



## **AUSTRALIAN CYBERBULLYING SOURCES AND RESOURCES: MARCH 2017**

Cyberbullying has gained increasing attention in the media in recent years. While there is a tendency to characterise cyberbullying as an old behaviour (bullying) using a new medium (technology), current research shows that cyberbullying has several factors that may increase the insidious nature of this behaviour.

Antagonists can be anonymous and offending posts are generally indelible, uncontrollable and shareable. The impact may not be localised, impacting the victim throughout their career and even if they move jobs. The problem is prevalent amongst adults as well as children and evidence suggests that in some organisations it may be culturally acceptable.

### **If you are being bullied, what can you do?**

While being the target of cyberbullying can leave a person feeling hopeless, there are things that victims can do. Most digital interactions leave a trail left which can be difficult to hide, providing evidence which can be used to resolve the situation.

### **Bullying on Social Media**

If the bullying takes place over social media, you can report it. Below are some links for the most popular social media networks.

FACEBOOK: Facebook has bullying under Safety Tools & Resources in its help centre  
<https://www.facebook.com/help/420576171311103/>

TWITTER: Twitter has online abuse in its Safety and Security section of its help centre  
<https://support.twitter.com/articles/15794>

INSTAGRAM: Instagram has a page on reporting harassment or bullying on Instagram  
<https://help.instagram.com/547601325292351>

SNAPCHAT: Snapchat has a form to report a safety or abuse issue, as well as community guidelines to help with the issue <https://support.snapchat.com/co/other-abuse>

REDDIT: Reddit has a content policy which it uses to enforce misbehavior of its users, including bullying and harassment of others <https://www.reddit.com/help/contentpolicy>

GOOGLE/YOUTUBE: Google and YouTube have a harassment and cyberbullying page which lists steps that can be taken to reduce, avoid and then report a bully of your content  
<https://support.google.com/youtube/answer/2802268?hl=en>

### **Bullying in the Workplace**

Bullying has no place in society, especially in a workplace. Most workplaces have policy in place to deal with harassment and abuse as well as acceptable use of technology in the workplace.

If you are unsure of these policies you should ask your supervisor, manager, or HR department for further assistance. If you are unable to manage the bullying within the organisation, you are able to apply to the Fair Work Commission in order to stop the bullying. Information on this can be found at <https://www.fwc.gov.au/disputes-at-work/anti-bullying>.

Examples of cyberbullying in the workplace could include persistent emails, unwanted attention, mass emails spreading false information about you or using technology to exclude you from work activities.

Some Cyber Bullying activities can be considered illegal and could result in the bully (if found guilty) being charged with a criminal offence.

**If you aren't the victim, but someone you know is, what can you do?**

Being bullied is an isolating experience. Cyberbullying can be worse due to the fact that a victim cannot escape. With traditional bullying the victim can leave the environment. With some cyberbullying the victim must isolate themselves from key methods of participation in their community in order to avoid the bully.

The breadth and severity of the harassment can be much higher especially with the ability to like or share a post on social media enabling distribution of knowledge in ways previously unavailable.

If you see someone you know being bullied, either through technology or other means, simply showing them they are not alone can make a meaningful difference. It may not be easy to publicly stand up to a bully, and it may put yourself in danger, but providing support for the victim, and helping them find a solution could make a very big difference.

**Additional Resources**

If you would like further information on being bullied there are many good resources available on the Internet.

**Beyond Blue** is a website with many resources surrounding mental health. It has a comprehensive webpage with information surrounding cyberbullying and Bullying in general, including the impact of bullying on your mental health. It can be found here: [www.youthbeyondblue.com/understand-what's-going-on/bullying-and-cyberbullying](http://www.youthbeyondblue.com/understand-what's-going-on/bullying-and-cyberbullying)

**The Office of the Children's eSafety Commissioner** has a webpage on cyberbullying which provides examples of cyberbullying, and gives information on what can be done to reduce or stop the bullying. This resource links to many other valuable resources to provide assistance to the victims as well as parents and schools of victims. [esafety.gov.au/esafety-information/esafety-issues/cyberbullying](http://esafety.gov.au/esafety-information/esafety-issues/cyberbullying)

**Reachout.com** is Australia's leading online youth mental health service. It has an online fact sheet on cyberbullying in simple English with some information on how you can protect yourself from being bullied online. [au.reachout.com/cyberbullying](http://au.reachout.com/cyberbullying)

**Lawstuff.org.au:** As the Laws are different for each state, it can be confusing to find out if a behaviour is illegal and able to be reported to the police. Lawstuff.org.au is a website which allows you to research the laws around cyberbullying in your state and provide accurate information. Aimed at Children and Young adults, the information is relevant for all ages. [www.lawstuff.org.au/lawstuff](http://www.lawstuff.org.au/lawstuff)

**The Australian Human Rights Commission** has an online fact sheet on cyberbullying including information on what to do if you know someone else being bullied. It is a powerful assistance to someone being bullied if you do not tolerate poor behaviour being aimed at them. Information can be found at their website: [humanrights.gov.au/cyberbullying-what-it-and-how-get-help-violence-harassment-and-bullying-fact-sheet](http://humanrights.gov.au/cyberbullying-what-it-and-how-get-help-violence-harassment-and-bullying-fact-sheet)

**The Australian Cybercrime Online Reporting Network (ACORN)** has a fact page on Cyber-bullying. It contains examples and examples of the criminal acts associated with each form of harassment along with a method you can use to report cyberbullying. See: [www.acorn.gov.au/what-is-cybercrime/cyber-bullying/](http://www.acorn.gov.au/what-is-cybercrime/cyber-bullying/)

**CONNECTED - The Cyber Bullying Musical** is a professional rock musical show about four teenagers caught in a situation they can't control, as their online lives have real world consequences. It demonstrates how easily cyber activities can get out of hand and illuminate the potentially disastrous consequences. [www.connectedthemusical.com.au](http://www.connectedthemusical.com.au)

\*\*\*\*\*