



## Are you being cyber bullied?

Cyber bullying includes teasing, spreading rumours or sending unwanted messages using email, chat rooms, instant messaging and SMS.

Remember, bullying is never your fault. It can be stopped and it can usually be traced.

Kids Helpline  
1800 551 800  
[www.kidshelp.com.au](http://www.kidshelp.com.au)  
Bullying. No way!  
[www.bullyingnoway.com.au](http://www.bullyingnoway.com.au)  
Cybersmart Kids Online  
[www.cybersmartkids.com.au](http://www.cybersmartkids.com.au)  
Safe Schools  
[www.sofweb.vic.edu.au/wellbeing](http://www.sofweb.vic.edu.au/wellbeing)

What can I do?

- Tell a teacher or parent.
- Don't reply to nasty messages.
- Keep your log-in and password info private.



State Government  
**Victoria** Department of Education and  
Early Childhood Development



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What can I do?

- Tell someone you trust.
- Tell the bully to leave you alone.
- Don't reply to bullying messages.
- Save all bullying messages.
- Keep your log-in and password info private.

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