



THE GRAPEVINE

27 September, 2018 - Term 3, Week 10



P&C Meetings are held Tuesday Weeks 3 & 8 each term at 7pm in the Library

What's On

Term 3

Week 10 Value Cooperation

Friday 28 September

2.10pm K-6 assembly hosted by 1/2C - parents and friends invited. Principal Award being presented. Hip Hop group performing

Last day of Term 3

Term 4

Week 1 Value Respect

Monday 15 October

Students resume for Term 4
Summer uniform commences

Friday 19 October

2.10pm K-6 assembly hosted by student leaders. Public Speaking trophies being awarded. ICAS High Distinction and Distinction Certificates being awarded.

Week 2 Value Responsibility

Wednesday 24 October

1.00pm Year 2, 3 and 4 Band showcase 2019 in hall

Thursday 25 October

12.40pm Grandparents/Grandfriends Day

Friday 26 October

10.25am Bright Futures Preschool transition visit

2.10pm K-6 assembly hosted by 2M - parents and friends invited

Week 3 Value Responsibility

Monday 29 October

10.00am Kindergarten 2019 Transition 1

Wednesday 31 October

8.45am Kindergarten Calmsley Hill City Farm excursion

Thursday 1 November

7.30am Schools Spectacular rehearsal

Friday 2 November

2.10pm K-6 assembly hosted by 1S - parents and friends invited

Principal's Message

DoE Phone Policy

The Department of Education is seeking feedback on the use of mobile phones in schools. If you would like to provide feedback on the use of phones in schools, please click on the link <https://www.research.net/r/survey-mobiledevices> and follow the prompts for the parent survey.

End of Term

I would like to thank all the parents who gave up their time to support our school in Term 3. We had lots of support for the P&C, sports events, fundraisers, in classrooms, canteen and library. We are very grateful for all the time parents give up to provide opportunities for all students. Students return after the holiday break on Monday October 15 as there is no Staff Development Day at the start of Term 4.

Junior Big Band Performance

I had the pleasure of taking the Junior Band to Caringbah North PS this week to play alongside 100 other beginning musicians. It was a great day and the performance for parents in the afternoon sounded amazing for students who have only been playing an instrument this year. The behaviour of all the students was exemplary and other staff members commented on how well they listened to the tutors. Information on joining our expanding band program for 2019 will be sent home to parents early in Term 4.

Staff

Mrs Roberts is taking leave for the first three weeks of Term 4 and her class will be taught by Ms Calderwood. Mrs Storey is on leave for the first week of the term and Ms Akkawy will be teaching 2SR. I would like to thank parents for their patience during our casual shortage while we had many teachers away due to illness.

Farmer's Fundraiser Day

Thank you to everyone who donated yesterday for the Farmers' Fundraiser Day. We raised \$765.

Craig Snudden

Principal



Bangor Public School is a White Ribbon School

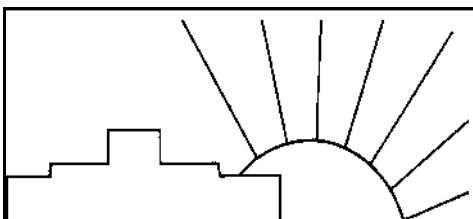
The White Ribbon Oath: *never to commit, excuse or remain silent about violence against women.*

Bangor Public School

www.bangor-p.schools.nsw.edu.au

Email: bangor-p.school@det.nsw.edu.au

Phone: 9543 2244





High Performing Students Unit

Information about applying for Year 7 entry to selective high schools in

2020

Thinking of applying for a government selective high school for Year 7 entry in 2020?

You must apply online at <https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-7>



Key dates

Tuesday 9 October 2018

Application website opens

Monday 12 November 2018

Application website closes. You must apply by the due date.

Thursday 28 February 2019

Test authority advice sent to all applicants

Thursday 14 March 2019

Selective High School Placement Test

Friday 5 July 2019

Placement outcome information is sent

Please read this booklet carefully before applying.

There is more information at <https://education.nsw.gov.au/shs-oc>

Parents should check this website for updates all the way through the application and placement process. Please check the website for information before you contact the Unit.

The selective high school placement process for Year 7 entry is administered by the High Performing Students Unit[^].

