

# Respectful chat, I can do that!

## Signs that nasty stuff on the internet is becoming cyberbullying:

- \* when it is really upsetting and humiliating
- \* when it is happening all the time
- \* when you feel scared or threatened
- \* when people deliberately post things because they know it will upset you.

## Examples of cyberbullying behaviour:

- \* posting hurtful messages, images or videos
- \* calling someone names
- \* excluding others online (leaving them out on purpose)
- \* upsetting or nasty texts and emails
- \* putting up photos to embarrass someone
- \* spreading rumours
- \* pretending to be someone else online.

## Strategies to deal with cyberbullying

- \* Tell a trusted adult like a teacher, parent, aunt or uncle.
- \* Collect the evidence – take screen captures.
- \* Support each other.
- \* Don't retaliate or respond.
- \* Close the program down.
- \* Block the person.
- \* Use the report button and report to the gaming moderator or the social media site.

## Serious cyberbullying

Report serious cyberbullying to the social media service first. If the content is not removed within 48 hours, report it to the eSafety Commissioner.

The aim of reporting to the eSafety Commissioner is to remove the cyberbullying material as quickly as possible.

## Complementary activities

- \* [Register](#) to participate in the 'Being a good bystander' and "Communicating online" Virtual Classrooms.
- \* Locate the report button for your favourite [apps and games](#) and make a help sheet for younger students.
- \* Try [Cybersmart Hero](#) (Grades 3 and 4) or watch the videos and complete the activities for [#Game On](#) (Grades 5 and 6).
- \* Take the [ClassAct 50 challenge](#). A new resource for 10 to 14 year olds on digital citizenship.
- \* Take the Cyberbullying [Quiz](#) to guide you through the options for resolving your situation.

## Help us improve (Teachers only)

Complete the [survey](#) and help us by suggesting new topics and ways we can improve your experience.