

## WHAT IS CYBER BULLYING?



## HELPFUL RESOURCES

- + Online Rights & Responsibilities Charter
- + Smart Moves for Online Safety
- + JCU Student Charter & Conduct Policies
- + Acceptable Use Of IT
- + Privacy Setting Checklist
- + How To Manage Online Conflict
- + CyberBullying.org
- + Cyber Bullying in the News
- + Event: 2016 Anti-Bullying Summit
- + Fun: Cyber Bullying Crossword

[TAKE THE CYBER BULLYING QUIZ](#)



Hello, I'm Margaret-Anne Carter and I'd like to welcome you to our website, developed to educate students and staff about preventing cyber bullying and being safe in the online world.

Digital citizenship, social responsibility, digital reputation, and digital safety are some of the themes explored on this site.

Our multidisciplinary team of academics working in guidance and counselling, journalism and creative writing at James Cook University Australia have worked with students, staff and community members in developing the content on the site.

Our work with journalism students in a video production class has involved them developing scripts and producing videos that imagined cyber bullying scenarios, some of which are uploaded on the site.

We welcome ongoing feedback and suggestions for improving our prevent cyber bullying site.

Thank you, Margaret Anne.

## MODALITIES OF CYBERBULLYING

(ALBURY & CRAWFORD, 2012; CHISHOLM, 2014; WILLARD, 2007)

Flaming	Electronic messages with fuming and discourteous language (Willard, 2007, pp. 1-2).
Harassment	Continually sending offensive and rude messages online (Willard, 2007, pp. 1-2).
Denigration	Spreading rumors online to harm reputations or relationships (Willard, 2007, pp. 1-2).
Impersonation	Masquerading as someone else and breaking into someone's account; impersonating a person and posting inflammatory material as that person to damage their status or relationships (Willard, 2007, pp. 1-2).
Outing/Trickery	Convincing someone into declaring confidences, and circulating online (Willard, 2007, pp. 1-2).
Exclusion	Maliciously excluding someone online (Willard, 2007, pp. 1-2).
Cyberstalking	Habitual online harassment and defamation (Willard, 2007, pp. 1-2).
Rating	Remote controlling computer/webcam without person's knowledge or consent and controlling the operations of their computer (Chisholm, 2014, p.79).
Catfishing	Deceiving people into emotional relationships by devising fictitious online identities (Chisholm, 2014, p.79).
Malicious Sexting	Distributing humiliating and/or sexually suggestive pictures online without consent (Chisholm, 2014, p. 79) Albury and Crawford (2012, p. 464) suggest that the concept of consent is important to take into account when considering young people's agency.
Shock Trolling	Spiteful and aggressive messages intended to aggravate or degrade someone in order to incite a reaction (Chisholm, 2014, p.79).



Your online profiles may have career repercussions.



The criminal consequences of cyber bullying.



Be aware of the damage your digital footprint may be doing.



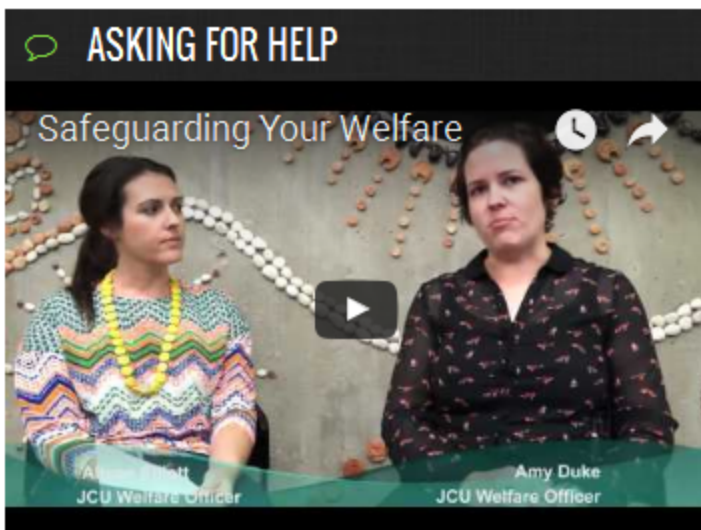
Owning up to your responsibilities of posting inappropriate material online.



