



KIDZ YOUTH COMMUNITY

Cyberbullying & Me

A Collection of Stories & Artworks by Young People

Funded by



QUEENSLAND
Anti-cyberbullying
Taskforce

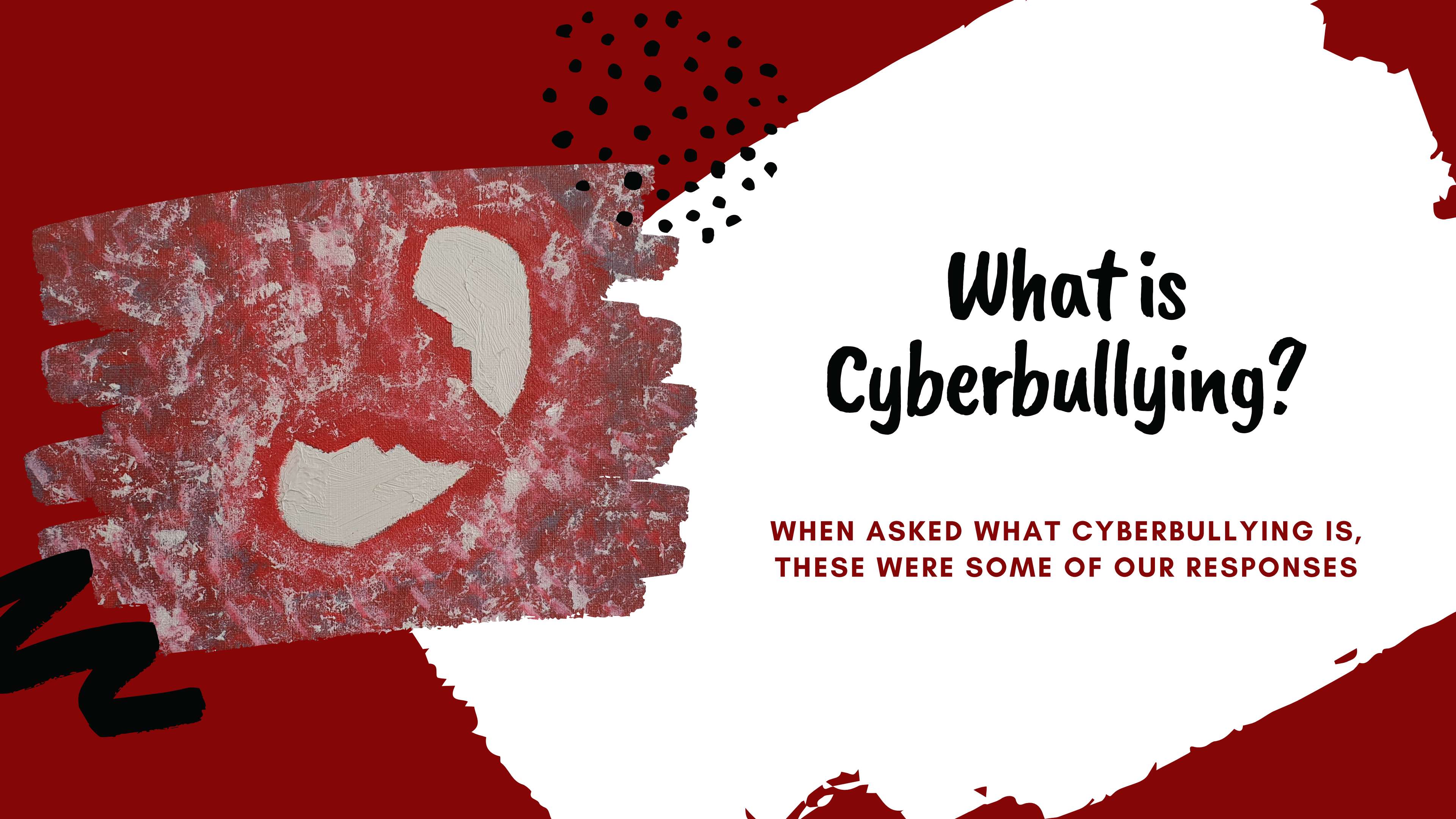
About

This zine has been informed by the voices of our community who have shared their stories and experiences of cyberbullying.

The artworks included were created by young people as part of a creative arts therapy program hosted by KYC.

The aim of this publication is to provide a platform for young people's thoughts on an issue that is so prevalent in our society.

