



Iske khayaal rakho ki aap kon-kon websites pe jaata hai – aap galti se sexually explicit ya violent content dekhe sakta hai.

Ham konchi kare sakta agar ham sexually explicit content online dekha hai?

Aap galti se koi aisan link pe click kar diya aur sexual images dekha jon aapke daraae diis ya hairaan kar diis. Ya aapke dost saait bataais ki aap sexual images ya body ke parts ke baare me search karo. Ya fir aap apan changing body ya relationships ke leke bahut curious hai.

I jaane ke bahut jaruuri hai ki online koi bhi sexually explicit jaankari aapke liye aur aapke dost log ke liye kharaab hai. U sab:

1. sex aur intimate relationship ke baare me aapke galat idea de sake hai aur accha, ijjat la relationships banaaye me aapke haani pahuchaayi.
2. aurat aur admi log ke galat rakam se dekhaayi aur asal jindagi ke baare me gumraah kari.
3. aurat ke khilaaf violence ya aggression ke bar'haawa deyi, jon accha nahi hai.

Agar aap aisan jaankaari mangta hai jon sacche, factual aur aapke umar ke liye sahi hai, tab koi bar'a jan ya dost se puucho jispe aap bharosa karta hai.

Lar'kan ke sexually explicit ya nange la photos share karna kabhi bhi accha nahi hai. Agar aap aisan kuch dekhta hai, tab aapke police me report kare ke chaahi.

Ham konchi kari agar ham violent content online dekhta hai?

Kuch log aur groups bahut graphic content online share kare hai, jaise ki violent images, dhakka aur chot lage la photos. Aap bhi saait aisan image dekha hoyi jon aap ke hairaan kar diis ya daraaye diis. Kabhi-kabhi jon aisan images post kare hai uske iraada nuksaan pahuchaaye ke nahi hai, lekin aapke aur duusar ke i sab images paresaan kare sake.

Kadam uthaao aur jon chiiz aap dekhta hai uske control karo

I yaad rakho ki aap faisla kare sakta hai ki aap online konchi dekhe mangta aur konchi nahi. I control kare ke liye:

1. Khali wahi websites pe jao jiske baare me aap janta aur bharosa karta hai.
2. Khali wahi online groups join karna jon positive aur safe images aur jaankaari share kare.
3. U sab images ya jaankaari ke baare me report karna jon aap ke daraaye ya accha nahi lage. Facebook pe images aur videos ke baare me report kaise karo, iske baare me aur jaankaari 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.
4. Gairkaanuuni images ya jaankaari ke baare me police ke report karna.
5. Koi bar'a jan jispe aap bharosa karta hai ya aapke support network se aur jaankari, salaah ya support ke liye baat karna.

