



Remember to be careful what websites you click on – you might come across sexually explicit or violent content by mistake.

What should I do if I see sexually explicit content online?

You may have accidentally clicked on a link and seen sexual images that scared you or shocked you. Or your friends might have told you to search for sexual images or body parts. Or maybe you are curious about your changing body and relationships.

It's important to know that sexually explicit information online is often harmful to you and your friends. They could:

1. give you the wrong idea about sex and intimate relationships and harm your ability to form healthy, respectful relationships.
2. portray men and women in ways that are stereotyped and misleading about real life.
3. promote violence or aggression towards women, which is never okay.

If you want information that is real, factual and appropriate for your age, then ask a trusted adult or friend.

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

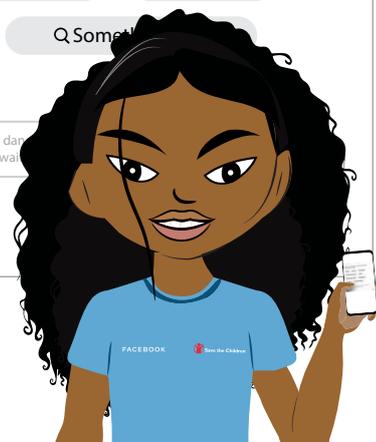
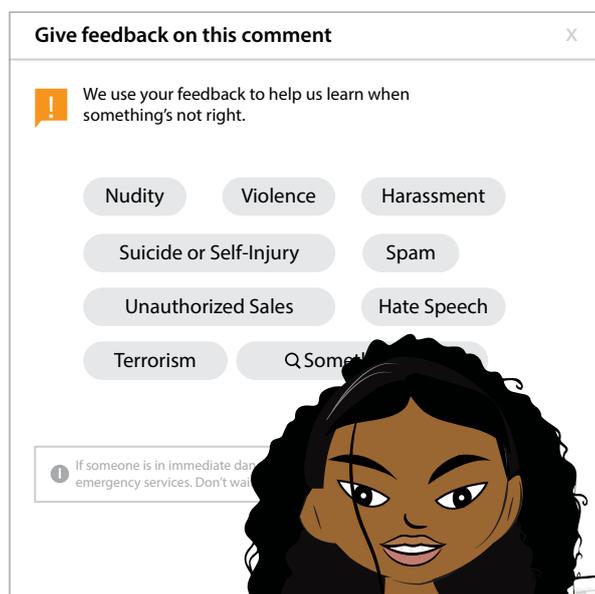
What should I do if I see violent content online?

Some people and groups share very graphic content online, such as violent images, accidents and injuries. You may have seen an image that really shocked you or made you feel scared. Sometimes the intention is harmless, but to you and others these images could be very disturbing.

Take action and control what you see

Remember that it's okay for you to decide what you see and what you don't want to see online. You can control this by:

1. Only visiting websites that you know and trust.
2. Only joining online groups that share positive and safe images and content.
3. Reporting images or content that scare or offend you. For information on reporting images or videos 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.
4. Reporting illegal images or content to the police.
5. Talking to trusted adults and others from your support network for more information, advice or support.



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](#)