

# Cyber Bullying and Respectful Relationships Student Top Tips

The following tips are a list of actions you can take if you are either being cyberbullied or see someone else being cyberbullied. They include some of the most important points you will have learnt in your Digital Thumbprint workshop, the lessons you had with your teachers and the topics you may have talked about with your parents. These top tips will help to keep you safer online and to become a better digital citizen. Try to commit these tips to memory.

**Think about how you might feel if you received the comment you're about to make.** ✓

**Think about what might happen if everyone could see the picture you're about to post.** ✓

**Offer your support to those you know who are being bullied.** ✓

**There's never a good excuse to be a bully.** ✓

**If you see cyberbullying happening again, report it again.** ✓

**If you see cyberbullying, report it to parents, teachers or the appropriate area on the relevant social media service.** ✓

<https://www.esafety.gov.au/complaints-and-reporting/cyberbullying-complaints/social-media-services-safety-centres>

**If you need more help or information contact Kids Helpline on: 1800 55 1800 Or visit Kids Helpline at: [kidshelpline.com.au/](http://kidshelpline.com.au/)** ✓

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