

CYBERBULLYING

CONVERSATION STARTERS

Starting the Chat

"I've noticed you seem a bit different after using your phone lately. Tell me about what's going on in your online world."

"What's the best and worst thing about being online lately?"

If They Are Avoiding Social Media or Friends

"I've noticed you haven't been online as much lately. What's been different for you?"

"Friendships go up and down. How have your friendships changed lately?"

If They Seem Upset After Being Online

"I saw you looked upset after using your device. Tell me about what you were doing online that may have bothered you?"

"I'm not here to take your devices away, I just want to understand and support you if something's on your mind."

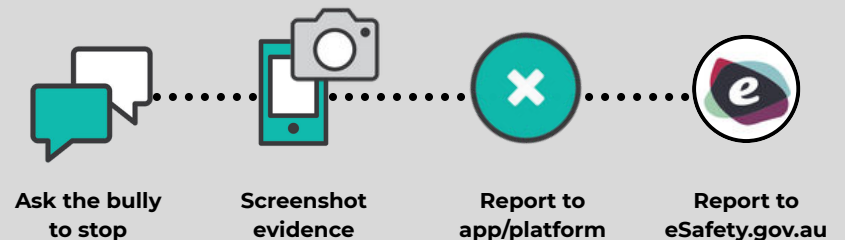
"Sometimes people can be unkind online. What have you seen online lately that has made you feel heavy?"

Encouraging Help-Seeking

"If you ever feel uncomfortable online, who do you think you could talk to?"

"It's okay if you don't want to talk to me right now, but please promise me you'll talk to someone if you need to."

Reporting Cyberbullying



cybersafetyproject.com.au/resources

