



Sapos yu pilim bikpla wari

Planti samting iken mekim yu pilim hevi – skul, famili, ol pren, presa long ol wanlain, sosel midia. Hevi na wari inap long bagarapim sindaun blong yumi long planti wei na em impoten long luksae long displa taim yu pilim hevi na save long wei blong helpim yu yet na narapla lain yu save long en. Sampla eksampel bilong hevi o wari em belhat hariap na pasin i senis hariap, ino inap tingting gut, ino tingting stret o ino laik mekim wanpla samting, pilim wari o laik krai na painim hat long slip. Sapos yu laik save moa, yu inap lukim ol displa [risos](#).

Ol samting blong brukim bikpla wari

Traim ol displa samting long kain kain taim long daunim wari blong yu:

1. Pulim win – lainim long pulim win gut, sindaun isi, pulim win isi igo insait long nus blong yu na autim win isi long maus blong yu.
2. Lap – painim samting o wanpla man o meri husat inap mekim yu lap.
3. Singautim wanpla pren o wanpla man o meri yu trastim na yu ken toktok wantaim.
4. Mekim gut long yu yet – sapos yu raun liklik, mekim ekksesais na pulim gutpla win inap mekim yu pilim bel isi. Kisim planti malolo na slip na kisim taim long mekim ol samting yu save laikim.
5. Kisim wanpla malolo – kisim sampla taim longwe long intanet na sosel midia, o putim mak blong yu long hamas taim yu ken stap onlain: [netsafe.org: Time Online](#) [Facebook: Manage Your Time](#)



Sapos yu pilim olsem hevi bikpela tumas, yu stap yu yet o pilim yu laik kisim yu yet

Planti yangpela manmeri i save bungim taim we ol save pilim planti hevi o long ol samting i save kamap long onlain o laip tru. Yu ken pilim bikpla wari, sore, belhat, bel sore long yu yet stap, ino nap helpim yu yet o pret. O yu ken pilim nogut long yu yet na kisim ol krangki tingting blong kisim laip blong yu yet.

Hia em sampla aidia we ibin helpim ol arapla yangpla pipel, na em inap helpim yu, tu:

1. Tingim olsem em i orait sapos yu save pilim hat na wari taim yu bungim sampela bikpela hevi sampla taim, tasol em impoten long yu no ken traime long stretim hevi blong yu yet.
2. Painim ol pipel yu trastim na toktok long ol – em ol lain olsem ol papamama, ol arapla famili lain, skul pren, o ol pren long sios na long komyuniti.
3. Mekim gut long yu yet, putim yau long ol pipel yu trastim, kisim malolo na no ken mekim disisen hariap tumas.

Sapos yu wari long wanpla famili memba blong yu o pren blong yu

Sapos yu pilim wanpla pren blong yu o wanpla blong famili lain blong yu bai stap long birua, ringim lokal imejensi sevis hariap. No ken wet.

Sampla taim bai yu painim hat long mekim wanem kain toktok long narapla lain husat i bin tokim yu olsem ol laik kisim ol yet, o yu bilip em wok long tingting long mekim olsem. Hia em sampla samting yu ken mekim long sapotim ol:

1. Strongim pren blong yu long toktok long wanem kain hevi ol pilim.
2. Kamap gutpla man o meri blong harim toktok.
3. Sekim ol klostu klostu na askim ol sapos ol orait.
4. Helpim ol long konek wantiam ol pipel ol trastim, olsem wanpla heltkea profesenel, famili memba, narapla pren o wanpla helpim fon lain. Ating ol ken painim sampla [helpim](#) long displa.
5. Lukautim yu yet long kain taim olsem na traime long kisim helpim long ol pren o heltkea profesenel husat inap sapotim yu, tu. Wei blong sapotim na lukautim ol pipel husat i gat bikpla wari em i hatpela wok na yu tu mas kisim gutpla sapot.

Blong save moa long hao long stopim pasin blong kilim yu yet, yu ken painim ol displa helpim long [hia](#).

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](#)