

Cyberbullying- Worksheet

Part 1 - Match the following to their correct definition:

Harassment and
Stalking

Encouraging someone to take their own life.

Menacing,
Threatening or
Intimidation

Behaving in a way toward a person that regular people would consider to be inappropriate.

Offensive

Logging onto another person's social media account without their permission or knowledge. It may include posting things from their account without their permission also.

Impersonation

Telling a person things that might cause them to feel fear of being injured or harmed in some way, or that someone or something the care about will be harmed or destroyed. You could also force them to do something out of this threat.

Inciting suicide

Repeatedly contacting a person and speaking to them in a way that is insulting or degrading. Could also include repeatedly contacting or following a person e.g. sending them multiple texts, posting about them online, or contacting them through different forms of technology.

In NSW, and throughout Australia it is illegal to use a phone or the internet in a way that is menacing, harassing or offensive. To be considered a crime, the behaviour must be likely to have a **serious effect** on the person targeted.

Cyber-bullying could be a crime under this law if, for example, it involves frightening someone, bothering someone so that they feel afraid, or sending messages, emails or making posts that make someone feel angry or upset. Other criminal laws that may apply to cyber-bullying include:

- Stalking using the internet or technology. Stalking occurs when someone gives another person repeated unwanted attention e.g. contacting them repeatedly online;

- Intimidation using the internet or technology. Intimidation occurs when someone harasses another person or approaches them in a way that makes them feel scared e.g. sending offensive or threatening messages. Other laws similar to intimidation include threatening behaviour e.g. threatening to kill or seriously harm a person or to damage/destroy property;
- Encouraging someone to commit suicide using the internet or technology;
- Accessing someone else's online accounts without their permission; or
- Accessing someone else's online accounts to commit a serious offence.

Part 2 - Please highlight the inappropriate behaviour in each of the following scenarios

Below are examples of situations when these laws may have been broken. Each of these examples is based on an real-life situation for a young person we provided legal advice to. All names and some details have been changed to protect confidentiality.

Offensive behaviour

Jake identifies as Aboriginal and decided to organise a change the date party/ peaceful protest. On January 26 a number of random people who claimed to be from the same Facebook Group started sending him rude messages about his heritage and the save the date campaign.

Stalking and harassment

Katie was the admin of a Facebook group and Brittney was one of the members. Katie and Brittney had a disagreement on the group and Brittney began to send messages to Katie repeatedly. Eventually it died down, however recently Brittney has started contacting Katie again and has made a Facebook page dedicated to making nasty comments and spreading rumours about Katie. She is constantly contacting people on Katie's Facebook page and spreading lies about her.

Intimidation, threatening behaviour and menacing behaviour

Michael and Paul broke up after a few months together. Michael is not happy about the break up and feels that Paul didn't really give their relationship a go. Michael has been messaging Paul and telling him that if he doesn't get back together he is going to tell everyone the truth about their relationship (Paul's family does not know that he identifies as gay). Michael has also been threatening to hurt himself if Paul doesn't get back together with him.

Inciting suicide

Amanda found the profile of an older person online and thought it would be a good joke to send them messages. The older person ignored them all which made Amanda annoyed. She wanted to have a good conversation that she could show her friends so she started saying "go kill yourself", "you're a waste of space" and other similar things to the older person.

Impersonation

Jenny's friends logged into her Snapchat without her knowledge or permission and sent a number of messages to different boys on her snapchat, pretending to be Jenny. They wrote silly things and even wrote to Jenny's crush and asked him out.

The following information might be useful in answering the below scenario:

CYBER-BULLYING

Cyber-bullying is where someone bullies another person online (e.g. on a social networking site) or by sending emails or messages using a phone or computer.

Cyber-bullying can cause serious problems for everyone involved, and in some cases it can be a crime.

We recommend that you think very carefully before you say things about anyone else online or in an email or message.

If you are worried that you have cyber-bullied someone, or if you are being cyber-bullied, and you don't know what to do, we recommend you get legal advice.

There are also free and private counselling services that you can call for support and help.

If you, or someone you know, is in immediate danger, phone 000.

What is cyber-bullying?

If a person bullies someone by sending emails or messages or by saying or doing things online (e.g. on a social networking site) then it's often called *cyber-bullying*.

Bullying is repeated behaviour which is done on purpose to make someone feel hurt, upset, scared or embarrassed.

Cyber-bullying can happen in lots of different ways. For example, it can include sending or posting nasty or embarrassing comments or photos, spreading rumours, making threats, excluding someone online, or pretending to be someone else to make them look bad.

What could happen if I cyber-bully someone?

If you commit a crime...

If you commit one of the crimes we have talked about above, the consequences can be very serious. You may be investigated and charged by the police, and if you are found guilty you could end up with a criminal record or even go to jail.

The maximum penalties for some of the offences are high (e.g. up to 3 years in jail for using a phone or the internet in a menacing or harassing way, 5 years in jail for stalking or intimidating someone, and up to 10 years in jail for sending emails or posts which threaten to kill or hurt someone).

