

Online siikhna, connect karna aur share karna accha hai aur maja bhi lage, lekin aap kabhi-kabhi kuch risks bhi experience kara hoyi.

Online risks me saamil hai: kisi ke bully karna, harassment aur abuse; galat photographs milna ya messages, aisan images aur jaankaari dene ke liye puucha jaana jon aapke uncomfortable ya unsafe feel karaaye; ya koi aapke encourage kare ki aap violent, khatarnaak ya gairkaanuuni kaam me bhaag lo.

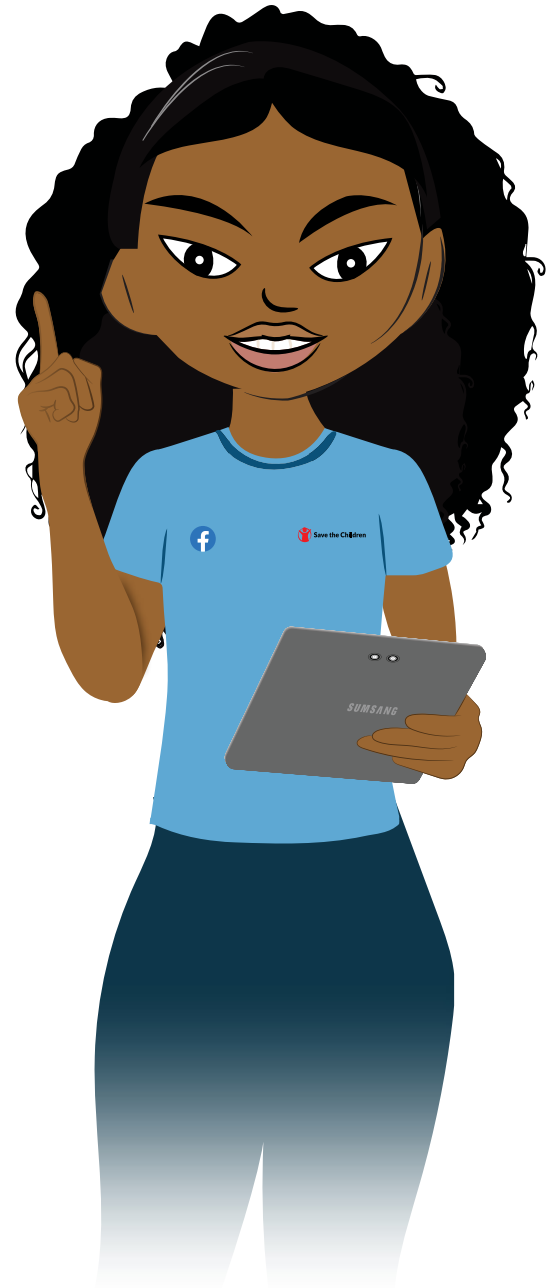
Aap action le sakta hai

Agar online aapke kharaab experiences raha ya aap abhi bhi experience karta hai jon aapke discomfort, d'ar ya distress de, tab apan aap ke bachaaye ke liye kuch kadam uthaaye sakta hai:

1. Thor'a din kuch log ke follow nahi karo ya u log se connect nahi karo, aur jarurat par'e to internet se duur raho.
2. Anjaan log se friend requests nahi accept karo – 'friend' banaaye se pahale u insaan ke baare me jaano ki u kon hai.
3. Jon log se aap interact nahi mangta kare u log ke unfollow, unfriend aur block kardo. Yaad rakho ki jisse aap baat nahi kare mangta, uske mana karna accha baat hai.
4. Comments delete kardo jon duusar log aapke profile pe post kare ya messages jon aapke upset kare.
5. Koi bhi chiiz report karo jon aapke upset aur unsafe kare. Agar platform pe aap kuch dekhta hai aur socta hai ki u policies ke khilaaf hai, tab uske report karo. Facebook pe log, groups, posts ya messages ke baare me report kare ke liye [Help Centre](#). Aap [Facebook's Community Standards](#) ke baare me bhi par'hke jaane sakta hai ki platform pe konchi allowed hai aur konchi nahi.
6. Personal details post nahi karo, kaahe ki kaafi log dekhe sake hai. Isme saamil hai ghar ke pata, school ke naam, palwaar ke jaankaari, bank accounts ke baare me ya passwords.
7. Usse salaah ya support lo jispe aap bharosa karta hai. I log aapke maata-pita, bhai/bahan, teacher, church ya community leader, ya ek dost hoye sake hai.
8. Turant support ke liye, ek local support organization ke contact karo, ya local authorities ke.

Aur [jaankari](#) ke liye liye, aap i sab additional resources dekhe sakta hai:

[netsafe.org](https://www.netsafe.org): Advice for Young People
[getsafeonline.org](https://www.getsafeonline.org): Protecting Yourself



Save the Children



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