- What is Cyberbullying?
- The impact of Cyberbullying
- Why is it happening?
- What we have to say about it
- Where to get help
- Our contributors



What is Cyberbullying?


**WHEN ASKED WHAT CYBERBULLYING IS,
THESE WERE SOME OF OUR RESPONSES**



ONLINE BULLYING TARGETED
AT A CERTAIN PERSON OR
GROUP OF PEOPLE

HARASSMENT AND VIOLATION THAT
HAPPENS ON THE INTERNET OR
THROUGH TEXT MESSAGES

IT'S MAKING FUN OF SOMEONE'S
EVERY MOVE. WHEN THEY FEEL
GOOD AND POST ABOUT IT,
CYBERBULLIES GO OUT OF THEIR
WAY TO PURPOSEFULLY MAKE THEM
FEEL SAD



TEASING AND MOCKING PEOPLE
ONLINE. SOMETIMES IT INCLUDES
FAKE ACCOUNTS OR SHARING
PHOTOS TO HUMILIATE PEOPLE

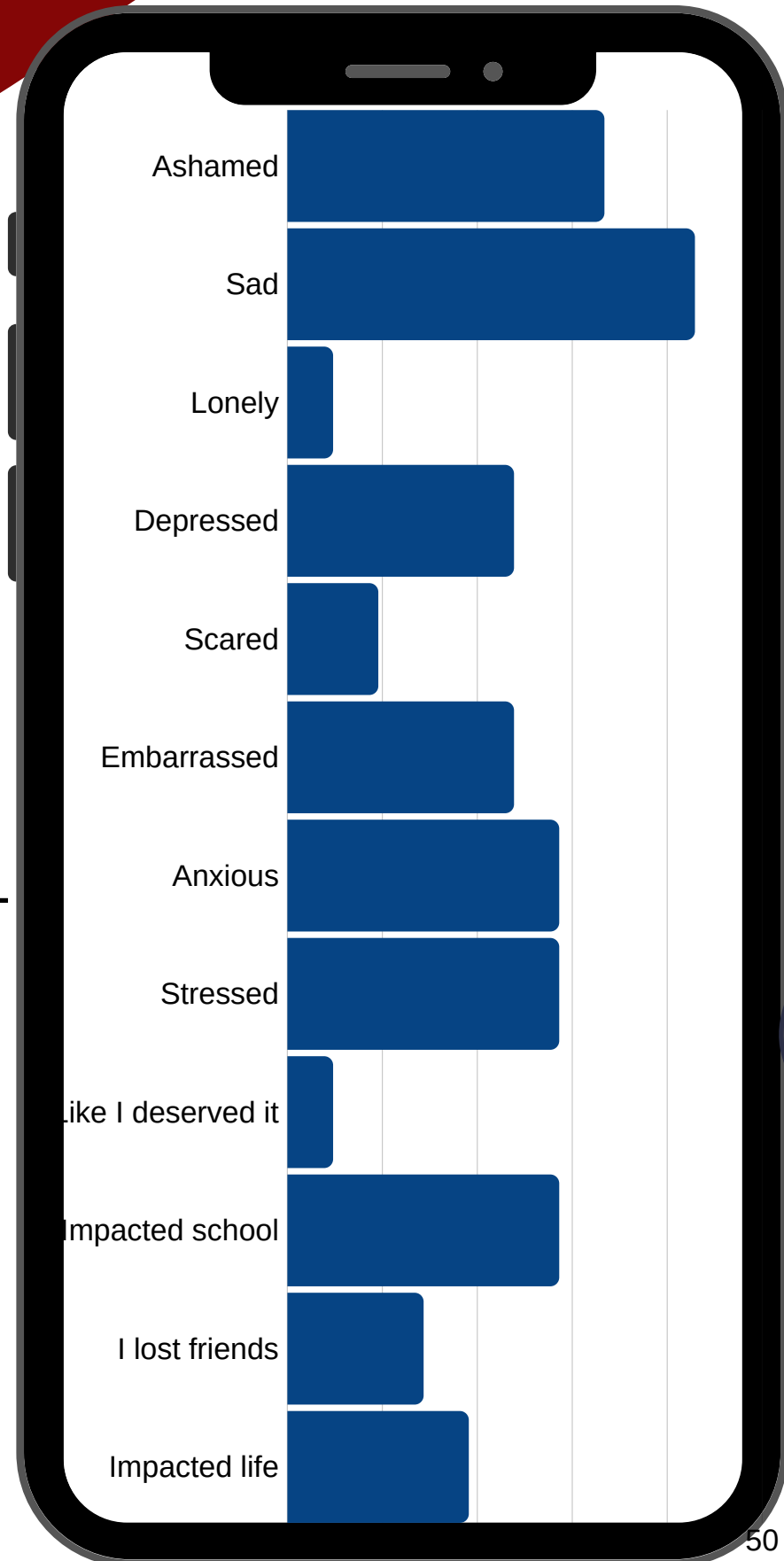
A FORM OF BULLYING WHICH
OCCURS ONLINE SOCIAL
PLATFORMS. IT IS OFTEN MORE
HARMFUL THAN TYPICAL BULLYING
AS IT'S HARDER TO 'ESCAPE'



