

WHAT IS CYBERBULLYING?

Cyberbullying is bullying through information and communication technologies such as mobile phone text messages, emails, phone calls, internet chat rooms, instant messaging and the most popular of all, social networking websites like Facebook and Twitter.

Cyberbullying is a fast growing trend that is believed to be even more harmful than school yard bullying, as almost everyone can be contacted 24/7 via the internet or mobile phones at any time, at any place.

CYBERBULLYING FACTS



10% of teens have been threatened online with physical harm.



16% of victims have not told anyone.



No type of bullying is harmless.



Bullying can constitute criminal behaviour.



The internet spreads information rapidly.

STAY SAFE ON SOCIAL MEDIA

- Look after each other online.
- Talk to your family and friends about how to be cybersafe.
- Download the Government's Cybersafety Help Button, providing internet users with easy online access to cybersafety information and assistance
- Think before you post! Don't post personal information or photos.
- Keep your passwords secret by including numbers and symbols, and by changing it regularly.
- Visit Stay Smart Online for updates on how to use your social media accounts.



**SPEAK UP.
SEEK HELP.**

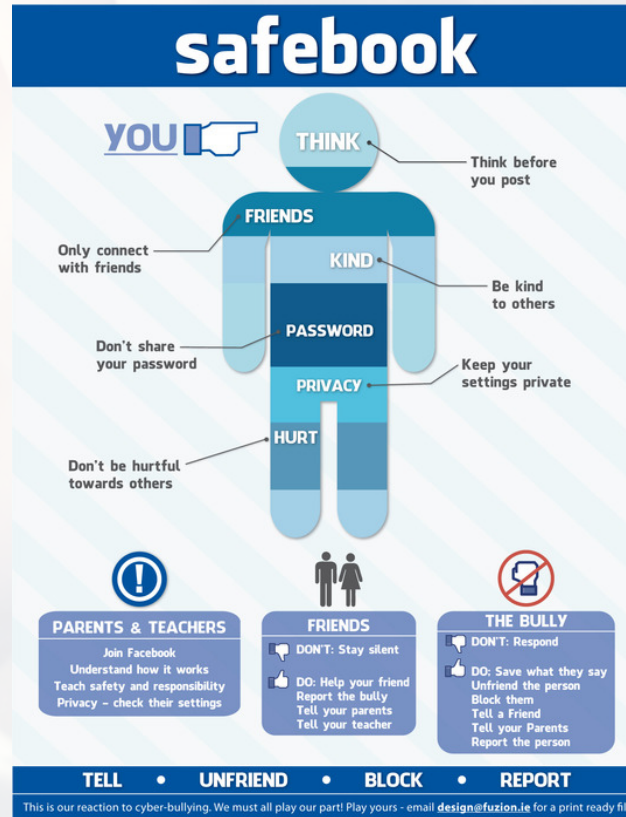
UNDERSTANDING CYBERSAFETY

WHAT ARE THE WARNING SIGNS OF CYBERBULLYING?

- Someone has withdrawn themselves from normal interactions with friends and family and spends a lot of time on the internet
- Someone starts to avoid using the computer
- Someone has a change in behaviour, beliefs, self-esteem and attitudes

1/3 OF TEENAGERS WHO EXPERIENCE CYBERBULLYING DO NOT REPORT IT.

- If we are to prevent cyberbullying, we must break the silence involved and empower teenagers to speak out and seek help.



WHY DO TEENAGERS USE SOCIAL MEDIA?

Teenagers use social media to:

- Keep in touch with friends and families
- Connect with people in a fun and easy way
- Share photos and videos
- Get involved with issues
- Play games
- Express themselves
- Be creative

SOCIAL NETWORKING SITES

Facebook is the most common way someone can be cyberbullied. If you're being bullied through Facebook or another social networking site, please ensure that you cease all communication with the 'bully' and report it as inappropriate content immediately.

When managing your Facebook page, ensure that you are aware of your page permission setting and how to control what content you post and who can see it.

1/3 OF TEENAGERS HAVE HAD MEAN, EMBARRASSING THINGS SAID ABOUT THEM ONLINE.