



Cyberbullying



What is Cyberbullying?



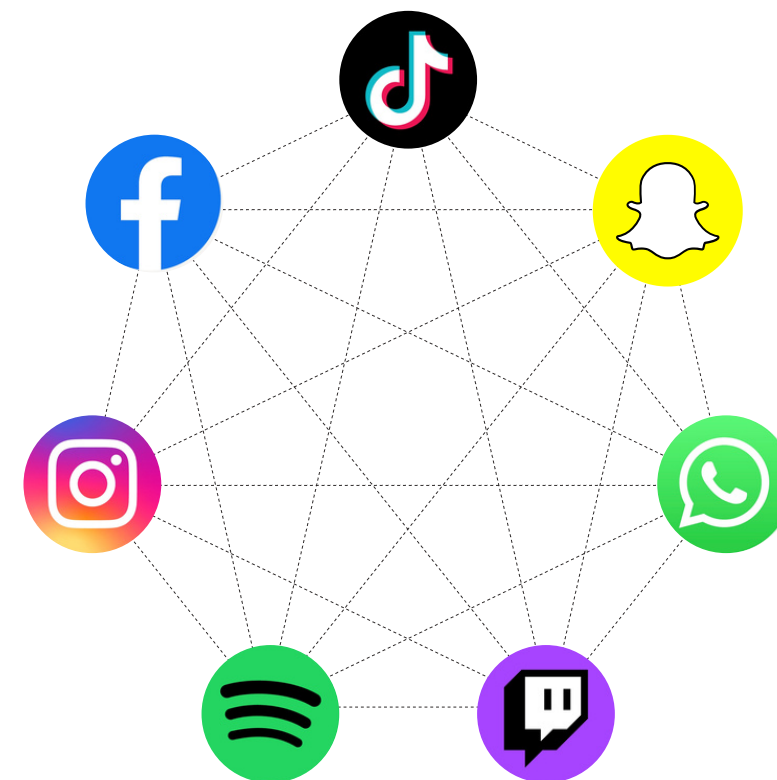
Bullying online, or 'cyberbullying', is similar to offline bullying. Both happen when someone causes mental harm to another person who feels unable to stop it happening, which can also lead to physical suffering.

It can happen at any time and follow the targeted person to any place where they have a digital device.

It can happen on a social media sites, games, apps and many other platforms.

These can include:

- Posts
- Comments
- Texts
- Messages
- Chats
- Livestreams
- Memes
- Images
- Videos
- Emails.



How do people cyberbully?



Examples of cyberbullying include:

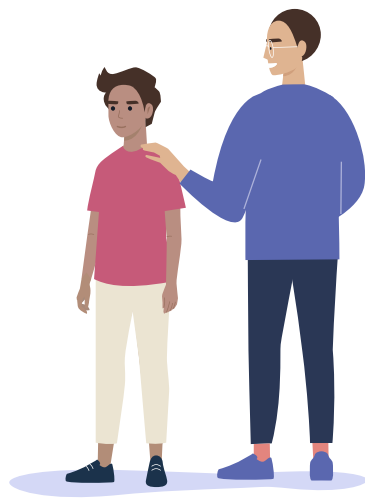
- sending hurtful or abusive messages
- spreading nasty rumours or lies about someone
- creating fake accounts in someone's name to embarrass them or to cause drama by sending nasty messages to their friends
- sharing photos or videos of someone to make fun of them or humiliate them
- 'trolling' people (posting or commenting online to provoke an argument or emotional reaction)
- threatening to hurt someone, or encouraging others to hurt them
- making new accounts to try to keep contacting someone who has already blocked you
- mocking or teasing someone because of personal attributes, like their race, religion, gender, sexual orientation or how they look – this is sometimes known as 'online hate'
- purposely making someone feel left out or ignored.

**What should I
do if I'm being
bullied online?**



Don't hit back

Resist the urge to hit back with your own mean or hurtful comments – it usually just makes the situation worse and could get you into trouble.



