



The Guide to being Safe on Social

Facebook



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Your Guide to being Safe on Social

Facebook



What is Facebook?

Facebook is the biggest Social Media Network in existence today. It was launched on 4th February 2004 by Mark Zuckerberg and some of his Harvard College friends. Originally built just for Harvard students it rapidly expanded to other colleges in Boston and the rest really is history.

Since 2006 anyone who is at least 13 years old has been allowed to become a registered user of Facebook.

On 1st February 2012, Facebook listed on the US Stock Exchange. The company was valued at \$104 billion US Dollars – the largest valuation to date for a newly listed public company.

- As of December 2015 Facebook now has 1.04 billion daily active users on average
- 934 million are accessing Facebook from a mobile device
- 83.6% of their active daily users are outside of the US and Canada.

A big part of Facebook's pitch to its advertising clients is that it has so much information about its users that it can more effectively target ads to those who will be responsive to them. So always remember when it comes to Facebook and the fact that you are using it for free, you are actually the product.

Why do people use Facebook?

Facebook is used by different people for different things and no user experience will ever be the same. From participating in causes to sharing petitions about things that matter to you, promoting a business' product or service, entering competitions, validation and emotional support, and everything in between is just a small example of why people like to use Facebook.

Facebook is available in multiple languages across the globe (it also provides a translation service) and with over 1 billion active users it is referred to as the "heartbeat" of the internet.

Facebook is accessed most often through a smartphone; it is constantly with you; you can therefore be in constant communication with your network of friends and family.

The daily activity on Facebook is almost to the point of inconceivable; with over 1 billion active users, it is literally changing minute by minute, due to the information being shared.

There is very little you can't do on Facebook, and you are no doubt at some time contributing to the billions of pieces of content added on a daily basis through comments, weblinks, videos and even recommendations to your favourite restaurant.

What are the risks involved with using Facebook?

There are many, and they are wide and varied, but here is a start:

- Facebook, like all social media, consumes an enormous amount of time and can become quite addictive. You need to monitor the amount of time you spend online so it doesn't interfere with productivity in your "offline" life;
- Facebook will never be able to 100% guarantee your safety. As Facebook is "social" your safety will always rely in some way on the behaviour of others you are connected to and this can't be predicted – just like it can't be in the physical world;
- Because the privacy settings on Facebook are constantly changing, there is always a risk to your personal privacy.

Facebook provides custom safety and privacy settings and features, and has dedicated areas of the platform for education purposes. We recommend that as well as reading this guide you also visit the Facebook Safety Centre www.facebook.com/safety

When you use Facebook, you are completely responsible for your own safety. What you do and what you share on Facebook will determine breaches of your personal safety and privacy; Facebook itself cannot be held accountable. If you are a teacher or a parent and don't use Facebook, you also need to be informed and keep communication open with your child or student to understand if there is an issue (bullying/trolling/ inappropriate posts) with what is being posted on Facebook.

The following is a list of risks that as a user of Facebook you should consider:

- Posting information on Facebook about yourself that could disclose your physical location;
- Posting information on Facebook that could be manipulated and used against you to cause psychological harm;
- Identity theft from sharing too much personal information on Facebook through data such
 as your birthday, or photos of identification such as drivers' licenses, passports or plane tickets;
- Posting information that could hurt your professional reputation and future job prospects;
- Harassment, stalking and online bullying;
- Spending too much time online;
- Damage to your relationships;
- Exposure to age inappropriate content and if you are under 18yrs inappropriate contact with adults:
- Posting compromising photos or videos that might be used against you;
- Trolling;
- Loss of productivity both in and out of school and your workplace;
- Social isolation.

Bullying and Harassment on Facebook

What to do

If you are being bullied or harassed on Facebook here are the first steps of what to do:

- Take screen shots of the bullying or harassing comments. It is always good to have a record and make sure you share with someone you trust;
- Don't retaliate. Bullies are always looking for a reaction so don't give them the satisfaction. Always remember that one of the most proven, effective ways to defeat a bully is to deprive them of your reaction;
- Unfriend and block the person (you will see tips on how to do this in the next section);
- Make sure you tell a trusted friend, parent, family member, teacher or someone else that can help you;
- If you feel that you are in immediate physical danger, call the Police.

Bullying on Facebook may be a crime under Australian Law when it involves using the internet in a threatening or harassing way, stalking, encouraging suicide, or encouraging violence



If the victim of bullying and harassment is a child:

We are fortunate to have The Office of The Children's e-Safety Commissioner here in Australia.

The Office provides Australians access to a complaints system to assist children who experience serious cyberbullying.

You will find more information and their contact details at the back of this guide.

If the victim of bullying and harassment is an adult:

If someone is threatening you, stalking, intimidating or harassing you, you may be able to apply to your local court for an intervention order to keep them from contacting you any further.

If you want to talk to someone in confidence please contact:

Beyond Blue - www.beyondblue.org.au - Phone: 1300 22 46 36

Lifeline - www.lifeline.org.au - Phone: 13 11 14

Passwords

Setting a strong password on your Facebook profile is the very first thing you should do. You are the first line of defense when it comes to securing your online life and strong passwords are you best friend.

Here are our top tips when it comes to passwords:

- Always us a strong alphanumeric password using upper and lower case letters and numbers for example: II0v3D0g2 instead of ilovedogs
- Do not use the same password for your Facebook account as you use for your bank account.
- Never share your password with anyone.
- Change your password regularly and always change it immediately if one of your friends is hacked, as that makes you immediately vulnerable.

We recommend that you change your password right now!

Then, at least every three months from now on.

Simply follow these steps:

- Click on the 'Down' arrow on the far right of your profile.
- In the general account settings you will see 'Password'; it will tell you how long it has been since you changed your password.
- Click on 'Edit' and change it.



Your Date of Birth

During set up of Facebook one of the first things you are asked to do is enter your full date of birth, including the year you were born. This is a key piece of information for any form of personal identification and should be treated with your personal security in mind.

