

Cyber Bullying



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Cyberbullying is the use of technology to bully a person or group with the intent to hurt them socially, psychologically or even physically. (esafety.gov.au)

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Cyberbullying can take many forms: abusive texts and emails, hurtful messages, imitating, excluding or humiliating others online, nasty online gossip.

This will usually happen between people that know each other, friends through school, outside of school, or friends that have met each other online.

Cyberbullying can be particularly harmful because it is often publicly humiliating and once something has been sent or posted online it can be difficult to track down, prevent it spreading or delete.

There are a number of things parents can do to support children to understand Cyber bullying and ways they can keep themselves safe, prevent bullying or stop it.



Cyber Bullying

Lets talk about it!

Some conversation starters
and points to discuss.

- Do you know anyone who has experienced cyber bullying?
- How might it feel to be cyber Bullied? Is there anybody you are worried about?
- What would you do if you were cyber bullied?
- What do you think you might do if you witness cyberbullying?
- If you see cyber bullying and you pass it on, share it or say nothing, you can become part of the problem.
- How important is for the witness to say something and why?
- If you or someone you know is being cyberbullied you can do take some of the following steps:
 - Talk to a parent or trusted adult
 - Do not respond to the bully
 - Save the comment or image by taking a screen shot
 - Block the bully
 - Report the bully (most social media platforms will have a 'report bullying' tab.
 - Talk to a trusted adult at school
 - Change your online details

Many children will not report concerns because they are afraid they'll lose their online privileges or be punished. To increase the likelihood of open and honest discussions with your child, let them know that they wont be disconnected if they choose to come to you with a concern.



**Cybersafe
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