice karta hai to aapke aur kadam uthaye ke padi taaki aap waha pe balance laaye sako. Aap online ya phir counsellors ya phir local doctor ke bhi advise le sakta hai.



Parental control aur surakshit search options keh istemaal

Parental control woh software tools hai jiske istemaal se aap monitor aur limit kare sakta hai ki konchi aapke ladkan online dekhe sake hai.

Isse aap harmful content jaise ki sexual material aap filter kare sakta hai aur connected device pe time-limit set kare sakta hai jaise ki cameras.

Jabki Parental controls ek effective tool hai, jisse aap ke madat mile hai ki aap control aur limit kare sakta hai ki aap ke ladkan online konchi kare hai, wahi pee e foolproof nai hai. Ladkan ke online activity pe dhayan rakhe ke liye koi aur rasta nai hai. Ee bahut important hai ki aap apan ladkan ke madat karo taaki ulong good online habits apnaye sake.

Kis tarah se may parental control ka istmeaal kar sakta hu?

- Check karo ki aapke wi-fi router mein u software hai jisse ki aap apan pura family wi-fi network mein parental control setup kare sakta hai.
- Reputable child-friendly wi-fi products jaise ki ‘child friendly routers’, ‘child friendly wi-fi’, ‘family friendly routers’ aur ‘child safe wi-fi’ ke liye online search kare.
- Sabhi tablets, smartphones, computers, TVs aur gaming consoles par parental controls hai ya nai ee bhi check karo.

- Smart TVs pe PIN code locking feature ke istemaal karo yah phir gar aap smart feature nai use karta hai to internet se Tv disconnect kardo.
- Ladkan ke cellular/mobile data usage ke limit kare ke khatir parental control use karo
- Streaming services aur gaming consoles par parental control ka istemaal karo taaki aap gaming activity ke manage kare sakta. Options ke liye streaming service, console name aur ‘parental controls’ keh search karo.
- Family safety control ya phir filters ke download karo ya phir purchase karo. Kon filter aapke ke liye acha hai, iske liye aapke online search kare ke padi aur terms use kare ke padi jaise ki ‘internet filters’ ya ‘family filters’ aur uske review bhi check kar lena.
- Digital devices pe child friendly search engine set up karo ya phir safe search settings search karo taaki aap ke ladkan unband sites aur content pe nai jaaye.

Surkachit browsing tips

- Chota ladkan long ke sab time encourage karo ki ulong website pe ‘Accept’, ‘Allow’ ya phir ‘OK’ button pe click kare se pahele bada jan se pooche. Kuch sites pe messages ya phir disclaimers rahe hai jon response need kare hai.
- Jon sites aap mangta hai ki aap ke ladkan use karo ulong ke browser pe bookmark set up kardo.
- Agar aapke ghar mein alag alag umar ke people hai aur sab koin device ya phir program share kare hai to sabe filtering tool settings adapt kare ke padi.
- Ee baat ke bhi dhayan rahe ki kai search engines mein advertising bhi rahe hai aur ismein inappropriate material bhi slip hoye sake hai.



Parental controls



Safe search



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Cyberbullying

Cyberbullying vyhaar mein ladkan ke baare mein galat posts, comments aur messages hoye sake hai ya phir jaan boojh ke ulong ke online group activity se hataye dewa jaaye hai.

Cyberbullying se ladkan pe negative asar hoye hai, jiske karan se ulong ke emotional aur physical wellbeing pe asar pade hai

Kuch labhdayak tips:

- Dhayan rahe ki jab ladkan school se bahar rahe hai tab ulong ke paas kamti support system rahe hai jaise ki ulong ke friends, teachers aur counsellors.
- Cyberbullying hoye se pahile ladkan se iske baarein mein baat karo. Saathe milke koi strategy banayo taaki ee rakam issues jab hoye tab aap uske address kare sako aur ulong ke reassure karo ki aap ulong ke support karega.
- Kuch signs pe dhayan rakhna jaise ki phone ya phir tablet aur computer use kare ke baad aap ke ladkan upset ya anxious hoye jaaye, online activities ke leke secretive hoye jaaye aur dusar se alag alag rahe.

