

Har ek person ke paas online aur real life me safe feel kare ke aur ijjat paaye ke adhikaar aur hak hai. Lekin dukh ke baat hai ki log bullying, abuse aur nafrat ke experience kare sake hai.

Online nafrat koi bhi rakam ke attack hai jon internet pe hoya hai aur koi ke background, community, gender ya identity ke target kare – jaise u log ke umar, gender, dharam, skin colour, jaat, bhaasa, sexuality, sexual characteristics ya disability. I nuksaan pahuchaaye sake hai aur log ke apan real self me hoya ke liye dukhi, gussa aur dar feel karaaye sake hai.

'Acceptance' tab hoya hai jab har koi apan background, community, identity, ya apan aap ke kaise express kare hai, ke parwaah kare bina safe, respected, aur wahi feel kare jon u hai.



### Ham accepting behaviour kaise dikhaaye sakta hai?

1. Sune aur siikhe ke liye time nikaalo, aur u log ke baare me apan knowledge aur samajh bar'haao, jon log ke backgrounds, communities aur identities apse alag hai.
2. Sabke differences ke respect aur accept karo, jisme alag-alag cultures, pahchaan, biswaas aur jiye ke tariika saamil hai.
3. Apan connections me kind aur positive raho; baaki log ke waise hi treat karo jaise aap mangta sab koi aapke treat kare.
4. U friend log ke support karo jon apse jaada difficulties ke saamna kare sake hai – ya jon thor'a madad ke appreciate kare sake hai.

### Agar aap online hate ke dekha hai ya uske target raha hai:

1. U person ke block karo jisse aap ab baat nahi kare mangta hai, jon aapke unsafe ya uncomfortable feel karaaye. Facebook pe iske kaise karo iske jaankaari ke liye [Help Centre](#) visit karo.
2. U person ya post ke baare me report karo jon aapke paresaan kare ya unsafe feel karaaye. Facebook pe iske kaise karo iske jaankaari ke liye [Help Centre](#) visit karo.
3. Support aur advice ke liye koi aisan se baat karo jis pe aap bharosa karta hai, jaise ki ek kariibi friend, palwaar ke member, religious leader, women and children's rights organisation ya teacher.

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

1. [Setting up 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 jaruurat hai.
2. Apan private jaankaari jaise passwords, aap kahaan rahta hai, aap ke phone number ya bank details, u log se share nahi karo jon log ke aap nahi janta hai.
3. 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.
4. Tabhi friend request bhejo ya accept karo jab aap u person ke accha se janta hai.

**YAAD RAKHO: Jab bhi koi online jaaye, uske safe, accepted aur wahi feel kare ke chaahi jon u hai. I sabke jimmedaari hai ki internet ke sab ke liye ek safe jagah banaao.**

Aur jaankaari ke liye, [support with hate incidents](#), aur [gender-based](#) aur [gender identity-based](#) online abuse pe Netsafe New Zealand ke page pe jaao.