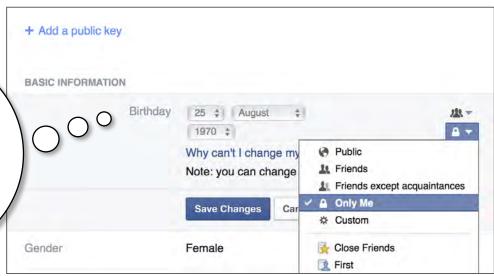
This is the only time you are required to do this. Please do not lie about your age by entering a false date of birth. We strongly suggest that you do not lie about your age on Facebook. There are multiple legal reasons why Facebook restricts membership to people 13 and older. If you are aged between 13 and 18 years, Facebook has built in special protections just for you that comply with US Federal law and that of most countries.

If you are a parent that has a child who is under the age of 13 using Facebook we strongly suggest that you cancel their account. There are a number of reasons for this, it is not just about who might be looking at what they post, but it is also to protect them from what they could be exposed to at an age too young to emotionally deal with what they may see or read.



SAFETY TIP

Birthdays are fine and can be left displayed on your profile so your friends remember to wish you a happy birthday! However, we recommend that you hide the year. Your friends usually know how old you are and this protects you from identity theft.



Friend Requests

If a friend request comes from someone that you are genuinely friends with offline and they are someone that you want to stay in touch with, go ahead and click "confirm". If not, you can just ignore their request or click "delete request". Don't worry they do not get a message saying that you have chosen to ignore their friend request.



How to remove friends and block people

Friends come and go and you may not always get along well with someone. Just as easily as you can add friends on Facebook you can unfriend them. They will not get a message saying that you have unfriended them.

We often see online bullying behavior escalate in nastiness due to retaliation. Online bullies and their victims often switch roles. By reacting rather than ignoring the bullying behaviour things can rapidly get worse.

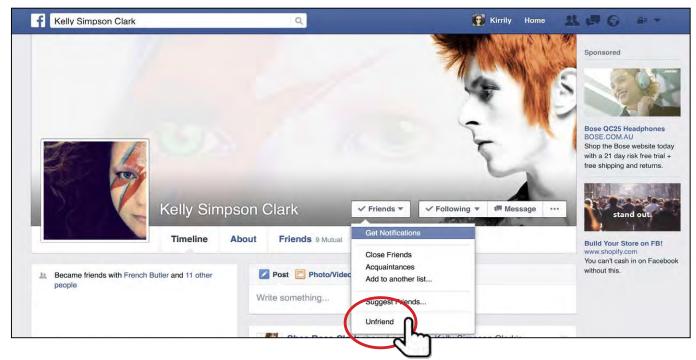
Being kind online or ignoring someone isn't just a good idea, it can also be a great way to protect yourself.

If you want to "unfriend" someone or "block" them here is how you do it:

1. Go to their profile page and click on the down arrow on the friend's box



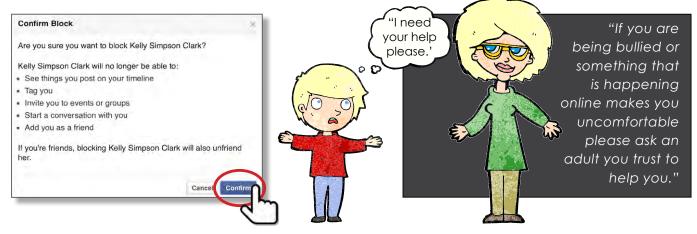
2. Click Unfriend



If you would like to block them, simply go to the three dots next to the message box. When you click on this you will see the bottom option is "Block".

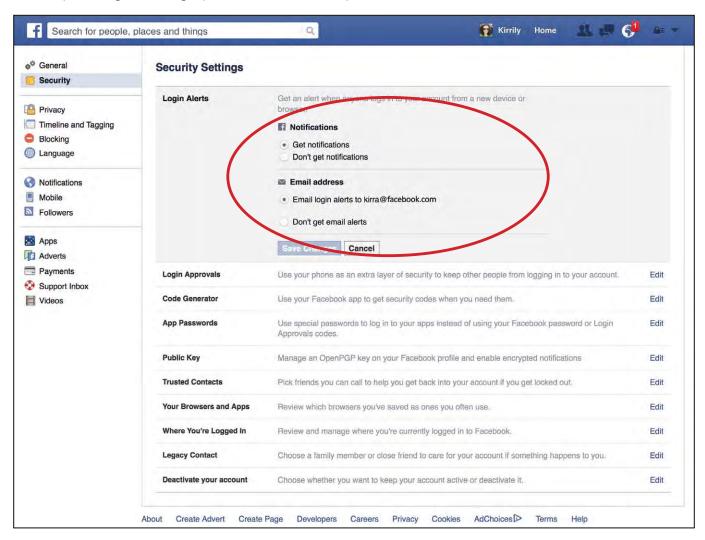


When you click "Block" you will see a new box pop up. This will look like the box below and ask you to click confirm.



Login Alerts and Approvals

Facebook "Login alerts email alerts to you so you are notified via email or SMS message whenever there is suspicious use of your Facebook account from a different location. You can determine if you want to receive these alerts and control how you receive them in your security settings. We highly recommend that you use this feature.



To further ensure your account's security, Facebook launched "Login Approvals". This feature uses what is known as Two-Factor Authentication, meaning: something you have (a device) and something you know (a password or code).

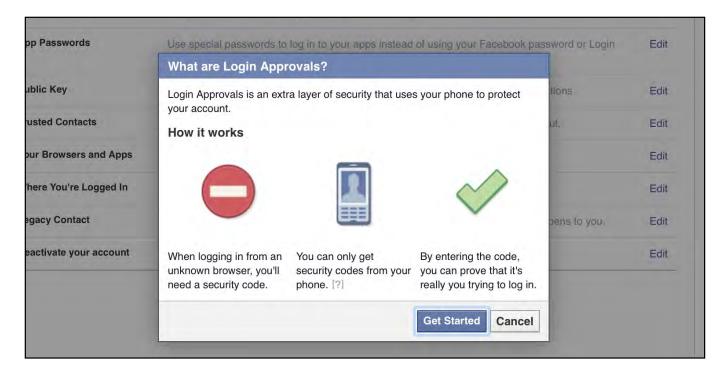
Facebook two-factor authentication or "code generator" uses your mobile device with your Facebook account and authenticates the login by sending a verification code to your mobile phone.

