

Online safe rahe ke liye apan lar'kan ke support karna

I normal hai ki lar'kan duniya ke baare me jaane maange, aur maata-pita offline aur online apan lar'kan ke safety ke baare me worry kare hai. Yahaan pe kuch chiiz bataaya gaye hai jon aap log sange kare sakta hai apan palwaar ke safe rakhe ke liye:

1. Palwaar ke sange kaanuun banaao

- o Har roj aap me se sab koi kitna deri online rahata hai.
- o Aapke lar'kan online konchi dekhe aur access kare iske baare me baat karte raho.

2. Ijzat waala relationships ke baare me sange baat karo

- o Make sure ki aapke lar'kan i jaane ki kon-kon bar'a log ke u log bharosa kare sake hai.
- o Make sure ki aapke lar'kan jaane ki 'na' bolna t'hiik hai aur kaise pahachaane ki koi u log ke nuksaan pahuchaaye maange hai.

3. Siikhte raho

- o Lar'kan se puucho ki u log ke favorite websites ya social media apps konchi hai, u sab download karo aur apne dekho ki u sab me konchi hai.
- o Aur jaane ke liye ki aap kaise apan lar'kan ke support kare sakta hai taaki u log online safe rahe, aap i sab resources dekhe sakta hai jon khaaskarke maata-pita ke liye teiyaar kara gaye hai:

[netsafe.org: Advice for Parents](https://netsafe.org/Advice-for-Parents)

[netsafe.org: Parenting](https://netsafe.org/Parenting)

[Facebook Parents Portal](https://www.facebook.com/parentsportal/)

[Facebook Topic: Parents](https://www.facebook.com/parentsportal/)

[getsafeonline.org: Safeguarding Children](https://getsafeonline.org/Safeguarding-Children)

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



Agar aapke lar'kan ke online kharaab experience hoye hai

1. **Agar aapke lar'kan sacche me upset hai ya khud ke haani pahuchaaye ke signs dikhaaye hai, tab jaldi madad lo. Apan lar'kan ke akele nahi chor'o.**
2. **Pata lagao ki konchi bhaye – baatchiit suru kare ke liye kabhi bhi bahut deri nahi bhais hai.** Agar aap sochta hai ki aapke lar'kan ke bully ya abuse kara jaaye hai, bina d'ar ke u log ke sange baat karo aur pucho agar kuch bhaye hai.
3. **Support karo aur suno.** Aapke lar'kan ke aap ke sange khulke baat kare ke liye aur sach bole ke liye safe feel kare ke jaruuri hai. U log ke roko-t'oko nahi aur jon chiiz bhais hai u log ke bataan do.
4. **U log ke liye bina koi condition ke wahaan raho.** Aapke lar'kan maange jaane ki difficult haalat se baahar nikaale ke liye aap u log ke sange hai.
5. **Apan lar'kan ke blame ya criticize nahi karo** jjab u log bullies aur kharaab log ke shikaar bane hai, chahe aap gussa ya upset hota hai. Haadsa se pahale u log jon chiiz bhi karta raha uske leke judgemental nahi ho.
6. **Apan aap ke experiences share karo.** Apan lar'kan ke haalat se relate karke aap apan lar'kan ke encourage karta hai ki u log share kare ki u log ke sange konchi bhaye aur u log kaise feel kare hai.

7. **Aisan waada nahi karo jon tum puura nahi sakta kare**, lekin apan lar'kan ke bharosa dilao ki problem ke accha solution khoje me aap u log ke madad kare mangta hai.
8. **Haalat se deal kare ke liye u log ke sujhaao deo.** Hukum nahi chalaao, lekin solutions do aur u log ke encourage karo ki haalat se deal kare ke liye apan khud ke rasta nikaale. Aapke lar'kan ke bharosa aur mahasuus kare ke jaruuri hai ki u log i action plan ke hissa hai taaki u kaam kare sake.
9. **Agar aap sochta hai ki aapke lar'kan khatra me hai, tab jaldi kadam uthaao.** Agar i aapke lar'kan ke school me hoye hai, tab principal se baat karo. Aapke lar'kan ke safety jaruuri hai.
10. **Nuksaan kare la aur gairkaanuuni online jaankaari ke baare me service provider ke report karo.** Agar koi aapke lar'kan ke target kare ke liye online services use kare, tab report karo. Kharaab aur nuksaan pahuchaaye la chiiz jisme aap, aapke lar'kan ya koi bhi saamil hai uske baare me aap bahut sites aur services pe report kare sakta hai. Facebook pe nuksaan pahuchaaye la aur gairkaanuuni photos, videos, posts, log aur groups ke baare me report kare ke liye [Help Centre](#). Aap i jaane ke liye [Facebook's Community Standards](#) ke bhi par'he sakta hai ki platform pe konchi allowed hai aur konchi nahi.

Agar aap soch me hai ki aapke lar'kan online sexual images ya pornography access kare hai

Kya aap apan lar'kan se relationships, u log ke body me changes ya internet pe jon dekhe hai, uske baare me baat kare mangta hai, lekin pata nahi kahaan se suru karo? Yahaan kuch ideas hai jon aap ke baat suru kare me madad kari.

1. Relationships me marzi aur ijjat ke baare me baat suru kare me kabhi bhi jaldi ya bahut deri nahi hoye hai.
2. Apan lar'kan ke saja nahi do – kabhi-kabhi lar'kan galti se explicit chiiz dekh le hai, kabhi-kabhi u log ke dost u log ke sange share kare hai aur kabhi-kabhi u log khud jaane maange i sab chiiz ke baare me. Saanti aur samajhdaari se kaam lo.
3. Apan lar'kan aur apan palwaar ke culture aur background ke maturity level ke aadhaar pe, aap sex ke baare me baat kare sakta hai. Pyaar aur sex ke baare me baatchiit jaruuri hai, uske sange sex ke liye boundaries aur sahi umar, aur baaki personal values.
4. Agar aapke lar'kan ke dost ya u log se bar'a students pornography dikhaain hai, tab u log ke bataao ki 'na' bolna accha hai aur aisan log se duur hoye jao.
5. I baat pe bal do ki pornography ke koi aur ke sange share karna, ya koi bhi device me save karna kabhi bhi accha idea nahi hai.



Aur siikhe ke liye ki aap apan lar'kan ke online safe rakhe ke liye konchi kare sakta hai, aap i sab [resources](#) dekhe sakta hai jon khaaskar maata-pita ke liye teiyar kara gaye hai.