Contact details

High Performing Students Unit

NSW Department of Education

Email: ssu@det.nsw.edu.au Telephone: 1300 880 367 Fax: 02 9266 8435

Postal address: Locked Bag 53, DARLINGHURST NSW 1300

Facebook: <https://www.facebook.com/groups/772251106301086/>

[^] In this document, the High Performing Students Unit will be referred to as the Unit.

'Parent' is defined under the *Education Act 1990* as a 'guardian or other person having custody or care of a child'.



Farmers' Fundraiser Day



AWARD CERTIFICATES

The following students will receive Principal, silver and gold awards at **Week 1** assembly, **Friday 19 October** at **2.10pm**.

Silver Awards
(for earning 6 Merit Awards)

Bethany KL
 Luke KL
 Chloe KS
 Eden KS
 Kai KS
 Lincoln KS
 Nicole KS
 Sophia KS
 Zara KS
 Zharlene KS
 Cameron 3AE
 Emma 3AE
 Layla 3AE

Silver Awards
(for earning 6 Merit Awards)

Sophie 3AE
 Blake 4G
 Grace 4W
 Emily 6P
 Eve 6P
 Max 6P

Gold Awards
(for earning 9 Merit Awards)

Ava 2JH
 Tia 2JH
 Zac 2JH
 Angelina 3/4S

Gold Awards
(for earning 9 Merit Awards)

Xavier 3/4S
 Aiden 4G
 Charlize 4G
 James 4G
 Jessica 4G
 Liam 4G
 Selina 4G
 Gracie 4W
 Ben 5PG
 Courtney 6P
 Gemma 6P
 Georgia 6P
 Taya 6P



SPRING ★

★ **MULTI-SPORTS**

★ **3 DAY CAMP** ★



Bangor Public School
Dandarbong Ave , Bangor
9am-3pm

8th, 9th, & 10th October 2018

Enquiries 041 1653215 or register online

www.nexstarsports.com.au

SNACK SHACK NEWS

On Tuesday and Wednesday this week the Snack Shack held another two successful hot dog and lolly days selling approximately 300 hot dogs, drinks and lollies for our Term 3 fundraiser. Days like these can't go ahead without the help of our volunteers and it was fantastic to see so many new faces. A huge thank you to the following people...

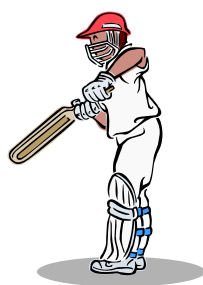
Danielle Adam, Kylie Anderson, Bec Bool, Michelle Clark, Lisa Dogger, Gabriella Koster, Tamara Krepp, Robyn Lever, Vanessa Olla, Nerilie Rooke and Vicky Vardouniotis. Your help was greatly appreciated.

Also thank you to my back up helpers, Kate Apolony, Josie Davis, Kerrie Emerson and Charmain Gray. Even though you didn't get a chance to help out this time, I really appreciate your offering of time.

Natalie Krepp
Canteen Supervisor



shutterstock - 95359222



PSSA SPORT RESULTS

Term 3 Week 9 2018



TEAM	OPPOSITION	SCORE	TOMORROW'S GAME
GIRLS' T-BALL	Tharawal	Won 24-23	All teams playing Heathcote at Heathcote Oval - AFL fields Bring \$8 for the bus
BOYS' T-BALL	Tharawal	Won 35-14	
GIRLS' SOFTBALL	Tharawal	Lost 1-5	
BOYS' CRICKET	Tharawal	Won 88-54	

SNACK SHACK

Thank you for volunteering to work in the canteen. Please come at 9.30am. If you are unable to work on your day, please try to organise a swap or text Natalie on 0416 098 116.

The Canteen roster for **Term 4 Week 1** is as follows:

3rd Monday of the Month

No one rostered. Volunteers needed

3rd Tuesday of the Month

Michelle Clark, Tamara Krepp

3rd Wednesday of the Month

No one rostered. Volunteers needed

3rd Thursday of the Month

Renee Bamford

3rd Friday of the Month

Lola Appleyard, Melissa Murray, Michelle Richards, Vanessa Stephens

Natalie Krepp

Canteen Supervisor

UNIFORM SHOP

Summer uniform commences Week 1 Term 4. Bangor P&C Uniform Shop has all your summer uniform requirements and a supply of FREE second hand brown school shoes.

