



BEING A GOOD BYSTANDER

Cyberbullying is the use of technology to bully a person or group with the intent to cause harm.

Cyberbullying is serious and is never acceptable. It often involves a:

- **Perpetrator**—the person bullying online.
- **Target**—the person being bullied
- **Bystander**—someone who witnesses the cyberbullying behaviour.

One way to create a better internet is for everyone to become a supportive or good bystander when interacting online.

Types of bystanders

Bystander - Someone who sees cyberbullying happening to someone else.

Positive bystander (upstander) - Someone who takes safe action to help the target of cyberbullying behaviour.

Negative bystander - Someone who sees cyberbullying happening, but chooses to do nothing to help the target.

Some bystanders might also get involved in the cyberbullying, for example by forwarding hurtful texts, posts or messages on social media sites that have been posted by someone else.

Why is being a good bystander the right thing to do?

- We have a responsibility to respect and protect the rights of others.
- There is a greater possibility that bullying will stop.
- So the person being targeted can recover and get help.

Bystanders have an important role to play in cyberbullying situations and their actions can help stop the bullying behaviour.

Complementary Activities

- Research the history of Pink Shirt Day that started in Canada.
- View the **#GameOn** video series which follows the online experiences of a group of upper primary/ lower secondary students.
- Using the Positive bystander tips on the next page, select something positive you could do, or the option that you would feel safest in doing, if you witness:
 - a) someone repeatedly sending mean text messages to another person.
 - b) someone asking their friends to 'like' an embarrassing photo of someone you know.
 - c) a friend excluding a member of your friendship group from a group chat.

Positive bystander tips



STEP IN

- Do something positive to help the target.
- Speak out against the cyberbullying behaviour—if you feel safe doing so. Make it clear you find the behaviour unacceptable and ask for any hurtful texts/posts/images to be deleted.
- Encourage the target to get help from a trusted adult. Offer to go with them to make the report.



HELP

- If you don't feel comfortable telling the person bullying to stop, think about ways you can help behind the scenes, such as saving the evidence of the cyberbullying (like screenshots or photos) or helping the person check their privacy settings.
- Make contact with the target (online or offline). Email/message the target to let them know you feel for them and you don't agree with the person's behaviour.
- Check out the esafety website at esafety.gov.au for useful tips on dealing with cyberbullying. The Kids Helpline also offers free and confidential counselling services on cybersafety issues, including cyberbullying. Visit kidshelpline.com.au or call 1800 55 1800.



ACT

- Choose not to comment on, resend or respond to posts that may offend or upset someone else.
- Discuss what you can do with friends to help resolve it. This might include blocking the main people involved or approaching a trusted adult as a group.
- Make it clear to your friends that you will not join in any cyberbullying behaviour.



REPORT

- Tell an adult you can trust and has the authority to help. This may be a parent, teacher, school principal, school counsellor, a coach or family member.
- Report cyberbullying to the police if you feel someone's personal safety has been threatened.
- Report anonymously. For example, type up a note about what is happening and leave it in the letter box or under the door of an adult who can help.
- Report to an administrator of the social media website to ask for content to be removed. Contact the relevant mobile phone company in the case of bullying text messages or calls.