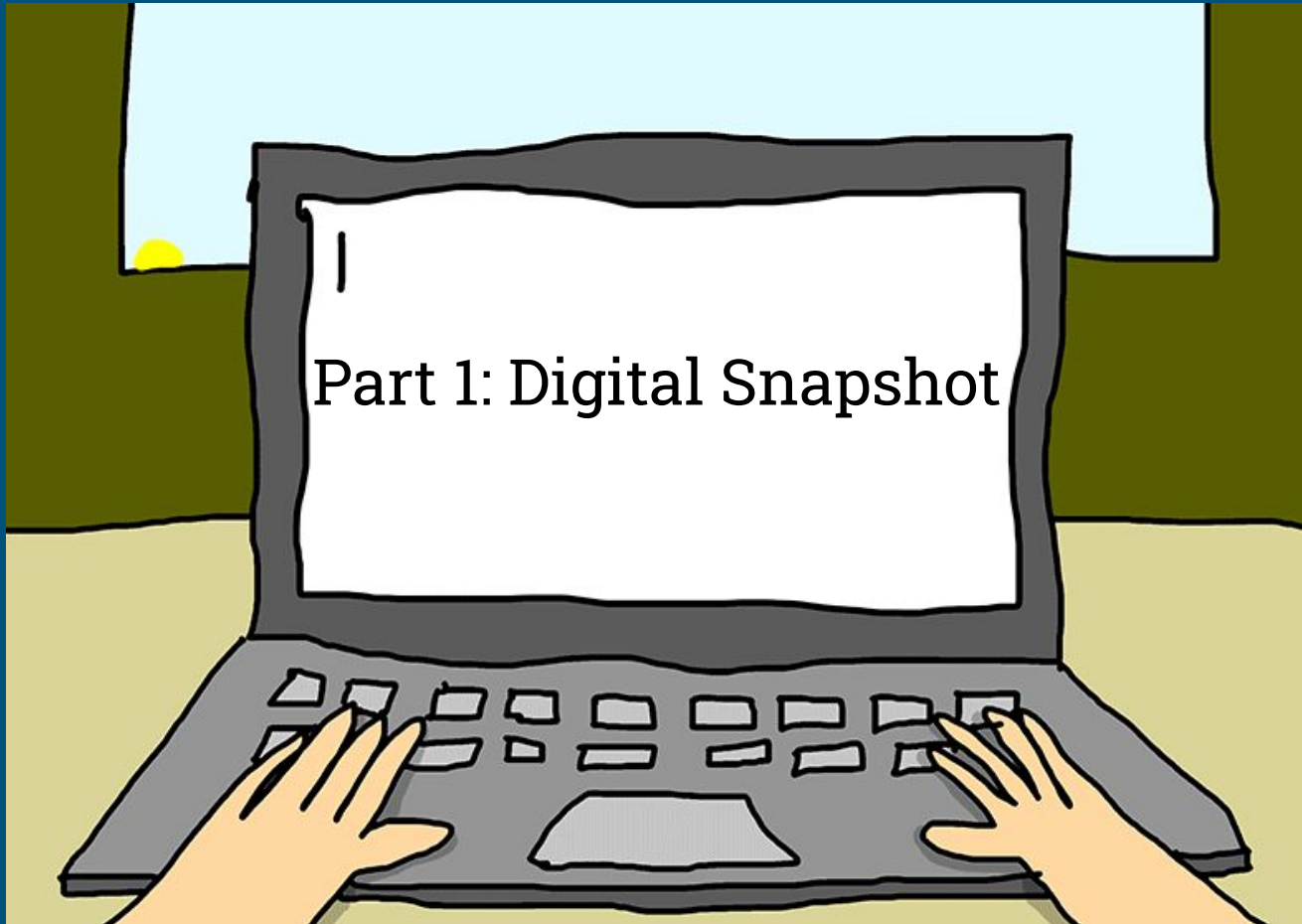# Digital Wellbeing

Empowering and Including Cyber Safety

Part 1: Digital Snapshot

Why be mindful of the use of devices and online platforms?

- Firstly, a very powerful tool and the positives far outweigh the negatives; but this is where our concerns are.
- IBA (image based abuse) - new sentencing e.g. 5 years jail time in some states.
- Connection between online abuse and real-life abuse / dynamics of relationships.
- The amount of students using devices is increasing and the mean age of using devices is younger.
- Students are more likely to report abuse should they attend an eSafety session.
- Companies and designers are putting student welfare at the front e.g. bullying button, recording processes, default settings to private. Companies involved include LEGO, Snapchat, YouTube.