Lesa Straker

P&C Uniform Shop Coordinator



Training Band at Caringbah North PS

GIRLS WORKSHOPS - LOOK AND LEARN



This Spring we are hosting Girls Hair Workshops a little differently. Girls aged 7-12yrs will have the opportunity for a 'Look & Learn' Workshop with Jena from Hair Pinns.

Jena will showcase a number of hairstyles, share haircare tips and tricks and teach the girls simple yet effective ways of styling their hair themselves.

As this is a brand new workshop, we are offering a SPECIAL OFFER for the first week only...

Simply book and pre-pay for the 2 hour session for only \$50pp (including a FREE goodie bag from Hair Pinns) and go into the draw to WIN a 'Perfect Hair Styling' kit created by Jena.

Workshops are limited and we need a minimum of 3 to run each one. Workshop Dates and times are as follows...

Tuesday 2nd October 11am-1pm - Wednesday 3rd October 1-3pm

Thursday 4th October 930-11:30am - Thursday 4th October 1-3pm

Friday 5th October 9-11am - Monday 8th October 1130am-130pm

Wednesday 10th October 930-1130am - Friday 12th October 1-3pm

Contact Jena on 0416037663

hairpinns@hotmail.com - www.hairpinns.com

INCREDIBLE 3 DAYS

Kids Holiday Club

10-12 October At Menai Anglican Church
Broughton Place, Barden Ridge

Kindy-Yr 6
9am-3pm, doors open at 8:45am each day
\$20 a day or \$50 for all 3 days (max \$125 a family)
Includes snacks, drinks and lunch.
Parents relax with our free coffee cart at drop off time.
Yr 6 be ready for a special program !

SUPER SUNDAY CELEBRATION
10am-12:30 Sunday 14th October



Register online
www.menaianglican.org
Enquiries ph: 9541 0990

Come and join us for fun, construction, games, sports, Friday water fun, faith talks, crazy activities and challenges (as pictured) Something for everyone!

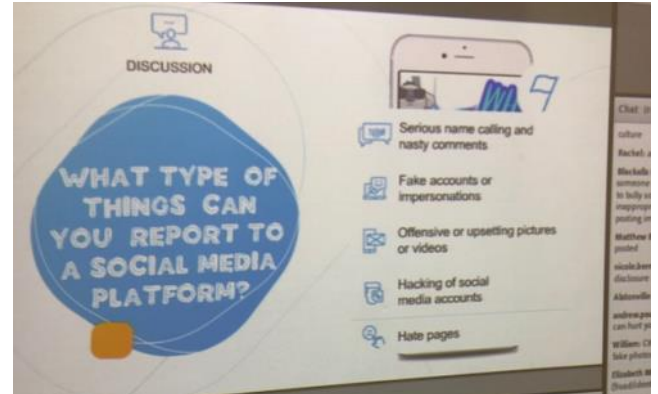


Notes and payments

Event	Years	Amount	Date due
Calmsley Hill City Farm	Kindergarten	\$35.00	Wednesday 24 October

YEAR 5 CYBERBULLYING AND BLACKMAIL

On Monday 10 September, Year 5 joined hundreds of other Stage 3 students from around NSW in a virtual classroom session on **Cyberbullying and Blackmail**, presented by Aurora College online via Adobe connect. The session supported National Child Protection Week by helping students understand the part they can play in creating a safer online community for everyone.



Denise Alexander
Rel/Assistant Principal





You Are Invited to the

2018 Bangor Public School Social Night – Hosted by the P & C

Come along and get to know others from the
Bangor Public School Community

When: 16th November 2018 @ 7:00pm

Where: Club Menai, Gandangara Room, Allison Cres, Menai

Cost: \$38.00 per ticket for entry, entertainment and finger food

Name: _____

Phone Number: _____

Email Address: _____

I would like to order _____ tickets at \$38.00 per ticket

Total Enclosed: _____

Please return to the School Money Collection box by 30th October 2018

PLEASE NO ONLINE PAYMENTS

CASH AND CHEQUE ONLY – CHEQUES PAYABLE TO BANGOR PUBLIC SCHOOL P&C

2018 BANGOR PS SOCIAL NIGHT

Not Quite a Barn Dance



Our Social Night has been planned with our parents and carers in mind.

