

While spending time learning, connecting and sharing online can be enjoyable and fun, you may also have experienced some of the risks.

Online risks can include: bullying, harassment or abuse; being sent inappropriate photographs or messages; being asked to share images or information that makes you feel uncomfortable or unsafe; or being encouraged to participate in violent, dangerous or illegal activities.

You can take action

If you are having, or have had bad experiences online that cause you discomfort, fear or distress, there are steps you can take to help protect yourself:

1. Take a break from following or connecting with certain people, or spend some time away from the internet if you need to.
2. Ignore friend requests from strangers – always make sure you know who a person is before adding them as a ‘friend’.
3. Unfollow, unfriend or block people who you no longer wish to interact with. Remember, it’s okay to refuse to connect with someone if you don’t want to.
4. Delete comments that other people post on your profile or messages they send that upset you.
5. Report anything that makes you feel upset or unsafe. If you see content that you believe violates the policies of the platform you’re using, report it to them. For more information on how to report people, groups, posts or messages on Facebook, visit the [Help Centre](#).

You may also wish to read [Facebook’s Community Standards](#) to learn what is and is not allowed on the platform.

6. Don’t post your personal details, as this could be seen by many people. This includes your home address, school name, family details, bank accounts or passwords.
7. Ask someone you trust for advice or support. This could be a parent, brother/sister, teacher, church or community leader, or a friend.
8. For urgent support, contact a local support organisation, or the local authorities.

For [more information](#), you may find these additional resources useful:

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



Where can I get support?

FIJI

If life is in danger, call 911

Child Helpline Fiji:

24-hour toll-free: 1325

National Domestic Violence:

24-hour toll-free helpline: 1560

Lifeline Fiji:

132 454 / 3630 400 / 9402 541

[@lifelinefiji](#)

Psychiatric Survivors Association:

3319 043 or 9538 667 [@psafiji](#)

Fiji Women's Crisis Center:

Suva: 0331 3300 / 0920 9470

Nadi: 0670 7558 / 0918 2884

Ba: 0667 0466 / 0923 9775

Rakiraki: 0669 4012 / 0912 9790

Labasa: 0881 4609 / 0937 7784

[@FijiWomen](#)

Empower Pacific Counselling Centres:

Lautoka: 0773 0010 Nadi: 0776 0018

Suva: 0778 0015 Labasa: 0776 0017

[@EmpowerPacific](#)

Online Safety Commission Fiji:

The Online Safety Commission is the Fijian agency responsible for advocating for safe and responsible online behaviour for all Fijians and provides a space for individuals to report concerns of online abuse. For more information, visit the Online Safety Commission website at [Online Safety Commission](#) or call (+679) 9980 242.

PAPUA NEW GUINEA

If life is in danger, call:

NCD police: 1800 100

Goroka police: 5321 222

Wewak police: 4562 222 / 7103 0345

AROB police: 9739 755 (north)
Morobe police: 7090 3300 (toll free)
Kiunga police: 6491 022
Daru police: 6459 022

ITok Kaunselin Helpim Lain:

7150 8000 [@ITokHelpimLain](#)

Family and Sexual Violence Action Committee:

3211 714 [@FSVAC](#)

TONGA

If life is in danger, call 911

Women and Children Crisis Centre:

0800 444 [@tongawccc](#) [@counsellingwccc](#)

National Centre for Women and Children:

26567

[Tonga National Centre for Women and Children](#)

SAMOA

If life is in danger, call 911

Fa'ataua Le Ola – Samoa Lifeline:

800 5433 [@FLOsamoa](#)

Samoa Victim Support Group:

800 7874 / 27904 / 25392

[@samoavictimsupportgroup](#)