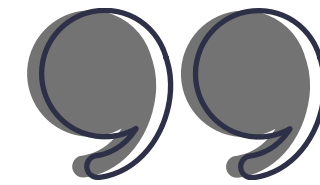
THE ACT OF PURPOSELY
HARASSING SOMEONE VIA
SOCIAL MEDIA AND
TECHNOLOGY

What is the impact of Cyberbullying?

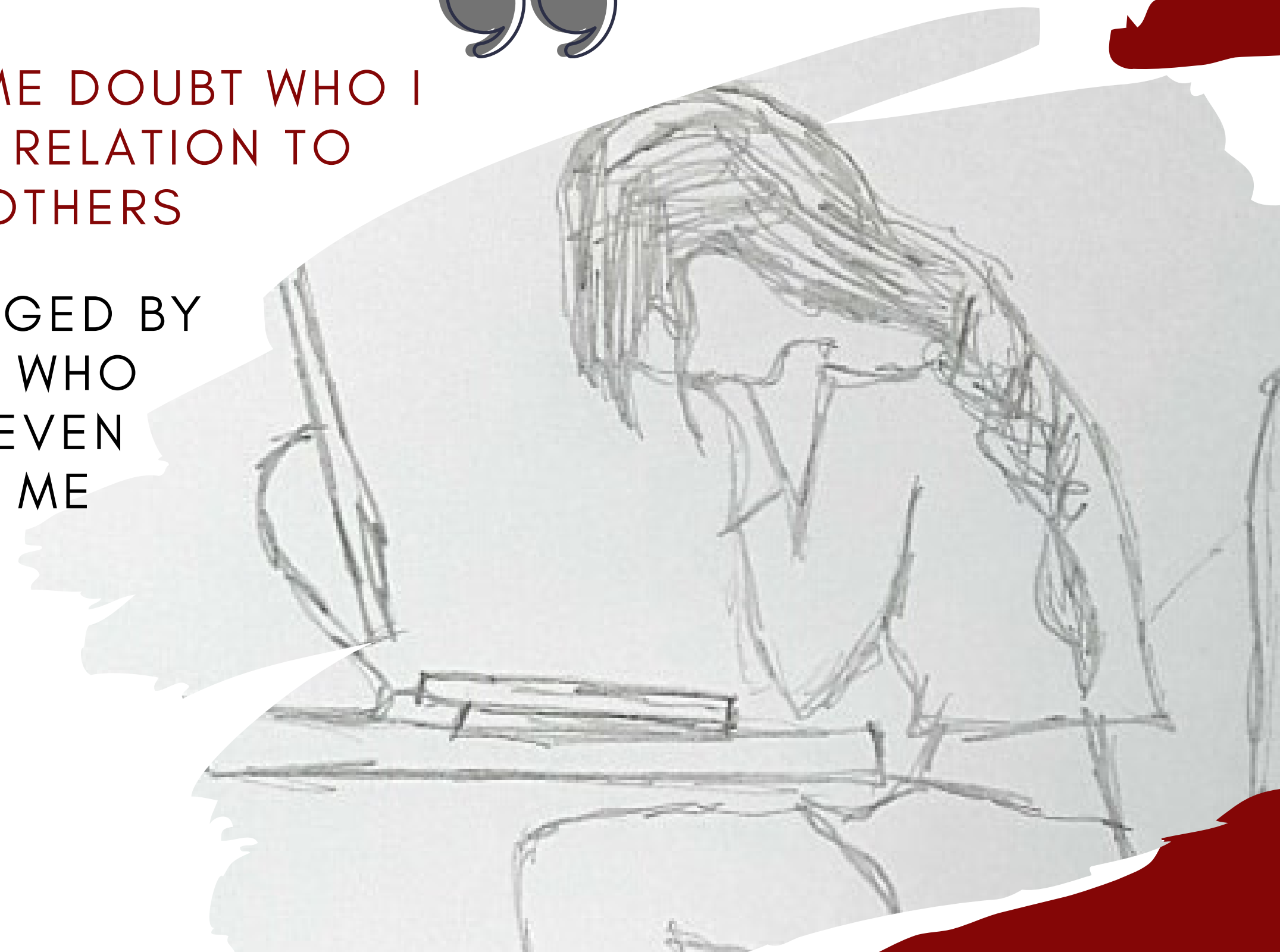
Real results from 41 responses

