

Pretend your school has decided to write a newsletter on different issues which they give to all staff, students and parents every month. Your class has been assigned the “cyber-bullying” issue.

Your task is to create a 1 page newsletter on cyber-bullying.

**You should work in groups of 2-4 to complete this task.**

Your campaign must include the following information:

- At least 3 different “articles” explaining cyber-bullying, its laws, and what people can do to respond to cyber-bullying;
- A calendar of “upcoming events” that promote putting an end to cyber-bullying.
- The contact details of some helpful organisations; and
- An interactive game related to cyber-bullying (e.g. a crossword, find a word, matching exercise etc).

Your campaign should include a catchy title, include *appropriate* images and contain a bibliography (*Do not copy text directly from the slides*).

## Summary of today's lesson:

- 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.

For people who have been cyber-bullied	For people who have seen cyber-bullying happen	For people who have intentionally/accidentally cyber-bullied another person
<ul style="list-style-type: none"> <li>• Write a timeline of what has happened so far</li> <li>• Make a report to your school (if the bullies also go to your school)</li> <li>• Take screenshots of the bullying</li> <li>• Block and report the bullies on the social media site/app</li> <li>• Get legal advice</li> <li>• Make a report to the eSafety Commissioner</li> <li>• Send a formal notice to stop (a lawyer can help you write this)</li> <li>• Get an AVO</li> <li>• Make a report to the police</li> </ul>	<ul style="list-style-type: none"> <li>• Block and report the bullies on the social media site/app</li> <li>• Don't join</li> <li>• Don't like, share or comment on posts</li> <li>• If its in a private message, try leaving the group chat</li> <li>• Check if the person being bullied is okay</li> </ul>	<ul style="list-style-type: none"> <li>• Delete the material</li> <li>• Speak to a trusted adult about whether or not it would be safe/wise to apologise</li> <li>• Stop contacting the person</li> <li>• Get legal advice</li> </ul>
<p><b>For everyone</b></p> <ul style="list-style-type: none"> <li>• Never write things online when you're angry – take some time to calm down first</li> <li>• Don't get accept random friend requests</li> <li>• Update your privacy settings</li> <li>• Try to work out if things could be misinterpreted as mean/hurtful or offensive</li> <li>• Spread kindness</li> <li>• Talk to a trusted adult (such as your teacher) or a counsellor</li> </ul>		

## Helpful contacts

<p><b>Legal</b></p> <p>For free and confidential legal help, you can contact <b>Youth Law Australia</b>. You can access free legal information at <a href="http://yla.org.au">yla.org.au</a> through their factsheets or access personalised legal advice at <a href="http://lawmail.org.au">lawmail.org.au</a>.</p> <p>The LegalAid <b>Youth Hotline</b> 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 <b>community legal centre</b> that helps adults. You can search for your local community legal centre from this website: <a href="http://www.naclc.org.au">www.naclc.org.au</a></p> <p>You can contact <b>LawAccess</b> for free information, advice and referrals on 1300 888 529, Monday to Friday from 9am to 5pm.</p>	<p><b>Counselling</b></p> <p>For counselling support you can call the <b>Kids Helpline</b> 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 <a href="http://kidshelpline.com.au">http://kidshelpline.com.au</a>.</p> <p><b>eHeadspace</b> 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: <a href="https://www.eheadspace.org.au">https://www.eheadspace.org.au</a>.</p> <p><b>Lifeline</b> 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: <a href="https://www.lifeline.org.au/Get-Help/Online-Services/Online-Services">https://www.lifeline.org.au/Get-Help/Online-Services/Online-Services</a>.</p>
<p><b>Relationship support</b></p> <p>For family counselling support you can contact <b>Relationships Australia</b> for family counselling and mediation on 1300 364 277 or visit them at <a href="https://www.relationships.org.au">https://www.relationships.org.au</a>.</p> <p>Family Planning clinics provide sexual healthcare (safe sex) services and advice. You can call <b>Family Planning NSW</b> on 1300 658 886 or visit them online at <a href="http://www.fpnsw.org.au">www.fpnsw.org.au</a></p> <p>For relationship support you can contact <b>1800RESPECT</b> on 1800 737 732 or visit them at <a href="https://www.1800respect.org.au">https://www.1800respect.org.au</a>.</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 <b>1800 MYLINE</b> (1800 695 463).</p>	<p><b>Other</b></p> <p>The Office of the <b>eSafety Commissioner</b> 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 <a href="https://www.esafety.gov.au/">https://www.esafety.gov.au/</a></p> <p>The <b>FairWork Ombudsman</b> 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>