

### Cyber bullying – and what you can do about it?

#### What is cyber bullying?

Cyber bullying is bullying that occurs by the internet or mobile phones and can include text messages or email images. These messages and video images are intended to harass or intimidate someone.

Mobile phones should not be used to spread hurtful rumours or to send insulting or threatening texts or picture messages either directly to the victim or to others. This is cyber bullying and is not acceptable.

People who use mobile phones to bully do so because they think their actions will be anonymous. They believe they can't get caught. They're wrong!

It is a criminal offence to use a mobile phone to menace, harass or offend another person and almost all malicious calls can be traced, (from Australian Mobile Telecommunications Association flyer 'Mobile Phones and Bullying').

#### As a parent, what can you do about it?

Discuss the incident with your child, assure them that you can help even if you know less about mobiles than they do!

Help your child implement strategies to minimise the harassment (see also Tip Sheet for students on cyber bullying and harassment).

Make your child's school aware of the problem. Most schools have a policy on the use of mobile phones.

Share your experiences with other parents, and raise concerns through your school council.

Remember the law is on your side, and it is a criminal offence to use a mobile phone to menace or harass another person.

#### Useful websites

[www.psychology.org.au/publications/tip\\_sheets](http://www.psychology.org.au/publications/tip_sheets)

[www.families.nt.gov.au](http://www.families.nt.gov.au)

<http://cms.curriculum.edu.au/mindmatters>

[www.kidsafe.com.au](http://www.kidsafe.com.au)

[www.bullyingnoway.com.au](http://www.bullyingnoway.com.au)

[www.kidsmatter.edu.au](http://www.kidsmatter.edu.au)

For further information on Safe Schools NT visit [www.safeschools.nt.gov.au](http://www.safeschools.nt.gov.au)

*Your child has the right to feel safe and happy at school whether in the classroom or playing outside.*