Supporting each other when gaming

Online abuse like bullying, harassment or threatening behaviour can happen via web cam, private messaging or online chat.

If you experience online abuse or see it happening to someone else take action!

- Speak up, if you feel safe to do so. You can say something like 'That's not OK' and check if the person affected needs help.
- Ask for help from people you trust – it could be friends, family, a carer or a teacher.
- Collect evidence of the abuse, like screenshots of the comments.
- Report the behaviour to the administrator or platform – The eSafety Guide has links to help you.
- Use the game settings to mute or block abusive players, or turn off your chat function to get a break.
- If the administrator or platform does not help, report the abuse to eSafety.

There's also great advice on how to support each other at:

| kidshelpline.com.au | headspace.org.au | reachout.com |