

What Netsafe require:

1. It's important that you capture and **keep a copy** of the evidence/content.
2. If any content is still 'live' online, please send us the **URLs (website address) to the specific content**, if possible. Please also send us **screenshots** of this content.
3. If the content has been removed or is not 'live' online, (such as FB Messenger, texts or emails) please send us a maximum **5-7 examples** of the most concerning content.

See our website for instructions on [gathering electronic evidence](#) and actions you can take yourself to manage [online bullying](#).

We always act with respect and discretion when you discuss things with us. But sometimes, we might need to tell someone else. This could happen, for example, if we think you or another could be seriously harmed. Breaking a person's confidentiality is not something we do unless we absolutely have to. And we always think about this carefully before we do it.

If you feel you are in immediate danger please call 111 for emergency services.

If the harassment continues, we suggest that people do this following;

Don't reply: it may be that any communication, even negative, may be encouraging for this person.

Save messages/ collect evidence: take screen shots of the messages in case you need evidence later

Report it: report account directly to Facebook, or contact us. You can also report threats and harassment to your local Police. Block the Facebook account and ensure you have up to date privacy settings.

We understand these types of things can be really upsetting. We encourage you and those who have been distressed by this communication to reach out for further support. To speak to a confidential counsellor, you can contact:

Lifeline (24/7): 0800 54 33 54

<https://www.lifeline.org.nz/contact-us>

Need to talk (24/7 text number): 1737

<https://www.1737.org.nz/about/index.html>

Contact us or visit our website for information and advice regarding online safety,

<https://www.netsafe.org.nz/>

Keeping safe on the Internet

On line harassment