You can setup Android, iPhone, smart phones or any simple mobile phone to receive the verification code. Once you setup the secondary device for the Login Approvals, make sure that you never lose your device; otherwise, you will be unable to use your Facebook account.

To set up login approvals without using the "code generator" option for your Facebook account simply follow these steps:

- 1. Click on the 'down' arrow on the top right corner of your profile page. This will take you to the general settings area by default.
- 2. On the far left of the page directly under the word 'General' you will see security. Click on this and it will take you to the security settings area.

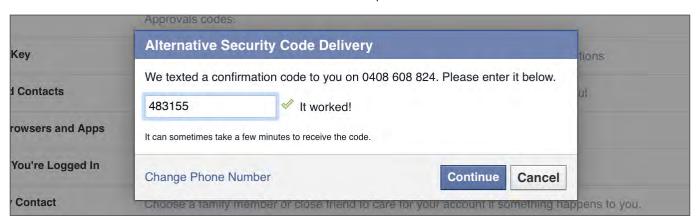
- 3. The second down the list is 'Login Approvals'; click 'Edit'.
- **4.** Click the box that says "require a security code to access my account from unknown browsers". You will be presented with a box and an option to click "Get Started"



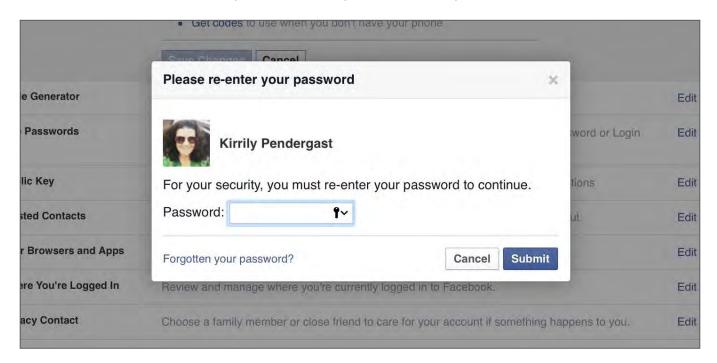
And that will be immediately followed by another that tells you if you can't use Code Generator, Facebook will text you a security code to your phone. Click 'Continue'.



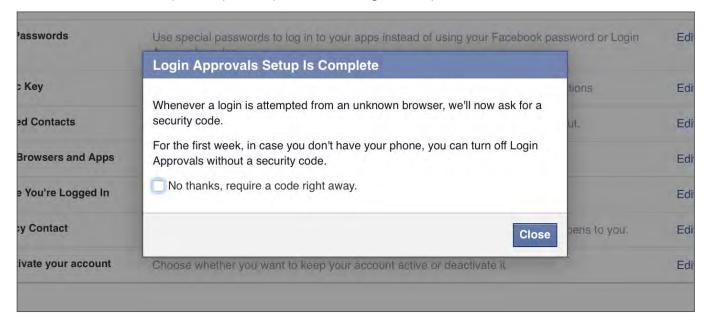
5. You will then see "set up security code delivery". Enter your phone number and click 'Continue'. Shortly after you will receive a text message on your phone with a confirmation code. Enter the confirmation code in the box provided and click 'Continue'.



6. Facebook will then ask you to re-enter your Facebook password.



7. After you have re-entered your password you will see the following, make sure you click the box that says that you require a code right away and then click 'Close'.



To set up login approvals using "code generator"

Code Generator is a part of the Facebook app and creates a security code every 30 seconds, even when you aren't connected to the internet in case you can't receive your login approval code via SMS.

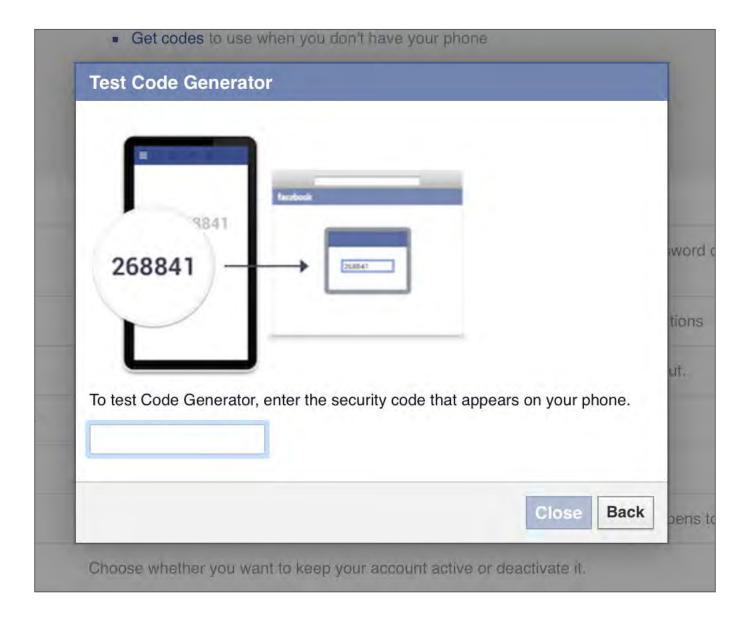
You will use that code in addition to your password to log into Facebook. You can also use Code Generator if you ever need to reset your password.

By using Login Approvals Code Generator you will have an extra security layer that will make it harder for someone to hack your Facebook account.

Not only do they need to hack your password, they also need to either get hold of your mobile phone to receive the security code or hack that code to access your account.

The code is needed to access Facebook from a device that wasn't previously authorised.

Once set up, when someone attempts to log into your account from another computer, a security code is sent to your mobile to notify you.



App Passwords

Under the code generator in your security settings you will see App Passwords. This has replaced "secure browsing".

By doing this, you automatically limit all external applications that are integrated with Facebook from sharing or taking your personal information without your knowledge or approval.

To start securing your account, click "Edit" in the Apps Passwords section.



When you follow the prompts you will be able to set up use of an apps password instead of using your Facebook password to log in to third party apps.

You only need to enter your app password once.



Public Key

The latest update to Facebook's security tools is the "Public Key". This allows you to add strong encryption keys and chose to have notification emails sent to you in an encrypted format.

