

Be an eSafe kid:

Take action against online bullying



Student name:

Date:

Complete this worksheet, then share what you have learnt with your friends and family.

Introduction

eSafety supports children who have been seriously cyberbullied.

1. What do you think cyberbullying is?

Case study 1

John is in Year 3. He is playing an online game with his cousin. During the game his cousin starts calling him names and sending rude messages. John has never seen cyberbullying before. He gets upset and doesn't know what to do. His cousin tells him that teasing is just part of gaming and he has to live with it, but John feels uncomfortable and knows he needs help.

2. How do you decide that you need help? Tick all that apply.

- ☐ You feel sad or mad.
- ☐ You feel frustrated.
- ☐ Things do not feel right.

3. Who can help you?

4. eSafety research tells us that 67% of children told their parents when they were bullied online. Why do you think the other 33% of children did not tell a trusted adult?

Case study 2

Jazzy and her friends use social media to chat, make dance videos and post photos of their paintings. Over the past two weeks, Jazzy has seen hurtful posts on social media about her and her friends. Jazzy knows it is some of the kids from school who are creating the mean posts. She asks them to stop but they don't. Jazzy isn't sure what she should do next. She tells her older brother and he suggests telling their parents. Jazzy's parents sit down with her and suggest a few things that they could do.

5. What advice might Jazzy's parents give her?

eSafety research shows that almost all children take action in response to a negative experience:

- 63% unfriended or blocked someone.
- 41% changed their privacy settings.

6. Have you ever been cyberbullied or seen someone else being cyberbullied?

Tick your response: Yes ☐ No ☐

How many students in your class said 'Yes' and how many said 'No'?

Record the number of answers here: Yes _____ No _____

Case study 3

Damo is in Year 6. He is on two social media platforms, and he is being cyberbullied on both of them. Nasty language is being used in the posts and it's making him upset and scared. The posts are threatening, so he doesn't want to go to school. To report to the platform, he needs to start by collecting evidence.

7. What evidence does Damo need to collect? Tick all that apply or add your own thoughts.

- ☐ details about the service or platform used to send or share the content
- ☐ the webpage address or link (URL) where the content appeared
- ☐ the usernames of the accounts
- ☐ other (write below).

Make sure cyberbullying stops with you. Don't forward or share any mean messages, posts or images.

If you or someone you know needs help or support, speak to someone you trust, or a support service like Kids Helpline. You can contact them online at kidshelpline.com.au or call [1800 55 1800](tel:1800551800).

A trusted adult can help you to report and block harmful content. Find out more about how to report at eSafety.gov.au/report/forms

More information about bullying and getting help

bullyingnoway.gov.au/support-and-advice

bullyingnoway.gov.au/support-and-advice/for-young-people

eSafety.gov.au/kids/eSafety-help

Next steps

Start a conversation with your family about what you have learnt today:

- Take this worksheet home to share with your parents or carers.
- Explore eSafety's kids pages at eSafety.gov.au/kids.
- Show your family the eSafety pages for parents and carers at eSafety.gov.au/parents.
- Show your family how to sign up to the eSafety newsletter at eSafety.gov.au/subscribe.
- Find out about the eSafety parent webinars to keep up to date with the latest online safety issues and advice. Visit eSafety.gov.au/parents/webinars.

