

REPORTING

If the consent to you, or posted or shared about you, is likely to harm your physical or mental health because it is seriously:

- threatening (for example, when someone says they are going to harm you, or tells others to harm you) or
- intimidating (for example, when you stop doing something because someone makes you feel scared or bad about it) or
- harassing (for example, when someone keeps sending messages to you or keeps sharing posts or comments about you even though you don't want them to) or
- humiliating (for example, when someone teases or embarrasses you very badly).

If someone is bullying you online in one of these ways you can report it to the Online Safety Commission.

If you are a parent or guardian you can report serious online bullying to the Online Safety Commission yourself - if you know your child has been targeted by harmful content and the site, game, or app has not helped within 48 hours.



Online
Safety
Commission

CONTACT US



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ONLINE BULLYING



Online
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Commission

WHAT IS ONLINE BULLYING?

Online Bullying is when someone uses the internet to be mean to another person so they feel bad or upset . It can happen on a social media platform, game, app, or any other online or electronic service. It can include: posts, comments, texts messages, chats, live streams, memes, images, video and emails.



These are some examples of the ways the internet can be used to make someone feel bad or upset:

- Sending hurtful messages photos or videos of them.
- Sharing embarrassing photos or videos of them.
- Leaving them out online.
- Creating fake accounts in their name.
- Tricking them into believing you are someone else.



WHAT CAN YOU DO?

If someone is being mean online, first of all it's a good idea to:

- Tell a trusted person and ask them to help you.
- Change the settings on your device or online account so you don't see so many messages, posts or comments from the person who was mean.

If you need online bullying material removed:

- Report it to the social media platforms, gaming site or other app that was used to send, post or share the harmful content (this can be fastest way to get it removed).
- Check our tips about how to take care of yourself if you are bullied.