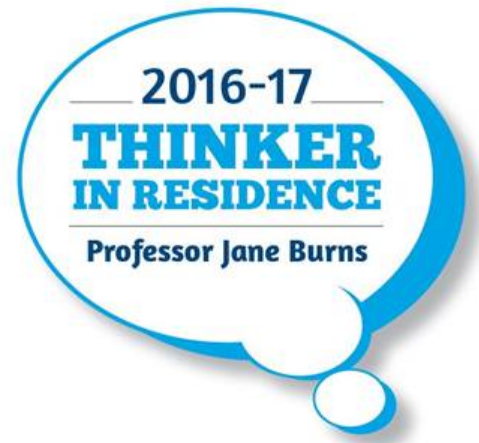




Commissioner for Children and Young People
Western Australia



Building Online Resilience in Children and Young People using Social Media and Technology

Commissioner for Children and Young People
24 October 2016





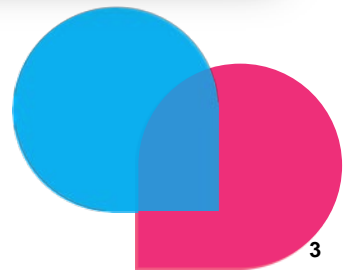
Commissioner for Children and Young People
Western Australia



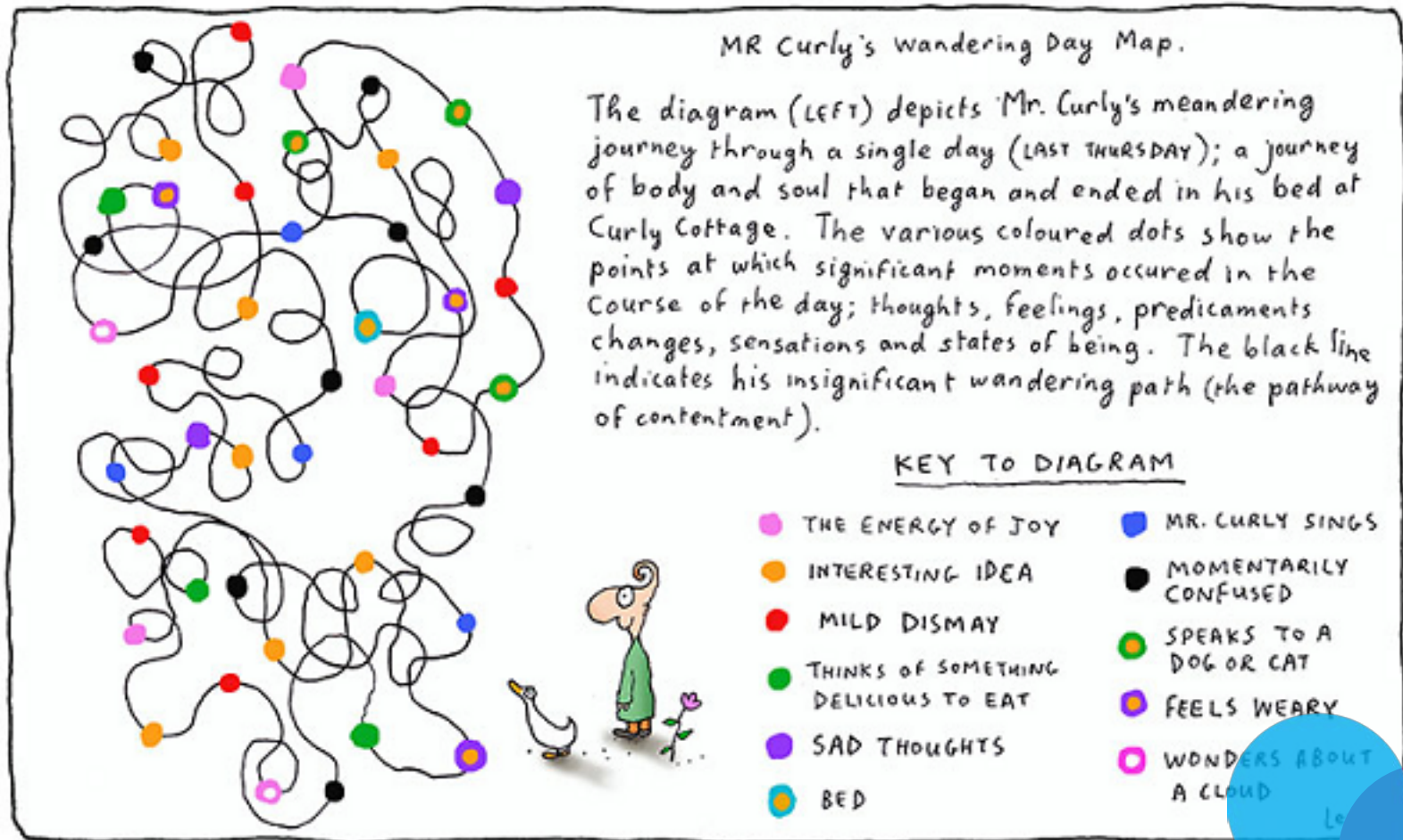
Professor Jane Burns

2016-17 Thinker in Residence





What steps have you walked...



What would I say to my 18 year old self?





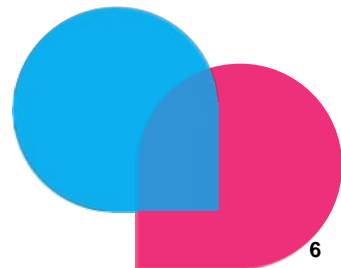
National Youth Suicide Prevention Strategy

Setting the evidence-based research agenda for Australia

A literature review

NHMRC

National Health and Medical Research Council



// THE CURRENT SITUATION

Suicide is the leading cause of death for young people aged 15 to 24 years.

ABS, 2008

 One in four young people experience a mental health disorder.

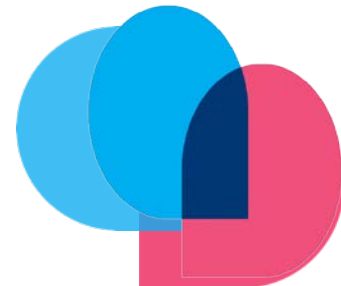
Slade et al. 2009

 In an average Year 12 classroom **one** young person has attempted suicide.

Australian Institute of Health and Welfare, 2007

 75% of young people aged 16 to 24 do not seek help for their mental health.

