

## Sapotim pikinini blong yu long stap seif onlain

Em orait sapos ol pikinini i save askim tumas long save long olgeta samting raun long ol, na ol papamama i wari long sefti blong ol pikinini long onlain na ausait. Hia em sampla samting yupla ken wokim wantiam long banisim famili blong yu:

### 1. Kamap wantaim ol famili lo wantaim

- o Hamas taim wan wan blong yupla i save stap onlain long olgeta de.
- o Toktok wantaim pikinini blong yu long wanem samting em lukim na kisim onlain.

### 2. Toktok wantaim long ol rilesensip igat rispek

- o Was gut olsem pikinini blong yu mas save long husat bikpla lain ol trastim.
- o Was gut olsem pikinini blong yu save em orait long tok 'nogat' na wei blong luksave long ol lain husat bai laik birua long ol.

### 3. Lainim samting yet

- o Askim pikinini blong yu long wanem ol fevoret websait o sosel media apps, na daunlodim ol na traim aut ol yet.
- o Long lainim moa long wanem wei yu ken sapotim pikinini blong yu long stap seif onlain, yu ken go lukim ol displa risos we ol i kamapim blong ol papamama:

[netsafe.org: Advice for Parents](https://netsafe.org: Advice for Parents)  
[netsafe.org: Parenting](https://netsafe.org: Parenting)  
[Facebook Parents Portal](https://Facebook Parents Portal)  
[Facebook Topic: Parents](https://Facebook Topic: Parents)  
[getsafeonline.org: Safeguarding Children](https://getsafeonline.org: Safeguarding Children)  
[getsafeonline.org: Protecting Yourself](https://getsafeonline.org: Protecting Yourself)



## Sapos pikinini blong yu i painim sampla hevi long taim em go onlain

1. **Sapos pikinini blong yu i kros o i soim sain o i traim long bagarapim em yet, yu mas kisim helpim hariap. No ken lusim pikinini i stap em yet.**
2. **Painim aut wanem samting i kamap** – em ino leit long stat long toktok. Sapos yu wari olsem ol lain wok long buli o abiusim pikinini blong yu, no ken pret long toktok wantaim ol long displa na askim ol sapos sampla samting i kamap.
3. **Sapotim ol na harim toktok blong ol.** Pikinini blong yu mas pilim orait long opim bel blong em na tokau. No ken toktok tai mem i toktok na larim em i tokim yu wanem samting bin kamap.
4. **Stap wantaim ol na noken putim lo.** Pikinini blong yu i mas save olsem yu stap long helpim ol long taim ol i painim hevi olsem.
5. **No ken putim blem o sutim tok long pikinini blong yu** taim ol i buli long en, maskim sapos yu no amamas long en. No ken traim long jasim pasin ol mekim pastaim long hevi kamap.
6. **Serim ol eksperiens blong yu.** Soim olsem yu save long wari blong pikinini blong yu bai tokaut long wanem samting bin kamap long ol na hao ol i pilim.

7. **No ken traim long mekim promis we yu no inap long bihainim**, tasol yu mas tokim pikinini olsem yu laikim ol lain painim gutpla wei blong stretim displa hevi.
8. **Givim sampla rot we ol inap long traim stretim hevi blong ol.** No ken givim oda, tasol yu mas givim ol rot bilong stretim hevi na helpim ol long kamapim ol wei blong ol yet long stretim hevi blong ol. Pikinini blong yu mas bilip na pilim olsem em I gat han long eksen plen long em bai wok.
9. **Sapos yu pilim olsem pikinini blong yu I bungim birua, kisim eksen hariap tasol.** Sapos em I wok long kamap long skul blong pikinini blong yu, Toksave long skul prinsipel. Sefti blong pikinini blong yu em namba wan.
10. **Ripotim ol samting onlain we i kamapim birua long ol samting i kamap onlain igo long ol lain i givim sevis.** Sapos lain husat i wok long yusim wanpla onlain sevis long traim bagarapim pikinini blong yu, yu mas ripotim. Yu ken mekim ripotim ol samting i kamapim birua long yu yet, pikinini blong yu na ol arapla lain long planti sait na sevis. Blong save moa long wei blong ripotim ol poto, video, posts, pipel o grup long Facebook we i kamapim birua, go long [Help Senta](#).  
Yu ken ritim tu [Facebook's Komunit Standet](#) long save long wanem samting em i orait na wanem samting ino orait long displa pletfom.

## Sapos yu wari long pikinini blong yu i wok long lukim ol seks poto o ponograpi onlain

Yu laik toktok long pikinini blong yu long ol lain ol i stap wantaim, senis long bodi blong ol o wanem samting ol i lukim long intanet, tasol ol ino save we long statim? Hia em sampla aidia blong helpim yu long statim toktok.

1. Em ino leit tumas o hariap tumas long statim toktok blong tupla lain mas tok orait na imas gat rispek insait long rilesensip.
2. No ken mekim save long pikinini – sampla taim ol pikinini ino minim long painim ol piksa nogut, sampla taim ol pren isave serim wantaim ol na sampla taim ol i laik save tasol. Yu mas isi long ol na traim long andastendim ol.
3. Bihainim gro blong pikinini blong yu na famili kalsa blong yu, yu ken tingting long tokaut long seks em i wanem samting. Ol toktok blong love na stap klostu long man o meri em impoten, wankain olsem ol toktok blong ol banis, wanem kain krismas em i gutpla long stap wantaim man o meri, na ol arapla ol pesonal veliu.
4. Sapos pikinini blong yu i bin lukim ol as nating poto long ol pren blong em o ol bikpela sumatin, yu mas Toksave long ol olsem em orait sapos ol i tok nogat na sanap ol yet namel long olgeta lain.
5. Strongim olsem em ino gutpla aidia long serim ol as nating poto wantaim narapla lain, o putim i stap long wanpla hap olsem long flash drive.



Blong lainim moa long hao yu ken sapatim pikinini blong yu long stap seif onlain, yu ken lusim ol displa [risos](#) we ol i bin kamapim blong ol papamama.

# Mi bai kisim sapot long we?

## FIJI

### Sapos laip blong yu stap long birua, ringim 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:

Onlain Sefti Komisen em wanpla ejensi blong Fiji we i save mekim wok blong edvokasi blong seif na risponsibel pasin long onlain blong olgeta pipel blong Fiji na em save givim sampla spes blong ol wan wan manmeri long ripotim ol wari blong ol long abius onlain. Blong kisim moa toksave, go long Onlain Sefti Komisen websait [Online Safety Commission](#) or call (+679) 9980 242.

## PAPUA NEW GUINEA

### Sapos laip blong yu stap long birua, ringim:

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

### Sapos laip blong yu stap long birua, ringim 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

### Sapos laip blong yu stap long birua, ringim 911

Fa'ataua Le Ola - Samoa Lifeline:

800 5433 [@FLOsamoa](#)

Samoa Victim Support Group:

800 7874 / 27904 / 25392

[@samoavictimsupportgroup](#)