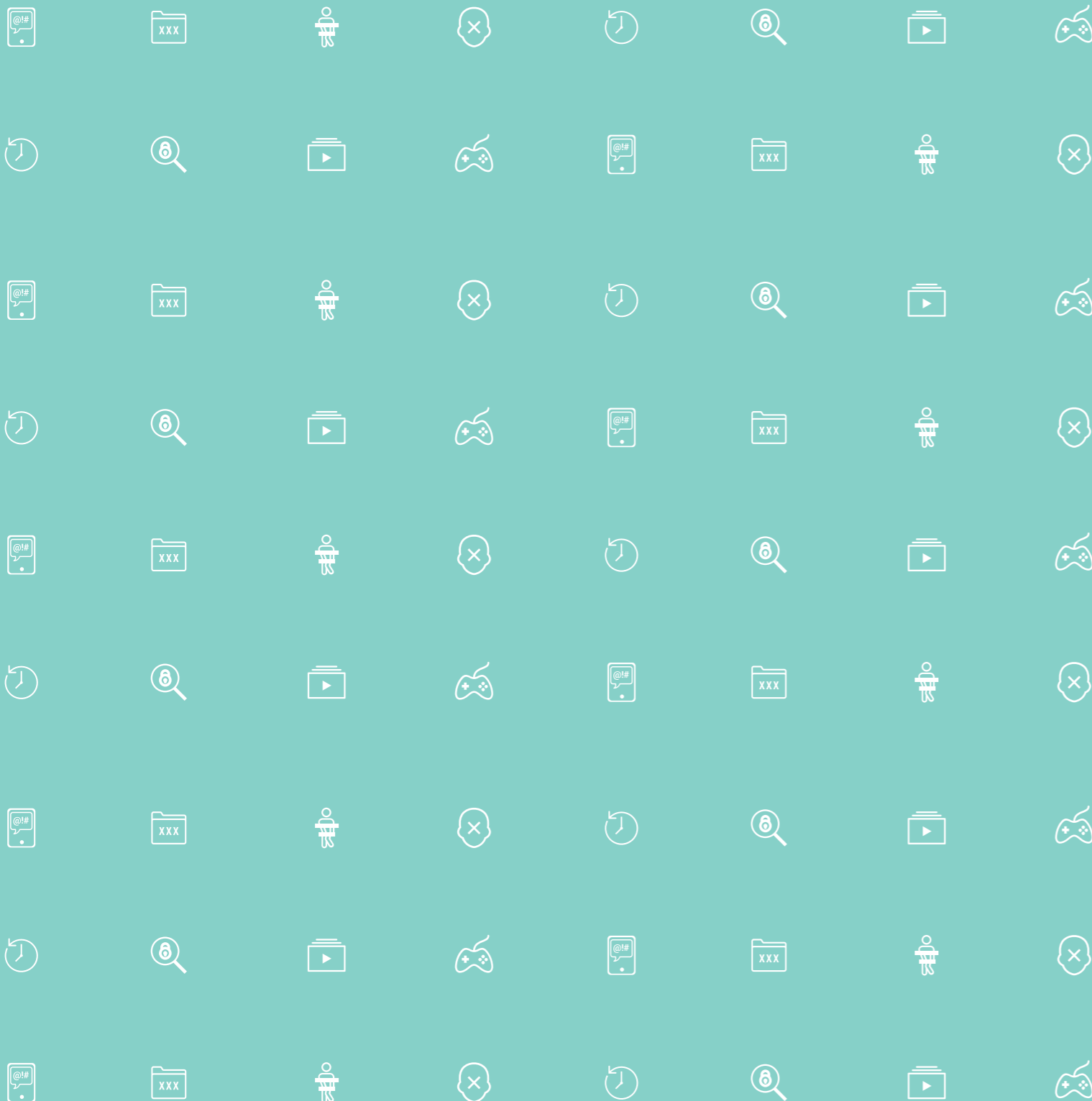


# Ladkan ke online suraksha

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 apanan 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 meinn.

