



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 friend, teacher or adult you trust.
- Tell the bully to leave you alone.
- Don't reply to bullying text messages, online chats or emails.
- Save all bullying 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