



# **Digital Citizenship – Values and Attitudes: Cyberbullying**



**by Hōhepa Canterbury**

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## Before you start



This information may upset some people when they are reading it.



If you are upset after reading this document you can talk to your:

- whānau / family
- friends.

**NEED TO TALK?**



**free call or text  
any time**

You can also contact Need to Talk by:

- calling 1737
- texting 1737.

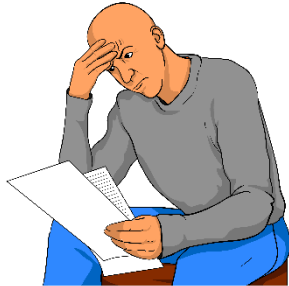


It does not cost any money to call / text 1737.



This is a long document.

It can be hard for some people to read a document this long.



Some things you can do to make it easier are:



- read it a few pages at a time
- set aside some quiet time to look at it
- have someone read it with you to support you to understand it.



# What is in this document

Page number:



About this Easy Read .....4

Your values and attitudes .....8



What is cyberbullying? .....10

About banter .....14



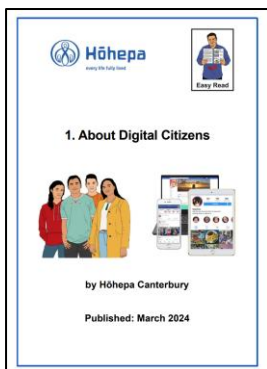
Dealing with cyberbullying .....20

How to rebuild your confidence .....24



More information about Netsafe.....26

# About this Easy Read



This Easy Read document is from 3 organisations:

- Hōhepa Canterbury
- People First NZ
- Netsafe.

The information in this document is based on the Digital Citizens Framework.

There is an Easy Read document called:

**About Digital Citizens**



You can find this Easy Read at this **website**:

**[tinyurl.com/4m7mw8uf](https://tinyurl.com/4m7mw8uf)**



The Digital Citizens Framework supports you to use **digital technology**.

**Digital technology** means things like:



- smartphones
- laptops
- websites
- social media like Facebook.



This Easy Read is about **cyberbullying**.

**Cyberbullying** is when somebody is **bullying** you online.



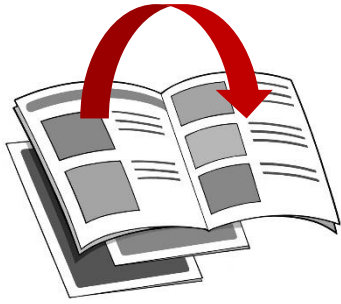
**Bullying** is when 1 person or a group of people treats you in a bad way.

Bullying can be things like:



- saying nasty things to you / about you
- being ignored or left out
- being hit / kicked / pushed
- telling lies about you.





There is more information about cyberbullying on **pages 10 to 13**.



There are more Easy Read documents about being a digital citizen at this **website**:

[www.netsafe.org.nz/digicit](http://www.netsafe.org.nz/digicit)

# Your values and attitudes



When using digital technology it is important to think about your:

- **values**

and

- **attitudes.**



**Values** are the ideas / beliefs that are important to you.

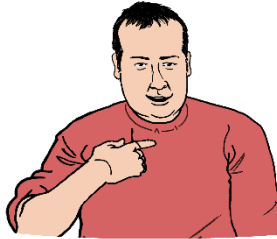


**Attitudes** are what you think / feel about things.



Use digital technology in a way that supports you to:

- keep your values
- keep your relationships with people safe
- be yourself
- not pretend to be somebody else
- do things that are good for your life
- respect others
- do what you need to do.



# What is cyberbullying?



Cyberbullying is when someone uses the internet to:

- **harass** you
- **intimidate** you
- **target** you.

Here **harass** is when somebody keeps annoying or upsetting you to make you feel scared.

It can be things like:

- saying mean things to you
- saying they are going to do mean things to you
- leaving you out of something like an online group chat.



**Intimidate** is when somebody scares you into doing something you do not want to do.



Here **target** means a person chooses someone to cyberbully.

Cyberbullying can happen:



- on social media platforms like Facebook

- on messaging apps like WhatsApp

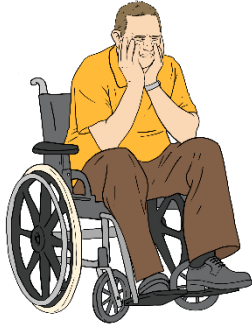


- on gaming platforms

- in emails



- in text messages.



Cyberbullying can be things that happen online like:

- being made to feel like you do not matter
- being called names
- getting lots of unwanted messages from the same person or group
- someone telling things to other people about you that are not true
- someone pretending to be another person to make fun of you
- someone pretending to be you to be mean to somebody else.





Cyberbullying hurts people.

It is not okay to:

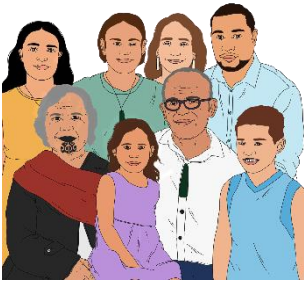
- be cyberbullied
- cyberbully someone else.



