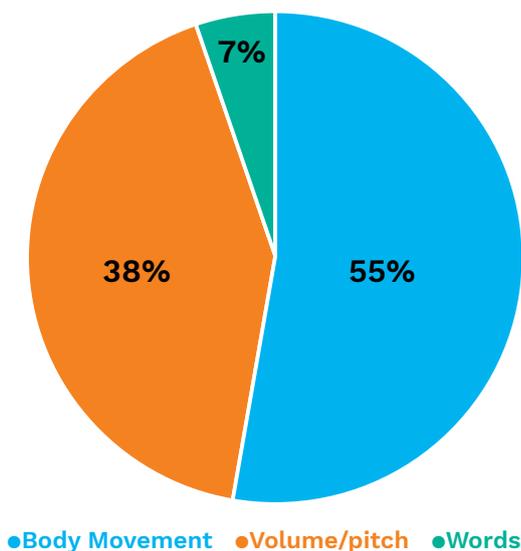


Communicating online



When we speak face-to-face with another person it is very easy to see and hear a person’s intent when you can see their face and body language. It is different when we communicate online because you cannot see the person’s facial expression or hear the tone of their voice. It is very easy for messages to be misinterpreted.

How we receive messages



Text messages

- * When communicating online or by text think about:
 - o who could read it.
 - o what you write and post – it can be shared easily without your permission.
- * When you receive a message on line - don’t be too quick to take offence
- * Before getting angry, take time to re-read a message.

- * Ask yourself – does the sender mean something else?
- * Ask the sender what they mean.
- * Sometimes people’s actions and words are just annoying rather than cyberbullying.

When does teasing become cyberbullying?

Cyberbullying is targeted and can be repeated behaviour that is intended to humiliate, harass, threaten and intimidate other people online.

- * The teasing begins to feel scary, and/or is not funny anymore.
- * You feel helpless or ganged up on.
- * You might become worried about your safety.
- * What to say when you don’t like how someone is communicating with you
- * “Can you stop writing those things because it makes me feel”
- * “I don’t want to hang out with you because I don’t like the way you are treating me”.
- * “I want it to stop. I want to be left alone”.
- * Make it clear that if it continues, you will tell a teacher and/or your parents or a trusted adult.
- * Avoid making threats to them because you may be bullying/ cyberbullying them by doing this.
- * Collect the evidence and tell someone.

Communicating online



Positive bystander (upstander) action

Bystander - Someone who sees cyberbullying happening to someone else.

- * Never forward on or respond to messages or photos that may be offensive or upsetting.
- * Support the person who is being bullied to ask for help.
- * Suggest that the person collects the evidence and reports it to someone in authority or someone they trust.
- * Make it clear to your friends that you won't be involved in bullying behavior.
- * Do not harass, tease or spread gossip about others.
- * Encourage the person to report cyberbullying to the eSafety Commissioner.

Complementary activities

- * Check out our lesson plans for primary students.
- * Complete and discuss your answers for the following multiple choice questions.

1. Sometimes I use my friend's name and post things pretending to be them as a joke:

- a. Yes, a joke is a joke, and I can pretend to be my friend for fun!
- b. No, but I probably would if I could figure out their password!
- c. Never, it's called identity theft and can cause big problems for both of us.
- d. Yes, because I only go online for fun and so do my friends.

2. If I can tell someone is being bullied online:

- a. I should just stay away from it – I don't want to be the next!
- b. Ignore it if I don't like who's being bullied anyway.
- c. Think about what it would feel like if it was happening to me or my best friend and get help.
- d. Why does it matter? A bit of bullying toughens you up.

3. I try to be positive and helpful online:

- a. Always – it's important to treat others well online.
- b. Yes, being positive is a good habit to get into.
- c. Yes, even though I sometimes have to think carefully to make sure I say the right thing.
- d. All of the above.