

Cyberbullying

Welcome to this training lesson on **Cyberbullying**. In this lesson, we'll look at the dangers and consequences of cyberbullying, and provide some helpful advice for those being bullied.

Estimated Completion Time: 5 minutes.

Cyberbullying

Cyberbullying. Cyberbullying is the bullying of people using social media sites, either directly to that person, or about that person to other users.

Racist, sexist, or bigoted comments, hate filled comments, or generally disparaging or embarrassing comments may not only be illegal, but can have devastating psychological results for the victim. More than once, young people have committed suicide because of online bullying.

And they certainly never reflect well on the people making, forwarding, or 'liking' such comments.



Cyberbullying

Cyberbullying (2). If you have a complaint to make about a teacher, co-worker, fellow student, neighbour, or anyone, **don't make it online, or by text message.** It will only hurt them, and may come back to haunt you.

And let's not forget that celebrities or those in the public eye are people too. It is not acceptable to abuse, harass, or threaten anyone online, no matter who they are.



Cyberbullying

Cyberbullying (3). Let's have a look at some cyberbullying examples.



Joe Q Citizen

Like if you think Suzie Q Bloggs is ugly and fat!

Like



Joe Q Citizen

You are disgusting and I wish you were dead.

Like



Joe Q Citizen

You have absolutely no talent. Why don't you kill yourself.

Like



Joe Q Citizen

My science teacher is disgusting. I think he is a paedophile.

Like

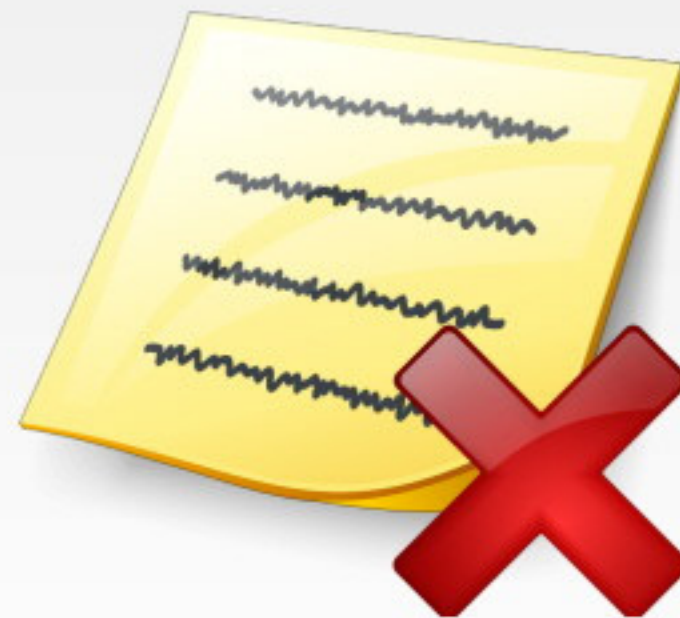
All of the above examples are **completely unacceptable**. If you come across posts like these, report them to the site as inappropriate content. Resist the urge to get into an online fight.

Cyberbullying

What to do if you are being cyberbullied. If you feel you are being cyberbullied, you must talk to your parents, teacher, or some other person (adult) you can trust.

Don't reply to bullies online or by text message. You may make things worse. **Don't get revenge** by asking friends or others to post or comment on your behalf. And, of course, if you know the person doing the bullying, **don't confront them** where there may be a risk of violence.

You can discuss with the person you trust whether your case needs to be reported to the proper authorities.



Cyberbullying

Keep the evidence. It may be important, if you are being cyberbullied, to keep any evidence of the bullying. Print out messages, emails, or social media posts in support of any action that may need to be taken.



Cyberbullying

You can get help. If you can't find someone to trust, feel alone, upset, or simply need help, there is help available. You can contact any of the organisations below:

Lifeline - www.lifeline.org.au - 13 11 14

**Kids Helpline - www.kidshelp.com.au -
1800 55 1800**

**Beyond Blue - www.beyondblue.org.au -
1300 22 4636**

If you or anyone else is in immediate danger, call emergency services on **000**.

Cyberbullying

You've now completed this training lesson on **Cyberbullying**. In this lesson, we looked at the dangers and consequences of cyberbullying, and provided some helpful advice for those being bullied.