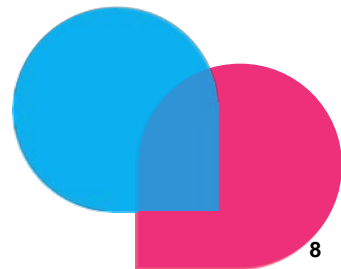
ABS, 2008



THE YOUTH BRAINS TRUST

The **Youth Brains Trust**

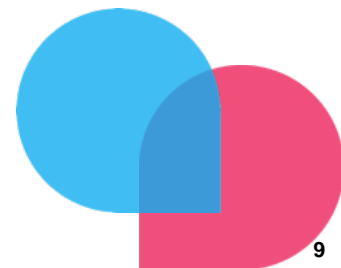
is a group of enthusiastic and committed **young people** from around Australia, who are passionate about improving their own **wellbeing** and that of their peers.

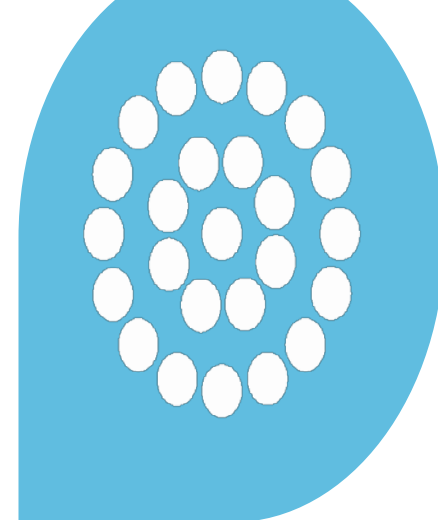


The Rubik's Cube of Digital Mental Health



- Digital Content
- Websites
- Campaigns
- Apps
- Biometrics
- Small and Big Data
- Assistive Technologies



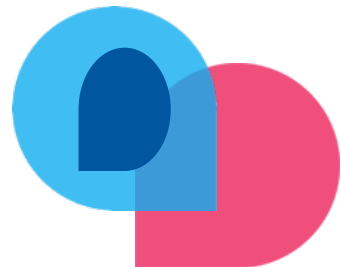
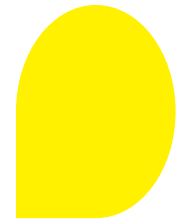
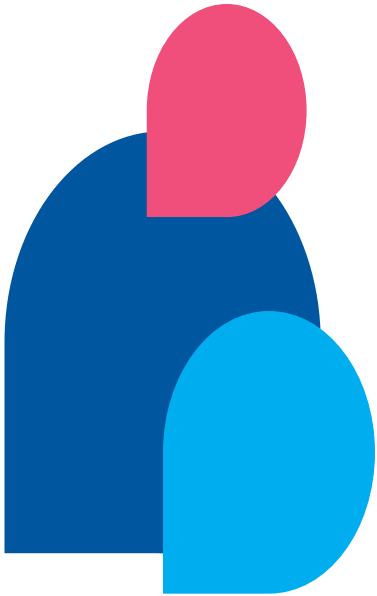
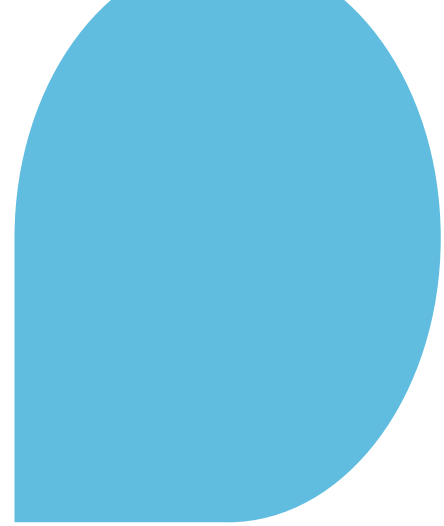
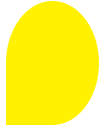
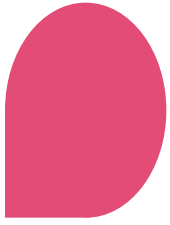


THE CURRENT STATE



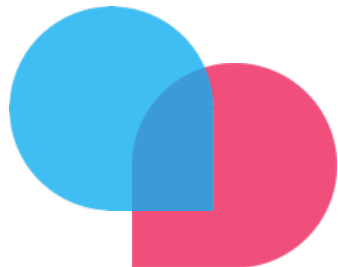
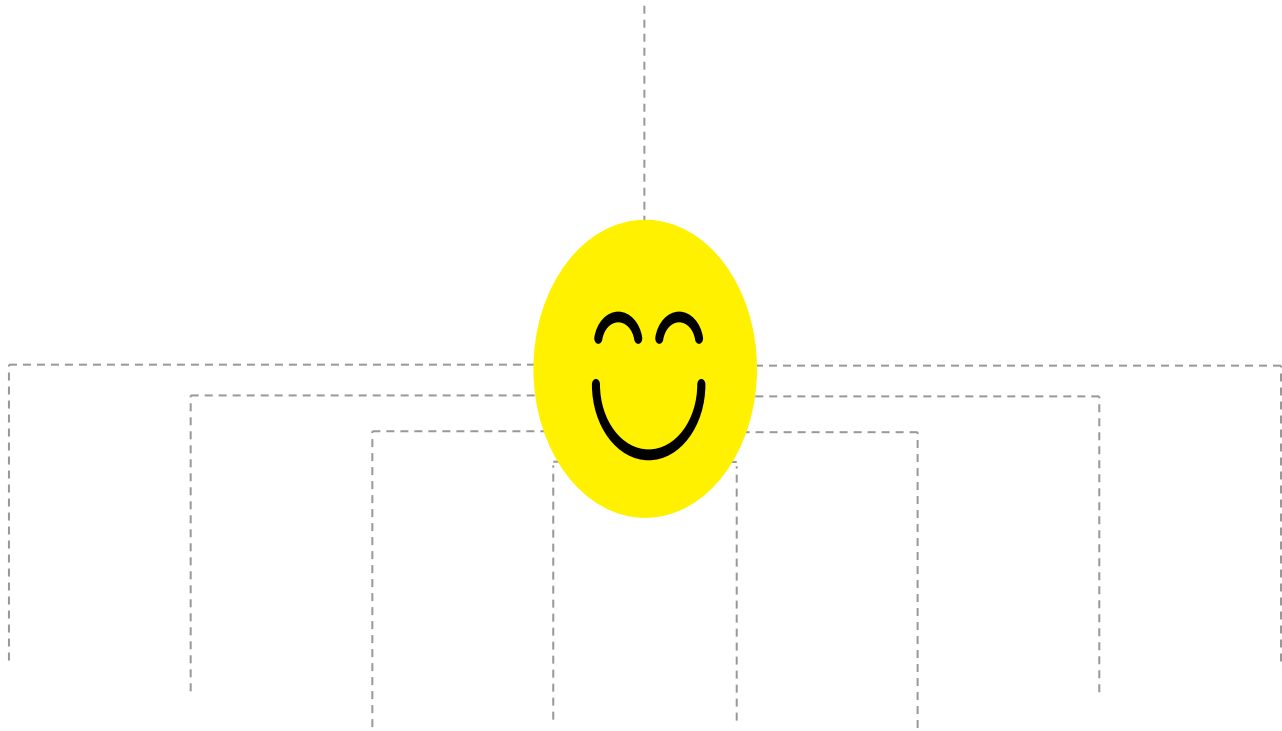