The fun-filled night will be a great opportunity to get some friends together,
meet new friends and socialise with others in a relaxed environment.

Let's get together, over a glass of wine & dance the night away.

With auction prizes, games and a DJ, there will be something for everyone.

Tickets are \$38.00 and will include entry,
Finger food and entertainment.
Ticket sales are limited to 150.

Drinks will be available for purchase directly from Club Central Menai.

Where: Club Central Menai
44-60 Allison Cres, Menai

When: Friday 16th November 2018

Time: 7pm-12am

Invites and tickets will go out this week

All money raised will go to improving our school and the Australian Farmers

We would like to thank our wonderful sponsors for their valuable contribution
towards our Social Night



Bangor Community
Pharmacy

CINDI KINDI SPRING VACATION CARE PROGRAM 2018. 0412575551. ckindi2234@outlook.com. www.cindikindi.co

Week 1				
Monday 1st October 2018	Tuesday 2nd October	Wednesday 3rd October	Thursday 4th October	Friday 5th October
<p>Public Holiday. We are closed.</p>	<p>ACTIVITIES CHALLENGE Tuesday & Mad science experiments - Marshmallow catapult - Make your own sherbet - Card game "spoons" - Make your own pizza LUNCH- Make pizza Ham, cheese & pineapple</p> <p>SPoons</p>	<p>ACTIVITIES</p> <p>- Make Japanese paper umbrellas \$5 - Paper origami & Fans - Sushi making LUNCH- Tuna & Avo Sushi</p> <p>OPTIONAL \$5.00 Umbrella</p>	<p>ACTIVITIES Cooking Day & Remote controls - Coconut water and fresh fruit popsicles - Remote control devices - Build ramps out of recycled materials LUNCH- Salad wraps</p>	<p>ACTIVITIES Incursion PONY RIDES Unicorn and Mine-craft day - Make unicorn and mine-craft Cupcakes-Dress up-Treasure hunt (mine-craft) & Crafts LUNCH- Saos/rice cakes with tomato & tuna.</p> <p>COMPULSORY \$15 EACH</p>
Week 2				
Monday 8th October	Tuesday 9th October	Wednesday 10th October	Thursday 11th October	Friday 12th October
<p>ACTIVITIES Incursion GOT Game- Cheerleading & basketball</p> <p>LUNCH- 2 minute noodles with veggies COMPULSORY \$20 EACH</p>	<p>ACTIVITIES WOOD WORK & Rustic Twig letters Pamper and chill day- Take home body scrub (bring yr small jar & flowers)</p> <p>LUNCH-Chicken nuggets and salad on bread</p>	<p>ACTIVITIES "D" Day "D"iscovery Bush walk, "D"inosaur fossil dig "D"esign mandala</p> <p>LUNCH- Hot "D"ogs & salad</p>	<p>ACTIVITIES EXCURSION Woolies tour at Menai Market</p> <p>LUNCH- Bread & spreads (Please ensure your child wears a red T-shirt for safety reasons) COMPULSORY \$5 EACH</p>	<p>ACTIVITIES INCREDIBLE Movie day -Dress up as your favourite Incredibles character -Watch <i>The Incredibles 1 & 2</i> with some yummy pop corn + Incredible games & craft. LUNCH- Incredible scrolls (cheese and vegemite)</p>

GRANDPARENTS AND GRANDFRIENDS DAY 2018

This year our annual Grandfriends' day will be celebrated on **Thursday 25 October** from 12:40pm-2:10pm.



We would love to see all our Grandparents and Grandfriends here on the day. A grandfriend can be a person who fulfills the role of a grandparent such as a special aunty, uncle or family friend.

The session will include:

12:40pm-1:35pm - Classroom visits

Students and their grandfriends will be joining in fun classroom experiences with their grandchildren. The activities will vary according to the students' grades.

1:35pm-2:10pm - Afternoon Tea and playground fun

During this timeslot grandfriends can enjoy afternoon tea with students in the playground. Complimentary tea, coffee and biscuits will be provided for our Grandparents and Grandfriends. Fun activities will be running throughout this timeslot to join in with or you can enjoy some afternoon tea together.

Please note that students are expected to remain at school until the end of the school day at 3:25pm in line with Department of Education policy.

Thanking you for your support in this event.



