

Navigating online bullying to create a safer digital space

Start here



Has this happened a few times now?

Are they doing it deliberately to upset, hurt or embarrass you?

Mean behaviour isn't great. Ask someone you trust for advice on how to let the person know you don't like it, and ask them to stop.

Do you feel safe or comfortable enough to ask the bully to stop and delete the bullying content, and willing to do that?

Did it stop?

Well done, you're helping to build a positive online world. Follow this process whenever you need to. Don't be ashamed.

Online bullying: identify, stop, finding help.



Take some evidence of the bullying - screen shots are good. Ask someone you trust to do this for you if it is making you feel worse.

Follow the steps to report online bullying in the app where it happened, and if other students at your school are involved, let a teacher know.

Block or remove the bully. There are ways to do this without people knowing, if you're worried this might make it worse.

You're not alone - find someone to talk to - someone you know, or a helpline.