



Q&A

Discuss the following questions and choose the option you think gives the best answer.

1. Online bullying is:

- a. using online technology to deliberately and repeatedly harass, humiliate or hurt someone
- b. using online technology to make someone feel insecure and miserable
- c. using online technology to make someone feel isolated
- d. all of the above.

2. The types of people who are bullied online are:

- a. trouble makers
- b. popular and outgoing
- c. shy and sensitive
- d. anyone can be bullied online.

3. Online bullying is considered to be:

- a. harmless fun – people need to be able to take a joke
- b. not that serious – everyone gets bullied at school
- c. very serious – it makes people feel unsafe at home as well as at school
- d. fairly serious – but only because there is always evidence.

4. Ways to prevent online bullying include:

- a. not replying to hurtful messages or posts
- b. using the block, report and privacy settings on sites and applications where online bullying behaviour is occurring
- c. collecting evidence of online bullying behaviour, such as nasty texts and reporting it to a trust adult, like a parent or teacher
- d. all of the above.

5. Talking to a trusted adult about online bullying is:

- a. a good idea
- b. not worth it because it will make the person who is doing the bullying angrier
- c. never a good idea, it can only make things worse
- d. a waste of time because they don't understand.

6. In an online bullying situation, a positive bystander (UPSTANDER) is a person who:

- a. does not ignore what they see happening to someone else
- b. asks the person who is being bullied if they are okay
- c. reports the behaviour to someone who can help, like a trusted adult
- d. all of the above.

7. Who can online bullying be reported to?

- a. a parent, teacher or trusted adult
- b. your internet service provider or social media platform
- c. the Office of the eSafety Commissioner
<https://www.esafety.gov.au/>
- d. Police (some types of online bullying are a criminal offence)
- e. all of the above.

8. Who can you contact for help if you are feeling completely isolated and alone?

- a. a parent, teacher or trusted adult
- b. Kids Helpline at <https://kidshelpline.com.au/> or free call 1800 55 1800
- c. both a. and b. above.

(Questions adapted from the Australian Government cybersmart program)