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**STAYING SAFE ONLINE   
CYBERBULLYING**

A picture containing text, person

Description automatically generated

When you see the words ‘we’ or ‘us’, it



means Quality Health Care (QHC).

Logo, company name

Description automatically generated

We have written this document in an easy-to-read way. We use pictures to explain some ideas.

This Easy Read document is a summary of other QHC documents. It reflects some of the policies that we have in place and NDIS Practice Standards that we follow.

You can ask for help to read this document. A friend, family member or support person may be able to help you.

**WHAT IS CYBERBULLYING?**

Some people use the internet to bully others

It can include mean or upsetting

* Messages
* Comments
* Pictures
* videos

A person with his hands on his face looking at a computer

Description automatically generated with medium confidence

A picture containing person, wall, person, indoor

Description automatically generated

These are sent to upset someone

Cyberbullying is never okay

It can make people feel anxious  
worried or afraid   
  
It can make people feel depressed and sad all the time

A picture containing person

Description automatically generated

A picture containing person, window, indoor

Description automatically generated

Everyone should be treated with respect online and in person

Graphical user interface

Description automatically generated

You shouldn’t share any mean or upsetting:

* messages
* comments
* pictures or videos

Graphical user interface, text, application, chat or text message

Description automatically generated

You can leave groups or chats if you think the messages are getting mean or upsetting you

A person holding a computer

Description automatically generated with medium confidence

You might read your messages out loud before you send them to make sure they are not mean

A gavel with a wooden handle

Description automatically generated with low confidence

There are laws in Australia to protect you against cyberbullying

Two people sitting on a bench

Description automatically generated with medium confidence

If someone is cyberbullying you, you need to tell someone you trust and feel safe with

A person holding a phone

Description automatically generated with low confidence

If Someone is cyberbullying you, you can block their phone number or social media accounts to stop them from contacting you

Graphical user interface, text

Description automatically generated

You can report the cyberbullying to the social media service you are using

Social Media is a way for people to:

* Share things about themselves on the internet
* keep in touch with family and friends

A close-up of a hand holding a credit card

Description automatically generated with low confidence

A red and white sign

Description automatically generated with low confidence

If someone send you something mean or upsetting, do not reply

Diagram

Description automatically generatedText

Description automatically generated

A picture containing text

Description automatically generatedGraphical user interface, text, application, email

Description automatically generated