Eii guide meinn dewaan 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 dewaan 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 insaan 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 **Kamti umar ke ladkan ke liye suraksha** booklet Online Safety Commission se, [onlinesafetycommission.com](https://www.onlinesafetycommission.com)



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

- 1 Technology ke aaspaas khula aur bharose mand samandh banao** — matlab ki aapke apan ladkan ke support kare ke padi aur ulong se baat kare ke padi taaki jab koi problem online hoje 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 banao 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 hoje sake ladkan ke madad karo jismein ki unlong 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 unlong koi bhi negative online experiences ke saamna kare toh unlong ke confidence aur resilience build hoje.



Top tips



Top tips



Top tips



Top tips



Top tips



Top tips



Top tips



Top tips



Top tips



Top tips



Top tips



Top tips



Top tips







# Parental control aur surakchit 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 pachele 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.





# Cyberbullying

Cyberbullying vyohaar 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 hum ladkan cyberbullied hoye hai to humme konchi kare ke chahi?

Sabse pahle 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 repond 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 counselling ya support service se madat le sakta hai









# Online pornography

Aapke ladkan anajaane meinn online porn discover kare sake hai, ya phir iske talaash meinn jaye sake hain. Koi bhi rakam se, aap apan ladkan ke protect kare meinn 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 hoeye hai.
- Available technology ke istemaal karo — Devices pe parental control hoeye 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 baatcheet jaldi shuru hoeye ke chahi.(jab ladkan 9 years ke hoeye jaaye ) taki accidently agar ulong isse guzare to potential impact se ulong ke bachaye lewa jaaye. sab ladkan different hoeye 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 meinn nahin aawe hai, to ulong aapse iske baare meinn pooche sake hai.

## Hum konchi kare sakta agar humlong ke ladkan ke online pornography 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 karega.
- 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 contact 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.





## 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 sakta hai?

- Ladkan ke accounts private kar do — ulong ke suggest akro ki apan social media accounts private kare ya phir apan privacy stting 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.



## 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 pahale 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 hoaye 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 criticixe 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-dhadi 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 batao. 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 jao 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](https://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](https://msp.org.fj/child-protection)

**Fiji's National Domestic Helpline:** call 1560

**The eSafety Guide:** [esafety.gov.au/esafety-guide](https://esafety.gov.au/esafety-guide)

**Family technology plan:** [esafety.gov.au/family-tech-agreement](https://esafety.gov.au/family-tech-agreement)

**Advice on messaging or online chat:** [esafety.gov.au/messaging-online-chat](https://esafety.gov.au/messaging-online-chat)

**Advice on location sharing:** [esafety.gov.au/location-sharing](https://esafety.gov.au/location-sharing)

**Collecting evidence of cyberbullying:** [esafety.gov.au/report/cyberbullying/collecting-evidence](https://esafety.gov.au/report/cyberbullying/collecting-evidence)

**Advice on gaming:** [esafety.gov.au/parents-gaming](https://esafety.gov.au/parents-gaming)

**Dealing with online pornography:** [esafety.gov.au/parents-online-pornography](https://esafety.gov.au/parents-online-pornography)

**Dealing sending nudes and sexting:** [esafety.gov.au/parents-sending-nudes-sexting](https://esafety.gov.au/parents-sending-nudes-sexting)

**Scams and identity theft:** [esafety.gov.au/online-scams-identity-theft](https://esafety.gov.au/online-scams-identity-theft)

**Windows:** [account.microsoft.com/family/about](https://account.microsoft.com/family/about)

**Mac OS:** [support.apple.com/en-au/guide/mac-help/welcome/mac](https://support.apple.com/en-au/guide/mac-help/welcome/mac)

**Apple:** [support.apple.com/en-au/HT201304](https://support.apple.com/en-au/HT201304)

**Google Play:** [support.google.com/googleplay/answer/1075738](https://support.google.com/googleplay/answer/1075738)

**Google Family Link:** [families.google.com/familylink/](https://families.google.com/familylink/)



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