

Koi bhi online safe rahe ke maja le sake hai aur u log ke hoye ke bhi chaahi. Lekin disability ke saath jiye la log sabse jaada marginalised groups me se hai aur aksar jaada bhedbhaao, d'araana-dhamkaana ya physical, mental aur emotional abuse ke experience kare hai.

Bhedbhaao, d'araana-dhamkaana aur abuse karna kabhi bhi t'hiik nahi hoye aur nahi hoye ke chaahi – chaache online ya real life me.

Ek accha dost ke chaahi:

- dayaalu aur respectful bano
- aapke dukhi nahi karo
- aapse aisan kuch bhi kare ke liye nahi bole jon aap nahi kare mangta.

Apan aap ke aur duusar ke online protect kaise karo, iske liye tips:

1. [Strong passwords](#) aur [two-factor authentication](#) se apan email aur social media accounts ke protect karo. Jispe aap bharosa karta hai usse iske liye madad lo, agar aapke iske jarurat hai.
2. Apan ghar ke door khula nahi rakho. Wahi rakam online rahe – apan password koi ke sange share nahi karo. Na friend log ke sange, na palwaar ke sange. I risk ke laayak kabhi nahi hai.
3. Apan baaki private jaankaari, jaise aap kahaan rahta hai, aapke phone number ya bank details, u log se share nahi karo jon log ke aap nahi janta hai.
4. Jaise-jaise aapke friend list bar'he hai, apan private settings regularly check karte raho taaki jon jaankaari aap private aur public rakhta hai aapke abhi bhi safe feel karaaye.
5. Agar aapke online kuch aisan mile hai jon aapke accha nahi lage, ya nahi samajhta hai, tab koi aisan ke bataao jispe aap bharosa karta hai.
6. Tabhi friend request bhejo ya accept karo jab aap u person ke accha se janta hai.



Agar aap ya koi jiske aap janta hai online bullying ya abuse experience kare hai because u log disability ke saath jiye hai:

1. Puucho ki u log t'hiik hai ki nahi aur support karo, agar u log share kare maange ki u kaise feel kare.
2. U log ke duusar se baat kare ke liye encourage karo jon pe u log support aur advice ke liye bharosa kare hai.
3. U log ke yaad dilao ki u log koi ke baare me aur kharaab behaviour ke baare me u log se [report](#) kare sake hai jon u online site ke chalaaye hai jispe i hoye hai. Agar aap kare sakta hai tab isme u log ke madad kare ke liye offer karo, ya u log ke koi aisan person se puuche ke liye encourage karo jispe u log bharosa kare hai.
4. Agar koi ya kuch aapke apan baare me kharaab feel karaaye hai, ya agar Facebook ke use kare se aap dukhi ya worried feel karta hai, tab apan kariib la koi person ke bataao. Social media se break lena sab time t'hiik hoye hai.
5. Agar koi baat aapke koi friend ke baare me worried feel karaaye hai, tab uske check karo.
6. Agar kuch right nahi lage hai, kuch aapke paresaan kare hai ya aapke uncomfortable feel karaaye hai, tab apan aap pe bharosa rakho aur koi aisan person se madad lo jis pe aap bharosa karta hai.

Aur jaankaari ke liye, [bullying aur abuse](#) pe Netsafe New Zealand ke resources pe jao.