

Pasin blong hatim bel em i pasin blong bagarapim tingting o givim wari long narapela lain. Em i save kamap long olgeta hap na i save kamap long kain kain wei, kain olsem sutim giaman toktok, postim ol poto ino gutpla, o mekim sampla lain i pret.

Taim ol man i hatim bel blong yu em ino bikos yu gat rong na yu no ken tru larim long em daunim yu. Tingim olsem em i ken kamap long olgeta lain na ino yu wanpla. Yu ken askim narapla man/meri husat yu trastim long em iken helpim yu long displa taim.

Bai mi mekim wanem sapos sampla lain i buli o hatim bel blong mi?

1. **Stap bel isi na tingting pastaim yu mekim samting.** No ken traim long bekim bekim o go fesim man/meri husat i wok long hatim bel blong yu, taim yu kros yet – displa ken mekim hevi go bikpela ma. Kliaim tingting blong yu pastaim na kisim sampla taim long mekim gutpla disisen long husat bai yu ken toktok wantaim na wanem samting yu ken toktok.
2. **Tokim wanpla lain yu trastim.** Toktok wantaim wanpla gutpla pren, famili memba, sios lida o tisa long kisim helpim na tok stia o edvais.
3. No ken painim birua long stap yu yet wantaim wanpla lain husat i bin traim long birua long yu o mekim yu pilim ino seif.
4. **Tokaut long pasin nogut na ripot long en.** Planti onlain pletfom igat ol polisi we i save tambu long buli o hatim bel blong narapla. Sapos ol lain hatim bel blong yu onlain, riptom go long pletfom/ olsem em wok long kamap. Long kisim moa toksave long onlain buli long Facebook, go long [Help Senta](#). Nogut yu bai laik long ritim [Facebook Komyuniti Standet](#) long save long wanem samting i orait na wanem samting ino orait long displa pletfom.

Hao bai mi ken helpim wanpla pren husat ol lain wok long hatim bel o buli long em?

1. Toksave long ol olsem ino ol tasol i bungim kain hevi na tu olsem yu stap long helpim ol.
2. Givim taim wantaim ol na bai ol i pilim olsem ol i gat sapot.
3. Toksave long ol gen olsem ol ino mekim wanpla rong na nogat man i gat rait long bulim ol hatim bel blong ol.
4. Tokim ol gen olsem sapos sampla lain wok long hatim bel blong ol onlain, orait ol iken ripotim igo long ol pletfom we displa i wok long kamap long en. Blong kisim toksave blong ripotim onlain buli long Facebook, ol i ken go long [Help Senta](#). Nogut ol bai laik ritim ol [Facebook Komyuniti Standet](#) blong save long wanem samting em orait na wanem samting em ino orait long larim long pletfom.
5. Tok klia long ol olsem ol no ken stap ol yet wantaim displa man/meri husat i wok long buli long ol.
6. Helpim ol long abrusim pasin blong soim belhat blong ol long ol lain i buli o hatim bel blong ol, nogut bai ol mekim hevi go bikpela moa.
7. No ken toktok long pren blong yu sapos ol ino askim yu long toktok.
8. Yu mas sekim ol planti taim long soim olsem yu tingim ol yet.

Na olsem wanem sapos wanpla lain i kolim mi olsem wanpla buli?

Em ino orait olgeta long buli long narapla lain. Maski ol i mekim wanem kain toktok ol ol i mekim wanem pasin nogut long yu, hao yu bekim long ol em i laik blong yu. Tingim olsem yumi bai ino nap long save long wanem kain pasin bai inap mekim narapla lain long belhat, olsem na em i gutpla long no ken givim sans.

Sapos yu lukim olsem wanpla man/meri i kisim belhevi long wanem tok yu mekim ol samting yu mekim, em impoten long yu mas tok sori tru. Sapos yu pret o ino pilim orait long tok sori o stretim rilesensip blong yu wantaim em, askim wanpla bikpla man/meri yu trastim long kisim tok stia. Sapos yu no klia long wanem ol kain tok yu mekim bai givim belhevi long narapla, tok sori na askim em long tok klia. Toksave gut long narapela man/meri olsem neks taim bai yu no inap mekim gen.

Blong kisim [moa toksave](#) long pasin blong buli, yu ken painim long displa hap:

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

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



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](#)