

WHO ARE YOU... SCORE YOUR ONLINE BEHAVIOUR



EVERYONE has a role to play in stopping bullying. Even if you're not the one that starts the bullying but follows it, watches it and sends it on or forwards it to your friends, then you are part of the problem, but you can also be part of the solution.

To help work out what role you play in the cyber bullying process give yourself a score on the questions below to find out how you are going. Give yourself a score: 0 if you have never done it; 1 if this is something you have done just a couple of times; a score of 2 if you have done 3 to 5 times; a score of 3 if you have done it more than 5 times.

Signed into an email account / social networking, IM account or someone else's computer to gather info?

Sent an e-mail, SMS message, social networking post or IM chat from someone's account?

Impersonated someone over IM or online?

Teased or frightened someone over IM or online?

Not told someone who you really are online?

Forwarded a private IM conversation, e-mail, private message in SN without the permission of the other person?

Changed your profile or status update to embarrass or frighten someone?

Posted pictures or information about someone without their consent?

Created an internet poll, either over IM, SNS or on a website, about someone without

their permission?

Used information found online to follow, tease, embarrass or harass someone in person?

Sent rude, embarrassing or threatening things to someone, even if you were just joking?

Used offensive language online?

Signed someone else up for something online without their permission?

Used an IM, SN account or e-mail address that looked like someone else's?

Used someone else's password for any reason without their permission?

Hacked into someone else's computer or sent a virus to them?

Insulted someone in an interactive game room?

Posted rude things or lies about someone online?

Voted in an online poll or posted a public message on an SNS saying rude or mean things?

• Based on the quiz available at: http://www.stopcyberbullying.org/teens/are_you_a_cyberbully.html

NOW CALCULATE YOUR SCORE-

0 - 5 Points: You're looking after yourself and others online. Your online behaviour is great, keep up the good work.

6-10 Points: You probably haven't done anything too terrible online and may have just been having fun. Think about what you are posting or participating in before you do so and how it may affect others.

11-18 Points: Your online behaviour needs to be improved! You have probably hurt, embarrassed or offended others online. Keep in mind that these practices are dangerous, wrong, and can be a crime.

More than 18: You need to think very seriously about your actions, why you are doing it, what the impact would be on who you are doing it to. You may also want to think about speaking to a counsellor about what you have been doing and why.

Cyber bullying can happen to anyone. It can be upsetting and stressful, impacting on different areas of your life, including; self-esteem, relationships, work or study. But there is help available. Talking to someone is a good starting point, particularly if you are feeling unsafe or frightened. See www.headspace.org.au to find help and support.

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CYBER BULLYING
INITIATIVE