



SAFE ON SOCIAL TRAINING AND EDUCATION

Online Bullying, Hate, Trolling, and Abuse Self-Care Action Plan

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Online Bullying, Hate, Trolling, and Abuse Self-Care Action Plan

If you're experiencing online bullying, hate, trolling, or abuse, it's essential to recognize and name your feelings. You might find it helpful to write them down, so if you seek professional help, you can bring this information with you to discuss your emotions and develop strategies to cope with the emotional impact.

These triggers cause my anxiety

Examples - Helplessness, loss of control, stress, fear, concern about others' opinions of me.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

When I feel anxious, my body exhibits these warning signs

Examples - Increased heart rate, sweaty palms, rapid breathing, nausea.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

To soothe myself, I can

Examples - Practice deep breathing, step outside, meditate, go for a walk/swim, spend time with a pet, call a friend.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

I can trust and talk to these individuals

Examples - Mum, Dad, John, Samantha, Aunt, Older Sibling, School Counsellor, Work HR Team.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Do you need to talk? You can contact any of the following resources right now!

Australia:

- Lifeline: 131114
- Beyond Blue: 1300 22 4636
- Kids Helpline: 1800 55 1800
- Mensline: 1300 78 9978
- Australian Centre for Grief: 1800 642 066

New Zealand:

- Lifeline: 0800 543 354
- Youthline: 0800 376 633

United Kingdom:

- Samaritans: 116 123
- Childline: 0800 1111
- National Bullying Helpline: 0845 22 55 787

Ireland:

- Samaritans: 116 123
- Childline: 1800 66 66 66

Hong Kong:

- The Samaritans: +852 2896 0000

Europe (general):

- European helpline for emotional support: 116 123 (available in most European countries)

Please remember that every effort has been made to ensure the accuracy of the information provided, but the nature of social media is constantly changing. Safe on Social Media Pty Ltd cannot guarantee the completeness or accuracy of this guide's content.

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