Agar huma ladkan cyberbullied hoye hai to humme konchi kare ke chahi?

Sabse pahele mata pita hone ke naate shayad aap apan ladkan ke social media se ban karde mangeg. Wi-fi ke disable karde ya phir data access off karde mangeg. Lekin aise kare se problem aur bigad jaayi aur aapke ladkan feel kari ki ulong ke punish kara ge hai aur social media se hataye dewa ge hai.

Paanch (5) simple steps hai jon ee problem ke kamti kari.

1. **Suno, Socho aur shaant raho** — kya hua hai iske baarein mein baat karo. Koshish karna ki aap judgemental nai hona aur baat acha se sunna, apan ladkan se pooch ki ulong kaise feel kare hai aur ensure karna ki ulong ke baat suna jaaye hai.
2. **Sabot ikatha karo cyberbullying par** — 1. bahetar hai ki sab evidence collect karo, jaise ki bullying behaviour ke screenshots, sayit aapke baad mein report kare ke padi.
3. **Report karo cyberbullying** — social media services pe jaha se yeh aa raha hai— kai aise social media services, games, apps aur websites hai jon aapke allow kare hai ki aap abusive content ke report karo aur request kare sakta ki usey hataye diya jaaye.
4. **Apmaan karne waale ko block kare** — pan ladkan aur sab ke bataye do ki bullying messages ke respond nai karo, nai toh situation aur kharaab hoyi jayi. Apan ladkan ke help karo block ya unfriend kare mein jon messages bheje hai ulong keh.
5. **Help aur support leo** — ladkan ke check karte raho aur poocho ki ulong kaise feel kare hai. Agar aap aisan koi bhi changes dekhan jon aapke concern kare hai to aap online ya phir telephone councelling ya support service se madat le sakta hai





Online gaming

Online games bahut mazedaar lage hai aur isse ladkan apan friends se juda rahe hai.

Games se coordination, problem solving aur multi-tasking skills bhi improve hoye hai aur saath-e-saath ladkan aur bhi players ke saath-e-saath social skills build kar le hai.

Healthy balance ke khatir ladkan ke encourage karo ki online ke saathe saithe offline games aur activities mein bhaag le jaise ki home exercise, board games, drawing aur books padhna.

- Jane ke whe kya khel rahe hai — Kaafi game violent rahe hai aur usme sexual content bhi hoye hai aur usmein aisan aisan themes, language aur iamge rahe hai jo ladkan ke liye nai suitable hai.
 - Achi adatein banaye — Apan ladkan ke help karo ki ulong apan personal information protect kare. Appropriate screen name use kare aur apan real naam nai use kare
 - Ladkan ke himmat do — jaha tak hoye sake ladkan ke madat karo jismein ki ulong apan liye wise decision banaye sake, ee nai ki aap hardam unlong ke batao ki unlong ke konchi kare ke hai. Aapke aisan strategies banaye ke padi ladkan ke liye ki agar ulong koi bhi negative online experiences ke saamna kare to ulong ke confidence aur resilience build hoye.
 - Switch off karne ke strategies mein agree karo — for example, ek timer set karo jisse signal mile ki game time ab khatam hoye la hai aur agar switch off nai bhe to consequences rahi.
 - Sikho kaise help kare sakta agar aapke ladkan bullying ya phir gaming ke dawraan unwanted contact experience karis.





Online pornography

Aapke ladkan anajaane mein online porn discover kare sake hai, ya phir iske talaash mein jaye sake hain. Koi bhi rakam se, aap apan ladkan ke protect kare mein role nibhaye sakta hain, ya phir online pornography paate hain to ulong ke support kare sakta hain

Hum apan ladkan ke kaise protect kare sakta hai?