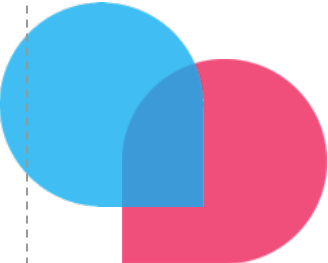
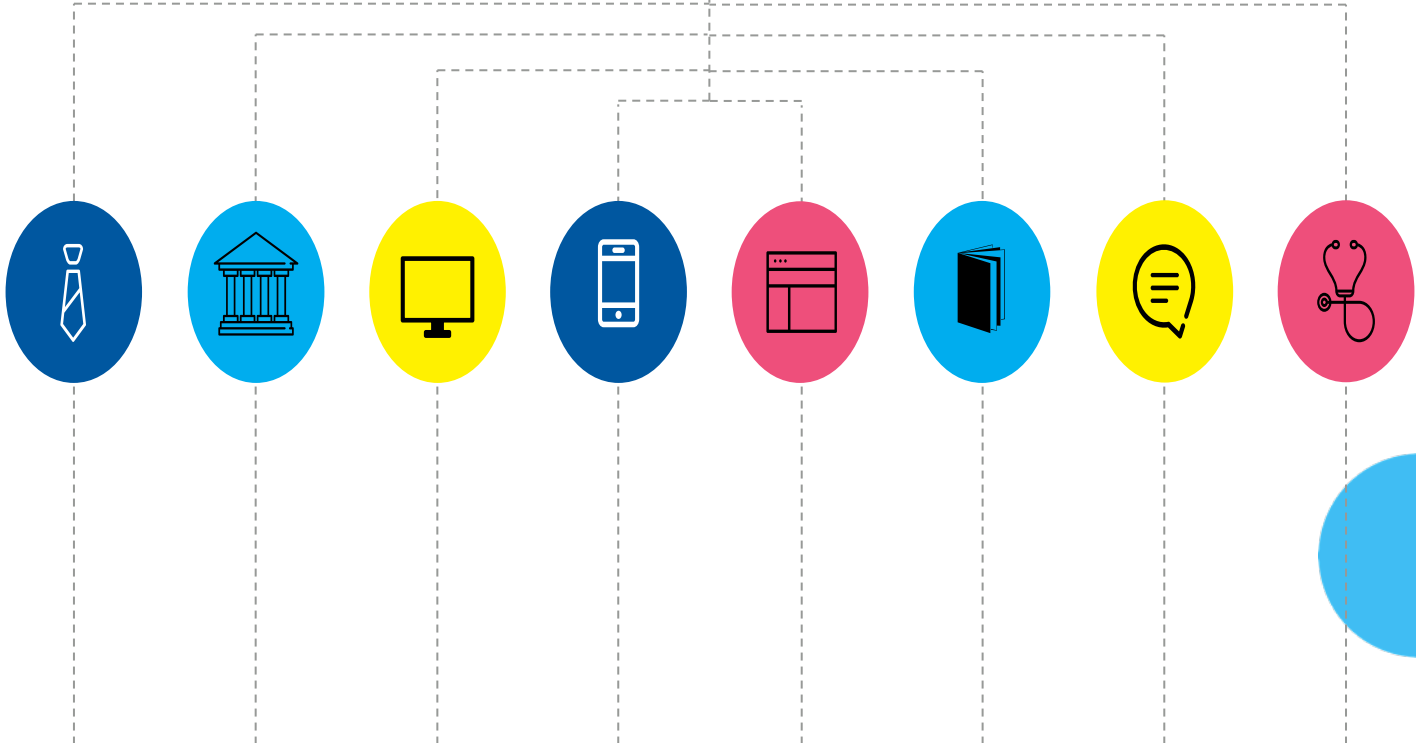
SYNERGY

