If you would like to talk to us in your own language, please call the Telephone Interpreter Service on 131 450.

Italian Italiano
Se desiderate parlare con noi in italiano, siete pregati di chiamare il servizio d’interpretrariato telefonico (Telephone Interpreter Service) al numero 131 450 e loro ci contatteranno per voi.

Vietnamese Tiếng Việt
Nếu quý vị muốn nói chuyện với chúng tôi bằng tiếng Việt, xin điện thoại đến Dịch Vụ Thông Dicha qua điện thoại (TIS) ở số 131 450 và họ sẽ giúp quý vị liên lạc với chúng tôi.

Greek Ελληνικά
Αν θέλετε να μας μιλήσετε στη γλώσσα σας, παρακαλείτε να τηλεφωνήσετε στην Τηλεφωνική Υπηρεσία Διερμηνείων στο 131 450 και να ζητήσετε να επικοινωνήσουν μαζί μας εκ μέρους σας.

Arabic العربية
إذا كنت ترغب التحدث إلىنا باللغة العربية، فيرجى الاتصال بخدمة الترجمة الشفاهية والعاطفية على الرقم 131 450 حيث يقوم مترجم من الخدمة بالأتصال ابدا والتحدث إلى ناية عنا.

Traditional Chinese 繁體中文
如果您希望用您的语言和我们倾谈，您可致电131 450的电话传译员服务（Telephone Interpreter Service），他们将会与我们联系。

For more information contact:
Australian Communications and Media Authority
Cybersmart program
Cybersafety Contact Centre
Telephone: 1800 880 176
Email: cybersafety@acma.gov.au
www.cybersmart.gov.au

ACMA036A.1007

www.cybersmart.gov.au
Cyberbullying occurs when the internet, email or mobile phones are used to deliberately and repeatedly engage in hostile behaviour to harm someone.

It is sometimes used as an extension of other forms of bullying and can result in the child or teen experiencing social, psychological and academic difficulties.

Cyberbullying can include harassment or behaviour that threatens, humiliates or intimidates someone, such as sending abusive texts or emails, excluding others from online chats or communication or posting unkind messages or inappropriate images on social networking sites.

Cyberbullying can happen to anyone, not just vulnerable children and young people. Cyberbullying is more likely to happen to children who are also bullied offline.

A change in behaviour could indicate that your child, or someone you know, is being cyberbullied. This could include a decline in physical health, changes in mood, changes in sleep patterns, avoiding school or having less to do with friends.

Not all of these signs relate to cyberbullying. Some may also indicate more general social or mental health issues or could reflect common teen behaviours as they seek to establish their identity and push boundaries.

If you think your child is being cyberbullied:

- **Talk to your child** about cyberbullying before it happens. Work out strategies to address cyberbullying that you are both comfortable with, so your child knows what to expect if they do report their concerns to you.
- **Establish** one or two other trusted adults your child is comfortable to approach about their concerns.
- **Be aware** of what your child is doing online and explore it with them.
- **Keep the lines of communication open** so your child will be comfortable to talk to you if something is worrying them. Help your child to develop the skills they need to interact safely and respectfully online. Guide their online activities and help them learn to communicate appropriately with friends and family.
- **Try to locate** the computer in a shared or visible place in the home.
- **Discuss** the kinds of sites that are okay to explore and those that are not, and have clear rules about online activities.
- **Help your child** to block anyone who sends offensive content. Most social networking services allow users to block and report someone who is behaving badly.
- **Discuss any changes** in mood or behaviour with them. If you are concerned, help your child to stay connected to friends and family that they trust.
- **Notify the police immediately** if you have serious concerns for your child’s safety.
- **Work with your child to save evidence** of cyberbullying behaviour—it may need to be followed up by the child’s school, Internet Service Provider (ISP), mobile phone carrier or the police.
- **If you need to** involve your child’s school, ask them to thoroughly explain their processes so that you can work towards achieving a positive outcome.
- **Cyberbullying won’t stop if it’s ignored**—you can help by listening to your child and working with them to take control of the situation.