



HELPFUL RESOURCES



For more information about staying safe online and getting the most from your digital experiences visit telstra.com.au/cyber-safety



Visit the Parents' page on the Cybersmart website at cybersmart.gov.au/parents.aspx



View the Cybersafety Help and Advice page or download the Cybersafety Help Button onto your kids' devices from cybersafetyhelp.gov.au



Use the 'Easy Guide to Socialising Online' to learn about safer ways to use social media, search engines and online games at dbcde.gov.au/easyguide



Use Telstra Smart Controls® Mobile Protection to help block unwanted callers or senders of unwanted text messages, telstra.com/smartcontrols



Keep the family safe online with BigPond® Security's Parental Controls and Telstra Safe Social™, to help protect your kids on social networks, bigpond.com/security

CYBERBULLYING CYBER SAFETY TIPS FOR PARENTS



IT'S HOW
WE CONNECT



THE DIGITAL WORLD IS A PLAYGROUND SO TEACH KIDS TO PLAY NICELY

For children, the digital world is one gigantic playground filled with endless opportunities for fun and interaction with friends and peers. And like any playground, there needs to be some rules to ensure the people in it play nicely.

NOT EVERYONE'S A BULLY

Most kids really are kind to others online, but there is a minority of children using technology to harass and intimidate others.

Bullying thrives on digital media because it can be done remotely and often anonymously – giving bullies a reduced sense of the harm they're causing. It can also be harder to avoid than traditional bullying, with no relief offered by the school bell.

STICKS AND STONES AND MOBILE PHONES

Cyberbullying is still bullying, and although it doesn't cause physical injuries, victims of cyberbullying can suffer anxiety, depression and long lasting emotional damage.



Q. WHAT IS CYBERBULLYING?

A. The Australian Communications and Media Authority's Cybersmart program says cyberbullying happens when someone uses digital media to deliberately or repeatedly engage in hostile behaviour to harm others.

This can include:

- abusive texts and emails
- posting unkind messages or images
- intimidating others online
- excluding others online
- inappropriate image tagging
- imitating others online.

TAKE ACTION

It's important to talk to children and make sure they're aware of what's appropriate behaviour and what's not. If they're the ones responsible for the cyberbullying, explain how what they've done hurts others and insist that it ends there and then.

What you can do:

- Be zero-tolerant – no abusive or unkind texts, posts, images or emails.
- Teach kids to treat others the same way they'd like to be treated online.
- Explain the rules of responsible ownership of devices.
- Stay involved. Have your own social networking account and ask to join your child's 'friend' list.

SET FAMILY RULES

Make sure you're seen as a positive example. Don't just talk about the right thing to do but be a role model with your own internet and phone habits. Children are happier following rules if everyone in the family plays by them.

HOW TO PROTECT YOUR CHILD FROM CYBERBULLYING



TALK TO THEM

If they've been cyberbullied, talk to them and encourage them to stay calm and positive. It's important for victims of cyberbullying to know that they're not responsible for what's happened. A reaction is often just what a bully wants to see. Not responding or retaliating can sometimes stop the cycle.



BLOCK THE CYBERBULLY

The child might need help to block the cyberbully or remove them from their contacts. Ask your mobile service provider or ISP for assistance if you need it.



KEEP THE EVIDENCE

Retain copies of text messages, emails etc in case the problem gets worse and needs reporting.



REPORT THE PROBLEM

Most schools and universities have policies against cyberbullying and should be keen to help you find a solution. You'll also find links at websites like Facebook where you can report any abusive behaviour. And of course, if the bullying extends to threats of violence, inform the police without delay.

UP-STANDERS, NOT BYSTANDERS

Encourage kids to speak up if they see their friends being cyberbullied. If the bullying persists they should report it to a teacher, a counsellor or another responsible adult.