

# eSafetyeducation

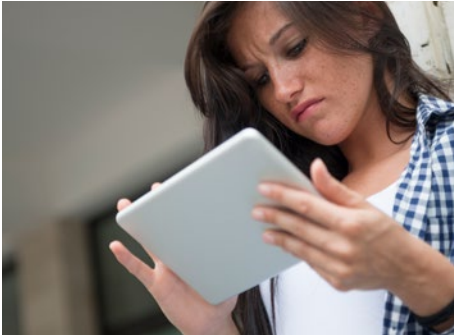
## Cyberbullying – a guide for people under 18

### Easy Read Guide



**Easy Read**

# What is Cyberbullying?



Cyberbullying is being mean to a person online.



It can be things like

- Sending messages or posting comments that hurt someone's feelings
- Using fake accounts to trick people
- Telling lies about someone
- Sharing photos or videos of someone to make fun of them



It is not nice to do these things.

It can make people very scared or sad.

# What you can do if this happens to you

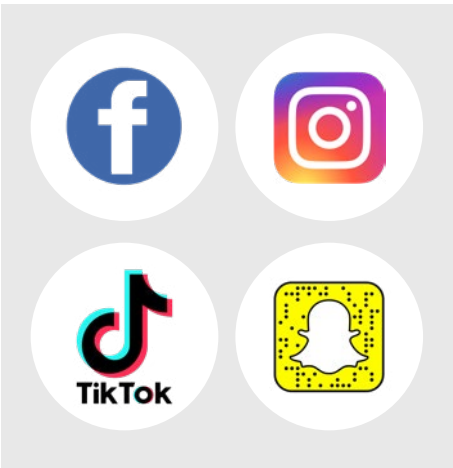


If someone bullies you online you can

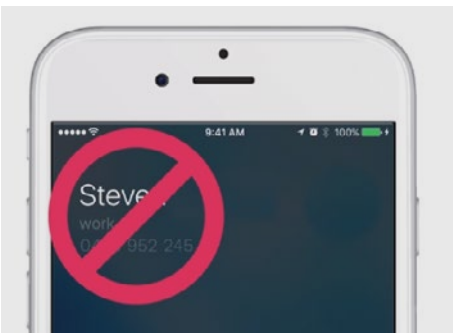
- Talk to someone you trust



- Take a screenshot of the mean comment, photo or video
- Keep the screenshot to show someone if you need to get help



- Tell the social media site, game or app



- Delete the mean comment and block the person

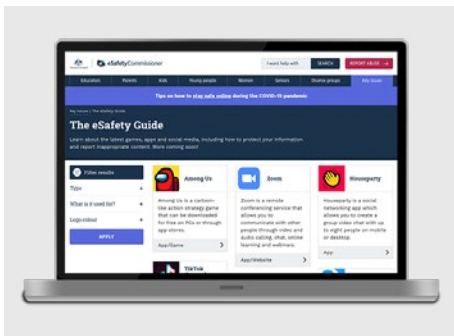
# The eSafety Guide



eSafety has a guide that can help you.

It tells you how to do things like

- change your settings to stop mean people contacting you
- report cyberbullying to the site it happened on



This is the guide:

[www.esafety.gov.au/key-issues/esafety-guide](http://www.esafety.gov.au/key-issues/esafety-guide)



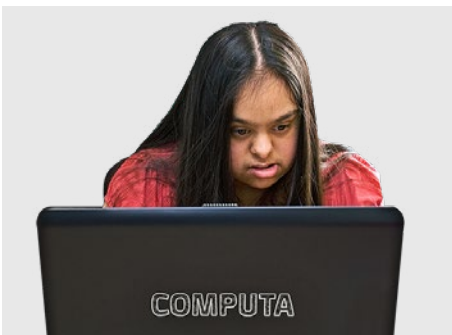
You might need someone you trust to help you use the guide.

# Make a complaint to eSafety



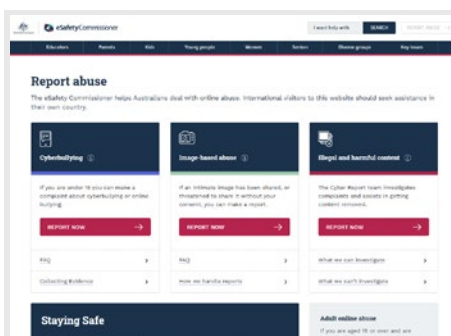
To make a **complaint** means to speak up about something that is not right.

At eSafety 'report abuse' also means 'make a complaint'.



You can make a complaint to eSafety

- If you are badly cyberbullied
- If the site does not help you



This is the link to the eSafety website, where you can make a complaint

<https://www.esafety.gov.au/report>

To go to the website you can

- click on the link
- or you can enter the link in the address bar of your web browser



You can ask someone you trust to help you with this.

# Get more help



If someone bullies you it can make you very scared or sad.

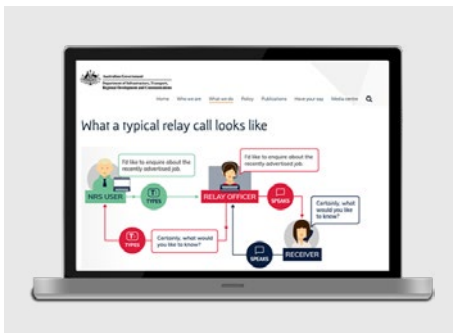
Talk to someone you trust about it.

They can help you.



You can talk to the Kids Helpline on **1800 55 1800**

Or go to [www.kidshelpline.com.au](http://www.kidshelpline.com.au)



If you need help to speak or listen call National Relay Service on **1800 555 660**

Or go to

[www.communications.gov.au/accesshub/nrs](http://www.communications.gov.au/accesshub/nrs)



If you are in danger, call **000**.

eSafety worked with CID to make this document Easy Read.

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Contact eSafety at [outreach@esafety.gov.au](mailto:outreach@esafety.gov.au)

or CID at [business@cid.org.au](mailto:business@cid.org.au)