- Ghar ke kuch niyam banaye. Ladkan ke umar ke hisaab se issue pe discussion karo aur ulong se baat karo ki kaha aur kab computer aur device use kare sake hai.
- Shamil rahena — Hardam apan ladkan se khul ke baat karo ki ulong online konchi kare hai, isse trust build hoye hai.
- Available technology ke istemaal karo — Devices pe parental control hoye hai jiske advantage aap le sakte hai aur yaad rahe ki safe search mode browser par enabled ho.
- Resilience Bano — sexualised content pe baat karo jismein ki young people logon ke help mile sake aur agar ee sab cheeze online ulong dekhe to jaan jaaye ki u konchi hai.

- Pornography par khud hi baat shuru kare — parenting experts bataye hai ki baatheet jaldi shuru hoye ke chahi.(jab ladkan 9 years ke hoye jaaye) taki accidentally agar ulong isse guzare to potential impact se ulong ke bachaye lewa jaaye. sab ladkan different hoye hai isliye aap apne decide karo ki aap kab apan ladkan se ee subject pe baat kare mangta hai.
- Long-term view lena — Ee baat pe jor dena ki agar aapke ladkan kuch aisan dekhe hai jon ulong ke samajh mein nahin aawe hai, to ulong aapse iske baare mein pooche sake hai.

Hum konchi kare sakta agar humlong ke ladkan ke online ponography mila?

- Shaant rahe — ladkan ke thanks karo ki unlong iske baarein mein aap ke batais hai aur aap ulong ke reassure karo ki aap iske sort our krega.
- Suno, assess, ruko — Apan ladkan se poocho ki ulong ke eek aha mila, kaise mila, aur agar koi hai jon dikhais hai to u kon hai aur jab ulong dekhis tab kaise feel karis. ladkan ke lecture nai de ke hai .
- Ladkan ke yakeen dilao ki wu trouble mein nai hai — ladkan se ulong ke device ya phir online access completely nai band kare ke hai nai to ulong iske punishment samjhi.
- Be sensitive to how they feel — zaruri hai ki ladkan se pooch ki context dekhe pe ulong kaise feel karis. ladkan ke encourage karo ki agar ulong ke paas koi sawaal hai to aapse pooche sake hai
- Talk about the importance of consent and respect in relationships —ladkan se iske baare mein bhi baat karo ki agar ulong koi ke touch, hug ya phir kiss kare maange hai to permission lena ketna zaruri hai.





Nudes bhejna aur sexting

Apan ladkan se baat karna ki nude aur intimate photos aur videos share kare par konchi ulong ke hoye sake hai, aur ee bhi jaane ke zaruri hai ki agar kuch gadbad hoye hai to kaise madat karo

Risk konchi hai:

- Image aapke control ke bahar hoye jaaye ladkan ke intimate image sab ke saath share hoye jaaye chahe trusted relationship hoye.
- Peer pressure mein aayeke ya phir koi ke force mein aye ke apan explicit images ya phir videos bhejde.
- Psychological aur emotional harms jismein apmaan, badmaashi, chedchaad aur pareshani shamil hai jiske karan se aapke naam kahraab hoye sake.
- Criminal charges ya penalties koi koi case mein— zydatar, intimate images share kare se.

Mai kis tarah se risk ke kamti kare sakta hai

- Apan ladkan se baat karo aur samjhao ki kaise ulong apan friends aur loved ones ke saathe apan umar ke hisaab se aur theek rakam se juda rahe sake hai
- Khatre ke baarein mein baat karo jaise ki legal issues aur ulong ke saathe konchi galat hoye sake hai.
- Self-confidence ke promote karo aur batao ki its OK to say ‘no’ — ladkan ke batao ki zaruri nai hai ki ulong peer pressure mein aaye ke apan intimate photos bheje, aur because ki aur jan bhi aise kare hai ya phir ulong ke boyfriend ya girlfriend batais hai ki aise karo, to ulong ke bhi kare ke chahi.
- Apan ladkan ke consent aur respectful relationship ke baarein mein sikhao — ulong ke samjhao ki koi aur ke intimate images aur messages share kare se konchi hoye sake hai. Aur bina koi ke consent ke agar aise karta hai tab tum u person ke trust break karta hai

Agar huma ladkan ke intimate image online share bhe hai toh hum konchi kare sakta?