Also, the eSafety Commissioner can investigate serious cyber-bullying which targets someone under 18. If someone makes a report about something you've said or done online and the Commissioner decides to act, then it can ask social media services to remove cyber-bullying material, work with everyone involved (including schools and parents) to help stop the cyber-bullying, and/or order you to remove the material, stop the cyber-bullying and/or apologise.

In more serious cases it can refer the cyber-bullying to the police.

We recommend that you think very carefully before you say anything about someone online or in an email or message.

If you are having issues with anyone, try not to react to them by email, text or social networking sites.

Remember, if something is posted online, it's never private and it's permanent - even after you delete it.

If someone cyber-bullies you, try not to retaliate by saying something hurtful back, especially online, as it might make the bullying worse or could be used against you.

What can I do if I think I have cyber-bullied someone?

Get legal advice. If you are worried that you have cyberbullied someone, we recommend that you get legal advice straight away. For free legal advice, you can contact a lawyer (e.g. Youth Law Australia, your local Community Legal Centre or LegalAid).

If you are questioned by the police, in some circumstances you must give your correct name and address (e.g. if the police think an offence has been committed and that you can help them investigate it). Other than that, you have the right to remain silent, even if you have been arrested. Try to remain calm, and politely ask to get legal advice before you give them any other information.

Remove the material. It's usually best to remove any material you are worried about, especially if someone has asked you to take something down that you've said or posted about them or if you have been contacted by the eSafety Commissioner. We suggest you get legal advice or talk to a trusted adult, especially if you are planning to contact the person (e.g. to apologise).

What can I do if I am being cyber-bullied?

If you, or someone you know, is in immediate danger, call the police on 000.

Get legal advice. If you are being cyber-bullied, there are things you can do to protect yourself. In serious cases you might be able to get an apprehended violence order (AVO), or take other legal action against the person. For free legal advice, you can contact a lawyer (e.g. Youth Law Australia, your local Community Legal Centre or LegalAid).

Every situation is different, and a lawyer can help you understand your options.

Talk to someone. Getting someone's support can make you feel better and it's important to know that you're not alone. You can talk to a friend, your parents, or other trusted adult.

If you would rather talk to a trained counsellor, you can call one of the services listed below for free and private counselling support.

Report it to the police. If you think you are the victim of one of the crimes we've talked about above, you can report it to the police. But it's a good idea to get legal advice first, especially if you're worried about anything you've said or done or if your situation involves a nude or

sexual image of a young person. You should contact the police immediately if someone is threatening you.

Collect evidence. It's a good idea to collect evidence of the cyber-bullying if you decide to take further action (e.g. take screenshots or print messages, posts or emails).

Make a report. If you want to take steps to get cyber-bullying material removed or to stop the cyber-bullying, you can:

- report it to the social media service, website or phone company; or
- if you feel comfortable, contact the person cyber-bullying you and ask them to stop and/or to delete any material they have sent or posted.

If you are being cyber-bullied by someone at your school, you can speak to a teacher, the principal or the school counsellor so that the school can help you sort things out.

If you are under 18 and the victim of serious cyber-bullying, you can make a report to the eSafety Commissioner. The Commissioner can work with you to help stop the cyberbullying and get the material removed.

Take steps to stay safe online. There are steps you can take to stay safe online and to stop people contacting or bullying you, for example by blocking or unfriending people who upset you and keeping your privacy settings private.

What can I do if I have seen cyber-bullying?

If you know someone who is being cyberbullied or you have seen cyber-bullying online, it is important that you don't join in, forward or share material or comment on anything. This could get you into trouble, as well as making things worse for the person being bullied. It is best if you leave any conversations or group chats if people are being nasty about someone.

You can also help the person being bullied out by supporting them or helping them to find a support service they can talk to. You could also consider reporting any nasty comments you see online.



Part 3 - Scenario

Eliza is a year 8 student (aged 15) at Smith High. During year 8, Eliza noticed that the centre striker on the school's soccer team, Jackson had taken a special interest in her. Jackson is tall, good looking, extremely popular, smart, well-liked and to top it off, his parents are loaded! Eliza and Jackson were at a party one night and one of Jackson's friends called Tom called out to Eliza and said "damn girl, I'm torn – on the one hand I want you to hit the dance floor with me, but on the other hand, I want you in the kitchen making me a sandwich". Eliza told Tom that what he said was sexist and she didn't appreciate it. It did not go down well. The next day Eliza got a text from a number saying "who do you think you are? The next black widow? Girl we don't need anymore femi-nazis around. Take your feminism and get out of this school". Eliza had no idea who sent her the text but had a few guesses. She waited until pastoral care with Tom and Jackson and she replied to the text "who is this?". She looked up and saw Jackson look down at his phone, before looking left and right he began to type. Eliza received a reply moments later "it doesn't matter who I am you man-hater". Eliza was shocked that Jackson was the one to reply to her – she had expected it to be Tom.

Question: Has Jackson cyber-bullied Eliza? Why/why not?

