REELiSE

A BETTER ONLINE WORLD

Information for Students

PROTECT YOURSELF

Choose your online friends carefully. Make sure you actually know the people you accept as friends.

Make a strong password for all your accounts, change them regularly and never share with anyone other than your close family members.

Check your privacy settings and make sure you **never post or share personal information online** – your address, phone number or email address.

WHAT TO DO IF YOU ARE BEING BULLIED ONLINE

Protect yourself and take BETR action.

BLOCK the perpetrator. Don't respond.

Save the **EVIDENCE.**

TELL someone you trust straight away. If you're worried and not sure who to tell, contact Kids Helpline. You can visit www.kidshelpline.com.au or call them on 1800 55 1800. They are there 24 hours a day, 7 days a week to help you and its free to call even from mobiles.

REPORT cyberbullying. All social networks have report abuse buttons. The Office of the eSafety Commissioner has useful links to social media safety centres to help you report a problem.

If the content isn't removed within 48 hours report it to www.esafety.gov.au/reportcyberbullying

Remember help is available. Cyberbullying can make you feel alone, hurt, embarrassed and angry. Try to stay positive. Things will get better. Do activities with people that love and appreciate you.

HOW TO BE AN UPSTANDER

You can be an upstander and help targets of bullying without putting yourself at risk or engaging in bullying behaviour yourself. There are 4 ways you can be an upstander.

BE A BUDDY - Send a private message to let the victim know you don't think what has happened is cool or funny and you're there to help. Let them know you understand what they're going through. Ask them if they're okay. Example: "I think that's mean and hurtful. I'd be really upset if that happened to me. Are you okay?"

Try to help them deal with being angry or scared by encouraging them to do something fun or relaxing. You could try sending them a funny video to watch.

Follow up the message face to face. Encourage the target to seek help. It's really important they feel safe and supported. They need to talk to someone they trust and show them what is happening online. Example: "You're being bullied. It's not right. You need to tell the teacher. I can come with you if you like."

Keep an eye out for students at your school who appear alone or unhappy.   Offer to be friends.   Ask them to spend time with you.

REPORT - Alert someone in authority (your teacher, parent, another trusted adult) about what you are seeing online. It can help to talk to an older student or sibling about it. They might be able to help stop it or tell you what to do next.

Keep up to date with how to block and report bullying on the social media platforms you're using so you're ready to help yourself and others.

Report what you're observing to the security team for the site you're visiting.   If it looks like someone's life is in danger, report it to the police.

STOP THE SPREAD - Never join in the bullying. Don't share or like posts that are mean, hurtful or embarrassing. Don't laugh or stand and watch if you see someone being bullied.

CREATE A POSITIVE ENVIRONMENT - Be active in your school community in showing kindness and support for others.

Often people are bullied simply because they are different. They look or act differently, they suffer a disability or they have different interests. Respect each other's differences and don't judge someone simply because of them.

Be a positive force online by making sure what you post is positive and friendly towards others.   If you see someone being targeted because they are different, make a post indicating support or respect for that difference.

You can create a positive school environment by being active in initiatives to celebrate all the different types of people in the world and how those differences make the world a much more interesting place to live in.