Gail McHugh
Deputy Principal



Parenting that works for you

ParentWorks is a **free** online program for Australian parents & caregivers of children 2 to 16.

ParentWorks provides **evidence-based** parenting strategies to improve parenting skills and child behaviour. It is part of a research project at the University of Sydney.

You may find this program helpful for:

- Managing challenging child behaviours such as tantrums, aggression, noncompliance and sibling conflict.
- Increasing your confidence in parenting.
- Working as a team with your partner.

ParentWorks can be completed in your own home, at your own pace.

Find out more at parentworks.org.au



MOVIE UNDER THE STARS
Celebrating Mental Health Month

FREE

BYO Picnic & Rug

Kids Zone

Local service stalls and giveaways

Friday 5th October
Parc Menai, Duncomb Place Menai
Stalls open from 5.30pm, Film starts 6.30pm

THIS IS AN ALL AGES, ALCOHOL FREE EVENT

CC: closed captions



interrelate
ST GEORGE & SUTHERLAND
Mental Health Interagency











NSW Health
South Eastern Sydney
Local Health District

headspace

SUTHERLANDSHIRE

MENTAL HEALTH MONTH

Billa Road OOSH
Vacation Care 1st October - 12th October 2018
Inaburra School, Billa Road, Bangor
0452255107 billaroadoosh@gmail.com

Mon 1/10		Labour Day Public Holiday	Billa Road OOSH will be CLOSED today. We hope everyone enjoys a safe and relaxing long weekend	
Tues 2/10 Taco tuesday	\$49		We are heading to Mexico for the day for a Mexican Fiesta. Make Mexican decorations for our room or to take home. Join in the Mexican hat dance, play escondida, bebe Leche, Mexican soccer or enjoy making Mexican treats including salsa, churros or chihuahua cupcakes	What to bring Hat, Morning tea, Lunch, Drink
Wed 3/10 No Limit sports Spring has sprung	\$64		No LIMIT SPORTS have selected the best games & activities from Aboriginal & Torres Strait Islander societies around Australia! These games provide an opportunity to learn about, appreciate & experience aspects of Indigenous culture. Spring has sprung Create beautiful spring art and craft with a variety of different materials. Make your own greenhouse to take home	What to bring Hat, Morning tea, Lunch, Drink.,
Thur 4/10 World Animal Day Games and craft Surprise visitor Scooters	\$49		Wear a onesie or dress as your favourite animal for World animal day as we celebrate World Animal Day through games, cooking and craft. We will also be having a special visitor come in an talk about how to care for our pets and all creatures great and small	What to bring Hat, Morning tea, Lunch, Drink Dress as your favourite animal Scooter, helmet, joggers
Fri 5/10 String pictures Let's get physical	\$49		Let's get physical. Wear your favourite footy or sport gear to celebrate the start of our favourite spring sports Footy, Netball, Soccer, Oz tag, Baseball, Cricket Let your imagination go wild with a piece of string and nails and make your own string board picture to take home	What to bring Hat, Morning tea, Drink
Mon 8/10 Space week celebrations Space cooking	\$49		Make a sun dial, build solar vehicles, design your own alien, space art and games. Experiments including 'egg-naut or Houston we have an omelette	What to bring Hat, Morning tea, Lunch, Drink.
Tues 9/10 Amazing Race Multicultural craft & games	\$64		Kids Clique are joining us for an AMAZING RACE around the world. Children will get to make mummies in Egypt, build tepee's in America, go skiing in Sweden, learn to dance in Thailand plus much more. We are continuing our multicultural trip around the world playing outdoor games & craft from around the world	What to bring Hat, Morning tea, Lunch, Drink.
Wed 10/10 Hip Hop Water games	\$54		Ella is coming to play hip hop games and teach us some Awesome hip hop moves and routines to the current biggest hits. The weather is heating up so we are cooling off with water games and challenges	What to bring Hat, Morning tea, Lunch, Drink. Clothes to get wet in, Towel
Thur 11/10 Fire prevention week visit Cool Kids First Aid	\$64	 	Station Officer Greg Blanche and his team will be visiting this morning to celebrate Fire Prevention week and discuss Fire safety with us. Cool Kids First aid is coming to visit <u>the</u> session for the 5-8 year old children includes: How to recognise an emergency - How to roll a person into the recovery position - How to call '000' - Basic bleeding control he 9-12 year old program will cover the following: - An introduction to the principles of DRSABCD - Correct CPR and mouth to mouth techniques - Introduction to using a defibrillator - How to call '000' - Basic bleeding control	What to bring Hat, Morning tea, Lunch, Drink
Friday 12/10 80's dance & party day	\$49		We are heading back, way back in time before any of our children were born and will be packing our day with music and games from the 70's ,80's and 90's. Children are encouraged to dress in theme to add to the fun. Please bring a Plate to share for our party lunch	What to bring Hat, M/ tea, Lunch, Drink. Party food to share Dress in 80's

