



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.



Things you can do:

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

Kids Helpline 1800 551 800 www.kidshelp.com.au

Bullying. No way! www.bullyingnoway.com.au

Safe Schools Are Effective Schools
www.sofweb.vic.edu.au/wellbeing/safeschools/bullying/index.htm



Department of Education and
Early Childhood Development