- Aapke ekdam calm aur baatheet ke liye open rahe ke padi — ulong ke yakeen dilao ki aap ulong ke saath hai.
- Suno aur jaldi se koi kadam uthao — jab ladkan ke intimate image share hoye hai to legal issues bhi hoye sake hai. Jon site ya service pe image share bhe hai uske jaldi se report karo aur content hataye do. Aap ke desh mein hotline ya phir koi service hoyi jiske support se aap image hataye sakta hai.
- Madat aur sahayeta lo — ladkan se ulong ke haalchaal poocho aur encourage karo ki online ya phir telephone counselling ya support service se baat kare.



Unwanted contact aur grooming

Unwanted contact ek aisan online communication hai jisse aap ke ladkan uncomfortable aur unsafe feel kare, koi baat nai agar pahele ulong ee contact maagat raha.

Ee sab koi ajanabee, koi online friend ya yahaan tak ki koi aisan person se aaaye sake hai jiske ulong jaane hai. Ismein aise bhi hoye sake hai ki ladkan se jaan pahechaan banaye ke aur phir ulong ke sexually abuse kara jaaye.

Apan ladkan ke liye hum risk kaise kamti kare sакta hai?

- Ladkan ke accounts private kar do — ulong ke suggest akro ki apan social media accounts private kare ya phir apan privacy setting hardum revise kare.
- Delete karo jon contact seh baat nai kare — ladkan ke batao ki social media pe ulong jetna jan follow kare hai, ya phir friends hai, uske check karo aur dekho ki sab ke jaane hai ki nai.
- Report aur block karo — agar aapke ladkan receive kare koi unwanted contact koi aysan seh chahe uske jaane ya nai ulong ke encourage karo ki report aur block kar do.
- Stranger request delete kar do— ladkan ke encourage karo ki agar ulong ke pass koi anjaan person se friend request aye hai toh uske delete kardo.



Unwanted contact aur grooming



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Aur konchi hum kare sakta hum apan ladkan ke bachaye ke liye?

- Ladkan ke digital duniya mein shamil raho — websites, app aur online chat ladkan jon use kare hai uske upto date raho aur ulong ke saathe explore karo.
- Ek open relationship build karo—ladkan se baatcheet karte raho taaki agar ulong se koi aisan kaam kare ke bole jon ulong ke nai acha lage to ulong aap ke paas aaye ke bataye sake.
- Ladkan ke madat karo ulong ke privacy protect kare ke liye — ladkan ke encourage karo social media pe privacy setting use karo taki ulong ke online information khali friends dekhe sake.
- Ladkan ke sikhao ki inappropriate contact ke liye alert raho — madat karo ki ulong recognise kare sake ki online ‘friend’ try kare inappropriate relationship banaye ke liye, jaise ki phuche:
 - online mile ke baad bahut dher personal informations pooche
 - agar ulong in person mile maange
 - kon room mein ulong ke computer hai
 - favours aur badli mein kuch aur maange (trust gain kare promises aur gift use karke)
- ‘Friends’ ke online mile ke liye safety guidelines establish karo — batao ki online ‘friends’ ke online hi rakho. Agar ulong koi friend face to face mile maange hai jab sab health restrictions hat jaayi tab iske baarein mein ulong aapse pahele baat kare. Ulong ke batao ki jab ulong jayi mile tab aap ya phir koi bada jan ulong ke saathe rahi.
- Konchi karo agar kuch wrong bhe — bina gussaye aur judgemental hoye ladkan se baat karo aur batao ki ulong koi bhi time aap ke paas aaye sake hai. Ulong ke dare ke nai hai ki aap ulong ke punish ya criticise kareg. Pata lagao ki konchi bhe hai aur usepe kadam utho.
- Police ke bulao agar aap ke lage hai ki aap ke ladkan ke groom kara g hai aur ulong ke physical safety khatra mein hai. Police ke paas hotline number rahe hai jaha pe aap bura bartao aur grooming ke baarein mein report kare sakta hai. Iske baarin mein online search karo.
- Help aur support leo aapke ladkan ke liye ek online ya telephone counselling aur support service se.