For information or to make a booking please contact Donna 0452255107 billaroadoosh@gmail.com

KINDERGARTEN (EARLY STAGE 1) EXCURSION CALMSLEY HILL CITY FARM

Kindergarten (Early Stage 1) students are studying a Science unit titled 'Paddock to Plate' this term. As part of our studies, an excursion to Calmsley Hill City Farm has been arranged.

Date: Wednesday 31 October 2018

Buses Depart: 9:00am and will return by 3:00pm. **Students must be at school at 8:45am to have names marked off and board the bus.**

Cost: \$35.00 which includes travel in a seat belted bus to and from the venue, entry costs, interactive experiences and educational talks.

What to wear: Full school sports uniform including a hat.

What to bring: Lunch, fruit break and water in a library bag.

All Kindergarten teachers will be attending. Please complete the permission slip and return with payment via the school money collection box **by Wednesday 24 October 2018.**

Thank you for your continued support.

Kindergarten (Early Stage 1) Teachers

KINDERGARTEN (EARLY STAGE 1) EXCURSION CALMSLEY HILL CITY FARM

I give permission for my child of Class to attend the excursion to Calmsley Hill City Farm on Wednesday 31 October 2018. I understand that travel will be by seat belted bus as approved by the Principal. I enclose \$35.00 to cover the cost of the excursion.

I have paid online

Receipt no:

Total enclosed:

Signed:

Date:

Please return via the school money collection box by Wednesday 24 October 2018

What we do

The Office of the eSafety Commissioner is committed to empowering all Australians to have safer, more positive experiences online. The Office was established in 2015 with a mandate to coordinate and lead the online safety efforts across government, industry and the not-for-profit community.

Who we are

The Office is led by Commissioner Julie Inman Grant, who spent two decades in the high tech industry and who has also worked extensively across the Government and not-for-profit sector. The Office has harnessed the experience of professionals from a diverse range of sectors with the goal of empowering Australians to enjoy the positive benefits of the online world while helping them confidently manage and mitigate the risks.

Our approach

All our resources and services are underpinned by evidence-based research into internet use, online safety, e-security and related issues. We engage stakeholders with diverse experience and knowledge, including the Online Safety Consultative Working Group, to inform our work and the development of proactive strategies and solutions to keep Australians safer online.

Our citizen services

Cyberbullying reporting scheme

One of the major functions of the Office involves operating a world-first reporting scheme to deal with serious cyberbullying affecting Australian children. We serve as a safety net for young people who have not been able to find a resolution through a social network's reporting tools. By working closely with social media services, we help remove harmful material, achieving relief for young Australians and their families.

CyberReport tool for illegal content

The CyberReport team is Australia's first line of defence against illegal online content. Taking reports from members of the Australian public and law enforcement, the team seeks out, analyses and prioritises take-down of child sexual abuse material (CSAM). CyberReport supports the work of Federal, State and Territory police, while also assisting the global effort to remove CSAM

through the International Association of Internet Hotlines (INHOPE). Key to the team's success is close collaboration with internet, technology and payment industries and law enforcement.

Image-based abuse portal and reporting tool

The Office is taking a lead on tackling image-based abuse in Australia. Our online image-based abuse portal provides tangible support for Australians who have had their intimate images or videos shared without their consent. The portal delivers practical advice and resources to help victims manage the impacts of image-based abuse including information on how to report images and request takedowns, a reporting tool and quick links to support services.



