



# PROJECT ROCKIT

AUSTRALIA'S YOUTH-DRIVEN MOVEMENT AGAINST BULLYING

We've just returned from working with Facebook, Instagram, Twitter and Yahoo! in the USA and want to share our learning and insights from working with thousands of young Aussies!

## 10 HOT TIPS THAT YOUNG PEOPLE NEED TO HEAR TO STAND UP TO (CYBER)BULLYING!

1. If you're being harassed by someone you don't know, **report and block** them immediately. If you're worried that they'll keep talking behind your back, ask a friend to monitor the situation for you
2. If you don't want to be confrontational, you can write a **counter comment** instead of directly challenging hate. Try something super positive to show support for the target
3. **Report abuse** – it's anonymous, low-risk and the easiest way to stand up
4. If you're not confident enough to stand up for someone publicly, chat to them in person or **send a private message** letting them know you care about them
5. Your BFF (Best Friend Forever) should *not* know your **passcode** on your phone, this way your social media profiles remain in your control
6. **If they don't know you, they don't owe you** – having a public profile or adding randoms puts you at risk because strangers don't know you, which means they don't feel like they need to care about you
7. Haters and trolls just want a reaction, so lashing out or writing a long response can make it worse. Instead, you can **type "dislike"** and encourage others to do the same
8. **Ignoring cyberbullying** is like, the *worst* thing ever
9. If you're not sure who to turn to for one-on-one support, **we recommend eheadspace** as an awesome avenue for online and telephone counselling
10. Unite with hundreds and thousands of young Australian's who've had enough of bullying, hate and prejudice - **join PROJECT ROCKIT** at [www.projectrockit.com.au](http://www.projectrockit.com.au) or find **@PROJECTROCKIT** on social media