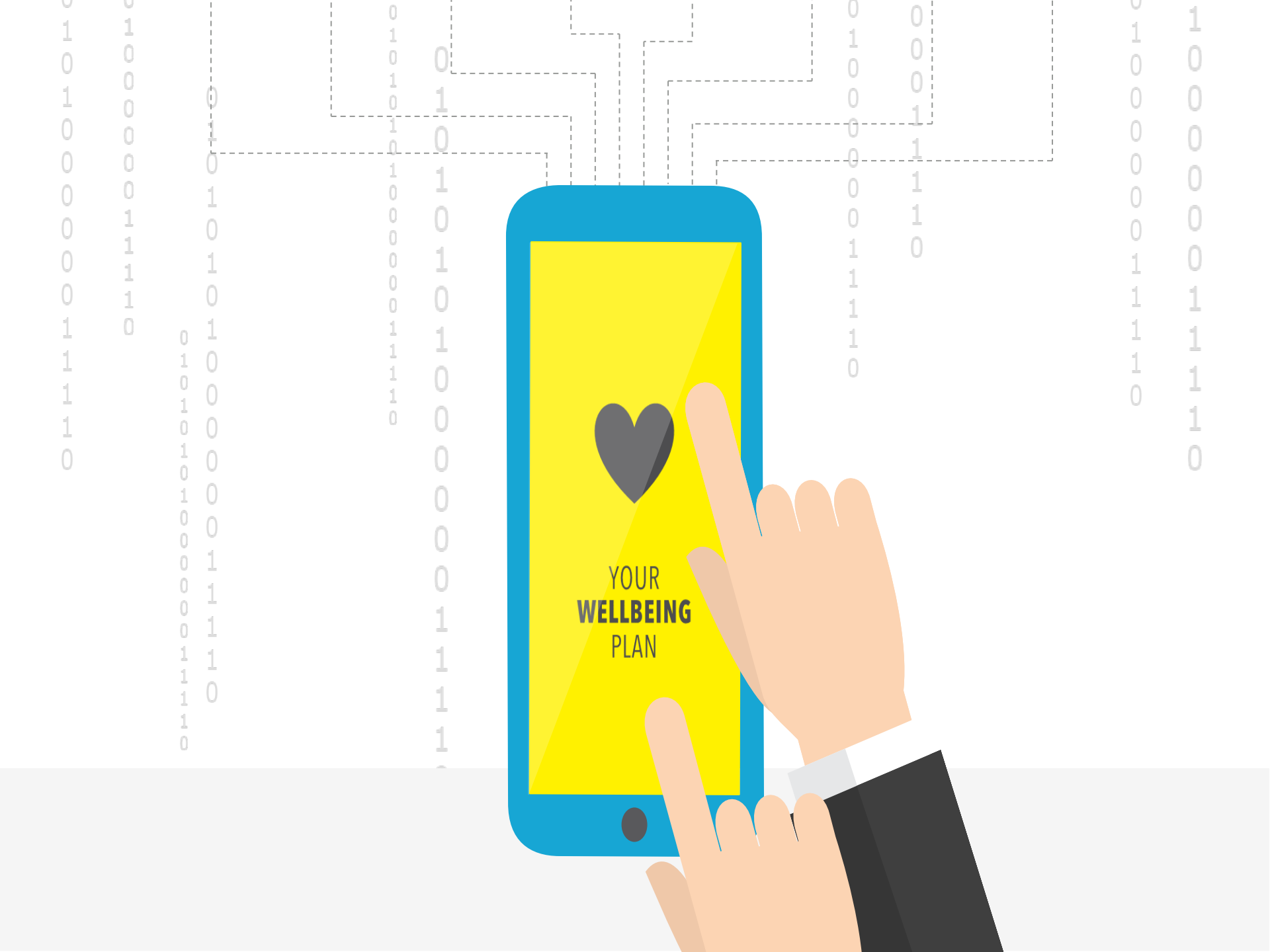


NO WRONG DOOR

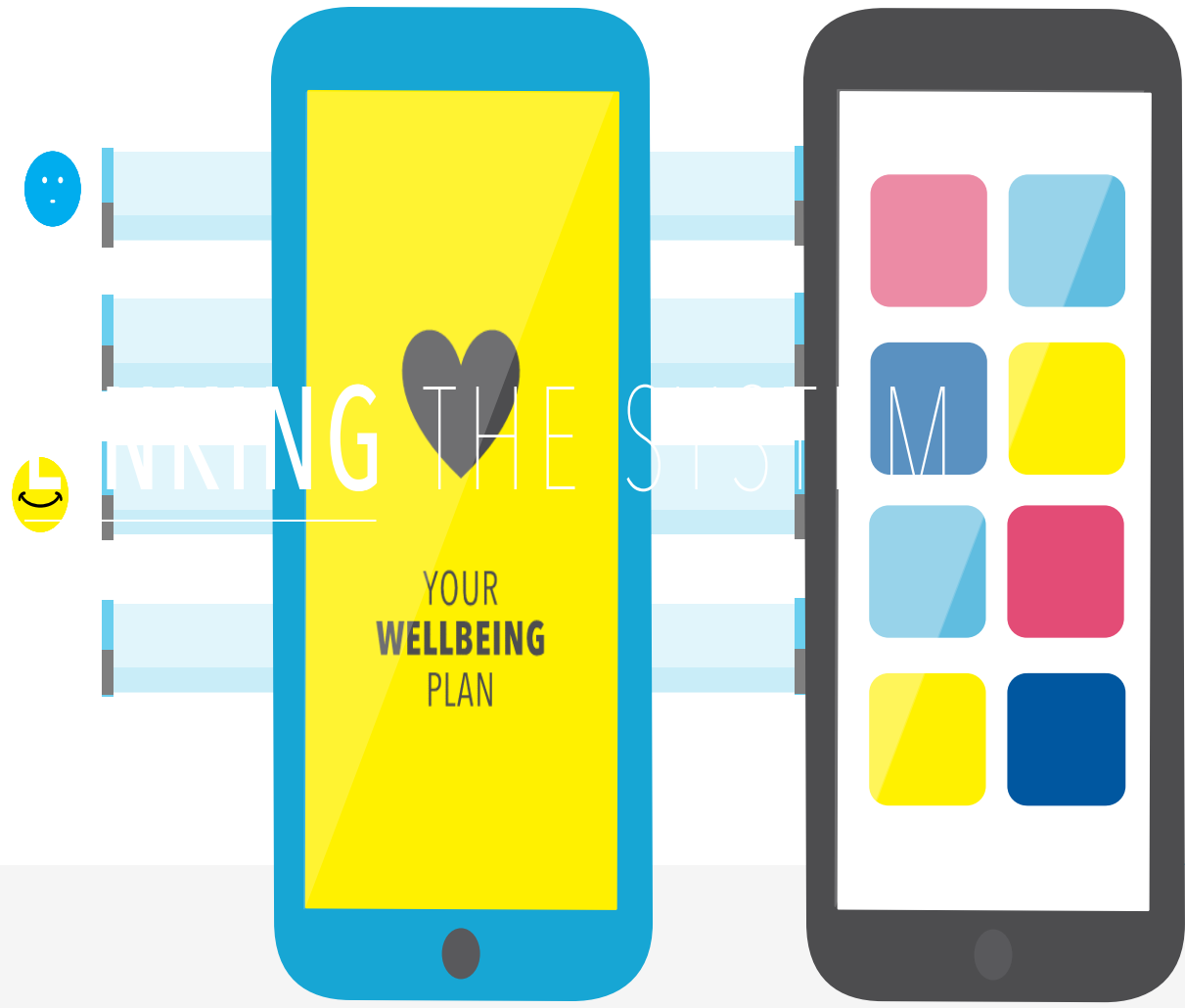
NO **WRONG** DOOR





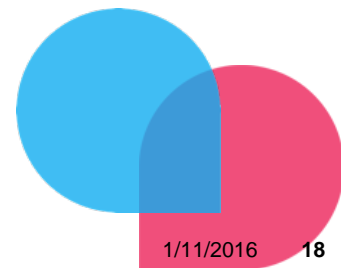
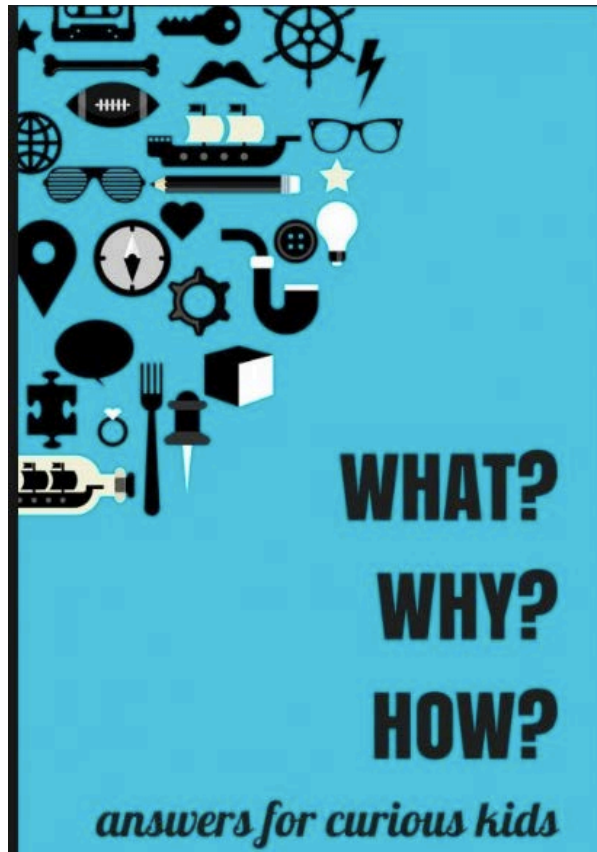


**YOUR
WELLBEING
PLAN**



LINKING THE SYSTEM

YOUR
WELLBEING
PLAN



Stress



SMILING MIND



Description

