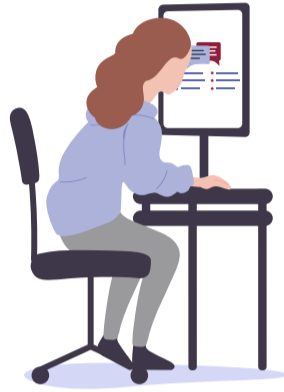


How to report serious cyberbullying

1

Collect evidence

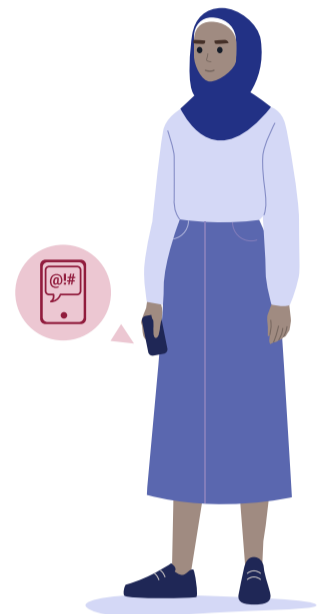
Screenshot the harmful content, webpage address (URL), account username.



2

Report

Report to the online service - if they don't respond, report to **eSafety.gov.au**.



3

Prevent further contact

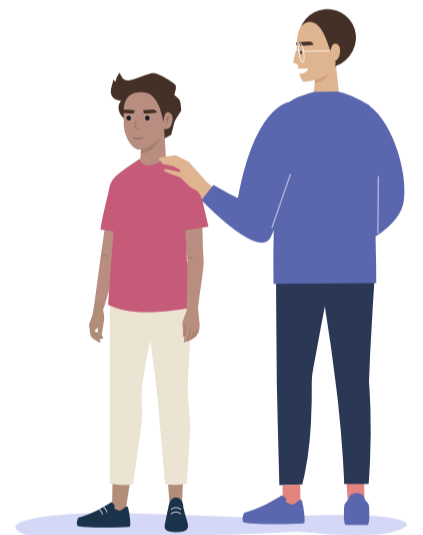
Use settings to ignore, mute or block the other person and check your privacy settings.



4

Get more help

Talk to a trusted adult or a counsellor about the impact.



If you are in immediate danger or at risk of harm call **Triple Zero (000)**.

If you need to talk to someone, visit kidshelpline.com.au or call them on 1800 55 1800, 24 hours a day 7 days a week.

Serious cyberbullying means sending or sharing harmful online content that badly upsets someone under 18. It may make them feel harassed (hassled), humiliated (embarrassed), threatened (unsafe) or intimidated (scared to do or say something).