



MOUNT LAWLEY SENIOR HIGH SCHOOL

DEDICATED TO STUDENT LEARNING



Respectful Relationships &  
Online Safety



### **Important definitions:**

- **Respect**- Involves positive feelings or actions towards someone held in high regard, and involves expressing admiration for them, caring for them and/or considering their needs or feelings. In many cases, we respect people whom we admire because of their abilities, qualities or achievements.
- **Consent**- “I said YES”

### **What is Cyber-Bullying?**

- Cyber bullying is the unwanted and uninvited harassment of an individual (or more) via the use of technology that is relentless and singles out the victim(s). It predominantly affects teenagers due to social media. Cyber bullying is more likely to occur amongst those aged 12-18 years old because of the technology given to them and required for them to use. It can happen anytime and anywhere which makes it difficult for the victim to escape or hide from it. The effects of cyber bullying are extremely large compared to the known “school yard bullying”
- Includes sending mean, hurtful or threatening messages or images of another person. Posting sensitive, private information for the purpose of hurting or embarrassing another or pretending to be someone else in order to make a person look bad

### **Effects and Consequences:**

- Destroys trust within communities, friendships and classrooms
- Creates a negative environment
- Results in psychological harm such as depression, stress, anxiety, low self-esteem and physical harm like self-harming behaviour and even suicide.
- Can lead to violence as you may retaliate to the threats

### **Statistics:**

- 1 in 5 Australian young people reported being socially excluded, threatened or abused online
- 55% sought help from their parents, 28% from their friends; 38% blocked the offending social media account; 12% reported it to the website or platform
- 1 in 5 Australian young people (15% of kids, 24% of teens) admitted behaving in a negative way to a peer online — such as calling them names, deliberately excluding them, or spreading lies or rumours. Of these, more than 90% have had a negative online experience themselves.

### **What to do if you're being bullied:**

- Do not respond
- Do not forward the messages to friends or class mates
- Keep evidence of cyber-bullying. Record the dates, times, and descriptions of instances when cyber-bullying occurred. Print screenshots, emails and messages. Use this as evidence to report cyber-bullying.
- You can report to safety <https://www.esafety.gov.au/report/cyberbullying>
- Block the bully



### **Who can you talk to?**

- You can talk to Kids Helpline-[1800 55 1800](tel:1800551800) for 5 to 25 year olds. All issues. Confidential phone counselling available all day, every day. Online chat available 8am to 12am EST daily.
- You can call Headspace- [1800 650 890](tel:1800650890) for 12 to 25 year olds. All issues. Phone counselling available all day, every day. Online chat available 9am to 1am EST daily.
- You can also speak with a safe teacher at school and or the School Psychologist Ms Breadmore

### **What is Sexting?**

- The act of sending sexually explicit messages or photographs between mobile phones
- 1 in 5 teens (aged 13-19) reported having sent a suggestive image, video or message
- Can lead to cyber-bullying

### **Issues with Sexting:**

- The victim is also a perpetrator
- Under the law the victim, if under 18, has created child pornography (ie: sending nude photographs) and distributed (send or texting image) the child pornography- both are perpetrators and can be charged, imprisoned and put on the sex offenders registry.
- Sex offenders registry prevents perpetrators from living near school zones, working with or near children, prevents travel to countries, has to be declared on every job application

### **All electronic data contain hidden data called Metadata:**

- Pictures, Documents, Pdf, Text messages, Emails
- Once sent you can NEVER be sure where they go. The second you press send you are no longer in control of your image or words

### **Tips for teens:**

- Don't assume anything you send or post is private
- Don't give into the pressure to do something you don't want to do
- Consider every recipients reaction...including parents, teachers, and legal authorities
- Everything is always traceable back to you
- If you have sent anything that you are starting to question, Google search your name. Any image or information tagged to you will come up and can then be reported. Even after reporting an image may never truly be deleted as screen shots are so easily accessible.



### **What is Pornography?**

- Pornography is a material (video, photograph, image, drawing) specifically designed to arouse feelings in people via nudity sexual behaviour or any sexual reference.

### **Is it addictive?**

- Pornography is highly addictive. It produces chemicals in your brain like drugs and alcohol do that encourages the person to have physical and psychological withdrawal symptoms when attempting to stop.

### **Statistics:**

- 39% of 14 year olds reported having seen porn, with about 1/3 of young people saying they had seen it for the first time by the age of 12
- 81% of adolescents aged 14-18 had been exposed to it unintentionally.
- 1 in 4 girls and 1 in 7 boys will be sexually abused by the time they are 18 years old. This includes being introduced to pornographic material for desensitisation and grooming purposes

### **Grooming:**

- What?-Grooming is when someone builds an emotional connection with a child to gain their trust for the purposes of sexual abuse or sexual exploitation. Children and young people can be groomed online or face-to-face, by a stranger or by someone they know - for example a family member, friend or professional.
- How?-Predators target children they perceive as vulnerable, such as children who are lonely or bullied and have low self-esteem. The predator will make the targeted child feel special by giving them time and attention, gifts, and special treats or privileges. They will usually take the child into their confidence, telling them secrets. Once the predator is sure the child will keep a secret, they will begin touching the child, sometimes becoming more sexually aggressive each time. ("Protecting your child from paedophiles - goodcityliving.com," n.D.)
- 96% of child sexual abuse occurs by someone that they know

### **Who can you talk to?**

- Your safe adult (parent or caregiver)
- Speak with the school Psychologist Ms Breadmore
- A trusted teacher
- Kids helpline-1800 55 1800
- Lifeline- 13 11 14
- [www.headspace.org.au](http://www.headspace.org.au)
- [www.safecounselling.com.au](http://www.safecounselling.com.au) - Candise Adams