



Seksual abius, eksploitesen na haresmen inap kamap onlain na long laip tru. Tasol maskim taim o hao em kamap, em ino orait. Sapos displa i kamap long yu o narapla lain yu save long ol, yu mas ripotim igo long polis.

Na tu tingim olsem sapos yu bin kisim hevi blong seksual abius, eksploitesen na haresmen, em ino rong blong yu na em gutpla long yu painim helpim.

Seksual abius – Fosim narapela long seks, olsem reip o traim long reip, na wokim seks na tasim wanpla man/meri long praivet pat blong ol nating. Sapos yu wanpla pikinini, no gat man o meri imas soim yu ol piksa o vidio blong seks, o serim ol displa wantaim yu onlain.

Seksual eksploitesen – taim wanpla lain i abiusim tras blong yu o yusim pawa blong ol long kisim seks. Kain lain olsem tisa o wanpla lain igat pawa long bosim yu bai iken baim ol presen blong yu long kisim seks long yu o askim yu long ol sikret poto na bihain yusim ol poto na nogat gutpla as. Ol pipel husat i akim yu long givim ol samting o mekim samting we i mekim yu pilim nogut o pret em ino naispla lain na ol igat tingting nogut. Was gut long ol pipel husat bai luk olsem ol laik mekim gut long yu. Sampla lain nogut i save traim na winim trast blong yu long ol iken askim yu long ol kain samting olsem ol poto.

Seksual haresmen – taim wanpla man/meri i soim olsem ol i gat laik long yu o askim yu long seks, o buli long yu long mekim pasin seks, o mekim sampla narapla kain pasin blong fosim seks.

Long save moa, yu ken painim long ol displa risos:

www.facebook.com/safety/StopSextortion

www.netsafe.org.nz/image-based-abuse/

www.netsafe.org.nz/grooming/

<https://papuanewguinea.getsafeonline.org/protecting-yourself/>

Em ino orait long yu serim ol as anting piksa blong ol liklik pikinini. Sapos yu lukim displa, yu mas ripotim go long polis.

Intenesenel Lo i tok olsem liklik pikinini em i wanpela pikinini husat i aninit long 18 krismas o wanem mak blong krismas ol i makim insait long kantri blong yu sapos em i antap long dispela mak.

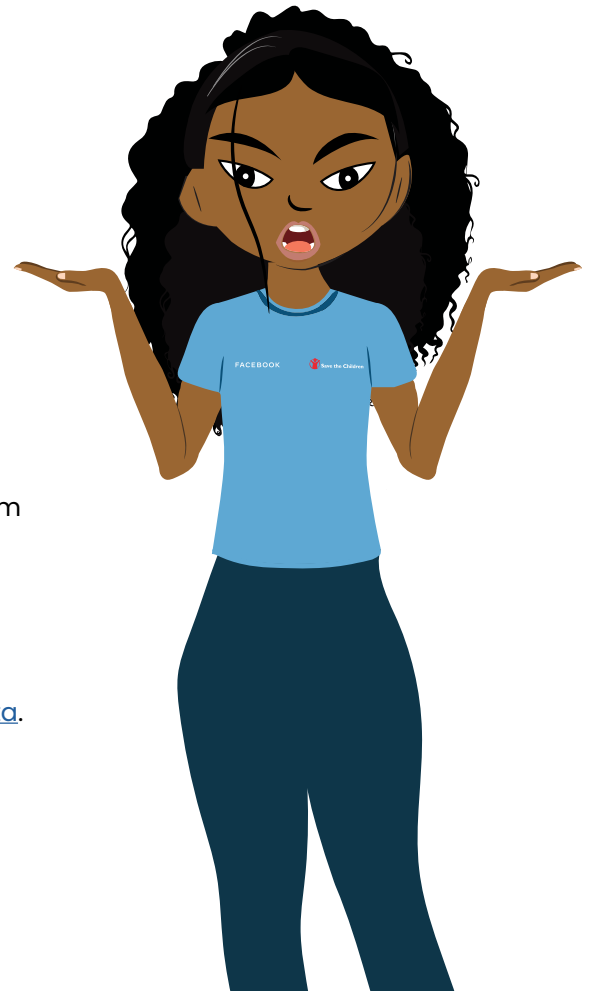
YU MAS TINGIM OLGETA TAIM:

1. Em INO ORAIT long wanpla man/meri i salim ol as nating piksa o video igo long wanpla lain husat ino askim long en.
2. Em INO ORAIT long wanpla lain i putim presa long narapla long salim ol as nating piksa, o piksa o vidio blong seks igo long en.
3. Em I ORAIT long tok 'nogat' na yu ken mekim tasol ol samting yu laik mekim, na yu pilim orait long en.

BAI MI MEKIM WANEM?

1. **Trastim pilim blong yu yet.** Sapos wanpla man i mekim yu pilim olsem yu no seif, harim yu yet na bilip long yu yet.
2. **Mekim eksen na painim helpim.** Sapos yu bin bungim hevi long seksual abius, eksploitesen o haresmen long onlain o long laip ausait, tokim wanpla man o meri yu trastim husat bai inap helpim yu long stretim displa hevi.
3. **Ripotim ol pasin nogut, ol man i mekim yu pret o mekim tok nogut long yu** onlain na yu blokim ol lain husat i mekim yu pret o abiusim yu long sosel midia na bai ol no ken kontekim yu moa long displa pletfom.

Long save moa wei blong ripot long Facebook, go long [Help Senta](#). Ating yu mas ritim [Facebook Komyuniti Standet](#) long save long wanem samting yu ken larim na wanem yu no ken larim long kamap long pletfom.



Mi bai kisim sapat 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](#)