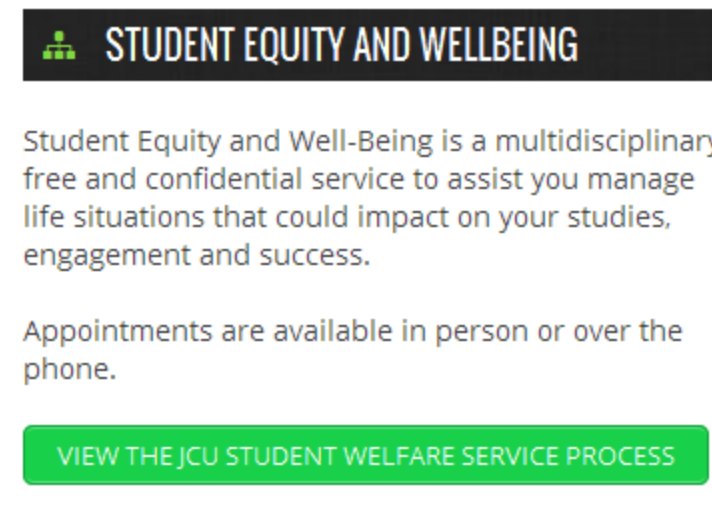
International students from JCU appeal for us to stand up for each other.



The JCU Student Association is here to help you.



Become informed about support processes at JCU.



**VIEW THE JCU STUDENT WELFARE SERVICE PROCESS**

**To access the services you can:**  
**Phone** (07) 4042 1150 in Cairns  
**Phone** (07) 4781 4711 in Townsville  
**Visit** us on the first floor of the JCU Library  
**Email** us on studentwellbeing@jcu.edu.au

**For after hours support or information visit:**  
 The Desk - [www.thedesk.org.au](http://www.thedesk.org.au)  
 Lifeline - [www.lifeline.org.au](http://www.lifeline.org.au)  
 Headspace - [headspace.org.au](http://headspace.org.au)  
 ReachOut - [au.reachout.com](http://au.reachout.com)  
 Beyond Blue - [www.beyondblue.org.au](http://www.beyondblue.org.au)



- + Responsible digital citizenship
- + Digital conduct
- + Acceptable use of IT
- + Digital footprint and reputation
- + Privacy setting checklist
- + Digital wellbeing
- + Digital safety

The online world constantly calls upon us to make ethical decisions. Choosing consciously about what action to take will help you embrace the digital world. Furthermore, engaging positively can help create a positive digital world.

The first step to becoming a good digital citizen is knowing your digital world.

## GET HELP

eHeadspace: 1800 650 890  
[eheadspace.org.au](http://eheadspace.org.au)

**Kids Helpline:** 1800 55 1800  
 Online Chat: [kidshelp.com.au](http://kidshelp.com.au)

**Lifeline:** 13 11 14  
 Online Chat: [lifeline.org.au](http://lifeline.org.au)

**JCU Counselling Service**  
 Townsville: 4781 4711 Cairns: 4232 1150  
[jcu.edu.au/counselling](http://jcu.edu.au/counselling)

**If you are in need of immediate support contact one of the help lines below**  
 Kids Helpline 1800 55 1800  
 Lifeline 13 11 14  
 PoliceLink 131 444  
 or report to your local police station.  
 If in immediate danger, dial 000.

## DISCUSSION

Let's talk about your experiences with cyber bullying.

*Have you or has someone you know been affected by cyber bullying?*

*What suggestions can you offer to others who might be in a similar situation?*

To be a part of this important conversation, **email me** your comments, [margaret.carter@jcu.edu.au](mailto:margaret.carter@jcu.edu.au).

For safety and content control, all comments are checked and moderated before appearing on the site. If you would like your comments to remain anonymous, please note this in your message.

*We appreciate your thoughts and input!*