'Strong Encryption' refers to data that are coded so that they cannot be read or understood by anyone who does not have the correct key to decrypt them.

Public keys are how people communicate with most popular encryption products. Every user has a public and a private key, the public key is shared freely, while the private is kept secret.

Anyone can encrypt a message using someone else's public key, which can then only be decrypted by the owner of that public key using their private key.

Encryption technology is complex and can be used the wrong way. We believe that this approach can be quite dangerous and that any "back door" in encryption products could make you vulnerable.

The other security settings in Facebook are enough for the everyday user, so this is not compulsory for a secure account.

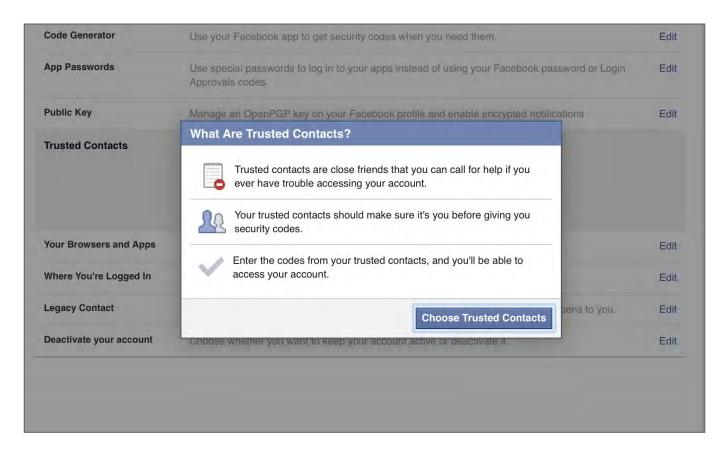


Trusted Contacts

This is another area of Facebook's security settings that can be very dangerous, the use of which is advised against.

This is not required when there are other security options such as Login Approvals.

By making someone a 'Trusted Contact' you are effectively giving them access to your account and that is never a good idea.



Your Browsers and Apps

This is an area in Facebook Security Settings that lists every device you have ever logged in from – these can be removed if you choose.

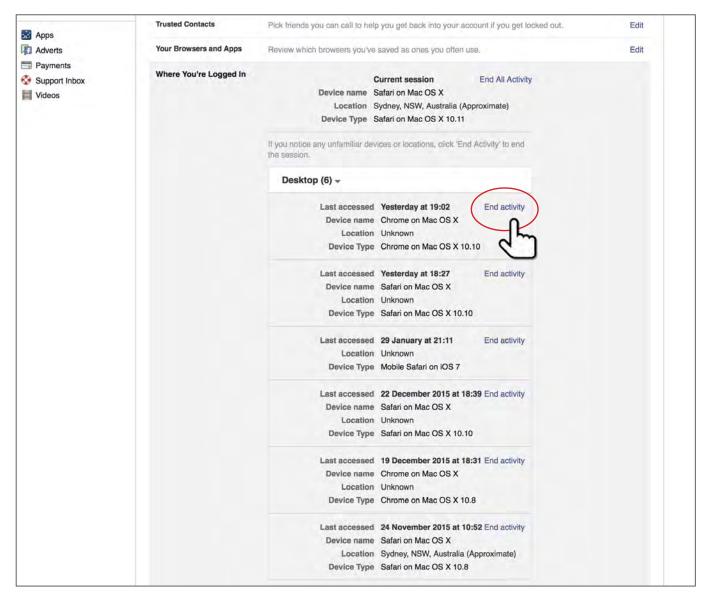
Where you are logged in?

There has been a little hysteria about this area of Facebook circulating. The actual log-in location can be misleading. The log in details that are listed are actually the location of the DNS Server of the network you're logged in through, which can be a very long way from your actual physical location.

It can be especially confusing if you're logging in through a mobile device and therefore through the cellular network.

If you have login alerts set up like we recommended above, you will be notified of someone actually attempting to login to your account rather than where you have logged in.

To stay on the safe side, we recommend that you check this every now and then and simply "end activity" on the places that you have not visited recently.

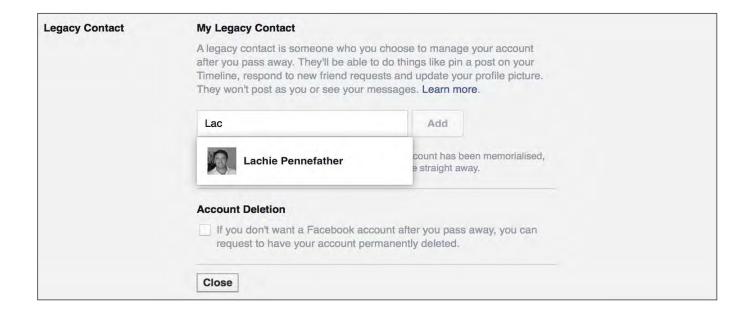


Legacy Contact

Death is always a hard subject to discuss, but this is effectively your 'Facebook will'. Just as you would nominate someone to take care of your possessions after you die, you can nominate someone to take care of your Facebook account.

The legacy contact feature allows you to nominate who you would like to take care of your account when you die.

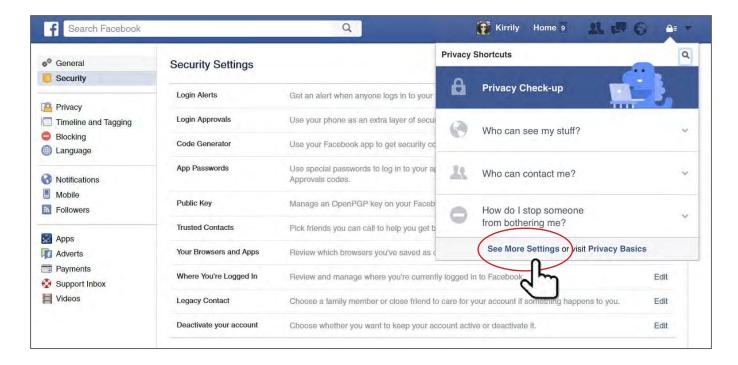
Don't worry - they won't have full control of the account or be able to see your personal messages but they will be able to choose whether to keep your profile online or not, change your profile picture, make some tribute posts to notify people of your death, continue to accept friend requests, and administer your online memorial.



