

Har ek lar'ki, lar'ka, aurat aur admi important hai aur u log ke paas aage bar'he ke, safe feel kare ke, ijjat paaye ke aur sunwaayi ke baraabar mauka hai. Lekin gender inequality naam ke koi chiiz ke kaaran, aurat aur lar'ki log ke school miss kare ke, jabardasti saadi kare ke, violence sahe ke, ya baraabar kaam ke liye kamti talab mile ke chances jaada hai.

Duniya bhar me aurat aur lar'ki log exploitation, abuse, aur harassment ke saamna kare sake hai, khali i kaaran ki u log aurat aur lar'ki hai. I online aur real life me bhi hoye sake hai.

I yaad rakhe ke jaruuri hai ki gender inequality ke khatam kare me aur aurat aur lar'ki log ke liye safe duniya banaaye me sabke kaam kare ke par'i.

## Ham gender equality aur positive behaviour online kaise dikhaaye sakta hai?

1. **Sabke ijjat karo** aur u log ke waise hi treat karo jaise aap mangta sab koi aapke treat kare. Duusar ke sange friendly aur kind language use karo, online aur real life me. Differences ke respect karo aur uniqueness ke celebrate karo online.
2. **Yaad rakho ki bullying, harassment aur violence kabhi t'hiik nahi hoye hai.** Aap kharaab behaviour, jiske aurat aur lar'ki log bhi target bane hai, uske khilaaf khar'a hoye sakta hai. Iske report karo, apan friend log ke bataao aur madad maango.
3. **Suno aur siikho** – lar'ki aur aurat log ke experiences me interest dikhaao aur apan khayaal badli kare ke liye teiyar raho. Gender inequality pe jaankaari apan friend log aur palwaar ke sange share karo.

## Ham kaise sakta online gender-based abuse se apan aap ke bachaaye?

1. Apan aap pe bharosa rakho. Agar koi aapke uncomfortable ya unsafe feel karaaye hai, tab apan aap ke suno aur apan aap pe bharosa karo.
2. Kadam uthaao aur madad lo. Agar aap sexual abuse, exploitation ya harassment experience karta hai, online ya real life me, tab koi aisan ke bataao jiske aap bharosa karta hai jon i situation me aapke support kare sake hai.
3. Agar aap koi friend ke post pe paresaan kare la content, mean comments dekhta hai, ya kuch bhi jon aapke uncomfortable feel karaaye – koi ke bataao. Online kharaab, dhamkaaye la ya abusive behaviour ke baare me report karo aur koi ke bhi block karo jon social media pe aapke dhamkaaye ya abuse kare taaki u log ab aapke contact nahi kare sake.
4. Agar koi aisan kuch kare hai jisse aap unsafe ya uncomfortable feel karta hai, ya aapse kuch aisan kare ke liye bole hai jon aap nahi kare mangta hai, tab sab time 'nahi' bolna t'hiik rahe.
5. Apan aap ke u log ke sange saamil karo jon log pe aap bharosa karta hai, jaise friend log aur palwaar.

**YAAD RAKHO: Jab bhi koi online jaaye, uske safe feel kare ke chaahi. I sabke jimmedaari hai ki internet ke sab ke liye ek safe jagaah banaao.**

Aur jaankaari ke liye, Netsafe New Zealand ke [gender-based](#) aur [gender identity-based](#) online abuse ke jaankaari par jao.

