



## Fact Sheet: Cyberbullying

*The Diocese has zero tolerance for cyberbullying. It is important for Children, Adults at Risk and their families/carers 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 equally important that we keep Children and Adults at Risk safe in physical environments, as well as online environments.*

### What is Cyberbullying?

Cyberbullying involves the use of technology to seriously harass, intimidate, humiliate, or threaten a person. 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, carer, teacher, uncle/aunt
- Do not respond to the person or account
- 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 i.e. 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](http://www.safety.gov.au/reportcyberbullying)
4. Block the account and talk to someone you trust

#### Accessing Support

If you or someone that you know has been affected 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 and Young People (5 -25yrs).

<https://kidshelpline.com.au/>

1800 55 1800

##### **Headspace**

Provides face to face and online counselling for young people (12 -25yrs.)

<https://headspace.org.au/>

##### **Lifeline**

Provides 24 hour crisis support services for all people  
13 11 14

<https://www.lifeline.org.au/>