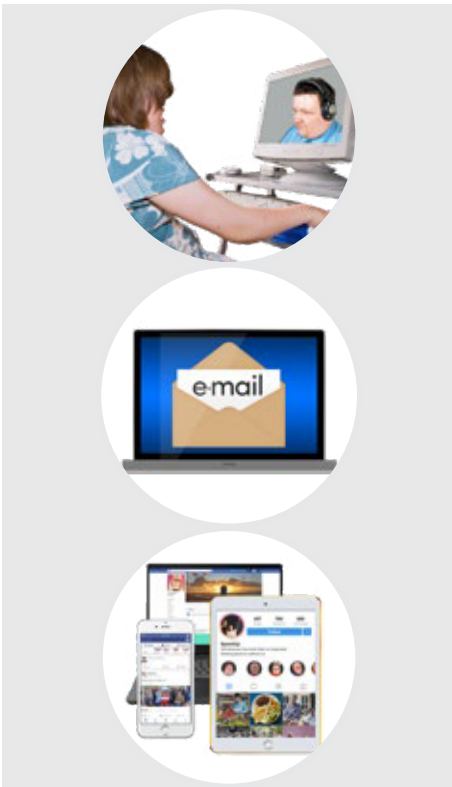


Where to get help about adult cyber abuse



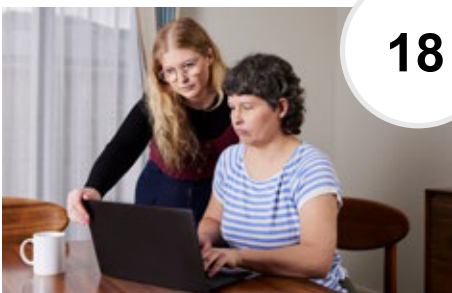
Adult cyber abuse is when someone does bad things to you online.



This might be when someone

- Tells you online they will hurt you
- Sends a post or email that makes you feel sad or scared
- Puts things about you on **social media** that makes you feel bad

Social media means websites like Facebook and Instagram.



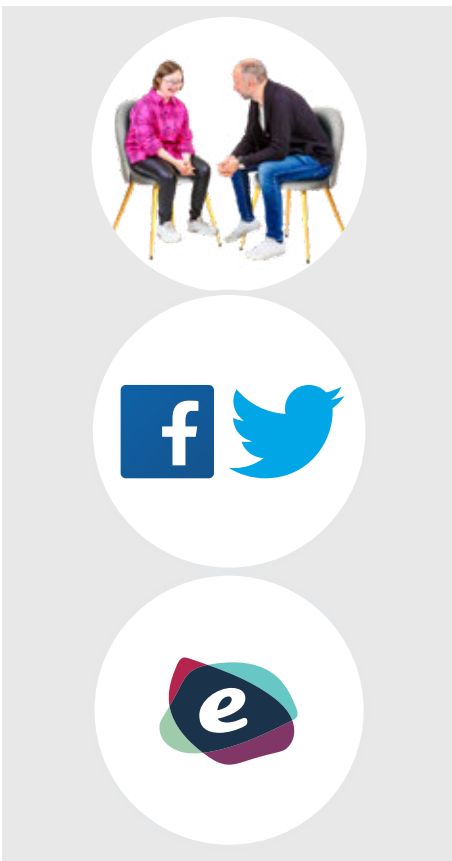
18

Adult cyber abuse is when this happens to someone who is 18 years or older.

What you can do if adult cyber abuse happens

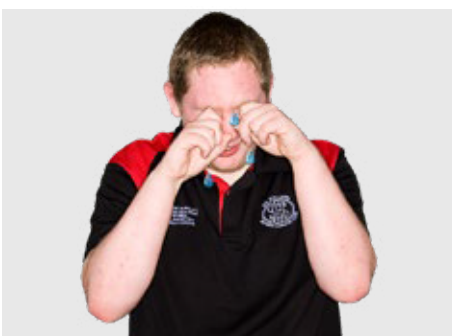


This is what you can do if adult cyber abuse happens to you.



You can

- Tell someone you trust
- Tell the service where it happened like Facebook or Twitter
- Report it to **eSafety** if the service does not help you



eSafety can help when the abuse is very bad and meant to hurt you.

How you can tell eSafety



To tell eSafety about adult cyber abuse you can

- Go to **www.eSafety.gov.au/report**
- Click on the red button that says **Report now**
- Click on the box that says **Adult cyber abuse**
- Use the form to tell us what happened



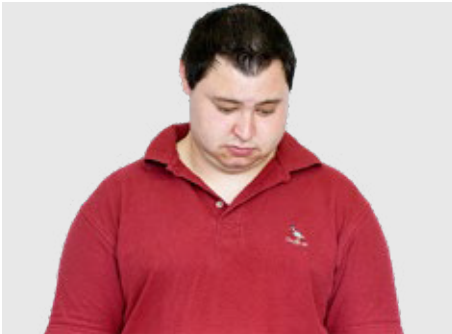
You can ask someone you trust to help you tell eSafety.



This might be a

- Family member
- Friend
- Support worker

More support



Adult cyber abuse can make you feel very sad and scared.



You can call these places for help

- **Lifeline** on 13 11 14
- **Beyond Blue** on 1300 22 4636

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