

### 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 text 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 student, what can you do about it?

Protect your number! People can't send you unwanted messages if they don't have your number, so:

- only give your number to your friends
- don't leave your phone where others can see your number
- consider using ID blocking to hide your number when you make calls.

If you get unwanted calls:

- don't respond. Bullies enjoy knowing they've upset you
- don't leave your name on your voicemail. If you do, it confirms to the bully that they've called the right number
- report the basic details of the call to your school or parents, and keep the message, the date and time sent.

#### 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)

*You have the right to feel safe and happy at school whether in the classroom or playing outside.*