



Fact sheet: Cyberbullying

The Archdiocese has zero tolerance for cyberbullying. It is important for Children and their families to be aware of, and be able to identify, the different forms of cyberbullying, how to access help and how to report serious cyberbullying offences. It is important to keep our Children safe in our physical environments, but it is just as important we are aware of how to keep them safe in online environments.

What is cyberbullying?

Cyberbullying involves the use of technology to seriously harass, intimidate, humiliate or threaten a Child. Technologies include social media networks, emailing and instant messaging.

What does cyberbullying look like?

- Posting hateful and mean comments
- Using an individual's intimate images to humiliate them
- Creating fake accounts to harass and intimidate others
- Sharing and posting hurtful and mean images or videos
- Threatening an individual

What to do if you are being cyberbullied

- Talk to a trusted adult for example parent, teacher, uncle/aunt
- Do not respond bully
- Report the content to the service on which it appears
- Collect evidence – keep mobile phone messages, take screenshots and print email or social networking conversations.

Signs that someone might be cyberbullied

- Loss of interest in activities that used to bring great joy
- Change of mood after being on the computer or after checking their phone
- Sudden increase in instant messages ie text messages or Facebook messages
- Becoming more unhappy or anxious than usual
- Making excessive excuses not to want to go to particular places such as school or sports

Reporting serious cyberbullying

Anyone can report serious cyberbullying to The Office of the eSafety Commissioner. The eSafety Commissioner can help remove cyberbullying content from social media sites.

1. Report cyberbullying material to the social media service
2. Collect evidence

If the content is not removed from the social media service within 48 hours

3. Report it to www.safety.gov.au/reportcyberbullying
4. Block the bully and talk to someone you trust

Accessing Support

If you or someone that you know has been effected by, cyberbullying it is important to know that you aren't alone. Below are recommended support services

Kids Helpline

Free telephone and online counselling services for Children.

www.kidshelpline.com.au 1800 55 1800

Headspace

Provides face to face counselling and online counselling for young people aged between 12 to 25. www.eheadspace.org.au

Parentline

Provides counselling, information and referral services for parents.

www.parentline.com.au 1300 30 1300