Smiling Mind is meditation made easy. A simple tool that helps put a smile on your mind anytime, anywhere and everyday.

[Smiling Mind Support](#) ▶

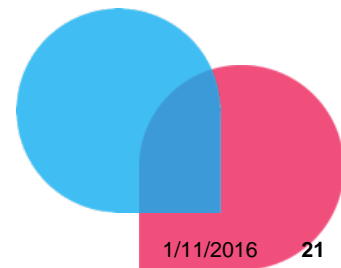
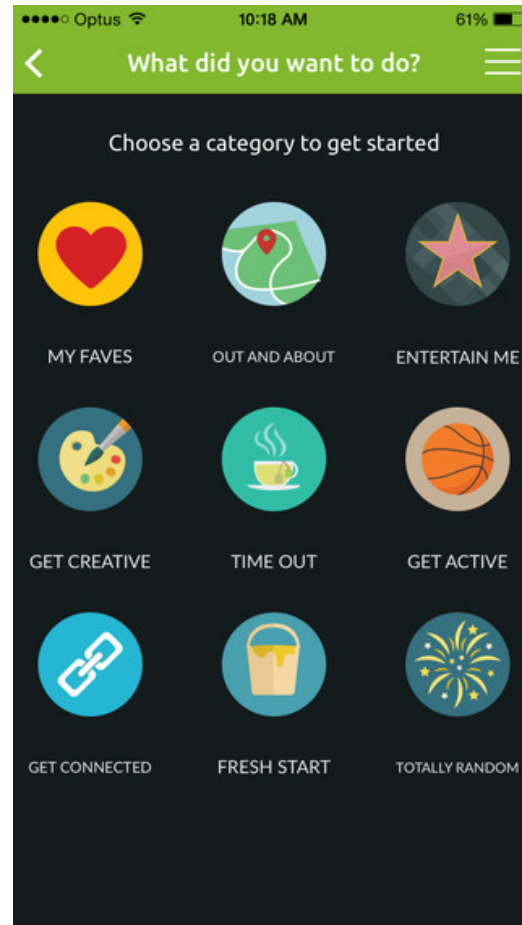
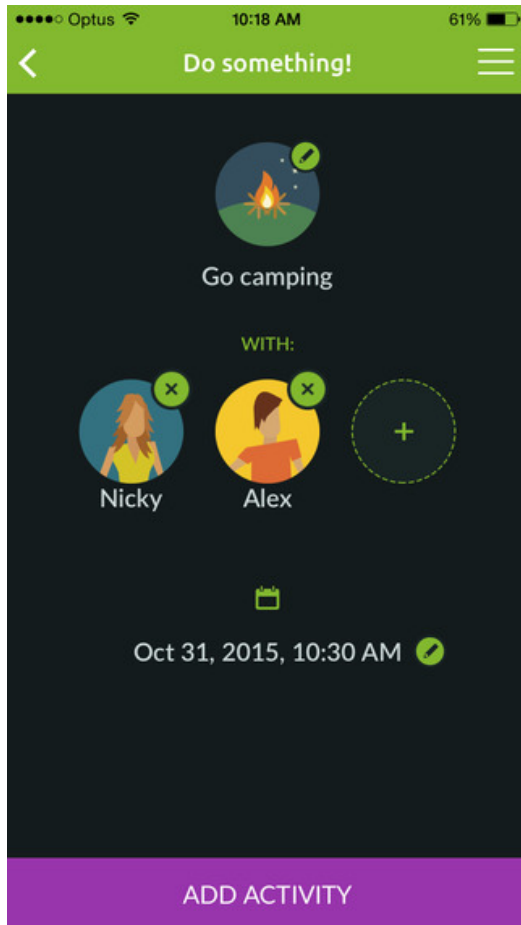
[...More](#)

What's New in Version 2.0.1

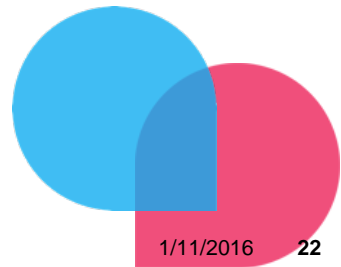
Improved performance and various bug fixes

[View in iTunes](#)