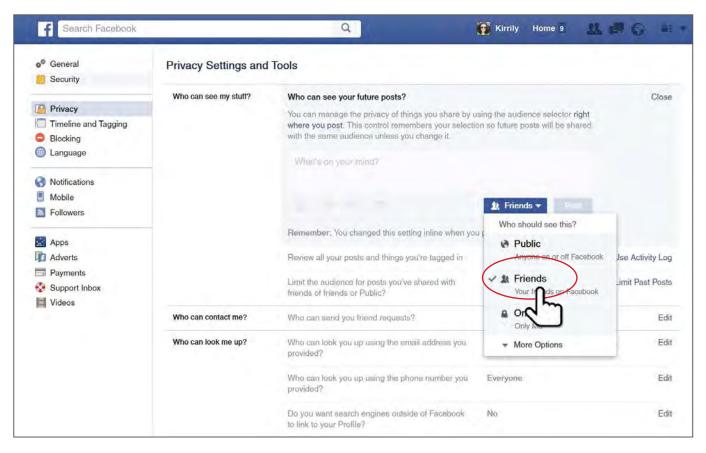
Privacy Settings - Who can see your stuff

We recommend that you periodically check your privacy settings, as sometimes they change during major upgrades to Facebook.

There is a quick link where you are hosted by a little blue dragon that you can access by clicking on the padlock icon in the top right hand corner of your profile page. We recommend that you immediately click on "see more settings"



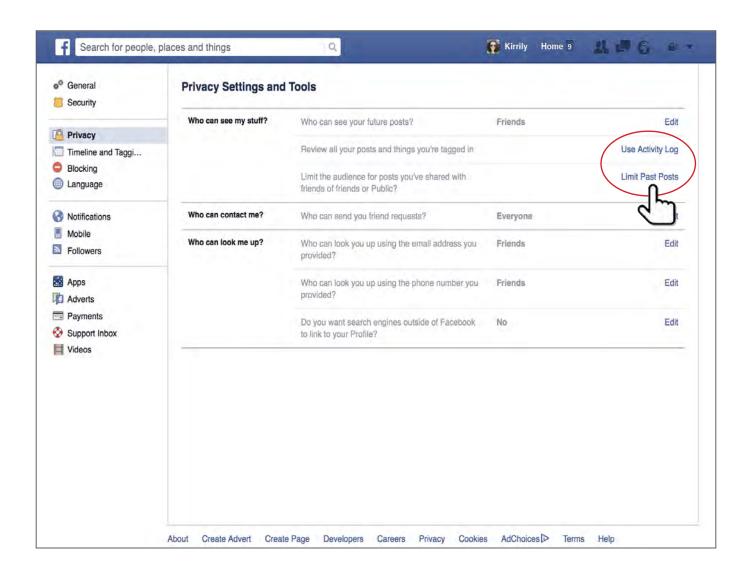
The first thing we recommend is to ensure that your "who can see my stuff" settings are changed to 'Friends only'.



We also suggest that you set the option to review and approve any posts or multi-media (photos, videos etc.) you are tagged in, in the activity log.

This ensures you will be notified every time someone tags you in a post and you have the option to approve or deny whether it is displayed on your timeline.

Again we strongly suggest that you limit past posts so that things you forgot to make private from a few years back are retrieved from being public to private, so only your friends can see what you posted before you knew all about privacy settings.

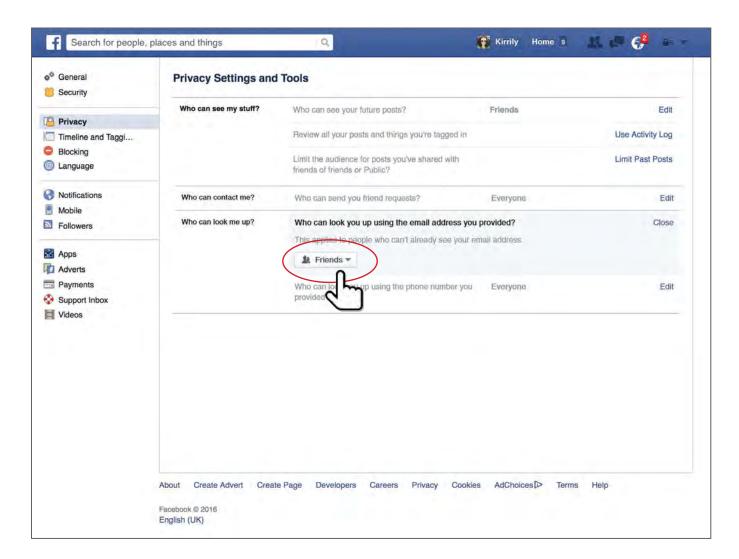


Who can contact you and who can look you up?

Always ensure that the "who can contact me" setting is set to whatever you are comfortable with – by clicking edit you have a two options.

For those of you under 18 years of age it will automatically restrict you to friends of friends only.

Adults have two options: friends of friends, or everyone.



It is safer if you set "Who can look me up" to "friends only" or "no one" as this may give access to your email address. You should follow the same advice for the section about your phone number.

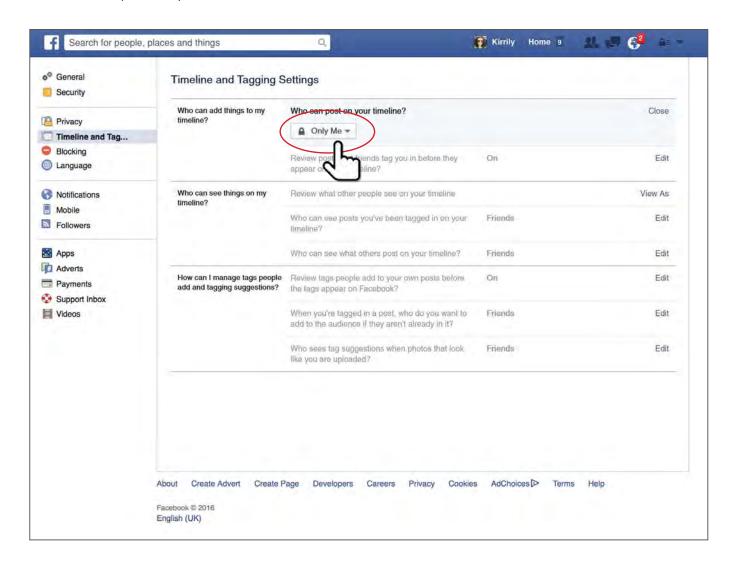
Definitely click "no" for search engines linking to your timeline or everything you post will come up on Google if someone searches your name!