Media, jhooti khabar aur scams

Internet pe information ke koi kami nai hai. Aur news, entertainment ya phir apan question ke answer ke liye people ke first source internet rahe hai.

Jabki ee important hai ki aap informed raho to wahi zaruri hai ki aap internet pe fake news aur misinformation se bache.

Apan ladkan ke kaise bacahye sakta hai?

- Select karo ek ya dui bharose-mand aur reputable information sources aapke news ke liye, taki galat report aur unscientific report se bache sakta. Sabse bada news service provider television aur radio bulletins.
- Ladkan ke encourage karo ki ulong check kare ki sources ketna reliable aur credible hai.
- Ladkan ke skills sikhao jaise ki respect, responsibility, resilience aur critical reasoning — ladkan ke acha adat sikhaye ke koi umar nai rahe hai aur eii skills ulong ke help kari ki kon rakam information ulong ke liye acha hai.
- Set karo safety, security aur privacy setting device, games aur apps pe umar ke hisaab seh.
- Dhoka-dhadhi se bach ke raho aur ladkan ke sikhao ki kaise ulong online scams ke avoid kare sake.

- Apan screen use ke bhi boundaries set karo — taki aap ke dekh ke ladkan bhi balance maintain kare sake.
- Samajhdaar banke khada raho, bura bartao ke khilaaf awaaz uthayo aur dekho ki jon content aap online share karta hai woh respectful aur honest hai.
- Madat ke liye ladkan ke kaha jaaye ke hai eii wulon jaane — ghar pe online safety ke baarein mein baat karo. Helplines aur support networks ke baarein mein ladkan ke bataao. List pe jon tips hai aur advice hai ulong ke do.

Kochi karo agar ladkan dare hai ya phir anxious haye?

- Notifications ke off karo do aur built in features aur apps use karo taki aap monitor kare sakta hai ki aap aur aap ke aldkan ketna time online spend karta hai.
- Kuch aur activities try karo jaise ki reading ya phir playing games.
- People long ke positive stories khojo jon acts of kindness show kare aur community ke help kare.
- Jon people longon aapke ladkan ke support network mein hai ulong ke paas jaoo dekhe keh liye ki ulong aapke online ya phir telephone support de sake.
- Hardum apan ladkan ke check karte raho ki ulong right hai. Ladkan ke batao ki aap hardum ulong ke saathe hai aur ulong kabhi bhi aapse baat kare sake hai. Aur phir saat mein kuch fun karo.



Zaruri phone numbers and websites

Report cyberbullying, image-based abuse and scams to the Online Safety Commission:

onlinesafetycommission.com

If you suspect your child is being groomed, contact the Police - Emergency: call 917

Child Helpline Fiji: 24/7 helpline call 1325

Lifeline Fiji 24/7 helpline: call 1543

Medical Services Pacific: msp.org.fj/child-protection

Fiji's National Domestic Helpline: call 1560

The eSafety Guide: esafety.gov.au/esafety-guide

Family technology plan: esafety.gov.au/family-tech-agreement

Advice on messaging or online chat: esafety.gov.au/messaging-online-chat

Advice on location sharing: esafety.gov.au/location-sharing

Collecting evidence of cyberbullying: esafety.gov.au/report/cyberbullying/collecting-evidence