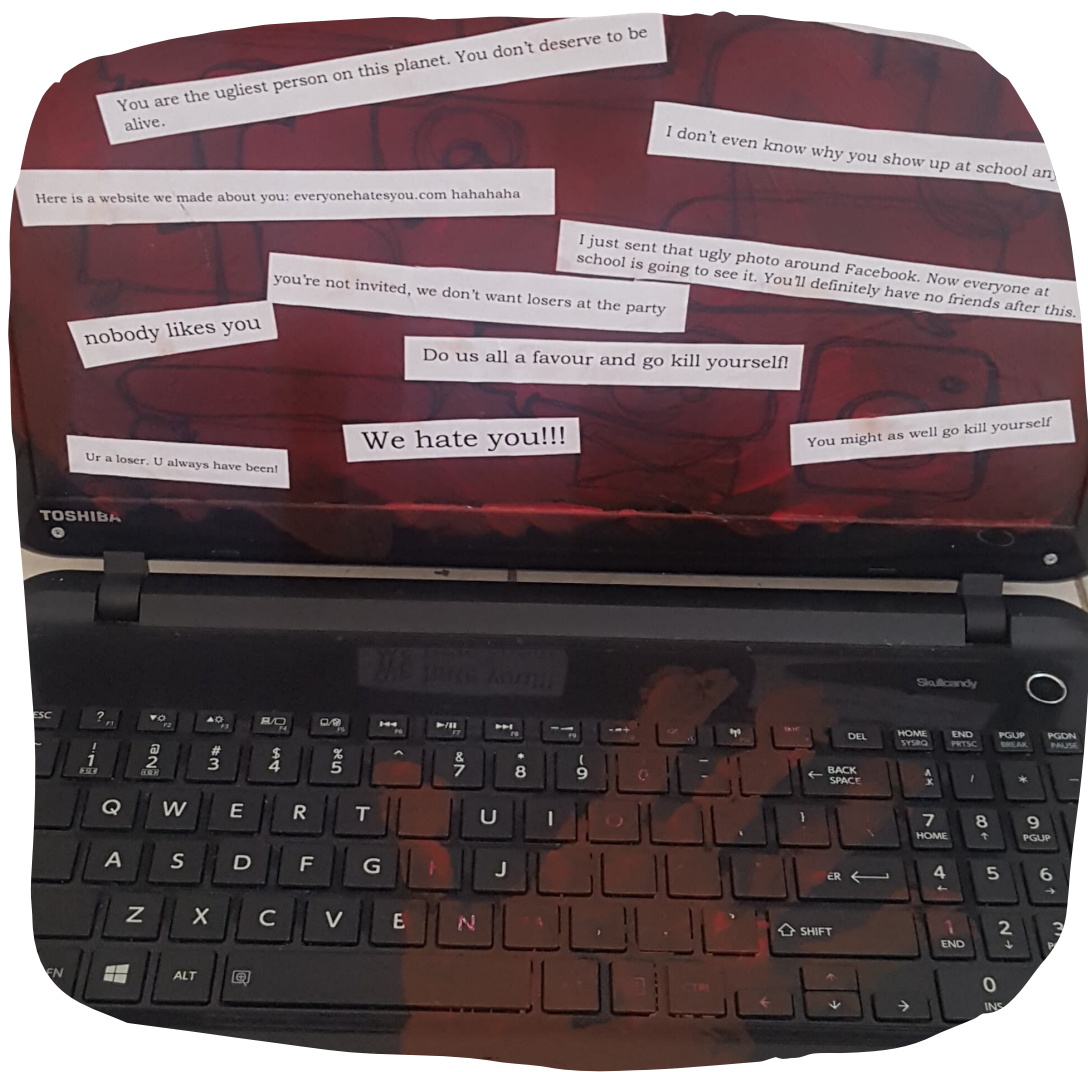


IT MADE ME DOUBT WHO I
WAS IN RELATION TO
OTHERS



I FELT JUDGED BY
PEOPLE WHO
DON'T EVEN
KNOW ME





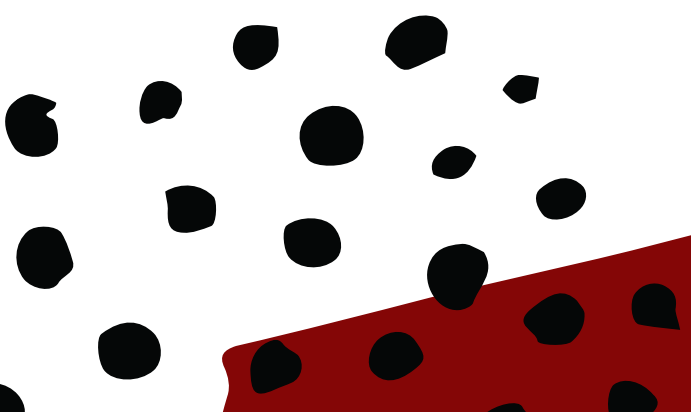
"The words that come through the screen. They just keep coming and they don't stop"



