



Cyber bullying

What is cyber bullying?

Cyber bullying is a form of bullying, which is carried out through an internet service such as email, a chat room, discussion group, instant messaging or web pages. It can also include bullying through mobile phone technologies such as SMS.

Examples of cyber bullying behaviour are:

- teasing and being made fun of;
- spreading rumours online;
- sending unwanted messages; and
- defamation.

Anyone can be bullied online and the bully can act anonymously if he or she desires.

How do I protect children from cyber bullies?

Use the following techniques:

- Develop clear communication with children about cyber bullying issues. Let them know it is all right to discuss any problems they have.
- Research the policies schools have on bullying. The same rules and penalties should apply for both offline and online bullying.
- Investigate the different services that children use on the internet and the potential ways that cyber bullying can occur. Know what children are talking about if they come to you for help.
- Watch out for any behaviour changes with children especially related to online activity.
- Talk to your internet service provider about what 'take down' policies they have for inappropriate materials that may be posted by cyber bullies.

About NetAlert

NetAlert is the Australian Government's online safety program, set up to protect Australian families online. NetAlert is part of the Australian Communications and Media Authority (ACMA). It offers independent, sensible, helpful and reliable advice and information about potential problems, dangers and threats on the internet and ways to minimise or avoid these problems.

Tel: 1800 880 176

Email: netalert@acma.gov.au

Web: www.netalert.gov.au

