Cyberbullying Fact Sheet

The Diocese of Broken bay has zero tolerance for cyberbullying. It is important for Children and their families to be aware of, and be able to identify, the different forms of cyberbullying, how to access help and how to report serious cyberbullying offences. It is important to keep our children safe in our physical environments, but it is just as important we are aware of how to keep them safe in online environments.

What is Cyberbullying?

Cyberbullying involves the use of technology to seriously harass, intimidate, humiliate, or threaten a child. Technologies include social media networks, emailing and instant messaging.

What does cyberbullying look like?
- Posting hateful and mean comments
- Using an individual's intimate images to humiliate them
- Creating fake accounts to harass and intimidate others
- Sharing and posting hurtful and mean images or videos
- Threatening an individual

What do you do if you are being cyberbullied?
- Talk to a trusted adult for example parent, teacher, uncle/aunt
- Do not respond to the bully
- Report the content to the service of which it appears
- Collect evidence – keep mobile phone message, take screenshots and print email or social networking conversations

Signs that someone might be cyberbullied
- Loss of interest in activities that used to bring great joy
- Change of mood after being on the computer or after checking their phone

- Sudden increase in instant messages i.e. text messages or Facebook messages
- Becoming more unhappy or anxious than usual
- Making excessive excuses not to want to go to particular places such as school or sports

Reporting serious cyberbullying
Anyone can report serious cyberbullying to The Office of the eSafety Commissioner. The eSafety Commissioner can help remove cyberbullying content from social media sites.
1. Report cyberbullying material to the social media service
2. Collect evidence

If the content is not removed from the social media service within 48 hours

3. Report it to www.esafety.gov.au/reportcyberbullying
4. Block the bully and talk to someone you trust

Accessing Support

If you or someone that you know has been affected by, cyberbullying it is important to know that you aren't alone. Below are recommended support services.

Kids Helpline
Free telephone and online counselling services for children
ww.kidshelpline.com.au
Phone **1800 55 18000**

Headspace
Provides face to face counselling and online counselling for young people aged between 12 to 25.
www.eheadspace.org.au

Parentline
Provides counselling, information and referral services for parents.
www.parentline.com.au
Phone **1300 30 1300**

Reference

The following documentation is available from the Diocesan intranet.
Diocesan Acceptable Use of Electronic Communications System Policy
Diocesan Social Networking Policy
Social Networking Policy for the Catholic Church in Australia, Australian Catholic Bishops Conference Communications Office, https://catholic.org.au/acbc-media/media-centre/social-networking-policy/file
eSafety Commissioner, www.esafety.gov.au

More Information

For further information contact the Office for Safeguarding (Chancery) at **safeguarding@bbcatholic.org.au** or phone **8379 1605.**