



How to report adult cyber abuse



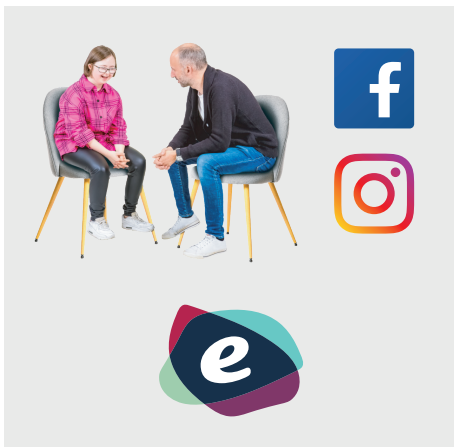
Adult cyber abuse is when someone does bad things to you online like

- Saying they will hurt you
- Sending posts or emails that make you feel sad or scared
- Putting things on **social media** that make you feel bad



18

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



If adult cyber abuse happens to you

- Tell someone you trust
- Tell the service where it happened like Facebook or Instagram
- Report to **eSafety**
www.eSafety.gov.au/report

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