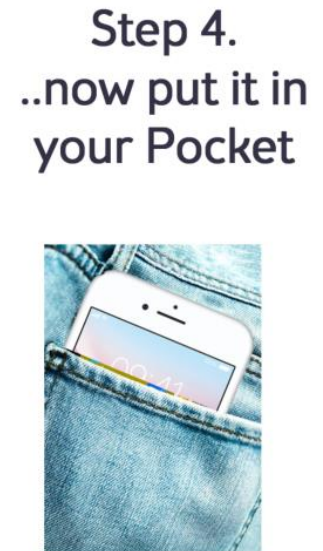
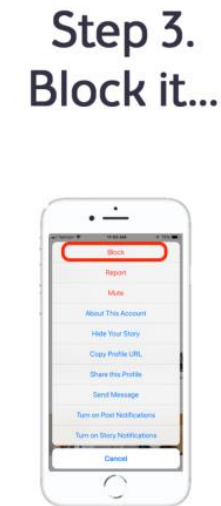


Cyberbullying and Mental Health

Bullying can happen in person or on social media & technology, and is when someone is mean or aggressive repeatedly to try and make another person hurt or upset (Bullying No Way, 2020; eSafety, 2020).

What to do if you or a peer are bullied online:

- Block & report any online bullying
- Restrict the user if additional fake accounts are created
- Adjust your privacy settings to make your accounts private
- Remove or restrict unnecessary followers
- Email the screenshot evidence to yourself & trusted adult and delete the screenshot from your device
- Don't respond with revenge or anger and take a screen break until you feel calm
- Talk to people in your support network rather than retaliating
- Report to eSafety if no response from the social media site after 48 hrs
<https://www.esafety.gov.au/report>



Also check out these cyberbullying resources:

<https://kidshelpline.com.au/teens/issues/cyberbullying>

<https://www.esafety.gov.au/young-people>