



Bullying is being mean or hurtful in a way that scares or upsets someone else. It can take place anywhere and has many different forms, such as spreading rumors, posting inappropriate photos, or threatening someone.

Being bullied is never your fault and should never be tolerated. Remember that it can happen to anyone and you're not alone. You can always reach out to someone you trust to help you through the situation.

### What should I do if I'm being bullied?

1. **Stay calm and think before you act.** Don't try to retaliate or approach the person who bullied you when you're upset – this could make things worse. Clear your mind and take time to make the best possible decision about who to talk to and what you want to say.
2. **Tell someone you trust.** Reach out to a close friend, family member, church leader or teacher for support and advice.
3. Never risk being alone with anyone who threatens you or makes you feel unsafe.
4. **Call out bad behavior and report it.** Most online platforms have policies that prohibit bullying. If you're being bullied online, report it to the platform/s it's happening on. For information on reporting online bullying on Facebook, 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.

### How can I help a friend who's being bullied?

1. Let them know they're not alone and that you're there to help them.
2. Spend time with them so they feel supported.
3. Remind them that they haven't done anything to deserve this and that no one should bully them.
4. Remind them that if they're being bullied online, they can report it to the platform/s it's happening on. For information on reporting online bullying on Facebook, they can visit the [Help Centre](#). They may also wish to read [Facebook's Community Standards](#) to learn what is and is not allowed on the platform.
5. Encourage them not to spend time alone with the person who's bullying them.
6. Help them to avoid acting aggressively toward the person who's bullying them, as this can make things worse.
7. Don't speak for your friend unless they ask you to.
8. Make sure you check on them every few days to show you still care.

### What if someone calls me a bully?

It's never okay to bully someone else. No matter what another person says or does to you, the way you behave towards them is always your choice. Remember that we can't always predict what will make someone upset, so it's best not to take any chances.

If you find out that someone feels hurt by something you said or did, it's important to make a sincere apology. If you're afraid or uncomfortable about how to apologise or repair the relationship, ask a trusted adult or friend for guidance. If you're unsure about why the things you said were hurtful, apologise and ask the person for clarification. Let the person know you will be more careful and won't do it again.

For [more information](#) on bullying, you may find these resources useful:

[netsafe.org: Bullying & Abuse](https://www.netsafe.org/)

[getsafeonline.org: Protecting Yourself](https://www.getsafeonline.org/)



# 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](#)