



STAWELL SECONDARY COLLEGE

Being eSmart at Stawell Secondary College



At Stawell Secondary College we believe in being responsible cyber-citizens. It is expected that all members of the Stawell Secondary College community use technology in a manner that is responsible, civil and courteous.

eSmart focuses on helping young people and parents deal with things like cyberbullying, maintaining a positive digital reputation, identity theft, sexting, encountering offensive and illegal content and unwanted contact.

To assist teenagers and parents in becoming eSmart, Stawell Secondary College has collated practical tips for dealing with a variety of eSmart issues.

Reporting

If you have been subject to cyberbullying you should report it to your parent/guardian and/or your Homegroup leader. Make sure you save evidence of the cyberbullying by taking screenshots of any incidents

Cyberbullying:
Cyberbullying is the use of technology to bully a person or group. Bullying is repeated behaviour by an individual or group with the intent to harm another person or group.

Advice for Young People

- Talk to someone you trust straight away—like a parent, sibling, uncle/aunt, teacher or friend
- Don't retaliate or respond—they might use it against you
- Block the bully and change your privacy settings
- Report the abuse to the service and get others to do as well
- Collect the evidence—keep mobile phone messages and print emails or social networking conversations
- Remember you didn't ask for this—nobody deserves to be bullied.
- What if it is happening to a friend?
- Don't join in—don't comment on posts, images or videos that will hurt others
- Don't forward or share posts, images or videos that will hurt others
- Leave negative groups and conversations
- Report bullying to someone that can help—this can be an anonymous report to a parent or teacher
- If you are confident, call others on their bullying and ask them to stop—"Enough. This isn't funny"
- Support your friend—let them know you are there for them

Advice for Parents

- Talk to your teen about cyberbullying before it happens. Reassure them that you are there to support them and won't disconnect them from their online world.
- Encourage your teen to tell you or another trusted adult if they receive or hear of negative messages, or are excluded by others. Help them stay connected to trusted friends and family both online and offline.
- Advise your teen not to respond to any negative messages but to save the messages and details of the senders. You may want to save the messages for your teen so that they don't keep reading them and potentially feel worse.
- You can help your teen report any concerns to the administrator of the service used, including the mobile phone provider (if SMS is involved), website administrator (if social networking or chat services are involved), or internet service provider.
- Understand your school's policy about cyberbullying—do they have a policy and what is the likely outcome of a complaint about cyberbullying if another student is involved.
- Encourage your teen to support their friends and report concerns about friends who may be involved in cyberbullying.
- If your child has been involved in cyberbullying and seems distressed or shows changes in behaviour or mood it may be advisable to seek professional support, including through the Cybersmart Online Helpline at www.cybersmart.gov.au/report.aspx.
- If there is a threat to your child's safety the police can help. In life threatening and time critical situations call Triple Zero (000).

Digital Reputation

Advice for Young People

- Think before you post, send or blog!
- Treat others as you would like to be treated.
- Set your profile to private—and check every now and then to make sure the settings haven't changed.
- Keep an eye on photos tagged by your friends and remove ones that are offensive.

Advice for Parents

- Talk to your teen about managing personal information on social networking sites. Encourage them not to put any personal information on their profiles. This includes their phone number, personal email address, home or school addresses.
- Encourage your teen to be careful when they post photos and to consider how what they post might be viewed by others.
- Talk to your teen about the potential social, academic, employment and legal implications of posting inappropriate material of themselves or others online.
- Remind your teen that much of what they do online can be made public, and may go beyond the group of friends they intend it to reach. A good general guide is for teens not to post photos that they would not want strangers to see.
- Help your teen understand that information they provide online or via SMS can be shared more broadly than they might think. Even if their profile is set to private, they can't control what their friends will do with the information they post.
- Ensure teens understand the features and terms of use of social networking sites—in particular how to set their profile to private.

Identity Theft

Advice for Young People

- Monitor your content - if you suspect your profile has been hacked shut it down A.
- Use secure websites for on-line shopping and banking.
- Don't post personal information – small pieces of personal data can be used to build a much bigger picture.
- Change passwords – password should be: eight or more characters in length and include a combination of characters, numbers and symbols changed regularly and never shared.
- Don't get phished - don't respond to calls or emails from banks asking for passwords or other details. If the email asks you to click on a link, chances are it's a scam. If you receive a call from someone saying they're from the bank, hang up and call back on their publicly listed number to see if it's real.

Advice for Parents

- Encourage teens to delete emails from unknown sources and not to open attachments in such emails. These may contain malicious software which can compromise computers.
- Encourage teens to establish a separate email account that can be used to sign up to websites. This account will be separate to all other personal accounts so it can easily be deleted if it is misused.
- Consider using filters, labels and safe zones to help manage your teen's online access.
- Install and update anti-virus and other e-security software to restrict unauthorised access to data on the home computer and protect that data from corruption. Ensure that security features including a firewall are turned on, set to automatic scan and updated regularly to protect against the latest risks.
- Encourage teens not to download files or applications from suspect websites. The file or application could contain malicious software which can compromise computers.

