

Cyberbullying

If you're experiencing cyberbullying, you're not alone. It can be upsetting and difficult to escape. Find out what cyberbullying is and what you can do to protect yourself.



What is cyberbullying?

Cyberbullying is using technology to bully or hurt someone else.

Cyberbullying can include:

- Sending/sharing nasty, hurtful or abusive messages or emails
- Humiliating others by posting/sharing embarrassing videos or images
- Spreading rumours or lies online
- Setting up fake online profiles
- Excluding others online
- Repeated harassment and threatening messages (cyberstalking)

If you're being cyberbullied

it's important to remember:

- It's **NOT** your fault
- You're not alone
- There is help available
- It's not weak to get help
- There are things you can do
- You can get through this

What makes cyberbullying so hurtful?

While any type of bullying can be hurtful, cyberbullying can hurt someone just as much as physical or verbal bullying because:

- It's public – lots of people can see it
- It spreads quickly
- It can be hard to escape
- The bully can be anonymous
- Removing it can be a difficult process

"Don't take what they say to heart... there will always be people that love and care for you and they are the ones who really matter" – **Kody, 20**

There are ways to protect yourself.

It's important to keep in mind that dealing with any type of bullying is about finding a solution that works for you.

Here are some steps you can take:

- Tell them it's not ok
- Get help from the police if needed
- Block and report the person
- Report the post or image
- Seek help from a trusted adult or Kids Helpline
- Make a report to esafety if the post/image doesn't get removed
- Keep evidence – take some screenshots
- Switch off for a while – do something else you enjoy

Report Cyberbullying

You're not alone when it comes to dealing with cyberbullying! You can make a complaint to the Office of the eSafety Commissioner.



It's important to respond if you see others being cyberbullied.

You can help to stop cyberbullying.

Here's what you can do:

- Get someone to help you report it
- Don't forward or share it
- Don't take part in it
- Leave the group or conversation
- Say something kind or positive to the person being cyberbullied
- If it's safe, take a stand against it and ask the bully to stop
- Let the bully know that what they're doing is NOT ok
- Talk to the person being cyberbullied privately and ask if they're ok and if they need help