Report online bullying

1. **Stay safe.** If anyone is in immediate danger, call triple zero (000).

2. **Collect evidence** of the cyber bullying, such as:
   - website addresses or URLs
   - screenshots
   - photos, videos, or audio recordings
   - print-outs.

   You can also keep a written record of:
   - what happened and who was involved
   - when it happened and how many times
   - the platforms or sites where it happened
   - how it affected you or other people.

   Note: if the cyber bullying involved nude or sexual images of someone under 18, it may be against the law for you to possess or share these images. You can report image-based abuse and illegal material to eSafety at esafety.gov.au/report, or seek information from a legal service: probonocentre.org.au/legal-help/

3. **Report to the site** where the bullying happened. For tips on how to do this, see the eSafety Guide, which takes you through the reporting steps for the different apps and games out there: esafety.gov.au/key-issues/esafety-guide.

4. **Report to the eSafety Commissioner** if the cyber bullying happened to someone under 18. They aim to get serious material taken down within 48 hours.

   They will ask what happened, who was involved and how the bullied child is coping, and they will request your contact details. They will also give advice and support.

eSafety also supports adults who have been cyber bullied: esafety.gov.au/report.

5. **Alert the school as appropriate** if the cyber bullying occurred between students. See our tips on working with your school click here

6. **Talk to someone who will support you**, such as a parent, GP or mentor. You can speak to a mental health professional for free on the Dolly's Dream's support line 0488 881 033.

👋 **Get Help!**