

Cyberbullying – Children



Cyberbullying is when someone uses the internet to be mean in a way that upsets you or scares you or a friend, then it is likely you are being cyberbullied.

It can happen on a social media site, game, app, or any other online or electronic service or platform. It can include posts, comments, texts, messages, chats, livestreams, memes, images, videos and emails.

It can be:

- Sending hurtful messages about you or a friend.
- Sharing embarrassing photos or videos.
- Spreading nasty online gossip.
- Leaving photos, videos or gossip online.
- Creating fake accounts in your name.
- Tricking you into believing you are someone else.
- 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).

But there are seven points to remember if you are cyberbullied. They are:

1. It is not your fault.
2. You are not alone.
3. There is help available.
4. It is not weak to get help.
5. There are things you can do.
6. You can get through this.
7. There are ways to protect yourself.

Dealing with cyberbullying

It is important to keep in mind that dealing with any type of bullying is about finding a solution that works for you. Some steps you can take are:

- Tell a trusted adult and ask them to help you.
- Change the settings on your device or online account so you don't see so many messages, posts or comments from the person who was mean.
- Support your friend(s) and encourage them to get adult help if they are being cyberbullied.

Tips to help stop cyberbullying

- Don't respond to any emails, app messages, or text messages sent by cyberbullies.
- Do not under any circumstances forward any of the messages to others kids.
- Save, screenshot and print out all the messages as proof and evidence of cyberbullying.
- If you are being bullied, tell an adult immediately to get help solving the problem. Do not wait.

Tell Someone



Tell a trusted adult, such as a parent, teacher, or counsellor, about what is happening. They can help you get the support you need.

Keep Evidence



Save any evidence of the cyberbullying, such as messages or screenshots, so that you can show it to someone who can help.

Seek Support



Consider reaching out to a helpline or counsellor who specialises in working with victims of bullying to get additional support.

Block the Bully



If you can, block the person who is bullying you online to prevent them from being able to reach you.

Distance Yourself



Avoid going to the website or platform where the bullying is taking place to reduce your exposure to it.

Take Care



Engage in self-care activities, such as spending time with friends and family, exercising or pursuing a hobby.

Concerned for your safety?

Report your bullying complaint to police, especially if you have concerns for your safety.

Call 000 in an emergency.

Useful resources

- Lawstuff (www.lawstuff.org.au) provides legal information to children and young people.
- eSafety (www.esafety.gov.au) to make a complaint and access information.
- Kids Help Line (1800 55 1800 or www.kidshelp.com.au) for free phone counselling.
- Lifeline (13 11 14 or www.lifeline.org.au) for free support services.
- The Australian Rights Commission (1300 656 419) investigates complaints.
- Headspace Gladstone is a youth mental health support service (07) 4903 1921.