### STEP IN

Speak out against the cyberbullying behaviour - if you feel safe doing so. Make it clear you find the behaviour unacceptable and ask for any hurtful texts/posts/images to be deleted.

Encourage the target to get help from a trusted adult.

### HELP

### Help in a way you feel comfortable. If you don’t feel comfortable telling the bully to stoC:\Users\he79974\Downloads\ID-10052537.jpgp, think about ways you can help behind the scenes, such as saving the evidence of the cyberbullying (like screenshots or photos) or helping them check their privacy settings.

Make contact with the target (online or offline). Email/message the target to let them know you feel for them and you don’t agree with the cyberbully’s behaviour.

If you are not sure how to handle the situation, contact the Kids Helpline for free counselling at [www.kidshelp.com.au](http://www.kidshelp.com.au) or call 1800 55 1800.

### ACT

Don’t encourage the cyberbully – don’t comment on, resend or respond to posts that may offend or upset someone else.

Group action - discuss what you can do together as a group to help resolve it. This might include sending a group message to those involved in the cyberbullying to stop their behaviour, blocking the main people involved or approaching a trusted adult as a group.

Make it clear to your friends that you will not join in any cyberbullying behaviour.

### REPORT

Tell an adult who can help such as a parent, teacher, school principal or school counsellor.

Ask an adult to report cyberbullying to the police if you feel someone’s personal safety has been threatened.

Report anonymously. For example, type up a note about what is happening and leave it in the letter box or under the door of an adult who can help.

Report to an administrator. If you see cyberbullying online, report it to the administrator of the social media website to ask for content to be removed. Contact the relevant mobile phone company in the case of bullying text messages or calls.

###  C:\Users\he79974\Downloads\ID-100110349.jpg EMPATHY

Chat with the target directly and away from other people. Check in with the target and comfort them – this could be done in person or via a text or private message. Your support might reduce any feelings of isolation a target may have.

Reproduced from [esafety.gov.au](file:///C%3A%5CUsers%5Che79974%5CDownloads%5Cesafety.gov.au)

Images courtesy of Digitalart, rattigon and Stuart Miles at [www.FreeDigitalPhotos.net](file:///C%3A%5CUsers%5Che79974%5CDownloads%5Cwww.FreeDigitalPhotos.net)

|  |
| --- |
|  |