

eSafety Guidelines

CYBERBULLYING

The advice on this page is for young people under 18. Advice is also available for over 18s, who may be experiencing adult cyber abuse.



Cyberbullying is when someone uses the internet to be mean to another person so they feel bad or upset.

In short:

- Mocking people based on personal attributes, race, religion, sex, sexual orientation, or gender **is never OK**.
- Screenshot content for evidence before blocking the page.
- You can report cyberbullying to the platform, and then to [eSafety](#) if your report hasn't been actioned in 48 hours

It can be easy to misinterpret a comment or post, when you can't see someone's face or hear the tone of the person who posted it. In the same way, you might not have intended to hurt someone's feelings, but what you thought was light-hearted banter, could be considered bullying to someone else.

The way we talk online can also make it more difficult to know where to draw the line between banter and bullying. Cyberbullying is when someone is using the internet to be mean to someone else so that they feel bad or upset. It can include posts, comments, texts, messages, chats, livestreams, memes, images, videos and emails.

Some examples of cyberbullying include:

- hurtful or abusive messages
- creating fake accounts in someone's name to trick or humiliate people
- spreading nasty rumours or lies about someone
- sharing photos of someone to make fun of them or humiliate them
- making new accounts to attempt repeated contact after the person has already blocked you.

It's important to remember that you are not alone - you have people in your life who can support you - trusted adults, friends, siblings, teachers at your school and various free and anonymous support services like those listed below. If you are being bullied please make sure you reach out to someone you trust who will help you deal with it.

Kids Helpline

5 to 25 year olds. All issues. Confidential phone counselling available all day, every day. Online chat available 24/7, 365 days



1800 55 1800



Online chat

Headspace

12 to 25 year olds. All issues. Phone counselling available 12pm to 8pm AEST, every day. Online chat available 9am to 1am AEST, every day.



1800 650 890



Website