Advice on gaming: esafety.gov.au/parents-gaming

Dealing with online pornography: esafety.gov.au/parents-online-pornography

Dealing sending nudes and sexting: esafety.gov.au/parents-sending-nudes-sexting

Scams and identity theft: esafety.gov.au/online-scams-identity-theft

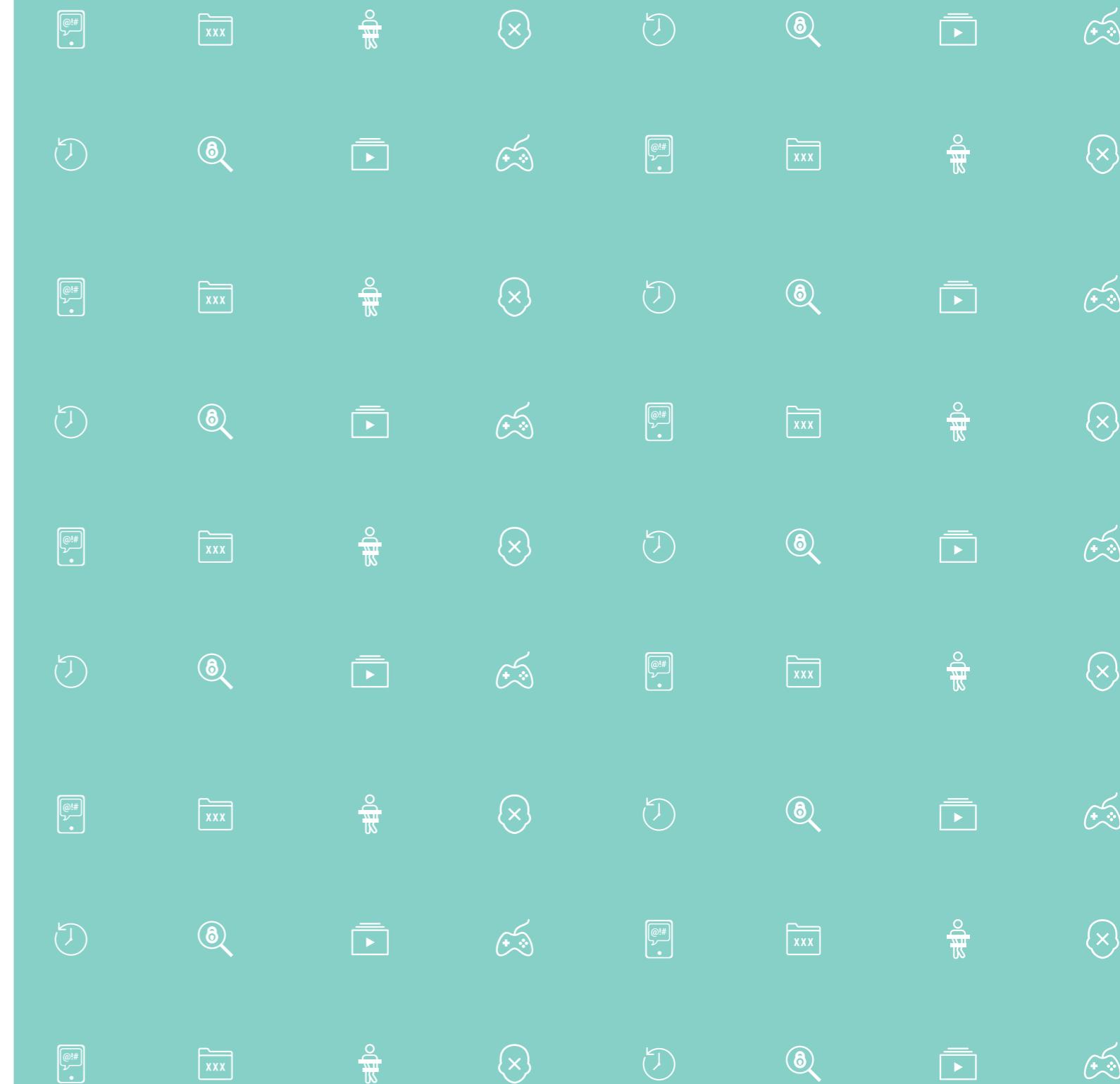
Windows: account.microsoft.com/family/about

Mac OS: support.apple.com/en-au/guide/mac-help/welcome/mac

Apple: support.apple.com/en-au/HT201304

Google Play: support.google.com/googleplay/answer/1075738

Google Family Link: families.google.com/familylink/



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