# About banter



Banter is a way of **communicating** with people in a joking way with:



- your whānau / family
- your friends
- people you work with
- your support people.





## Communicating can be things like:

- talking to someone online
- social media:
  - messages
  - posts
- emails
- text messages.

## Banter is:

- a fun way to communicate
- not mean / hurtful.

It can be something like sharing a joke with your friends.



## Signs banter is not banter anymore

It is not banter if it starts to become mean.



You can tell if banter has turned into bullying when something:



- like a joke is made only about one person
- embarrasses someone
- hurts the feelings of someone.

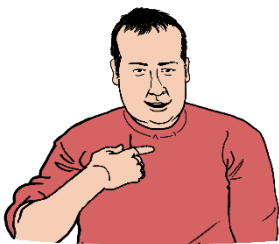




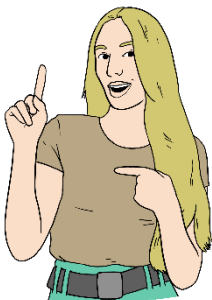
Another way you can tell if banter has turned into bullying is if something is about your:



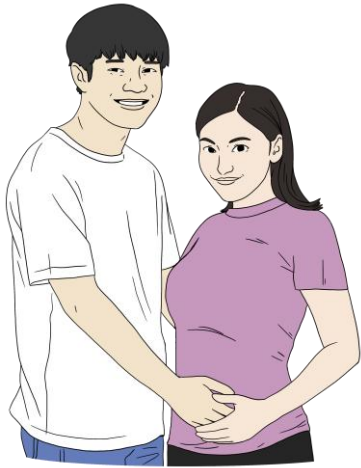
- **gender**
- religion
- **sexual orientation**
- race
- **ethnicity**
- disability.



**Gender** is if you are:



- a boy or man
- a girl or woman
- another gender like non-binary.



**Sexual orientation** is about things like:

- if you want a boyfriend / girlfriend / partner
- who you like / are attracted to.



Some words you might use for sexual orientation include:

- gay
- straight
- bisexual
- asexual.





**Ethnicity** is where a group of people share the same things like:

- religion
- language.



Banter is okay when everyone in a group is enjoying it.



Banter is not okay when:

- you or somebody else has asked for it to stop
- and
- it keeps happening.



If this happens it may be cyberbullying.

# Dealing with cyberbullying



Knowing what cyberbullying is will support you:

- to keep yourself safe when online
- to know what not to do when you are communicating with others online.

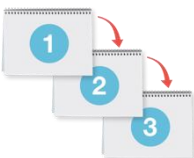


## How to deal with cyberbullying

Do not reply if you get a bullying message.



Talk to someone you trust.



This will support you to decide what to do next.



Collect **evidence** about your cyberbullying like:

- screenshots of bullying messages on your phone
- videos of the bullying
- emails / texts
- URL / name of the website.



Here **evidence** is getting information about the cyberbullying to show somebody else what happened.



You can find out how to get evidence about cyberbullying at the Netsafe **website**:

<https://tinyurl.com/EvidenceCB>



This website is **not** in Easy Read.



You can block / stop things being sent to you.

Most social media platforms have ways you can:



- block / stop people from sending you messages on your phone
- unfriend people who are cyberbullying you.

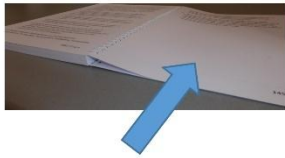


There is information about how to block people on each social media messaging platform.

You can contact Netsafe for advice about:

**netsafe**

- cyberbullying
- how to stop cyberbullying.



Go to **page 27** to find out how to contact Netsafe.



If you are in danger **call** the Police on:

**111.**

## How to rebuild your confidence



You may not want to use digital technology if you have been cyberbullied.



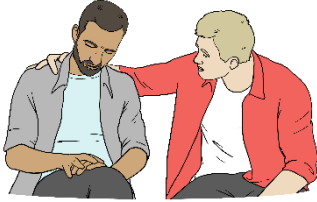
It is important to build up your **confidence** to use digital technology again.



Here **confidence** is when you believe you can do something.



'You can rebuild your confidence by doing things like:



- talking to someone / people you trust about what has happened
- turning the cyberbullying / bad thing into a good thing like:



- supporting your friends to stay safe online
- doing things to keep yourself safe online
- blocking bullies



- trying to do new things
- doing creative things like drawing.



Remember being you is a strength not a weakness.

## More information about Netsafe

netsafe



Netsafe can support you if you:

- have worries about cyberbullying
- want more information about how to be safe online.



Visit the Netsafe **website** to find out more about cyberbullying:

**<https://netsafe.org.nz/bullying/cyberbullying>**



The Netsafe website is **not** in Easy Read.



You can **call** the Netsafe helpline on:

**0508 638 723**



This number does **not** cost you money to call.



If the Netsafe office is closed then you can leave a voicemail message.



You can **text** Netsafe on:

**4282**



You can email Netsafe for support on:

**help@netsafe.org.nz**



This information has been put together by Hōhepa Canterbury for their Digital Citizens project.



It has been translated into Easy Read by the Make it Easy Kia Māmā Mai service of People First New Zealand Ngā Tāngata Tuatahi.



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