# WHEN ONLINE BULLYING HITS

**A practical guide for the motorsport community**

Online attacks can follow you home from the track. Threats, repeated targeting and public humiliation can affect wellbeing, confidence and participation.

## NOTICE THE WARNING LIGHTS

- Repeated hostile comments, tagging or pile-ons
- Threats, stalking or sharing private details
- Fake accounts, rumours or humiliating posts
- Feeling anxious, unsafe or reluctant to return

## TAKE A PIT STOP - FIVE THINGS TO DO

1. Do not retaliate or argue online. Pause before replying or reposting.
2. Save evidence first: screenshots, links, usernames, dates and platform reports.
3. Report the content to the platform. Keep confirmation or reference numbers.
4. Mute or restrict contact, review privacy settings and get advice before blocking if evidence may be needed.
5. Tell someone you trust. Inform your team lead if the conduct affects track safety or team members.

## REPORTING AND PROTECTION

### ONLINE PLATFORM

Report the post, message or account. Save the report reference and avoid sharing abusive content further.

### eSAFETY COMMISSIONER

Serious abuse may be reportable after the platform has been notified. Check eligibility at esafety.gov.au.

### THREATS OR IMMEDIATE DANGER

Contact police for threats, stalking or suspected criminal conduct. Immediate danger: 000.

# BACK YOUR MATE

## IF SOMEONE IN YOUR TEAM IS BEING TARGETED

You do not need to be a counsellor or investigator. Listen, protect privacy and help them take the next step.

### 1 ASK

"Are you safe? What has been happening online? How is it affecting you?"

### 2 LISTEN

Take them seriously. Avoid blaming, minimising, reposting or joining an argument.

### 3 CONNECT

Help save evidence and report it. Arrange a check-in after the event.

## MAKE THE NEXT MOVES MANAGEABLE

TODAY: Save evidence, report to the platform, check immediate safety and choose one trusted person to help.

BEFORE THE NEXT EVENT: Agree on a team contact, how concerns are escalated and what support the affected person wants.

Team leaders: address conduct without circulating allegations or personal information. Follow fair, documented event and club processes.

## KNOW THE REPORTING PATH

ADULTS 18+: eSafety can assess qualifying serious adult cyber abuse targeting an individual, after reporting to the platform.

UNDER 18: Serious cyberbullying can be reported to eSafety if the platform has not helped. A parent or guardian can assist.

A negative opinion or criticism is not automatically unlawful online abuse. For disputes over reputation or defamation, seek qualified legal advice.

## ONE CONVERSATION CAN CHANGE THE OUTCOME

Lifeline 13 11 14 (24/7) | Kids Helpline 1800 55 1800 | Emergency 000

Resources and reporting: esafety.gov.au | Mental health support: your GP