"bullying impacts the mental health of those affected"

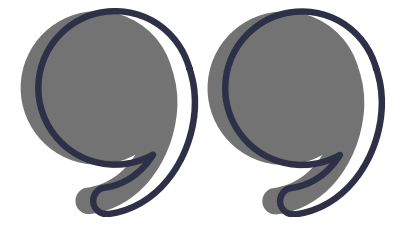
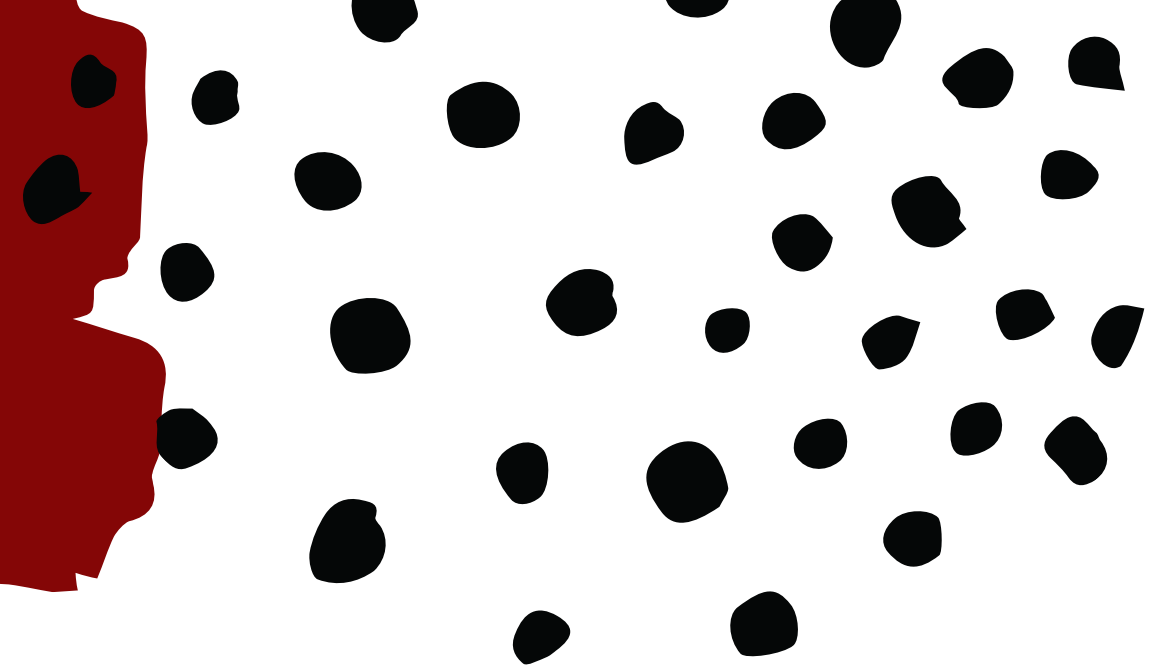


"The nasty words that are said online hurt just as much as a physical punch would."



