

E dau maleka ka marautaki dina na vuli se veisemai ena mona livaliva, ia o sa donuya oti beka na ka ca e rawa ni yaco kina.

Na leqa e sotavi e wili kina na vakasaurarataki gone, veisara se veivakacacani: kena vakau na itaba tawakilikili, kerei me wasei na itaba se itukutuku e sakasaka se vakaririko; se mo vakauqeti mo vakaitavi ena cakacaka rerevaki, se tabu vakalawa.



E rawa nio tarova

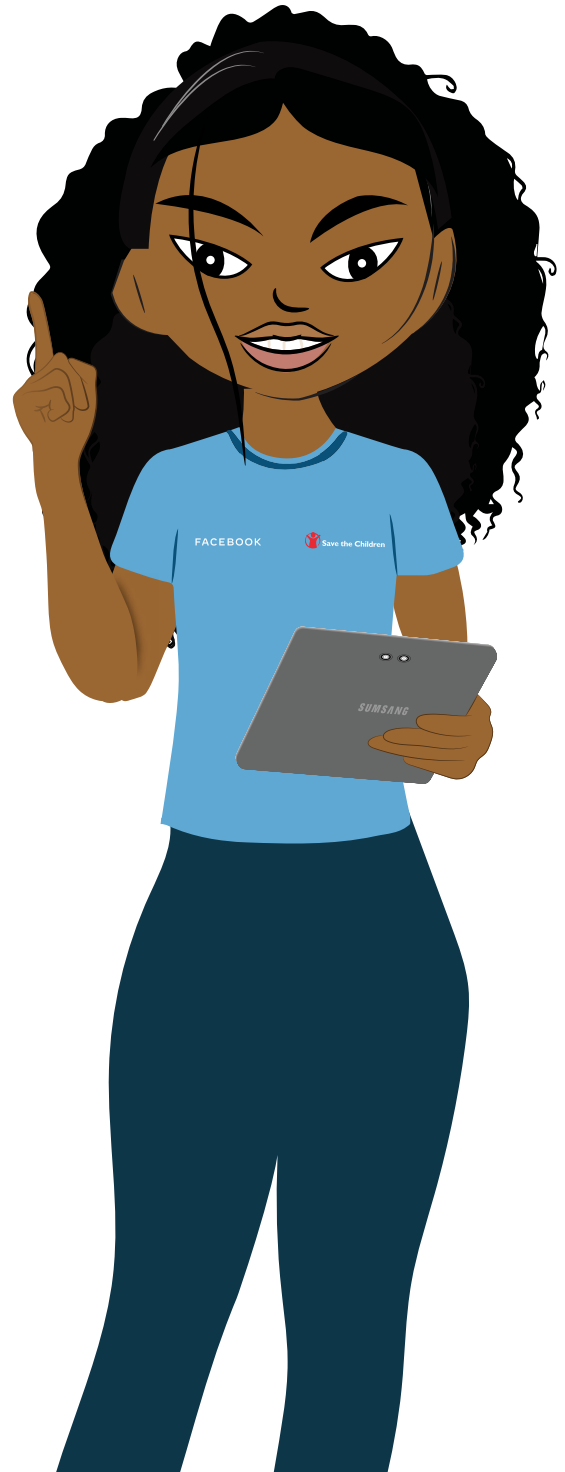
Ke o sa donuya se o donuya tiko na leqa ena mona livaliva, o rere, lomaleqa se yalolailai kina, e tiko na sala mo taqomaki iko kina:

1. Muduka nomu muria se sema tiko kei na dua, se cegu sara mai na vakayagataki mona livaliva.
 2. Kua ni vakadonuya na veisureti ni dua drau sega ni veikilai - dau qarauna mo drau veikilai vinaka o qai vakadonuya kina mo drau veitokani se 'friend'.
 3. Kua ni muria se veitokani kei ira o sega ni via sema kina. Nanuma ni sega ni dua na kena ca nio bese ni sema kei na dua o sega ni via sema vua.
 4. Bokoca laivi na vosa se itukutuku vakamosiyalo e biu mai ena nomu akaude.
 5. Tukuna na veika o rarawataka se ririko kina. Ke o raica na ka e biu e tabu vakalawa ni mona livaliva, tukuna. . Ke o gadreva tale na itukutuku ena sala me ripotetaki kina na tamata se ilawalawa se itukutuku ena ivolamata, raica na [Help Centre](#).
- De o na via wilika talega na [Facebook Community Standards](#) mo kila kina se cava so e vakatarai se vakatabui kina.
6. Kua ni biuta na kemu itukutuku dredre, ni rawarawa na kena laurai, wili kina nomu itikotiko, koronivuli, matavuvale, akaude ni baqe se vosavuni.
 7. Kere vakasala kei na veivuke vei koya o nuitaka, wili kina na itubutubu, wekamu, qasenivuli, italatala se nomu itokani.
 8. Ke o gadreva vakatotolo na veitokoni, qiria e dua na isoqosoqo veivukei se vakaillesilesi ni koro.

Kena [itukutuku matailalai](#), e kune e ike:

getsafeonline.org: Protecting Yourself

netsafeonline.org: Advice for Young People



I vei na vanua au rawa ni vukei kina?

VITI

Ke leqataki na bula, qiria na 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:

Na Online Safety Commission na tabana e Viti e vakauqeti keda meda vakaitavi vakayalomatua ena mona livaliva, ka solia na galala meda biuta noda ripote se kudru ni dau yaco na veivakacacani ena mona livaliva. Ke o gadreva tale na kena itukutuku, raica nodratou website ena [Online Safety Commission](#) se qiria na (+679) 9980 242.

PAPUA NEW GUINEA

Ke leqataki na bula, qiria na:

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

Ke leqataki na bula, qiria na 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

Ke leqataki na bula, qiria na 911

Fa'ataua Le Ola – Samoa

Lifeline:

800 5433 [@FLOsamoolife](#)

Samoa Victim Support Group:

800 7874 / 27904 / 25392

[@samoavictimsupportgroup](#)