

The Digital Landscape

By the eSafety Youth Council

EDITION 1 - SEPT 2025

Straight from the [Youth Council](#) group chat - written by young people, for young people. Here's what you need to know about online safety this term.

ONLINE SAFETY IN THE NEWS

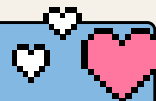


Big change coming! From mid December, under 16s won't be able to have accounts on some social media platforms.



More young people are making reports to eSafety when experiencing online harms. No one should have to deal with it solo, support is always there.

ONLINE MEDIA IN POP CULTURE



Heartbreak High (M15+) is chaotic in the best way - friendship drama, break-ups and online chaos. It's a reminder of how fast things can spiral online, and while it's fiction, the risks are all too real.



QUESTION

What online safety red flags did you spot? How would you handle it if it happened at your school?

DIGITAL WELLNESS TIPS



Use the **'not interested'** or **reset algorithm button** to clean up and balance your feed.

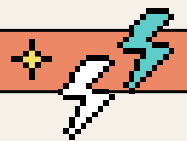


Avoid doomscrolling before bed - it disrupts your sleep cycle. Podcasts, journaling, and reading are good alternatives!



Use **Do Not Disturb** or **Focus Mode** when you need to concentrate.

IN FOCUS: SEXTORTION



WHAT IS IT?

Sextortion is a form of blackmail where someone threatens to share a nude or sexual image or video of you unless you give in to their demands.

WHAT CAN YOU DO?

Tell someone you trust and report it straight away. Under 18s can report to [ACCCE](#), 18+ can report it to the platform. If the image or video is shared report it to [eSafety](#).

THINGS TO THINK ABOUT

- ★ **Blackmailers** can be anyone (strangers or peers) so be mindful of who you meet and talk to online. They can hide behind fake profiles.
- ★ **Stop all contact** and do not pay the blackmailer or give them more money or intimate content.
- ★ **Keep the receipts** - take screenshots, photos or screen recordings of messages and profiles so you have evidence to report.
- ★ **It's never your fault.** You're not alone and help is always there.

DID YOU KNOW?



- ❖ Cyberbullying reports to eSafety have **increased by 450%** in the last 5 years.
- ❖ **1 in 3** young women and **1 in 5** young men have experienced online sexual harassment.
- ❖ **Australia's eSafety Commissioner** is a world-first government regulator focused solely on online safety.

HELP & REPORTING

Report to eSafety
esafety.gov.au/report

Take it Down
takeitdown.ncmec.org

eSafety Young People
esafety.gov.au/young-people

Kids Helpline
kidshelpline.com.au