

TIPS FOR YOUR KIDS & TEENS

- **It's still public.** Even if your profile is private you can't control what your friends do with the information you post. It's important to guard your privacy—don't post information or photos that you wouldn't want everyone to see.
- **Only share** your login and password details with your parents or another trusted adult.
- **Check** with your parents if you do decide to give out personal information or communicate with someone you don't know in real life.
- **Tell a trusted adult**—if someone is sending you unkind or bullying messages, tell your parents or another adult that you trust.
- **Don't respond** to the sender of these messages and block the person who is behaving badly. Report them to your Internet Service Provider.
- **Stand up and speak out**—if you see or know about cyberbullying happening to a friend, it's important to support them and report the bullying.
- **Be considerate**—treat others as they would like to be treated. Don't forward on messages or photos that may hurt or upset someone.
- **If you need help**, contact the Cybersmart Online Helpline on the Cybersmart website or call Kids Helpline direct on **1800 55 1800**.

CONTACT THE CYBERSMART ONLINE HELPLINE

- **If there is a threat** to your safety the police will help. In a life threatening and time critical situation, call **Triple Zero (000)**.

If you would like to talk to us in your own language, please call the Telephone Interpreter Service on 131 450.

Italian Italiano

Se desiderate parlare con noi in italiano, siete pregati di chiamare il servizio d'interpretariato telefonico (Telephone Interpreter Service) al numero 131 450 e loro ci contatteranno per voi.

Vietnamese Tiếng Việt

Nếu quý vị muốn nói chuyện với chúng tôi bằng tiếng Việt, xin điện thoại đến Dịch Vụ Thông Dịch qua điện thoại (TIS) ở số 131 450 và họ sẽ giúp quý vị liên lạc với chúng tôi.

Greek Ελληνικά

Αν θέλετε να μας μιλήσετε στη γλώσσα σας, παρακαλείστε να τηλεφωνήσετε στην Τηλεφωνική Υπηρεσία Διερμηνέων στο 131 450 και να ζητήσετε να επικοινωνήσουν μαζί μας εκ μέρους σας.

Arabic العربية

إذا كنت تودَ التحدث إلينا بلغتك، فيرجى الاتصال بخدمة الترجمة الشفهية والخطية على الرقم 131 450 حيث يقوم مترجم من الخدمة بالاتصال بنا والتحدث إلينا نيابة عنك.

Traditional Chinese 繁體中文

如果您希望用您的語言和我們傾談，請致電131 450 電話傳譯員服務 (Telephone Interpreter Service)，他們會替您和我們聯絡。

For more information contact:

Australian Communications and Media Authority
Cybersmart program
Cybersafety Contact Centre
Telephone: 1800 880 176
Email: cybersmart@acma.gov.au
www.cybersmart.gov.au

ACMA036A.1306



cyber(smart:)

SAY NO TO CYBER BULLYING!



Australian Communications and Media Authority

WWW.CYBERSMART.GOV.AU

STAND UP

AND SPEAK OUT!

Cyberbullying occurs when the internet, email or mobile phones are used to deliberately and repeatedly engage in hostile behaviour to harm someone.

It is sometimes used as an extension of other forms of bullying and can result in the child or teen experiencing social, psychological and academic difficulties.

Cyberbullying can include harassment or behaviour that threatens, humiliates or intimidates someone, such as sending abusive texts or emails, excluding others from online chats or communication or posting unkind messages or inappropriate images on social networking sites.

Cyberbullying can happen to anyone, not just vulnerable children and young people. Cyberbullying is more likely to happen to children who are also bullied offline.

A change in behaviour could indicate that your child, or someone you know, is being cyberbullied. This could include a decline in physical health, changes in mood, changes in sleep patterns, avoiding school or having less to do with friends.

Not all of these signs relate to cyberbullying. Some may also indicate more general social or mental health issues or could reflect common teen behaviours as they seek to establish their identity and push boundaries.

TIPS FOR PARENTS



- **Talk to your child** about cyberbullying before it happens. Work out strategies to address cyberbullying that you are both comfortable with, so your child knows what to expect if they do report their concerns to you.
- **Establish** one or two other trusted adults your child is comfortable to approach about their concerns.
- **Be aware** of what your child is doing online and explore it with them.
- **Keep the lines of communication open** so your child will be comfortable to talk to you if something is worrying them. Help your child to develop the skills they need to interact safely and respectfully online. Guide their online activities and help them learn to communicate appropriately with friends and family.
- **Try to locate** the computer in a shared or visible place in the home.
- **Discuss** the kinds of sites that are okay to explore and those that are not, and have clear rules about online activities.
- **Help your child** to block anyone who sends offensive content. Most social networking services allow users to block and report someone who is behaving badly.

If you think your child is being cyberbullied:

- **Discuss any changes** in mood or behaviour with them. If you are concerned, help your child to stay connected to friends and family that they trust.
- **Notify the police immediately** if you have serious concerns for your child's safety.
- **Work with your child to save evidence** of cyberbullying behaviour—it may need to be followed up by the child's school, Internet Service Provider (ISP), mobile phone carrier or the police.
- **If you need to** involve your child's school, ask them to thoroughly explain their processes so that you can work towards achieving a positive outcome.
- **Cyberbullying won't stop if it's ignored**—you can help by listening to your child and working with them to take control of the situation.

