

Reporting cyberbullying



Cyberbullying is when someone uses the internet to be mean to a child or young person, so they feel bad or upset. It can happen on a social media site, game, app, or any other online or electronic platform.

If you are being cyberbullied, it's a good idea to tell a trusted adult, like a parent, carer or teacher. Ask them to help you report it to eSafety. We can help kids and young people who are being seriously bullied online.

Follow these steps to report cyberbullying:

- 1. Get evidence.** You might feel like deleting the harmful content as soon as you can, but don't do it yet! First you need to get some proof, to show what happened and where. Copy URLs and take screenshots of the harmful content and the profile of the person who is being mean to you.
- 2. Report harmful content.** Report the harmful content to the site, game or app used to send, post or share it.

If they don't help you within 48 hours, you can report seriously harmful content to eSafety using our online form on our website: esafety.gov.au/report. We will ask you for proof of the cyberbullying and to show that you have already reported it to the site, game or app.

We can help to take down content that is seriously threatening, seriously intimidating, seriously harassing or seriously humiliating.
- 3. Prevent further contact.** Try not to respond to the harmful content. People who say hurtful things often do it just to get a reaction, so if you show it worked they may do it again. Use the block or mute settings on your device or online account so you don't see messages, posts or comments from the person who was mean.
- 4. Get more help.** If you are feeling sad it is important to talk to someone. Talk to an adult you can trust, like your mum, dad, carer or teacher, or contact a support service like kidshelpline.com.au.

What happens when I make a complaint to eSafety?

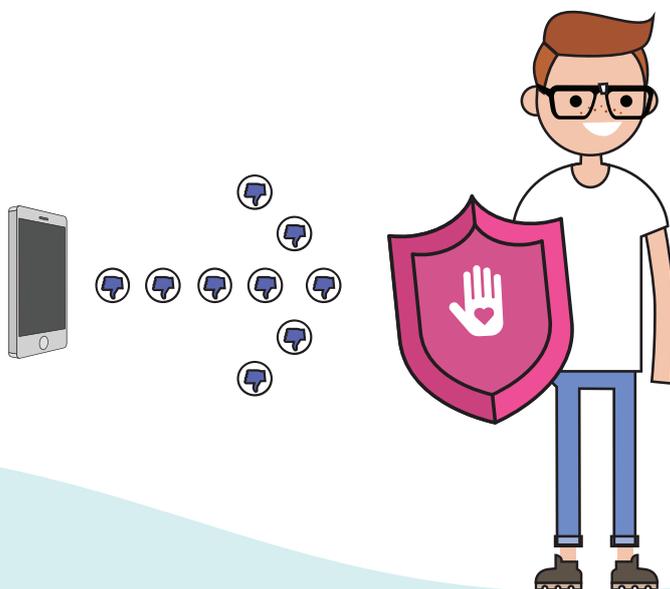
eSafety needs to gather information to help you. You might be asked:

- Where the cyberbullying is happening? On what platform?
- What is happening? When did the cyberbullying happen? How long has it been going on for? Who is doing the cyberbullying? (eSafety can still help even if you do not know who has been cyberbullying you).
- How is the cyberbullying making you feel?
- Have you reported the cyberbullying material to the platform?
- Can you provide photos or screenshots of the cyberbullying material you are reporting?

After your report has been submitted, eSafety will contact you about your complaint. Even if we can't investigate your case, eSafety will still help you. We will check you are safe, give you tips to protect yourself and feel better, and help you get more support if you need it.

Remember

- No one deserves to be hurt online.
- Be kind to yourself – it's not your fault.
- Cyberbullying can make you feel very alone and scared, but there is help available. You could talk to family or friends, or a support service like [kidshelpline.com.au](https://www.kidshelpline.com.au) or [headspace.org.au](https://www.headspace.org.au).



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