Bullying is NEVER OK!

Tips for secondary school students who experience bullying

Bullying is deliberate verbal, physical and/or social behaviour intended to cause ongoing physical, social and/or psychological harm. Bullying can make you feel anxious, depressed and lonely. It can happen anywhere — in person, or online using various digital platforms and devices (this is called cyberbullying). It might be obvious to others or hidden.

Bullying in person or online might look or feel like being:

- repeatedly hurt physically, or verbally through abusive texts, emails, images, videos, or nasty gossip and chat
- excluded or ignored
- tricked or humiliated by fake accounts.

No one deserves to be bullied or hurt. You can choose to:

- treat others how you would like to be treated — with kindness and respect
- include others in games and chats
- only share information about others with their consent.

Australian Government

eSafety Commissioner

Developed in partnership
www.esafety.gov.au | www.bullyingnoway.gov.au

BULLYING. NO WAY!

You have the right to feel safe and be safe. Here are some ideas about what you can do if someone is bullying you:

- Talk to someone you trust about it. Try to stay positive. Focus on things you do well.
- Act unimpressed or pretend you don't care what they say or do to you.
- Use strong, assertive statements if you are talking to them face to face, starting with the word 'I'; tell the other person 'I want you to stop that' in a confident voice. Practise this with your friends.
- Don't respond to online bullying, it usually just makes it worse.
- Protect yourself online by unfriending them or using privacy settings to block them.

It's okay to ask for help if you experience or see bullying. You can speak to:

- **a trusted person** — this could be a parent or carer, aunty, uncle or friend who will listen and be supportive
- **your teacher or principal** — they can give you support and advice about how to make it stop
- **eHeadspace** — they provide free online and telephone support and counselling to young people 12–25 and their families and friends
- **Kids Helpline** — they have counsellors available at any time who will listen and support you
- **the police** — call the police if you are in immediate danger
- **the eSafety team** — you can report serious cyberbullying (see the steps below).

Reporting cyberbullying

1. Keep a record

Take screenshots or photos of the cyberbullying content. You should also save or record evidence of the webpage addresses (URLs) or social media services where the content has been shared. Always record the time and date you collected the evidence. Read more about collecting evidence.

2. Report and block

Report the cyberbullying to the platform where it took place. The eSafety Guide has reporting links for social media services, apps, games and websites. You can also use the platform or device settings to block the person who is cyberbullying you.

3. Make a complaint to the eSafety Commissioner

If you are under 18 (or helping someone under 18) and the social media service doesn't respond to your complaint within 48 hours, you can report seriously threatening, intimidating, harassing or humiliating online behaviour to the eSafety Commissioner. The team there can help you have the cyberbullying content taken down and get you further support.

Important links

Bullying. No Way!	bullyingnoway.gov.au	**Kids Helpline**	kidshelpline.com.au
eSafety young people	esafety.gov.au/young-people	**eHeadspace**	headspace.org.au/eheadspace
eSafety Guide	esafety.gov.au/esafety-guide	**Youth Law Australia**	yla.org.au
eSafety Report	esafety.gov.au/report		

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