



## CYBERBULLYING HELP PAGE

Our College Values *"Respect Yourself, Respect Others, and Respect the Space"*

There is no place for Bullying of any description at Belridge Secondary College. Everyone has the right to feel safe and protected.

### What is Cyberbullying?

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

### What does cyberbullying look like?

- abusive texts and emails
- imitating others online
- humiliating others online
- Taking or sharing photos without permission
- \* hurtful messages, images or videos
- \* excluding others online
- \* nasty online gossip and chat.

*Did you know taking a photo of anyone without their permission is illegal?*

### Why is cyberbullying so bad?

- A lot of people can view or take part in it.
- It is often done in secret with the bully hiding who they are by creating false profiles or names, or sending anonymous messages.
- It is difficult to remove as it is shared online so it can be recorded and saved in different places.
- It is hard for the person being bullied to escape if they use technology often.
- The content (photos, texts, videos) can be shared with a lot of people.
- This content may also be easy to find by searching on a web browser like Google

### I am being cyberbullied—how do I stop it?

- talk to someone you trust straight away—like a parent, sibling, uncle/aunt, teacher or friend, or contact [Kids Helpline](#)
- don't retaliate or respond—they might use it against you
- block the bully and change your privacy settings
- report the abuse to the service and get others to as well
- collect the evidence—keep mobile phone messages, take screen shots and print emails or social networking conversations
- do something you enjoy—catch-up with friends, listen to good music, watch a good show or chat online to people you can trust
- remember you didn't ask for this—nobody deserves to be bullied and you will get through this.
- Take yourself through this help page and rewrite your story <https://www.esafety.gov.au/complaints-and-reporting/cyberbullying-complaints/rewrite-your-story>

### What if a friend is being cyberbullied?

- don't join in—don't comment on posts, images or videos
- don't forward or share posts, images or videos that will hurt others
- leave negative groups and conversations
- report bullying to someone that can help—this can be an anonymous report to a parent or teacher
- if you are confident, call others on their bullying and ask them to stop—'Enough. This isn't funny
- 'support your friend online and offline—I heard about the posts—you don't deserve it. I'm here for you.'

## What if the cyberbullying material is still there?

1. Report the cyberbullying material to the social media service it happened on

Social media services may remove cyber bullying material that is reported to them. Most social media services have a reporting area on their website. If after 48 hours they have not responded then report it to the e safety commissioner's office, if the material is of a serious offensive manner.

2. Collect evidence of the cyberbullying material

Depending on where the cyberbullying material is posted, you might need to do this first, before you report it to the site. A simple way to collect evidence is taking a photo or screenshot of the material. If you submit a complaint to us about the cyberbullying material, you will need to provide this evidence.

3. Report serious cyber bullying to the Office of the Children's eSafety Commissioner

If the social media service fails to remove the material within 48 hours of you reporting it to them, you can make a complaint to the Office of the Children's eSafety Commissioner.

4. Block the person

Report the bullying to Student Services. This can be anonymous

Everyone has a part to play in keeping our school safe.



*"Bad things happen when good people do nothing"*

Years 7-9 [Bridgid.Lafferty@education.wa.edu.au](mailto:Bridgid.Lafferty@education.wa.edu.au)

Years 10-12 [Heather.McGhee@education.wa.edu.au](mailto:Heather.McGhee@education.wa.edu.au)

## Need help at Home?

- eheadspace

To talk to someone and get advice about tough issues 1800 650 890

Online text chat [www.eheadspace.org.au](http://www.eheadspace.org.au)

- Kids Helpline

To talk to someone about anything that's going on in your life. Kids Helpline has phone counselling 24/7

1800 55 1800

Online text chat [www.kidshelp.com.au](http://www.kidshelp.com.au)

- Lifeline

For support and advice in a personal crisis. Phone counselling 24/7 and online web chat available 8pm-4am AEST.

13 11 14 Online text chat [www.lifeline.org.au](http://www.lifeline.org.au)

- [au.reachout.com/](http://au.reachout.com/)

The information referenced here comes from the following websites: ReachOut.com and the Office of Children's eSafety Commission