

CYBERBULLYING

INTENTIONAL, ONGOING, AND TARGETED BEHAVIOUR USING A PHONE OR THE INTERNET IN A MENACING, HARASSING OR OFFENSIVE WAY.

? I think my child is being bullied online...

- ✓ **Keep calm and seek the full story.**
How did this start? Who else might be involved? Is there anything that could have started this?
 - ✓ **Gather evidence** by collecting screenshots of the abuse (chat logs, comments, posts).
 - ✓ **Inform the bully** 'This is cyberbullying and this will be reported'. Resist responding to threats or comments.
- THEN**
- ✓ **Report the user** to the app or game platform where the interactions have occurred.
 - ✓ **Block the user's account** or phone number (if occurring via messaging services).
 - ✓ **Report abuse** or harmful content to the eSafety Commissioner.

? How can I support my child who is (or has been) cyberbullied?

- ✓ **Listen, empathise and commit** to helping resolve the issue.
- ✓ **Help them to decide** the best way to approach the situation.
- ✓ **Discuss who they could talk to** at school and review the school policy and procedures about bullying.
- ✓ **Support your child** in establishing a safe friends network and mentors (my support crew).
- ✓ **Help your young person understand** what could be 'behind the bully' and the reason why others bully.
- ✓ **Use the eSafety Commissioner, Kids Helpline and Headspace** resources to support your ongoing conversations.
- ✓ **Seek professional support** by visiting your local doctor or community services.



REPORT BULLYING

eSafety Commissioner

Report abuse including cyberbullying, image-based abuse and illegal and harmful content.

esafety.gov.au

GET SUPPORT

Kids Helpline

Phone support and online chat available 24/7 for young people aged 5 – 25 years old.



kidshelpline.com.au

ADDITIONAL RESOURCES

Headspace

Information and services to support a young person going through a tough time.



headspace.org.au

CYBER SAFETY PROJECT

FOR MORE ON DIGITAL WELLBEING VISIT
cybersafetyproject.com.au/blog