Why is it happening?

WHEN ASKED WHY WE HAVE CYBERBULLIED OTHERS, THESE WERE SOME OF OUR RESPONSES



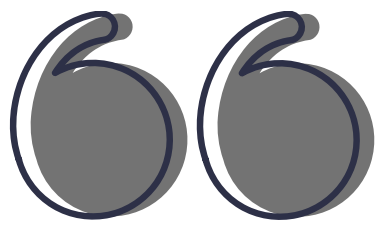
I WAS FORCED INTO IT BY THE PEOPLE THAT WERE BULLYING ME

I WAS YOUNG AND DIDN'T UNDERSTAND WHAT I WAS DOING

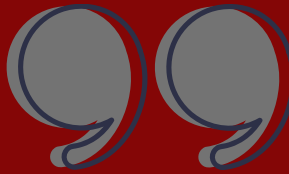
I WAS ANGRY AND HURT

I NEVER WOULD HAVE [CYBERBULLIED] AS AN INDIVIDUAL. IT WAS MORE OF A GROUP THING AND I GUESS IT WAS TO SAVE FACE SO THEN I WOULDN'T BECOME THE NEXT VICTIM

THEY DID IT FIRST AND I DIDN'T KNOW ANY OTHER WAY TO RESPOND EXCEPT TO DO IT BACK



And how does it make us feel?



