06 Online Bully Karna

#HamDigitalHai

Bullying yaane ki koi ke sange galat bartaao jon uske daraaye ya upset kare. I kahiin pe aur alag-alag rakam se hoye sake hai jaise afwaah faylaana, kharaab photos post karna, ya koi ke dhamki dena.

Agar aapke koi bully kare to isme aapke kabhi bhi koi galti nahi hai aur iske kabhi bhi saho nahi. Yaad rakho ki i koi ke sange hoye sake hai aur aap akele nahi hai. Aap sab time aisan insaan se madad lo jispe aap bharosa karta hai ki u aapke i situation me madad kari.

Agar hamme bully kara jaaye hai tab ham konchi kare sakta?

1. **Saanti raho aur kadam ut'haaye se pahale socho.** Jab aap upset hai, tab retaliate nahi karo ya u insaan ke saamna nahi karo jon aap ke bully karis hai - isse situation aur kharaab hoye sake hai. Accha se socho aur sahi faisla lo ki kisse sakta aap baat kare aur konchi bole mangta.
2. **Uske bataao jispe aap bharosa karta hai.** Kariib la koi dost, church leader ya teacher se support aur salaah lo.
3. Kabhi aisan insaan ke sange akele rahe ke khatra nahi lo jon tumme dhamkaaye ya unsafe feel karwaaye.
4. **Galat bartaao ke saamne laao aur report karo.** Bahut d'her online platform ke paas policies hai jon bully kare se roke hai. Agar aapke koi online bully kare hai, tab u platform pe report karo jispe aap ke bully kara jaaye hai. Facebook pe online bullying ke baare me report kare ke liye Help Centre. Aap Facebook Community Standards ke baare me bhi par'hke jaane sakta hai ki platform pe konchi allowed hai aur konchi nahi.

Ham ek dost ke kaise madad kare sakta hai jiske bully kara gaye hai?

1. U log ke bataao ki u log akele nahi hai aur aap u log ke madad kare ke liye hai.
2. U log ke sange time bitaao taaki u log jaane ki aap u log ke sange hai.
3. U log ke yaad dilaao ki u log aisan kuch nahi karis hai jisse u log bullying deserve kare hai aur koi bhi u log ke bully nahi kare sake.
4. U log ke yaad dilaao ki agar u log ke online bully kara gaye hai, tab u log u platform pe report kare sake hai jispe bully kara gaye hai. Facebook pe online bullying 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.
5. U log ke encourage karo ki u log u insaan ke sange akele nahi rahe jon uske bully kare hai.
6. U log ke madad karo ki u log bully kare waala insaan pe gussa nahi kare kaahe ki isse haalat aur kharaab hoye sake hai.
7. Apan dost ke taraf se baat nahi karo jab tak u log tumse bole nahi.
8. Make sure aap kuch-kuch din pe u log ke check kar lo taaki u log ke lage ki aap u log ke baare me fikar karta hai.

Agar koi hamme bully bole tab?

Koi aur ke bully karna kabhi bhi accha nahi hai. Isse koi fark nahi par'e ki duusra insaan aap se konci bole ya kare, jon rakam se aap u log ke sange bartaao karta hai u aapke choice hai. Yaad rakho ki ham log sab time predict nahi kare sakta ki koi kon baat pe upset hoye jaaye, tab faayda yahi hai ki ham log koi chances nahi lo.

Agar aapke pata lage ki aapke baat se ya jon kuch aap kara hai usse koi ke chot pahuucha hai, tab jaruuri hai ki aap maafi maango. Agar aap maafi maange se darta hai ya uncomfortable hai, tab koi bar'a jan ya dost jispe aap biswaas karta hai usse guidance lo. Agar aap iske baare me sure nahi hai ki aap jon chiiz bola hai kaise hurtful hai, tab maafi maango aur u insaan se clarification maang lo U insaan ke bataao ki aap aur careful rahega aur fir se aise nahi karega.

Bullying ke baare me aur jaankari ke liye, aap i sab resources dekhe sakta hai:

netsafe.org: Bullying & Abuse

getsafeonine.org: Protecting Yourself

Save the Children

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