Timeline and Tagging

Who can add things to your timeline?

In this section, first and foremost click "Only Me" or "Friends" in who can add things to your timeline.

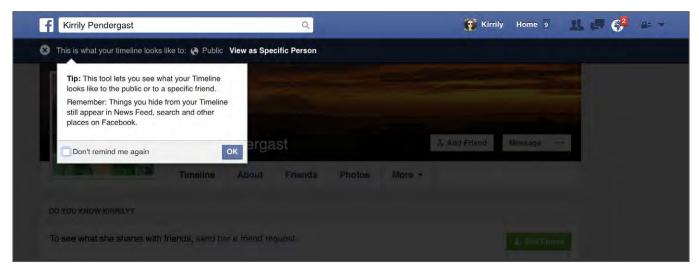
Allowing anyone to post to your timeline invites endless amounts fo spam, including offensive content, which can have a harmful affect on your public persona, and upset unwitting witnesses to this material, and in this case it is your family, friends, and in come cases colleagues, so it is advisiable to protect your timeline from this violation.



Who can see things on your timeline?

You can set the two options in this section to whatever you are most comfortable with, as the risk is reasonably well controlled through other settings we have already covered.

There is a great tool that you can use periodically to see what your page looks like to others. "Review what other people see on your timeline"; clicking on this will allow you to see what your profile looks like to the public.

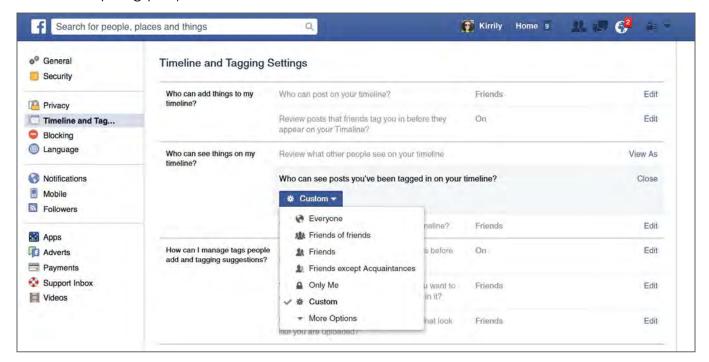


In the "who can see what others post on your timeline" section you are able to make the same selections that are available on every post you make.

If you go back to one of the posts on your timeline, you will see directly under your name on the post, a couple of little icons – one tells you how long ago the post was made, then next to that there is a little people icon and a 'Down' arrow. Click that arrow to amend the post to who you want to see it. This is good if others have asked your permission to share a post of yours publicly, like a picture of your missing dog.

In the main privacy settings, you can choose an overall default position. You might like to customise this to make sure that certain people cannot see things you post.

We advise that you choose either 'Custom' or 'Friends'. Do not click 'Everyone' or the whole world will see everything you post.

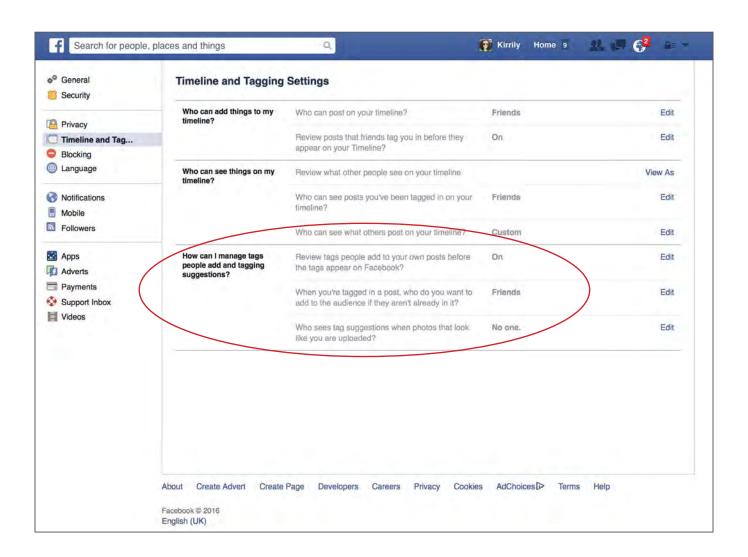


How can you manage tags by others and tagging suggestions?

Tags and tagging can be your worst nightmare. We strongly recommend that the "review tags people add to your own posts before the tags appear on facebook" is on so that you have control over who is tagging themselves in your photos.

You can also choose who sees what posts you are tagged in. We suggest that this is always set to 'Friends' or 'Only me'.

Who sees tag suggestions on photos that have been uploaded that look like you should always be set to 'No one'.

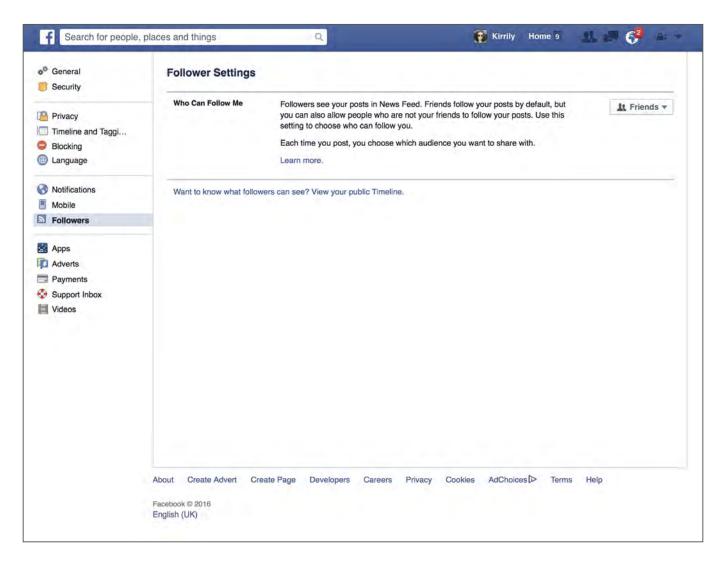


Followers

'Followers' setting is located on the left hand column, a few tabs under the General, Security and Privacy Settings areas.

