

Has anyone ever

Told you to self-harm in an online platform?

Used social media to make threats, bully or harass you?

Taken your picture or a video without your permission?

Shared a private picture that you shared without your permission?

Sent you images or videos that might contain illegal content?

Tried to coerce or blackmail you into sharing pictures or images you are not comfortable with?

What you're experiencing is a form of technology abuse.

Technology abuse is a form of violence and can include:

- Cyberbullying
- Imaged based abuse
- Psychological abuse
- Sharing illegal or restricted content
- Financial abuse

This can occur on:

- All social media platforms
- Email services
- Chat apps
- Interactive gaming sites
- Online forums
- Dating websites and apps
- Websites

These are some forms of technology abuse. Need Help? Help is available to anyone.

E-Safety

E-Safety are there to help remove online content that is seriously humiliating, harmful, seriously intimidating or threatening.

A complaint can be reported to eSafety by the child or young person who was targeted by the abuse. Or they can ask a trusted adult to report it for them.

esafety.gov.au

It's okay to reach out for help.



Inner Gippsland
Latrobe, Baw Baw, South Gippsland & Bass Coast
1800 319 354
MON-FRI 9AM-5PM

Outer Gippsland
Wellington & East Gippsland
1800 512 358
MON-FRI 9AM-5PM



Yarning Safe 'N' Strong
Aboriginal & Torres Strait Islander Peoples
1800 959 563 24/7

Child Protection - South Division Intake
1300 655 795 MON-FRI 8:45AM-5PM

If you're in immediate danger always call 000.

Scan me!



Scan the QR code to see a list of additional support services via the Gippsland Family Violence Alliance website.