Snapshot of Facts

- Lowest age that a charge has been made for a digital crime was 8 y.o.
- 1 in 5 students exposed to cyber abuse
- 3/10 young people either extremely concerned or very concerned about body image e.g. Facetune to remove pimples
- 6% of children aged 2-5 years old have had parents assisting them to upload photos on social platforms
- 65% of young people saw the positive effects of negative exp. online
- Only 5% of 14-17 y.o have sent nude, semi-nude pictures

Part 2: Including our Digital Natives

What should we consider before using devices?

- There are documented links between children in the real-world and digital-world
- Children who are most vulnerable online are already at risk offline
- We need to understand that some children are more resilient than others
- Circumstances that increase risk a child's ricks are: *disability, out of home care, LGBTI, CALD (culturally and linguistically diverse), domestic violence*
- Positive and successful ways to address online bullying include: *educating students with consequences of actions, potential for police liaison in the school, students having their accounts suspended*
- You have the ability to tighten privacy and security settings e.g. comment controls in Instagram
- There is now digital companions for indigenous Australian kids
- Many stories emerging to assist minority groups on eSafety website, including Zach's story, that addresses homophobia
- There are many positives for vulnerable young people: *combat isolation, find their drive, belonging and connectedness, access self help*

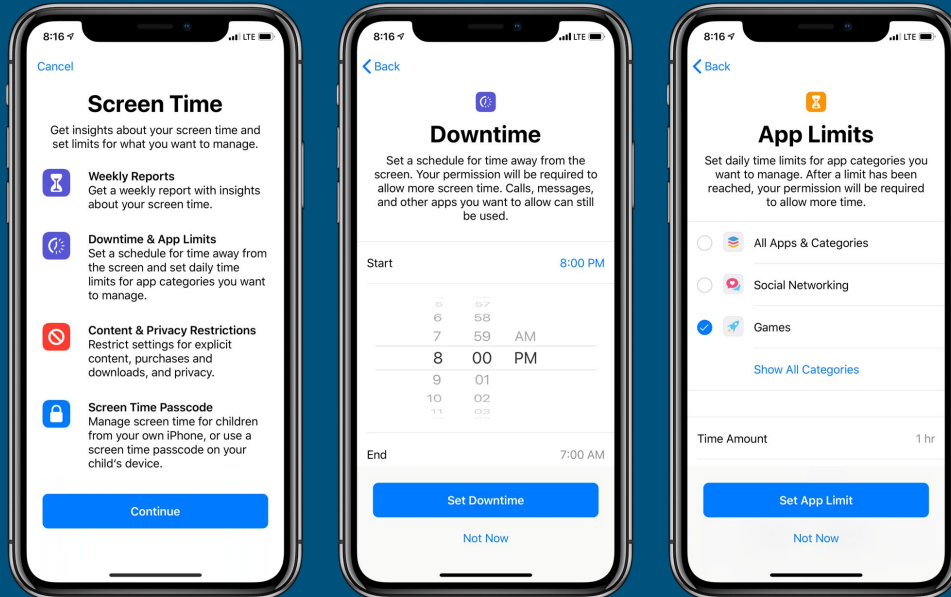Part 3: Empowering our Communities

The 'why' and 'how' to using devices

- Devices can be a valued and complimentary element to a child's world
- Research shows there are many **benefits** to using a device, such as therapeutic outcomes
- Less about WHEN to use it and more about HOW to use it. Not as a video console or gaming unit, instead, as an interaction tool between children, peers and adults e.g. video calling
- Considerations for screen time should be:
  - Content
  - Context
  - Connections
- Have regular, healthy conversations about screen time to ensure their usage is positive e.g. in the car (less invasive, casual, limited eye contact, not victimised or uncomfortable)
- Strong boundaries and ground rules regarding use e.g. what happens if something comes up, timer, resist push back
- Role model admirable device usage

Snapshot of Facts

- 81% of preschool student parents say their child is using the internet
- 52% of parents/carers think kids have too much screen time (68% for teens)

Resources

- ○ eSafety Commisioner
    - ■ https://www.esafety.gov.au/
    - ■ https://www.esafety.gov.au/education-resources/classroom-resources/be-deadly-online (culturally and linguistically diverse)
    - ■ https://www.esafety.gov.au/complaints-and-reporting/cyberbullying-complaints/cyberbullying-a-guide-for-parents
- ○ Dr Bronwyn Carlson
    - ■ Indigenous queer studies
- ○ Instagram
    - ■ https://help.instagram.com/700284123459336