

# Skilling Queenslanders for Work

## Combating cyberbullying against young people in Queensland

### What is cyberbullying?

Cyberbullying is bullying that is done through the use of technology (i.e. using the internet, mobile phone, video or camera) and can involve an individual or a group misusing their power (or perceived power) over one or more persons who feel unable to stop it from happening.

The impact of bullying and cyberbullying, especially among children and young people, can be significant, and can affect emotional wellbeing, capacity to learn, relationships and often entire families. The adverse effects of bullying and cyberbullying on a young person's mental health can persist into adulthood.

### A framework for action

Reducing cyberbullying among children and young people is fundamentally about respectful and positive relationships. There is no one specific strategy to reduce cyberbullying, instead, multiple community wide actions are needed.

The Queensland Anti-Cyberbullying Taskforce's [Adjust Our Settings](#) report is a community approach to addressing cyber-bullying and provides a framework for action. The report was released in September 2018 and since then the Queensland Government has been committed to implementing and addressing the recommendations of this report.

### The role of community organisations

Community organisations across Queensland already do a fantastic job in supporting children and young people and as highlighted in the Adjust Our Settings report, the role they play is crucial in helping ensure children and young people are safe and supported and understand the impacts of bullying and cyberbullying.

By modelling positive behaviour and calling out bullying behaviour, community organisations can have a positive impact on reducing cyberbullying.

To cement this approach community organisations should adopt clear, comprehensive and accessible policies about preventing, intervening and responding to bullying and cyberbullying.

### How does this relate to SQW?

Community organisations delivering a Skilling Queenslanders for Work (SQW) project are required to have documented anti-cyberbullying policies and procedures on prevention, intervention and responding to bullying and cyberbullying.

### Support for policy implementation

To assist in the development of these policies and procedures, there are a number of resources and tools available on the Queensland Government's [bullying and cyberbullying](#) website. Released in September 2019, this website provides information and resources for all members of the community and links to relevant services and agencies. It contains information for anyone seeking support or advice on cyberbullying, as well as links to resources for children and young people, parents, carers and the community.

The portal includes a list of resources for educators, with links to other websites such as [Bullying. No Way!](#) and the eSafety Commissioner's [eSafety education portal](#). These sites provide a range of helpful resources that can assist in developing policy and creating learning environments where every student is safe, supported, respected and valued.

### More information

Additional information and resources that may be of assistance are available on the [National Centre Against Bullying](#) and the [eSmart Schools](#) websites.

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