Other resources and programs

The Office provides audience-specific content to help educate a broad range of Australians, including:

- **Young people**, through [Young & eSafe](#), our youth-oriented platform designed to engage and empower young people to take control of their online experiences. Our award-winning educational resource [Rewrite Your Story](#) provides real life stories, advice and support for young people to navigate their lives online.
- **Teachers**, with our range of school-based educational resources and programs to assist teachers in guiding students to become responsible digital citizens.
- **Parents**, through our online resource hub, [iParent](#), where parents and carers can learn about online risks, how to manage these risks, parental controls, and trending issues and technologies.
- **Women**, through our [eSafetyWomen](#) online portal women can learn to manage risks around technology facilitated abuse by giving them the tools they need to protect themselves and be more confident online.
- **Older Australians**, through a new online portal—[Be Connected](#)—designed to increase the digital skills, confidence and safety of those with limited digital literacy.
- **Community groups**, with our [Outreach program](#), we're promoting online safety and building digital citizenship skills in classrooms, frontline services and a diverse range of community groups across Australia.



Stay up to date with the Commissioner's blogs, big online issues, new resources, events and the latest research by subscribing to our e-newsletter or following us on social media.

How to reach us

Visit: esafety.gov.au
General online safety enquiries: enquiries@esafety.gov.au
Media enquiries: media@esafety.gov.au

Follow us: Search for eSafety Commissioner



Office of the
eSafety Commissioner

esafety.gov.au

Cyberbullying involves the use of technologies to seriously harass, intimidate, humiliate or threaten a child or young person. These technologies include social networks, instant messaging, end email. By reporting cyberbullying to the eSafety Commissioner, and talking about its impact on victims, we can help stop it.

What does cyberbullying look like?

Cyberbullying can take many forms, including:

- posting nasty comments
- using intimate images to humiliate someone
- threatening violence
- misusing someone else's social media account
- creating fake accounts to harass and intimidate others
- sharing upsetting images and videos
- making unwanted and persistent contact with someone online.

If you are being cyberbullied:

- talk to someone you trust straight away—like a parent, sibling, uncle/aunt, teacher or friend
- don't retaliate or respond — it could inflame the situation
- block the bully and change your privacy settings
- report the abuse to the service on which it appears and ask others to as well
- collect evidence—keep mobile phone messages, take screenshots and print emails or social networking conversations; these can be used if you need to make a report
- If the social media service has not taken action after 48 hours following your report, you can report to esafety.gov.au/reportcyberbullying.

For more information about cyberbullying, including resources and advice for parents and young people, visit esafety.gov.au.

Where to go for help?

Kids Helpline

- Provides free, 24/7 confidential online and phone counselling for children and young people
- [Kidshelpline.com.au](https://kidshelpline.com.au) or phone 1800 55 1800

eheadspace

- Offers confidential, free and secure space where young people aged 12 to 25 or their family can chat, email or speak on the phone with a qualified youth mental health professional
- eheadspace.org.au

Parentline

- Provides a counselling, information and referral service for parents that operates seven days a week between 8am and 10pm
- [Parentline.com.au](https://parentline.com.au) or phone 1300 30 1300

How to report serious cyberbullying

The Office of the eSafety Commissioner can help to have serious cyberbullying material targeting an Australian child removed from social media sites. To do so:

1. Report the cyberbullying material to the social media service it happened on. Social media services remove cyberbullying material that is reported to them if it violates their community guidelines or rules. Most social media services have a reporting area on their website, or you can find information about how to report to specific services on our social media safety centres webpage.
2. Collect evidence of the cyberbullying material. Depending on where the cyberbullying material is posted, you might need to collect evidence first, before you report it to the site. A simple way to collect evidence is taking a photo or screenshot of the material. If you submit a report to us, you will need to provide this evidence.
3. Report cyberbullying to the Office of the eSafety Commissioner. If the social media service fails to remove the material within 48 hours of you reporting it to them, you can then make a report to the Office of the eSafety Commissioner at esafety.gov.au/reportcyberbullying.
4. Block the person. Depending on the social media service, you can block, mute or unfriend the cyberbully.

HOW TO REPORT CYBERBULLYING MATERIAL



1

Report the cyberbullying material to the social media service



2

Collect evidence – copy URLs or take screenshots of the material

If the content is not removed within 48 hours



3

Report it to
esafety.gov.au/reportcyberbullying



4

Block the person and talk to someone you trust

If you are in immediate danger, **call 000** (triple zero)
If you need to talk to someone, visit kidshelpline.com.au or call them on 1800 55 1800, 24 hours a day 7 days a week