

# Cyber-Bullying

## WHAT DOES IT LOOK LIKE?

Cyber-bullying is similar to bullying off line and the two can be linked. A physical fight or disagreement may then turn into bullying across social media or within apps.

It is very harmful and can cause mental harm which may lead to physical suffering. Cyberbullying can be hidden within groups or posts can be shared on public platforms and quickly seen by a large group of people causing a long term effect to that individual. Cyberbullying is especially harmful as it invades your private space and doesn't remain in the school grounds.

Below are some examples of cyberbullying.

- Sending hurtful or abusive messages, spreading rumours or lies about someone
- sharing photos or videos of someone to make fun or humiliate them
- Trolling - posting or commenting to create an argument or emotional reaction
- threatening to hurt someone or encouraging others to.
- Online hate - teasing someone about their race, how they look or act, their gender or religion.



## HOW CAN I HELP IF SOMEONE IS BEING BULLIED?

Reach out to them and ask if they are ok? A few kind words or small amount of support can go along way.

If you feel like someone maybe cyberbullying or are taking things too far on-line, privately chat with them to explain that their behaviour maybe causing harm.

Consider getting further support, speak to a trusted adult or helpline below.

## WHAT SHOULD I DO?

- DON'T HIT BACK posting mean or hurtful comments can make the situation worse and you may get into trouble.
- MOVE AWAY until you are calmer. Try not to let it upset you.
- MUTE, HIDE, IGNORE the other persons comments or posts. There are in-app functions to help with this.
- TELL SOMEONE YOU TRUST you don't need to cope alone. An adult family member or teacher can help you decide what to do and how to deal with any impacts.
- CONSIDER ASKING THEM TO STOP if you feel safe ask them to delete what they sent or shared.

If you have tried the above advice and you keep being bullied complete the following steps

- Evidence - take screenshots, keep web-links and message links as proof of the bullying and note how long it has been going on for.
- Report - to the site, game or app being used or to the **e-safety** site found in resources below.
- No Contact - mute, hide, ignore.
- Get further help - look at some of the resources below for further support and counselling.

## PREVENTION & SELF CARE

- Take breaks from your phone to do other activities with close friends or family.
- Become involved in activities, hobbies, sports or clubs away from social media.
- Limit your phone time. Have times during your day where you don't have access to social media.
- Don't take phone or device to bed, allow yourself a minimum of an hour prior to bed to have no access to social media.

## RESOURCES



[www.esafety.gov.au/young-people/cyberbullying](http://www.esafety.gov.au/young-people/cyberbullying)

[www.esafety.gov.au/young-people/cyberbullying](http://www.esafety.gov.au/young-people/cyberbullying). 'IVE BEEN CALLED OUT' Cyberbully.



Kids Helpline - 1800 55 1800  
Social Futures - 1800 719 625  
The Family Centre- 1800 211 154  
Headspace - 1800 650 890