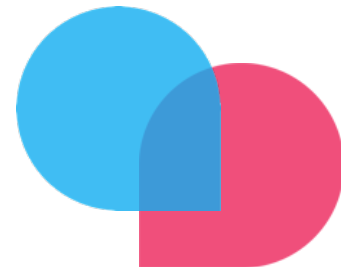
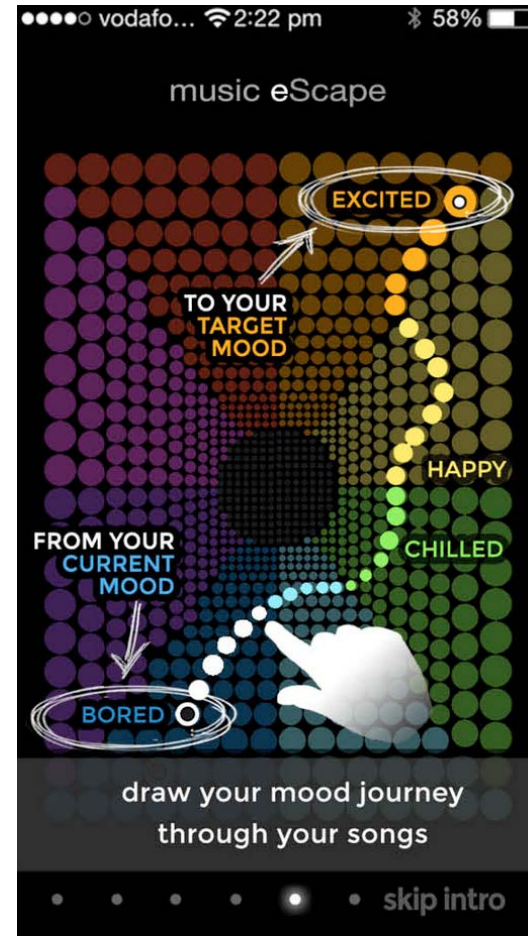
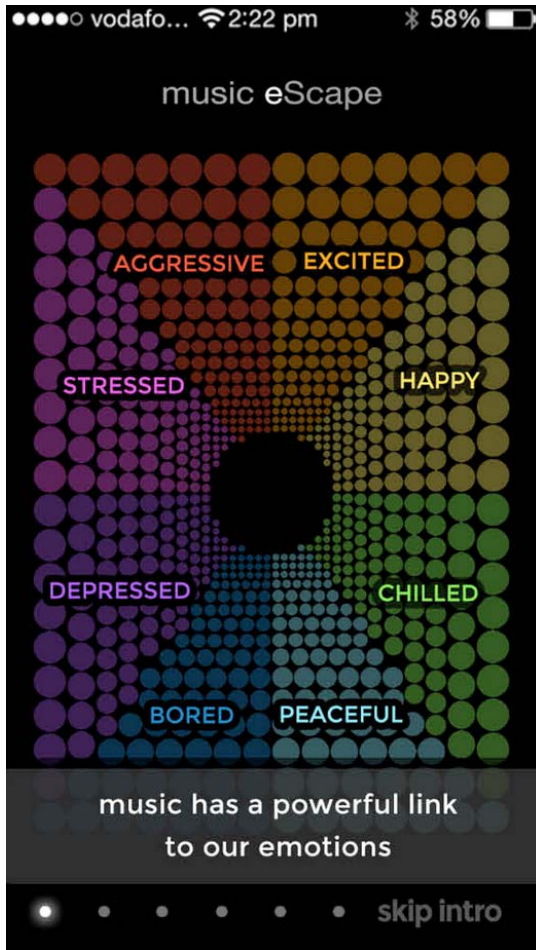
BREAK UP SHAKE UP



GOALZIE



music eScape

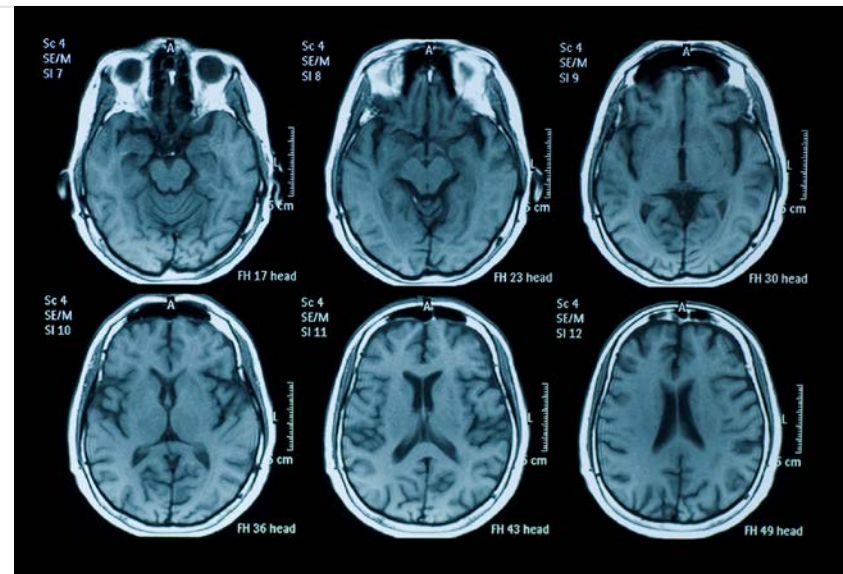


DOES IT WORK?

Harvard Unveils MRI Study Proving Meditation Literally Rebuilds The Brain's Gray Matter In 8 Weeks

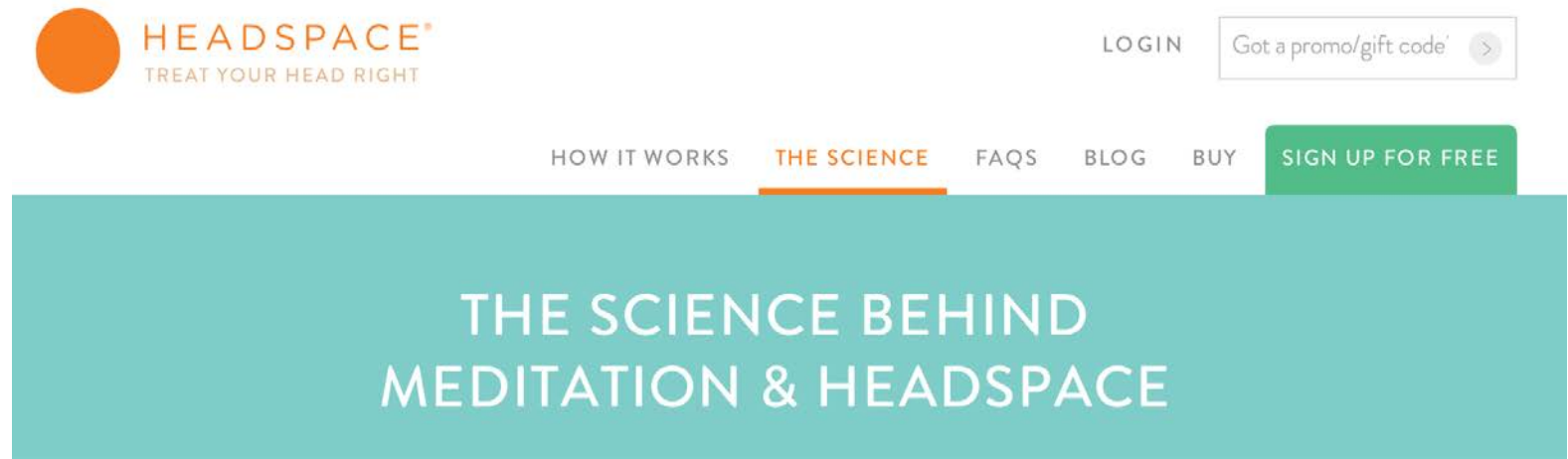
BY FEELGUIDE • NOVEMBER 19, 2014 • HEALTH, SPIRITUALITY, THE HUMAN BRAIN • COMMENTS (0) • ♥710969

