



Safe on Social

Cyberbullying – What to do

Cheat Sheet

Cyberbullying – What to do

- Determine if it is truly serious, and if it is more emotional for you than for your child. Is it happening repeatedly, and is it more than kids teasing each other or just being mean once?
- If you can identify the bully, notify the school as it is more than likely happening at school as well.
- Remind your child that they are loved and supported so they know that they can speak up when things go wrong online and feel safe doing so.
- Remind your child not to retaliate in any way as their bully is waiting for a bite back from them. Make sure they know that by not retaliating they are taking the power away from their bully.
- Encourage your child to take a break from being online to reduce stress and anxiety.
- Make sure you know how to help your child block their bully and how to report the abuse to the app or site that it is happening on. (Facebook allows you to block or unfriend. Instagram allows you to hide inappropriate comments). This way the negative comments will be filtered before it is even seen, and the bully will not get the response that they are hoping for. There is no way to report Snapchat bullying or harassment via the app you have to fill out a form on the Snapchat website.
<https://support.snapchat.com/en-us/co/other-abuse>

- Take screenshots, date and time stamp them, report the abuse to the site that the offending content is posted on. If the offending content is not removed within 24-48hrs file a complaint at **www.esafety.gov.au**
- If the bullying contains threats of harm or child pornography, report immediately to your local Police. Make sure that you ask them to document your complaint and ask for the “Event number” a number they will write on a little card for you. If you have reported to General Duties Police, make sure you call the station and speak to the Youth Liaison or School Liaison Officer at the next opportunity – they will ask for the event number so they can follow up.
- Remind your child only to connect with people that are friends in real life and check to make sure their social media apps are set to private so they have complete control over who is connected to them.



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