<p>Offensive or Illegal Material</p>	<p>Advice for Young People</p> <ul style="list-style-type: none"> • Know how to 'escape' - hit control-alt-delete if the site will not allow you to exit • If you think the content might be illegal you can report to the ACMA's online hotline • Use a filter to block offensive or adult material • Report it to the site you're on • Talk to someone you trust, like your mum, dad or another adult who can help • If there is a warning page for under 18's, leave the site. 	<p>Advice for Parents</p> <ul style="list-style-type: none"> • Be mindful that some websites encourage harmful or illegal behaviours such as eating disorders and violent acts. Consider your teen's vulnerability to information and check what they are viewing online. • Try to have the computer in a shared or visible place in the home, particularly if your teen is vulnerable; for example, has a mental health issue or behavioural issue. • Teach your teens that there are ways they can deal with disturbing material—they should not respond if they receive something inappropriate, and tell a trusted adult if they feel uncomfortable or concerned about themselves or a friend. • Reassure teens that you will not deny them access to the internet if they report feeling uncomfortable or unsafe when online. This is a very real concern for teens that may stop them from communicating with you openly. • If your teen is exposed to inappropriate content and appears distressed talk with them about it. If necessary seek professional support, including through the Cybersmart Online Helpline at www.cybersmart.gov.au/report.aspx. • Report content that you think may be prohibited to the ACMA's Online Hotline at www.acma.gov.au/hotline.
---	--	---

Sexting

Advice for Young People

- If you have sent a picture or video you regret to a friend or your girlfriend/boyfriend ask them to delete it. If it is posted online un-tag yourself and report it so it can be removed. Ask friends you trust to help hunt down images and delete and/or report them.
- If someone else posted sexual or naked photos or videos of you online, report them to the service they posted it on. It is not okay for them to share your image without your permission.
- If the video or image has already spread don't do anything rash and try to stay calm. You might like to have a free and confidential talk with Kids Helpline 1800 55 1800 to figure out the best way to handle the situation.
- If the police become involved it is best to just be honest. Tell them how the video/image was made and where it might have been sent/posted. They will want to know who was involved and whether there was consent from all involved. Their concern is preventing harm to you and other young people.
- Avoid looking at the video/image and any comments. Distract yourself by spending time with friends and family that you trust. Remember to stay positive. Many people have had similar experiences. Stay strong, you will be ok.

Advice for Parents

- Talk with your teen about sexting and the social and legal consequences it can have.
- Sexting can have legal consequences if the images taken and shared are of minors. Even if all participants are willing, teens may be breaking the law if they take and share naked or sexual images of themselves or others who are minors. This is because sexting images may be considered child pornography.
- Remind your teen to delete any sexual content they receive from others and to avoid forwarding this type of content.
- Remind your teen to consider the feelings of others when taking photos and distributing any content by mobile phone or online.
- Learn how to use your teen's mobile phone and talk with them about what they can and can't do with it.
- If you are concerned that a sexting incident may be a criminal matter, contact your local police.
- If your teen is exposed to inappropriate content or involved in creating such content talk with them about it. If necessary seek professional support, including support through the Cybersmart Online Helpline at <http://www.cybersmart.gov.au/report.aspx>.

Unwanted Contact

Advice for Young People

- Don't respond and leave the site or chat session.
- Report it to an adult that you trust or to the police, if there is a threat to your safety
- Block the contact or remove them from your friends list.
- Change your profile settings so that your personal details are kept private.
- Don't open messages from people you don't know.
- Keep the evidence. This can be useful in tracking the person posting unsuitable material.
- Contact your ISP and/or phone provider, or the website administrator, there are actions they can take to help.

Advice for Parents

- Stay involved in your teen's use of new technologies—keep up to date with the websites they are visiting and explore them with your teen if possible. In general it is useful to consider whether you are comfortable with the content of the sites and the potential for contact with others including adults.
- Remind your teen to create screen names or IDs that do not indicate gender, age, name or location and are not sexually provocative.
- Guide your teen to use their privacy settings to restrict their online information to viewing by known friends only.
- Encourage your teen to keep their online friends online. If they want to meet someone that they haven't met in person encourage them to ask a parent or another trusted adult to go with them and always meet in public places, preferably during the day.
- Encourage your teen to be alert to people online who make them feel uncomfortable and to block them. They should report inappropriate contact to the website administrators.
- Some teens feel worried about their parents' reaction to things they may have said or done online, especially if they think they encouraged online sexual contact. This can prevent them reporting concerns about online contacts. Perpetrators play on this worry and shame to isolate teens from family and friends and encourage teens to trust and confide in them.
- To overcome this risk reassure your teen that you will always support them and not block their internet access if they report that they are uncomfortable or worried about what somebody has been saying online.

<p>Unwanted Contact cont.</p>	<p>Advice for Young People</p>	<p>Advice for Parents</p> <ul style="list-style-type: none">• Be alert to changes in your teen's behaviour or mood that are concerning including increased or decreased sexualised behaviours and/or apparent confidence, clinginess or withdrawal, anxiety or sadness and changed interactions with friends. Explore your concerns with them and if necessary seek professional support including through the Cybersmart Online Helpline at www.cybersmart.gov.au/report.aspx.• If there is a threat to your child's safety the police can help. In a life threatening and time critical situation call Triple Zero.
-------------------------------	---------------------------------------	--