

Reporting the cyberbullying material to the service it occurred on. Most social media providers and Australian internet providers have to remove offensive material, sometimes it can simply be a matter of bringing it to their attention.

Reporting cyberbullying to the Office of the eSafety Commissioner. If the site or social media service does not remove material within 48 hours of you reporting it you can lodge a complaint with the eSafety Commissioner.

Visit the eSafety website for further information:

<https://www.esafety.gov.au/complaints-and-reporting/cyberbullying-complaints>

Children as Cyberbullies

Children will often try to justify their behaviour, so a carer's role is to help them develop empathy for others. This requires ongoing discussions and encouraging the child to reflect on how their behaviour makes others feel. It is unhelpful for the child to be shamed or to ban access to

Understanding and alerting children to the risks and signs of online grooming is one of the most effective means of prevention. Children can be kept safe by supervising their online activities or by limiting their access to sites that can facilitate online interaction with people they do not

Access and exposure to pornography can have a profound effect on children and young people's sexual beliefs. Exposure to pornography has been linked to unrealistic attitudes about sex, harmful attitudes about relationships and more sexually permissive attitudes. Viewing pornography can have an impact on attitudes about gender roles and has been linked to the objectification of women and the belief that men should be

It may be more worthwhile creating an Acceptable Use Agreement or Media Use Agreement, a contract with clear rules and boundaries about online behaviour and expectations. A template for such a contract can be found on the ThinkUKnow website:

<https://www.thinkuknow.org.au/parents-portal>

Further Information

The Office of the eSafety Commissioner's website (<https://www.esafety.gov.au/>) contains multiple resources (both child and adult friendly) covering a range of internet-based risks and good strategies to mitigate them. Apart from information sheets for parents and carers, they have online quizzes to complete if you are worried that the child you are caring for might be the subject of online abuse or mistreatment as well as youth-friendly resources designed to teach the pitfalls of navigating the internet for children and young people.