

eSafety Guidelines

ONLINE HATE

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.



Online hate can be defined as any hateful posts about a person or group based on their race, religion, ethnicity, sexual orientation, disability or gender and it is NEVER OK.

In short:

- Online hate can be 'intersectional' – meaning you're bullied for a range of different characteristics, at the same time.
- If someone is attacking you online for characteristics you can't change, it is not your responsibility to educate them at the expense of your own wellbeing or safety.
- If you are targeted by online hate, you can report it to the platform where it happened, and then to eSafety if the online platform hasn't actioned your report in 48 hours.

Sadly, over 50% of young people have seen or heard hateful comments about a cultural or religious group online. First Nations Peoples and the LGBTIQ+ community experience online hate speech at more than double the national average.

If you have experienced cyberbullying based on your personal characteristics, you are not alone. You can always call out harmful content, report the negative comments to the online platform, game, app or website, block people targeting you or make a report to eSafety if it causes you serious harm.

Targets of online hate may also deal with hate in their day-to-day life, and facing it online can be another level of exhaustion. This is why, when we see online hate happening, and we're able to, we should all be **upstanders**.

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

[Click here for more information](#)