Tell someone you trust

You don't have to cope with bullying on your own. You may feel like you should be able to handle it yourself but if you're feeling a little out of your depth, talking it through with someone else may help. An adult you trust is suggested



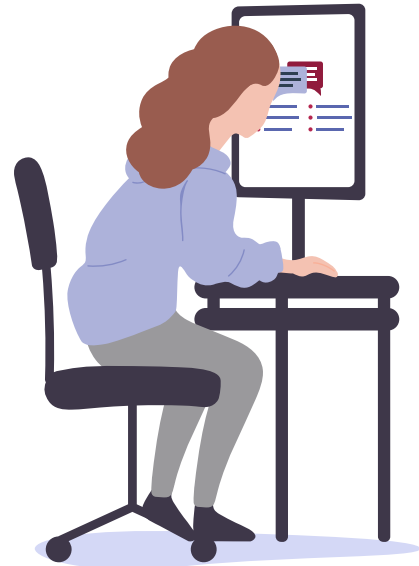
Think about asking them to stop

Sometimes people do things online without thinking about how others could be affected. This isn't cool. You can try asking the person who is bullying you to stop and to delete what they sent, posted or shared

If the
person
keeps
bullying
you



Stop communicating with them and follow the next steps:



1

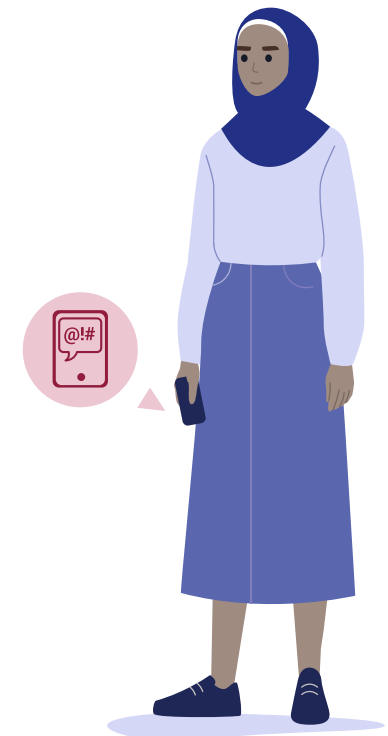
Collect evidence

Screenshot the harmful content, webpage address (URL), account username.

2

Report

Report to the online service - if they don't respond within 48 hours, report to [esafety.gov.au](https://www.esafety.gov.au).



3

Prevent further contact

Use settings to ignore, mute or block the other person and check your privacy settings.

If you are in immediate danger or at risk of harm call Triple Zero (000).

If you need to talk to someone, visit [kidshelpline.com.au](https://www.kidshelpline.com.au) or call them on 1800 55 1800, 24 hours a day 7 days a week.

4

Get more help

Talk to a trusted adult or a counsellor about the impact.