- 8 week mindfulness course - 27 minutes per day
- Massachusetts General Hospital
- MRI scans documented how meditation produced massive changes inside the brain's gray matter
- A major increase in gray matter density in the hippocampus
- Decreased gray-matter density in the amygdala

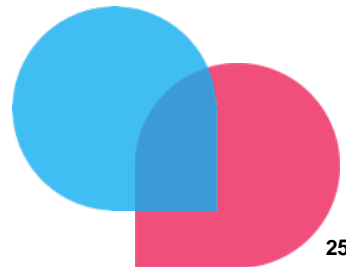


<http://www.feelguide.com/2014/11/19/harvard-unveils-mri-study-proving-meditation-literally-rebuilds-the-brains-gray-matter-in-8-weeks/>

EXPLAINS THE SCIENCE BEHIND MINDFULNESS WITH FACT SHEETS



<https://www.headspace.com/science>

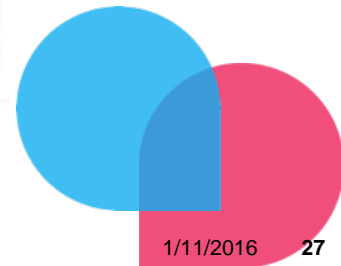
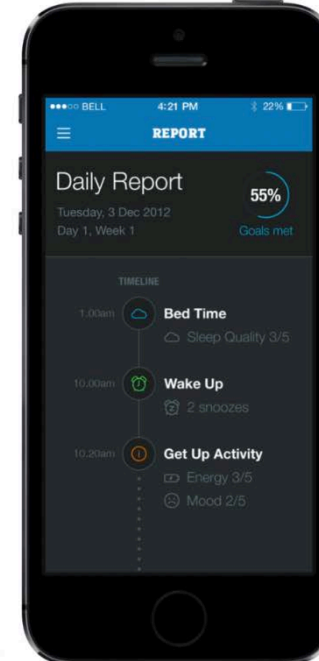
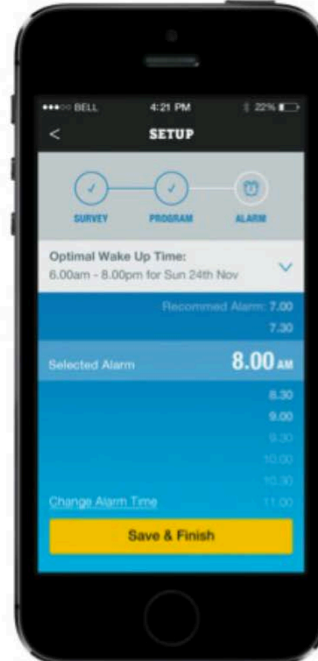


Sleep

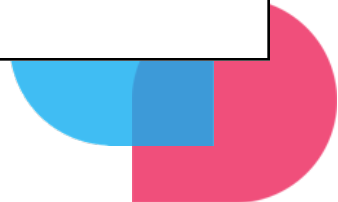
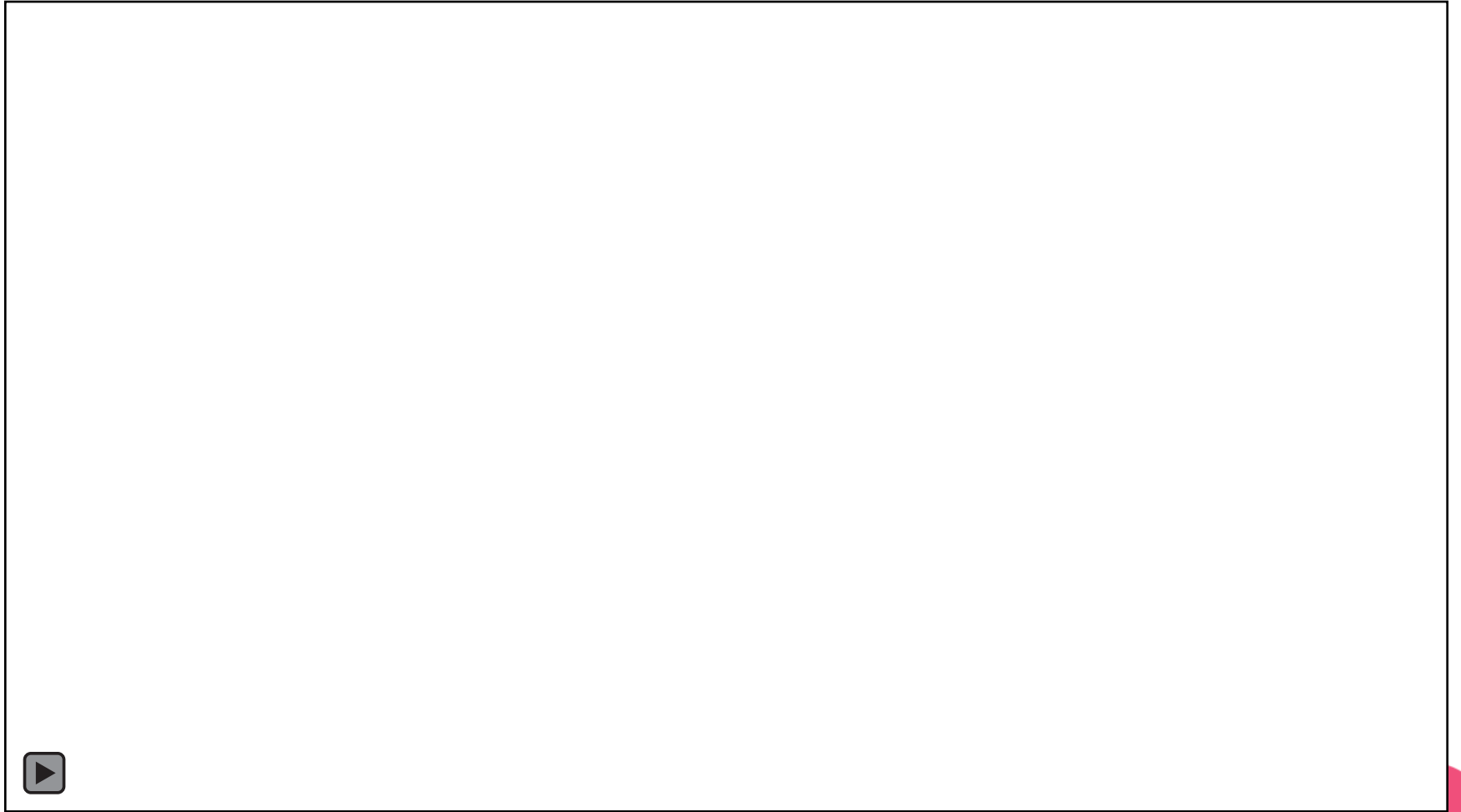


// RECHARGE: SLEEP WELL, BE WELL

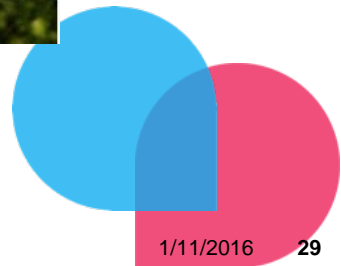
A free mobile phone app designed to improve young men's wellbeing by helping regulate the sleep/wake cycle through a six week program.



