Giving it fuel can cause more damage

Ever laughed at a hurtful post online, such as on Facebook, and commented? Or forwarded on a hurtful email about someone to your friends? Although people often think, “it’s not my fault if I didn’t start it,” these actions can cause even more damage in the long run.

Doing nothing is not the answer

One of the most common reasons people bully others online is to gain the attention of an audience. So when we see bullying happen, rather than just ignoring it, we have a massive opportunity to limit or stop the bullying. It only takes one person to speak up for others to do the same.

Speaking up means:

- **Recognising** when someone is being bullied.
- **Limiting the encouragement** given to somebody who bullies by not clicking “like” and encouraging your friends to do the same.
- **Uniting with other bystanders** to let someone who bullies know what they’re doing is not okay. Sometimes this can be as simple as typing “dislike”.
- **Reporting** the bullying to someone you trust and to Facebook using the social reporting tool.
- **Encouraging** the person being bullied to “block” or unfriend the person.
- **Reaching out** to the person who has been bullied to support and comfort them. This could also mean encouraging them to seek help and support from a professional. Nobody should have to face cyber bullying alone.

Bullying can happen to anyone

If you’re being bullied, remember that it’s the result of someone else’s behaviour, attitude or beliefs. It is not because of who you are.

It can be upsetting and stressful, impacting on different areas of your life, including: self-esteem, relationships, work or study. But there is help available. Talking to someone you trust is a good starting point, particularly if you’re feeling unsafe or frightened.

For more information

Check out the Facebook Bullying Prevention Resource Centre: [https://www.facebook.com/safety/bullying](https://www.facebook.com/safety/bullying) and the Facebook Safety Centre: [www.facebook.com/safety](http://www.facebook.com/safety) or go to [www.headspace.org.au](http://www.headspace.org.au) to access support. To receive daily posts of inspiration and advice, check out the PROJECT ROCKIT Facebook page: [www.facebook.com/projectrockit](http://www.facebook.com/projectrockit)