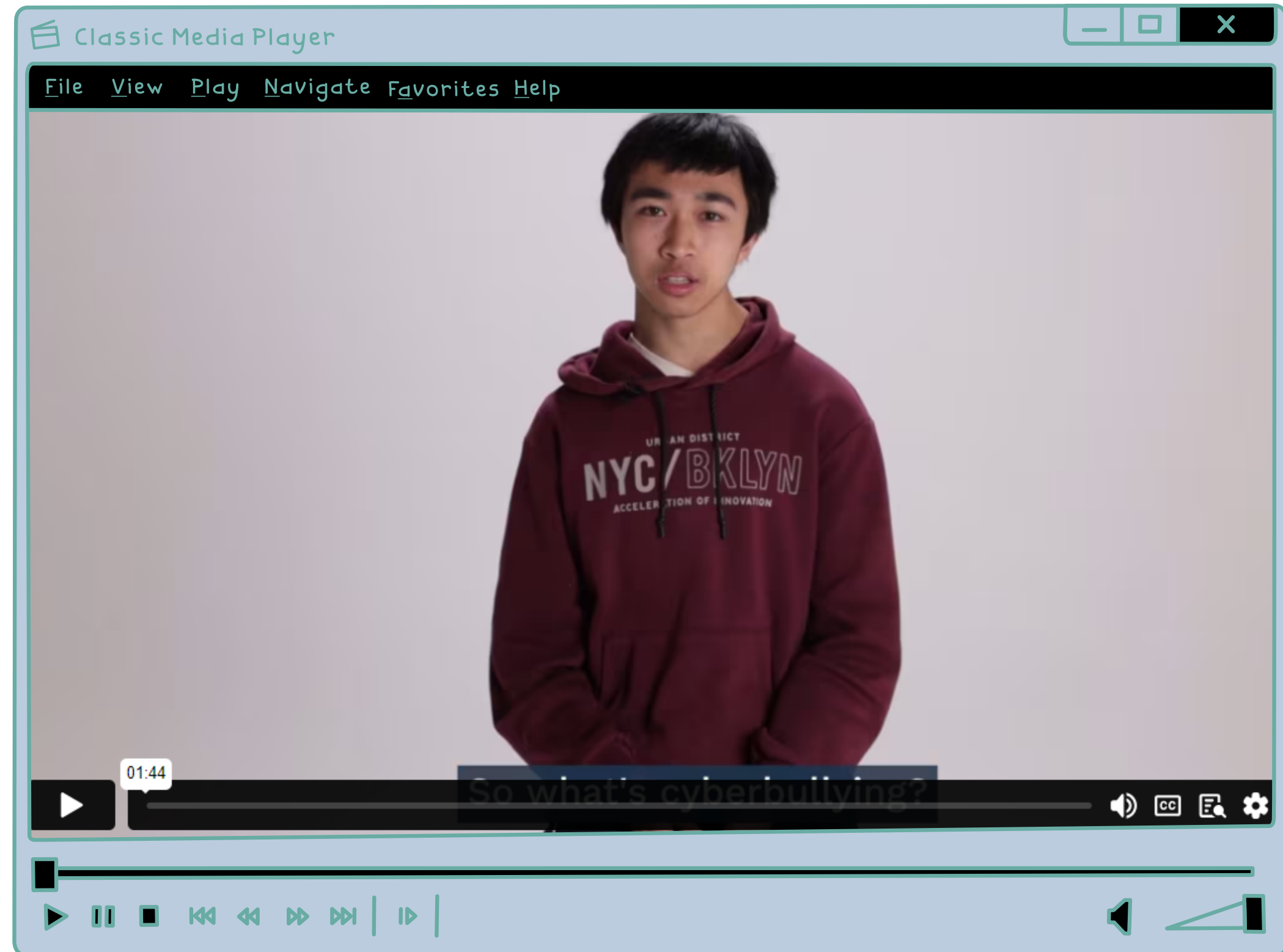


I will read to you, Ryan's story

- “ Then I started getting messages on social media. They were awful and they wouldn't stop. ”
- “ They were calling me names, like 'loser'. They were saying I should jump off a cliff. It made me feel dreadful. ”
- “ I am neurodiverse and they were saying I was stupid and had no friends. ”



Lachlan's tips on how to deal with cyberbullying



**What if you are
the bully?**

What if you are the bully?



If you are partaking in cyberbullying or think that you may have unintentionally participated in cyberbullying, you should:

- Remove anything you are unsure of off your social media.
- Stop your actions, remember you can be held accountable, especially if something happens to the person.

Be aware that it is a criminal offence.

You can be charged and placed before the court to explain your actions.

If evidence is found against your bullying, There can be consequences to your actions, even as a kid.



**Looking out
for yourself
and others**

**Do not be
afraid to
take action
for yourself
and for
others.**

You can now be more aware of cyberbullying, what is involved and the risks that come with it if you participate.

You now have the knowledge to see the signs of cyberbully and help.

Remember:

- Support the person being bullied.
- Help them to go through the right steps to solve the issues.
- Talk to an adult
- Report the bully, allow the law and Justice to take action.

The digital world is changing, so are the actions we can take and the actions we can be held accountable for.

Any Questions?