GUILTY

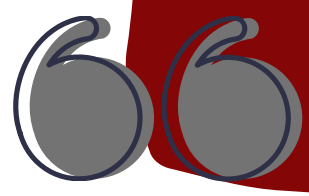
REMORSEFUL

SORRY

BAD THAT I PROBABLY HURT SOMEONE

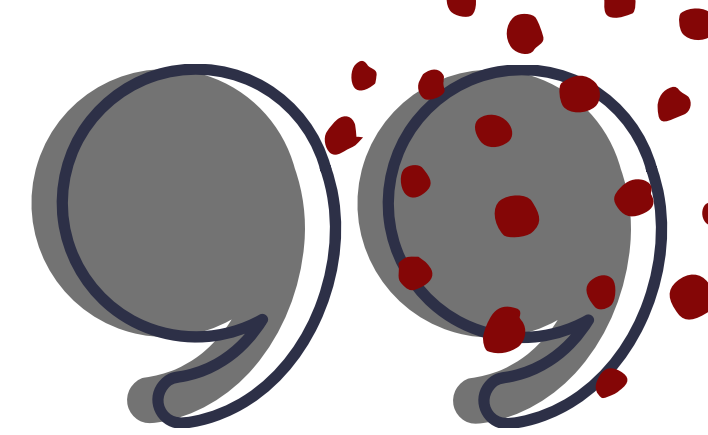
ANGRY AT MYSELF

KINDA SAD





Here's what we
have to say
about it

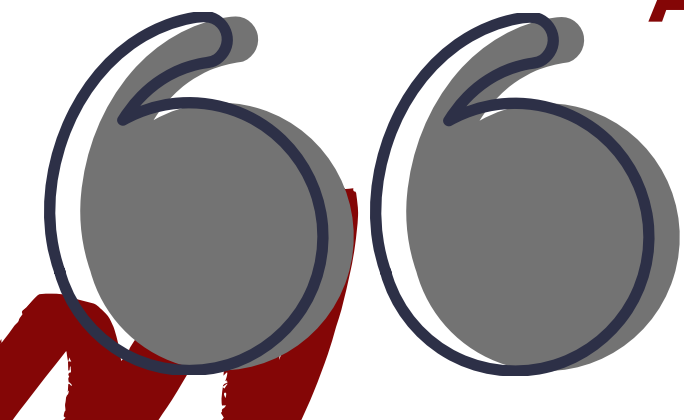


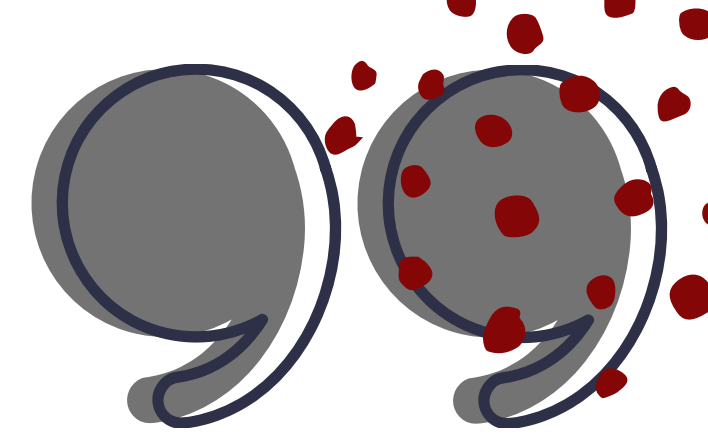
I THINK IT'S PATHETIC. I DON'T UNDERSTAND WHY ANYONE WOULD WANT TO MAKE SOMEONE FEEL WORSE ABOUT THEMSELVES.

DON'T DO IT, FAM!

IT SHOULDN'T HAPPEN BECAUSE IT IS UNFAIR TO THE PERSON. CYBERBULLYING IS A BAD WAY TO TAKE OUT ANGER AND HATE.

A BULLY IS A BULLY! NO MATTER HOW, WHEN, WHERE OR WHY. BULLYING IS NOT ACCEPTABLE!



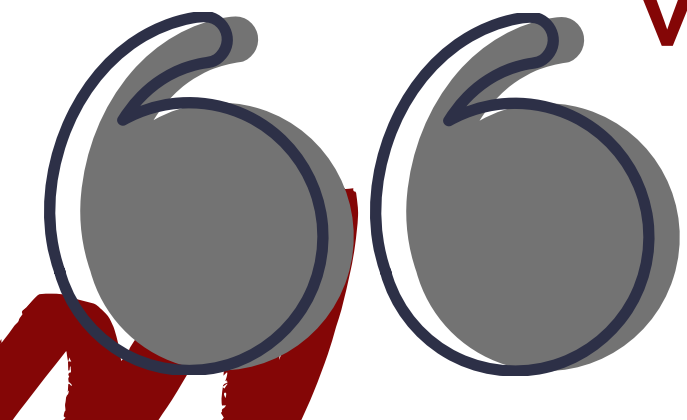


**CYBERBULLYING IS NEVER
OKAY. NOR A SOLUTION IN
ANY SITUATION.
CYBERBULLYING CAN WRECK
PEOPLE'S LIVES FOREVER.**

IT SHOULDN'T BE DONE!

**CYBERBULLYING IS WRONG
AND YOU SHOULD HAVE A
RIGHT TO YOUR LIFE
WITHOUT FEAR OF
VILIFICATION.**

**IT NEEDS TO STOP AND THE
ONLY THING THAT IT IS
DOING IS MAKING PEOPLE
FEEL ASHAMED OF
THEMSELVES.**





WHAT TO DO

(and where to get help!)

Advice from the eSafety Commissioner



RESIST THE URGE TO RESPOND

It usually just makes it worse



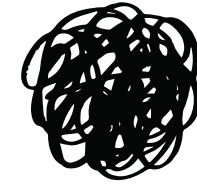
SCREENSHOT EVIDENCE

Before you block or delete, make sure you screenshot



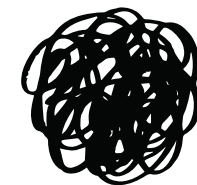
REPORT AND BLOCK

Report it to the social media service, game or app and block them



TALK TO SOMEONE

Talk to people you trust and or seek counselling support. Click here for online and phone counselling services



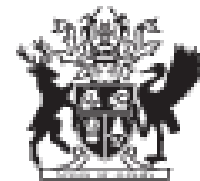
REPORT TO E-SAFETY

If you are having trouble getting content removed and you are under 18, you can report it to the cyberbullying team at eSafety.

THANK YOU

KYC staff and community
and our resident colleagues from
Jabani Jinna Indigenous Corporation
for hosting and supporting this project.

FUNDED BY



Queensland Government

Office for Youth,
Department of Child Safety,
Youth and Women
Tackle Cyberbullying
2019 Grant

CONTRIBUTORS AND ARTISTS

Robert

Luel

Aliyah

Skye

Zoe

Cheyenne

Panda

Kane

Kellie

Mia

Amelia

Zion

Taylah

Max

And those who chose to remain anonymous

THANK YOU

for sharing your stories so honestly and
standing up against cyberbullying by using
your voice to work towards positive change!