This should always be set to 'Friends'.

If it is set to 'Public' this will allow people you don't know to see everything you post, but will not allow them to comment.



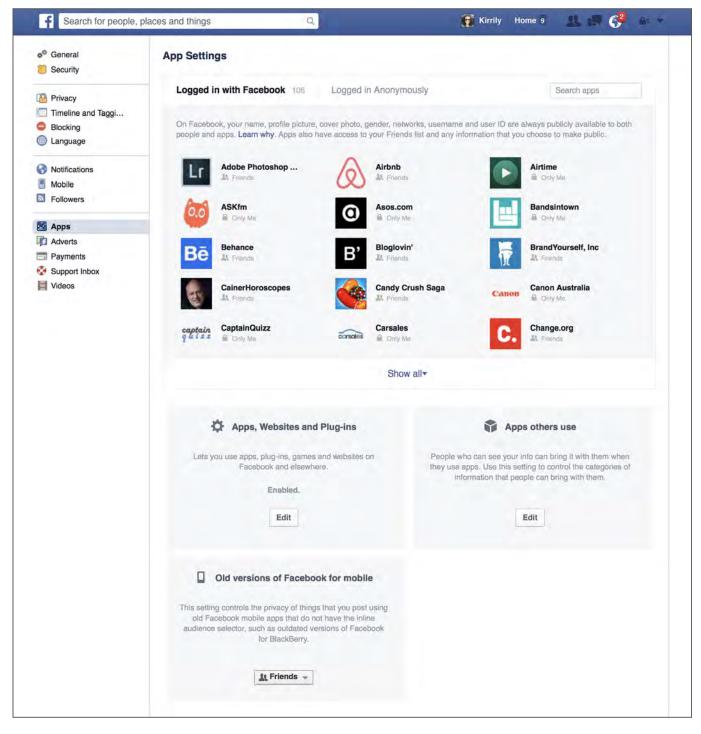
Apps

By clicking on the Apps icon in the left hand column you can easily see what apps you have logged into using Facebook. You can go back and change the settings to 'Only me' so that your interaction with these apps is not posted to your Facebook page.

It is quite common to see people who think that their security and privacy settings are up to scratch only to have a random app posting to their page publicly.

In most cases this is ok, but if you have a false name on KiK or Ask.Fm, for example, it can be sharing the details of that false name on the front page of your Facebook page without you even knowing.

This may allow people you don't know to follow you on other apps after you have either blocked them from following you on Facebook or are not friends with them, but they can still see aspects of your public profile.

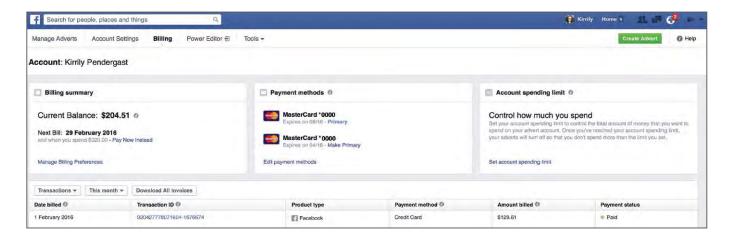


Payments

This is where your credit card details are saved if you have used your card on Facebook. Unless you are using your card regularly to pay for Facebook advertising, regularly check that either no card numbers are stored in this section. If there are you can simply click 'Remove'.

This area also stores all receipts of purchases that you have made with Facebook in the billing summary section in case you need to access them for accounting purposes.

You can also set limits for your spending with Facebook advertising here.



Facebook Scams

If you spend time on Facebook you may have already fallen victim to a scam or know someone who has. Scammers love a crowd and the biggest crowd online is Facebook.

Most of the scams you will encounter online are phishing based scams that are trying to obtain your username and password. Other scams you have or will see are surveys or fake offers for free stuff, or to win things. Most of these will spread Malware and viruses, so it is very important that you have a good anti-virus application installed and keep it up to date.

Do you know who your friends really are?

One of the main reasons that we join Facebook is to connect with friends. Through accepting "friend requests" you are letting someone into your life. They will be able to see all of your photos, videos and the written text that you post on a daily basis.

There is always the temptation to connect with friends of friends, or in some cases complete strangers that look interesting and you may have one or two friends in common so that makes it ok right? Wrong.

Daily, millions of scammers send friend requests. By accepting friend requests from people that you do not know, you put yourself and your friends at risk. Do not rely on having friends in common as a way to validate that someone is ok; you must protect your friends' and your own safety in the Facebook environment as you would in the real world, and this means applying some healthy cynicism toward strangers approaching you.



It is common for Facebook users to receive a friend request from time to time from friends that you are already friends with. This is a scam that is doing the rounds and is even more insidious than most. By making virtual copies of real Facebook accounts, scammers use your friends' photos and information from their real account's "About" page to create a fake one. They then block your friend for the fake account they have set up so they cannot see it. They then send friend requests to the friends listed on their real account.

Once the scammer has most or all of the original account holder's friends onboard, there are countless ways those friends can be scammed because, we tend to trust our friends, right?

One of the most common scams committed after a fake account has been created is messaging you asking for money to help get them through some sort of crisis. They usually include the fact that your friend is in trouble and urgently needs your help with medical or travel expenses.

While this scam can be dangerous it is also easy to avoid. If you receive a friend request from someone you are already friends with, search your friend list to see if you are still friends with that person. If you are, you have just received a friend request from a duplicate (and probably fake) Facebook account.

Some people open duplicate accounts for whatever reason so there is always a chance that the friend request really came from your friend and not a scammer. Find out by messaging your friend from the account they are already friends with and ask if the friend request is legit. Even better, call them on the phone and ask.

