

eSafety Forum – 19 February 2019

Office of the eSafety Commissioner – www.esafety.gov.au

Greg Gebhart

Cyberbullying – eSafety Commissioner is the only government organisation worldwide with partnerships with internet/app providers to address – technology facilitated abuse.

IBA defined: – image-based abuse – non-consensual sharing of images

NESA – recognises the eSafety Commissioner three hour accreditation for teachers.

Context

- 80% of 4 year olds children are proficient with iPad/phone –
- Addiction behaviours online – modelling from adults, an oft underrated factor
- Access and filters – worth considering what works for your family

PDHPE – National Curriculum is the first syllabus addressing content online education.

Most popular social media platforms include – YouTube, facebook, Snapchat, Instagram

Note also impacts of: Livestrong – Monkey, LiveMe – underage use is prevalent

Fortnite – 13+ only, The concern is desensitised behaviour – other effects eg floss / loser dance, 'L'

Snapchat – the # of copies is often poorly understood by users

Streaks – often lead to irrational and addictive behaviours

List of 100 most used games – age instructions/safety settings

Screentime – effect/impact on behaviour is the defining concern. Therefore:

- Keep screens in a public area of your house – open door policy
- Ensure appropriate Technology free time
- Overnight charging outside sleeping areas – avoid blue light

Password sharing: is a concern on which children frequently need education

- Self-regulation software
- Girls and boys – tend to have different patterns of use: eg Boys gaming, Girls social media

- Signs that cyberbullying is having an effect – eg “GKY” an overused desensitised acronym

Eg Rewrite your story” – bystander behaviour – 8 characters

- Train champions vs Cyberbullying: seriously threatening, hearsay ...
- Rapid removal partnership – end-user scheme. Victims tend to “just want it taken down”

Steps:

- 1 Report
- 2 Collect evidence
- 3 48hrs – report to esafety.gov.au
- 4 Block the person and talk to someone you trust

Who can report: child/parent/responsible person with consent

Instagram most common place to be cyberbullied.

Image abuse 5% report vs the 95% who therefore

4Rs: Respect/Responsibility/Reasoning/ R.....

Protective behaviours

Safeguarding – treat reporting victims with respect and seriously.

Support the child through the process. Rationally Question their actions only later

Parenting: Helicopter → → Free Range

- Communicate and learn
- Build resilience and empathy
- Monitor use – set boundaries and RULES related to technology

Model good behaviours: To address cyberbullying – challenge the behaviour /

Screen smart parent parenting

Starting the conversation – there a range of suggested cues on www.eSafety.gov.au

SPX: Our protocols

- PLDs – personal learning device – education purposes
- Encourage screen free zones
- Evolving space – understand it better and learn dynamically
- Informative and timely intervention– both concerning and reassuring – we can do something to support

- The challenge is to realise how much we do/don't know and how much we need to keep across
- Refreshing that the emphasis can be on good decisions – reinforce good values/respect/decision making
- More than anything else, supporting our children and students as they learn to live in a world in which technology is real, useful and accessible and skills in managing it must be considered sensibly and rationally.

***Notes from the eSafety Forum held in November 2018
can be found on the following page***

eSafety Forum – Nov 2018

Office of the Commissioner of eSafety – www.esafety.gov.au

Julie Inman-Grant

2015 → set up predominantly to protect women and children

Cyberbullying – related to face to face behaviours and to pretend online is a somehow separate world is counter productive

Parent study – 93% see eSafety is a priority

Australia: first legislated anti-child cyberbullying

Cyberbullying: is

- Pervasive
- Invasive
- Can be covert
- Serious, humiliating

www.esafety.gov.au

You Can approach social media provider to have it taken down then approach the eSafety Office to advocate for the content to be taken down – 1000 times effective.

- We are dealing with a Vast amount of content – 2.2 billion facebook users
- 200 new videos posted per minute
- 1 in 5 young people have been cyberbullied girls > boys, and as young as 4

We all have a role to play: these are social and behavioural issues.

3Rs have increased to 4Rs: Respect/Responsibility/Resilience/Reasoning

e.g. of modern vernacular: FINSTAS = Fake Instagram Accounts

Concerns with children accessing online pornography – make sure children feel free that they can come and tell you if they come across inappropriate/concerning content.

- Virtual classrooms
- Cybersafety educator quality
- Gamify – The Lost Summer
- Y&S project – Young and Safe

Image based abuse:

- Sexting = 15% of abuse; often less than 18 years old (illegal)
- Extortion cases: 1 in 5 women 18-45 years old have been affected, higher for indigenous, LGBT
- "Sandwich" generation: affecting young and elderly 51% of under 65 years olds are online
- www.eSafety.gov.au
 - has list of sites young people are using
 - screen smart safety tour takes 8 mins, and many other resources

Kelly Britner: Apps have been around for 10 years

1. Anonymous messaging: 'ask fm', 'lipsi', 'tellyou'
 2. Unwanted contact: 'Roblox', 'Tick tock', 'Musical.ly', 'Monkey', 'LIVEME' - Gamer 34 y.o.
 3. Coerced child sexual exploitation material – is most concerning trend
 4. Gaming – stealing skins / gender differences / anonymous bullying
 5. Negative online behaviours: safety records that reports consist of
 - 33% unwanted contact and content
 - 21% social exclusion
 - 21% threats and abuse
 - 18% damage to reputation, impersonation
- Analogy – you shouldn't treat a homeless person: with lack of empathy, disrespectful behaviour- why would you do that to anyone online. It's a learned behaviour
 - Parenting styles: Helicopter to free range (continuum)
 - Communicate and learn together
 - Rules related to technology – aligned
 - Build resilience and empathy
 - Monitor use
 - Parents are obviously very concerned with unwanted contact
 - Build confidence – talk 'respect'
 - Our concerns: 51% safety features
 - < 50% cyberbullying control

- eSafety → suggest set ground rules eg for 'smartphones'
- Right amount of time online –depends on individual content/context/function

Screen Smart Parent Tour

Checklist:

- Who is in charge of technology in your family?
- Where is the technology? (e.g. no devices in bedroom after 10pm – refer San Antonio Spurs sleep study)
- When is the dialogue?
- What behaviours are you modelling?
- How is the balance?

Of concern:

Vault apps – hides other apps, e.g. Snapchat → “my eyes only”

Correlation between screen time and mental health

Filters:

- Family zone
- Norton family
- Australian family
- Apple IOS 12 – parental features/screen time

Apps:

- Facebook messages
- Snapchat
- Messenger