Eliza ignored the message and put her phone in her bag. When she checked it again at lunch time she had received more messages calling her different names, implying things about her gender, her sexuality and making awful comments about feminism and equality. Eliza ignored them all, but it continued to happen multiple times a day and Eliza began to feel anxious whenever she heard her phone vibrate and had taken to turning it off for long periods of time.

Question: Has Jackson broken the law?

Eliza made a report to her school under their anti-bullying policy and Jackson was given a lunchtime detention. Jackson started ignoring Eliza after this and she thought it was over. About a month later, it started up again, but this time from multiple numbers and random social media accounts with more aggression. These texts told Eliza that she better “watch her back or she’d meet the bad side of the soccer boys”.

Question: What sorts of things could Eliza do at this point?

Eliza has tried to talk to the school about it but they said they can’t get involved since they do not know who the bullies are since it is from random numbers and social media accounts. Eliza has begun to develop panic attacks, severe depression, and anxiety. She is unsure what to do.

Question: Pretend you are the school counsellor – what would you recommend Eliza do?

Eliza contacts Youth Law Australia and asks two questions:

1. Have the boys done the wrong thing, or was it her fault for making comments at the party?
2. What can she do to stop the bullying and protect herself?

Question: Pretend you are a lawyer at Youth Law Australia – what would you recommend to Eliza?



Thanks to your advice, the bullying has stopped. However several months later, she receives a text from a random number that says “sorry”. After chatting to the number for a while she finds out it is one of the guys on the soccer team who had witnessed everything and had felt bad for ages about what happened. Eliza feels much better but it makes her wonder what she would have done if she had been in this boy’s position – could he have helped her?

Question: Pretend you are the boy on the soccer team – what sort of things could you have done at the time of the bullying to help Eliza?

Eliza and the boy, who later admits to being Adam decide to launch a campaign at school about ending cyber-bullying.

Question: pretend you have been recruited on to this team – what important things should be explained at the campaign, and what could be done as part of this campaign to help raise awareness about cyber-bullying, its effects and what can be done about it?

Summary of today's lesson:

- Cyber-bullying is repeated online behaviour that causes a person to feel hurt, embarrassed, upset or scared
- Examples of criminal laws that might apply include stalking, harassment, or threatening a person.
- A person can take practical steps themselves to end cyber-bullying.
- There are support services available to help a person who is experiencing cyber-bullying, or is concerned they may have cyber-bullied another person.

Helpful contacts

<p>Legal</p> <p>For free and confidential legal help, you can contact Youth Law Australia. You can access free legal information at yla.org.au through their factsheets or access personalised legal advice at lawmail.org.au.</p> <p>The LegalAid Youth Hotline provides legal advice and information to people under the age of 18. Its business hours are 9:00 am - 12:00 am weekdays, with a 24 - hour service from Friday 9:00 am to Sunday 12:00 am. You can call them on 1800 10 18 10.</p> <p>You may be able to get assistance from a community legal centre that helps adults. You can search for your local community legal centre from this website: www.naccl.org.au</p> <p>You can contact LawAccess for free information, advice and referrals on 1300 888 529, Monday to Friday from 9am to 5pm.</p>	<p>Counselling</p> <p>For counselling support you can call the Kids Helpline on 1800 55 1800 for free and private counselling (available 24 hours a day, but there can be a wait to get through). They are happy to talk to young people aged 5-25 about anything that's troubling them. You can also email them or chat online at http://kidshelpline.com.au.</p> <p>eHeadspace provides counselling to young people aged 12-25 who are worried about their mental health or are feeling alone. You can call them on 1800 650 890 from 9am to 1am. You can also email them or chat online at: https://www.eheadspace.org.au.</p> <p>Lifeline offers 24-hour crisis support and suicide prevention counselling on 13 11 14. You can also speak to a counsellor online from 7pm to 4am at: https://www.lifeline.org.au/Get-Help/Online-Services/Online-Services.</p>
<p>Relationship support</p> <p>For family counselling support you can contact Relationships Australia for family counselling and mediation on 1300 364 277 or visit them at https://www.relationships.org.au.</p> <p>Family Planning clinics provide sexual healthcare (safe sex) services and advice. You can call Family Planning NSW on 1300 658 886 or visit them online at www.fpnsw.org.au</p> <p>For relationship support you can contact 1800RESPECT on 1800 737 732 or visit them at https://www.1800respect.org.au.</p> <p>If you would like to speak to someone about relationship issues or if you're not sure about what is or isn't ok, you can call 1800 MYLINE (1800 695 463).</p>	<p>Other</p> <p>The Office of the eSafety Commissioner is committed to increasing online safety and supporting people to feel protected online. As part of this, they can hear reports on cyber-bullying and help to get the offensive material taken down. They also have helpful resources and guides on what you can do to remain safe online. You can check them online at https://www.esafety.gov.au/</p> <p>The FairWork Ombudsman can provide information and help on anything to do with employment e.g. working hours or pay rates. You can call them Monday-Friday from 8am to 5.30pm on 13 13 94.</p>