If the new account turns out to be fake, report it to Facebook.

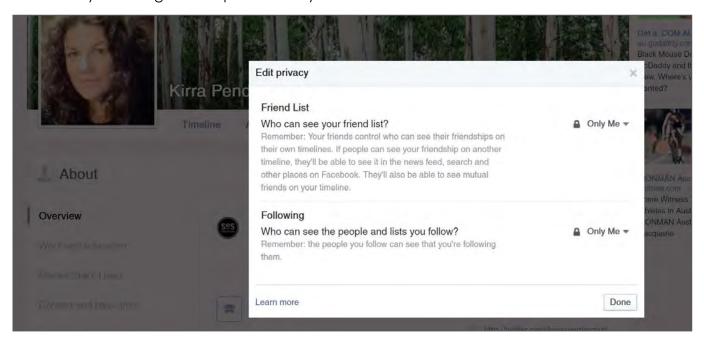
Here is how to report it:

- 1. Go to the timeline page of the fake Facebook account
- 2. Hover your mouse over the button labeled with 3 dots (it's located beside the Message button), then click 'Report'
- 3. Click 'Report this account'
- 4. Select 'Report XXXXX's account
- 5. Click the 'Continue' button.

Facebook will take action against the user of the fake account as a result of reporting. Action is faster if several people report the account instead of just one person. We recommend that you tell the friend who had his/her account copied so he/she can report the fake account too. Also, ask all of your friend's friends to do the same. If Facebook receives several reports about the same fake account, they usually investigate and promptly shut it down.

There is really no need to share who you are friends with on Facebook. So to protect yourself from these kind of scams and therefore protect your friends as well here is what you can do:

If you go to the box that on the right hand side of your Facebook profile that has all your friends listed in it you can click on the down arrow or the little pencil and the following box will pop-up. Make sure you change both options to only me.



This will protect you and your friends, as, if a scammer can't see who you are friends with when they are searching for accounts to copy, they are less likely to copy your account.

If one of your friends has had their account copied or hacked, change your password immediately, as there is a good chance the scammer is already looking at ways to get into your account.

To do this, click on the down facing arrow across from your name and the messages icon at the very top right of your Facebook profile page. Scroll down and click on 'Settings' and you will be shown where you can change your password.

Who is looking at your profile and who has blocked you?

These scams promise to show you who has been looking at your profile or who has blocked you from seeing their profile. None of these apps actually do anything accept steal information about you. Facebook does not allow access to the type of data required to create these kinds of apps.

Free gift cards

Bunnings, Woolworths, Coles and others do not give out cash vouchers, Virgin Airlines or QANTAS do not give away first class flights, and Range Rover does not give away cars. Every week we see a new "if you like and share" post that you will go in the draw to win. Before you click like on the page have a little look around: is there a full stop after the name on the top of the profile page? A small spelling mistake in the name? Do they only have a few thousand followers and one or two photos? This is a clear indication you're looking at a scam page, as usually big brands (as the aforementioned brands) will have hundreds of thousands of followers.

The old saying "if it seems too good to be true it probably is" definitely rings true in these cases.

Scam page



Real page



Free lifetime Pass to your favourite fast food outlet

A recent scam that flooded Facebook pages is a series of posts that say you can get a free lifetime pass to popular fast food outlets. The post asks you to click a link and follow the instructions to claim your lifetime pass. So far, we have seen these posts referring to big chains like McDonalds and KFC.

These posts are in no way associated with these fast food outlets and are a typical Facebook survey scam that is attempting to trick you into promoting these false claims to your Facebook friends; by default you are divulging all sorts of personal information in the process.

By clicking on the post link you will be taken to a fake page that has been designed to look like it is a part of Facebook. The page instructs you to share the link with your Facebook friends and with 5 Facebook groups that you are a member of to be able to claim your prize.

Once you share the post, as instructed, you will see a pop-up that claims you must complete a survey before receiving your prize. This pop-up includes a list of links.

These links open survey websites that offer the chance of winning further prizes in exchange for completing surveys and, of course, you need to supply your name, home address, email, phone

numbers, etc.

The fine print actually states that by filling in these surveys you are giving permission for your personal information to be shared with sponsors and third party groups.

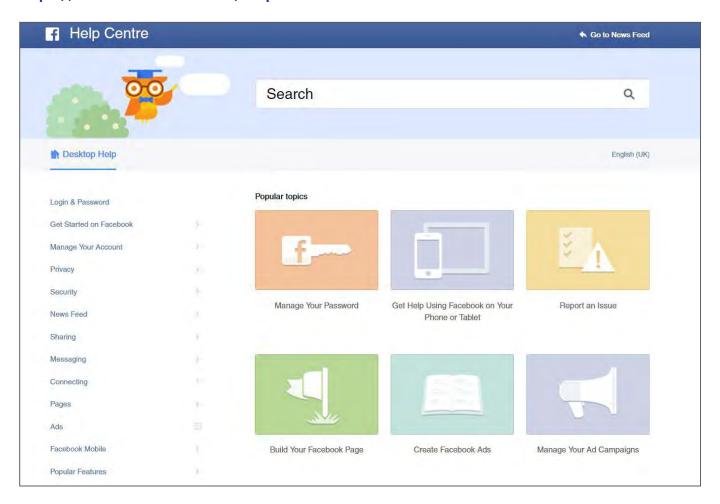
This means soon after you will receive a lot of spam email and unwanted marketing phone calls!

The scammers earn their money by selling your information and through affiliate marketing programs.



To Learn more about Facebook or to report an issue visit

https://www.facebook.com/help





The Office works with social media services to

quickly remove serious cyberbullying material.

The material generally needs to have been reported to the social media service first. The social media service has 48 hours to remove the material. If the material is not removed, it can be reported to the Office.

We also work with schools, parents and others (such as police and the person responsible for the material) to address the underlying behaviour and any ongoing bullying.

What type of complaints can we act on

The Office can act on complaints about cyberbullying material that seriously threatens, intimidates, harasses or humiliates an Australian child.

We assess seriousness by looking at the circumstances of the child and the material itself.



A cyberbullying complaint can be made at

www.esafety.gov.au/reportcyberbullying



