



Say no to online bullying



DON'T BE
MEAN
behind
the screen



cyber safety
advice



Opunakē High School
Te Kura Tuarua o Opunakē



Online bullying, abuse and harassment advice for families



Each case of online bullying is different and each child will respond differently to being bullied. There's no fool-proof way to tell if your child is being bullied online, but you can try asking them about it in a non-confrontational way.

Tips if your child is being bullied online

Stay calm: Your child needs to be able to talk to you and know that you'll be level headed, thoughtful and helpful in your response.

Evaluate the situation: It's important to know exactly what's going on before you can work out what to do next. Is it a few off-hand remarks, or is it something more serious?

Understand how your child is being affected:

Every child is different, and behaviour that deeply affects one child may be water off a duck's back to another. If your child is upset about a situation, let them know that you understand and it's OK to be upset.

Don't take away the technology: Taking away your child's laptop or phone can alienate them from one of their most important support networks – their peers.

Teach your child how to use the features available on most social networking sites:

Teach them how to block, unfollow and unfriend people. You should also show them how to report content on each of the platforms they use.

If you need help or advice about online bullying or another online safety topic contact Netsafe.

Our helpline is open seven days a week from 8am – 8pm Monday to Friday, and 9am – 5pm on weekends and public holidays.



Call toll free from anywhere in NZ on
0508 NETSAFE (0508 638 723)



Fill out an online report form netsafe.org.nz/report



Email us help@netsafe.org.nz

Did you know there's a law to help?

The Harmful Digital Communications Act (the Act) is a New Zealand law made to help minimise the harm caused by online bullying, abuse and harassment.

Netsafe runs a free and confidential service to help people being bullied, including letting them know what options are available to them under the Act.

You may be able to get help under the Act if

- 1 Someone is posting or sending messages about your child; and
- 2 The posts or messages make your child feel very upset; and
- 3 The posts or messages do any of these things
 - Encourage your child to hurt themselves
 - Share intimate images (leaked nudes and revenge porn)
 - Encourage other people to send harmful messages to your child
 - Contain content most people would think is very offensive
 - Share sensitive, private or confidential information about your child without their permission
 - Make a false allegation about your child
 - Puts your child down because of their colour, race, ethnic or national origins, gender, religion, sexual orientation, or disability.
 - Contain content that is indecent or obscene
 - Threaten to hurt your child or damage your property

Netsafe has been chosen by the New Zealand government to help people with online bullying, harassment and abuse under the Harmful Digital Communications Act 2015.

Find out more at netsafe.org.nz/HDC



Staying safe online with Netsafe



At Netsafe, we help people stay safe online by providing online safety education and support. Every day we give information and advice to people in New Zealand about online challenges like online bullying, abuse and scams.

What can we help with?

We offer information, advice and support for

- online bullying, abuse and harassment
- online scams
- online trading complaints
- revenge porn (leaked nudes)
- staying safe online



The Netsafe helpline

Whether you're dealing with online bullying, a request that looks suspicious, or you just want advice for using the internet safely, we can help.

Our free and confidential helpline is also set up to help with online bullying, abuse and harassment under the Harmful Digital Communications Act. We can let you know what you can do to stay safe, and if there's anything you can do to stop the abuse.



Netsafe.org.nz

Our website has information and advice about how to stay safe online. There's information for everyone, including young people, parents, businesses and educators.



Netsafe social media & e-newsletter

Follow @netsafenz to keep up to date with the latest online safety news, advice, information and tips. Subscribe to our monthly e-newsletter at netsafe.org.nz



Netsafe presentations

We can give presentations about how to stay safe online. To find out more about presentations visit netsafe.org.nz/our-work/presentations

About us

Netsafe is an independent, not for profit New Zealand organisation focused on online safety.

Netsafe has been chosen by the New Zealand government to help people with online bullying, harassment and abuse under the Harmful Digital Communications Act 2015.

For more information visit netsafe.org.nz/HDC

How can we help you?

You can call us free from anywhere in New Zealand on **0508 NETSAFE** (0508 638 723) or email help@netsafe.org.nz

For information and advice about how to stay safe online visit our website netsafe.org.nz

Online bullying

netsafe.org.nz/what-is-cyberbullying

Online bullying, abuse, and harassment law

netsafe.org.nz/HDC

Tips and guides for staying safe online

netsafe.org.nz/staying-safe-online

Online scams

netsafe.org.nz/advice/scams

Connect with us

To keep up with the latest advice

[@netsafenz](https://twitter.com/netsafenz)



what can opunake high do?

Because a lot of online misbehaviour happens outside of school hours, most of it is something we can't control. Within school hours, we can talk to students for minor incidents, such as a disagreement over texts.

what do we advise?

If online bullying or cyber safety is brought to our pastoral team, we will assess the issue.

In most cases our advise is:

- Screenshot any incidents
- Block profiles
- Take serious incidents to Netsafe or the Police - both those agencies have far better abilities to deal with serious online incidents.
- We will contact whanau where we think its appropriate

We are always happy to talk with students and whanau about what we can do to help.

For all our school policies, visit:

<https://opunakehigh.schooldocs.co.nz/>

user: opunakehigh

password: dream

netsafe.org.nz | 0508 NETSAFE