Professor Russell Foster –Ted Talk



Exercise



APP FOR EXERCISE

Couch-to-5K

[View More By This Developer](#)

By The Active Network, Inc.

Open iTunes to buy and download apps.



[View In iTunes](#)

\$1.99

Category: [Health & Fitness](#)

Updated: 02 January 2013

Description

★★★★★ WINNER of the 2012 Appy Award for best Healthcare & Fitness App!

"The popular Couch-to-5K app helps new runners avoid injury from doing too much, too soon."

[The Active Network, Inc. Web Site](#) ▶ [Couch-to-5K Support](#) ▶

[...More](#)

What's New in Version 1.7.1

- Now FREE Zombie trainer and cute poodle running buddy
- Themed with Winter Trainers
- View graphs of workout stats

[...More](#)

INFO



CUSTOMIZE

EXTRAS

UP3™

The world's most advanced tracker.

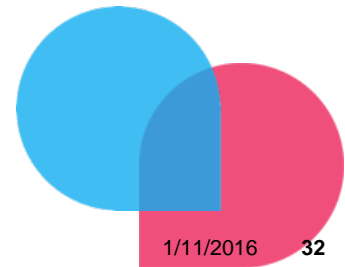
Everyone has had a life-changing experience sometime. This is one of those times. UP3™ is simply the most advanced tracker you can buy. Its classic, durable design will stand the test of time. Multi-sensor technology adds breadth and accuracy to Smart Coach. Everything about UP3 says that the bar has been set higher. Wear one and go further.



With Advanced Activity, Advanced Sleep, Food Logging, Smart Coach and Heart Health




Social Connection



THE TOOLBOX




THE TOOLBOX 

APPS FOR YOUR BRAIN & BODY

Work out your goals, download the apps and track your progress


A collection of health and wellbeing apps endorsed by professionals and reviewed by people under 25



Don't know your goal ?

START QUIZ

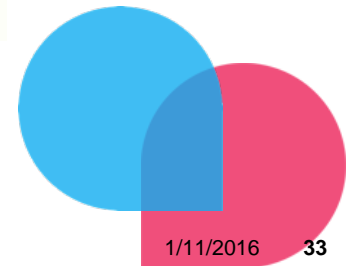
Know your goal ?

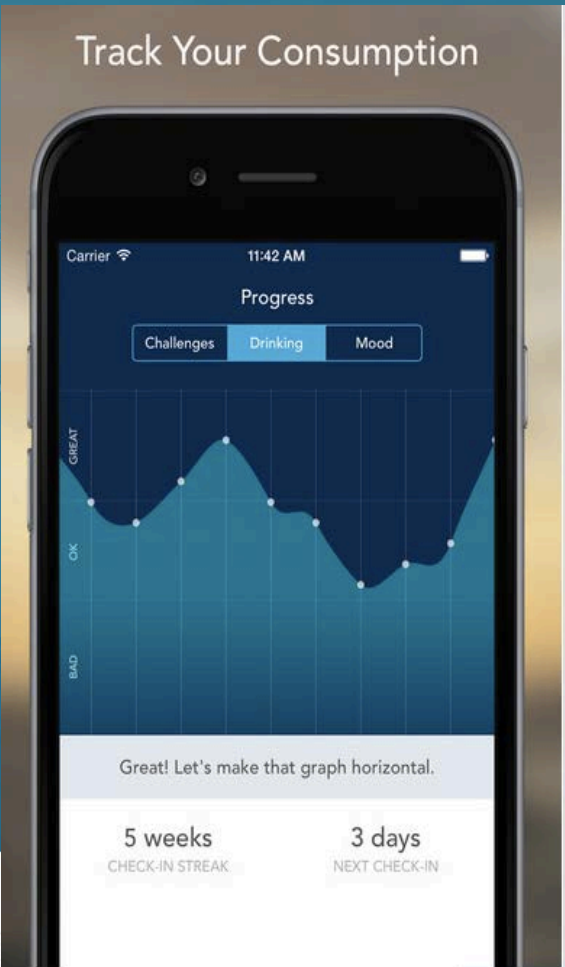
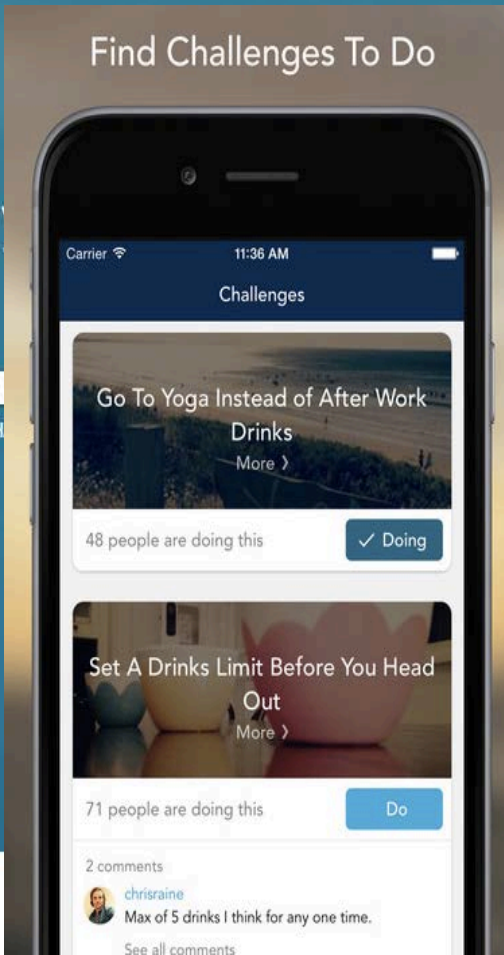
Type your goal 

eg. Increase your energy

WANT SOME INSPIRATION ?

Remanerent urbe ventum quidem paucin





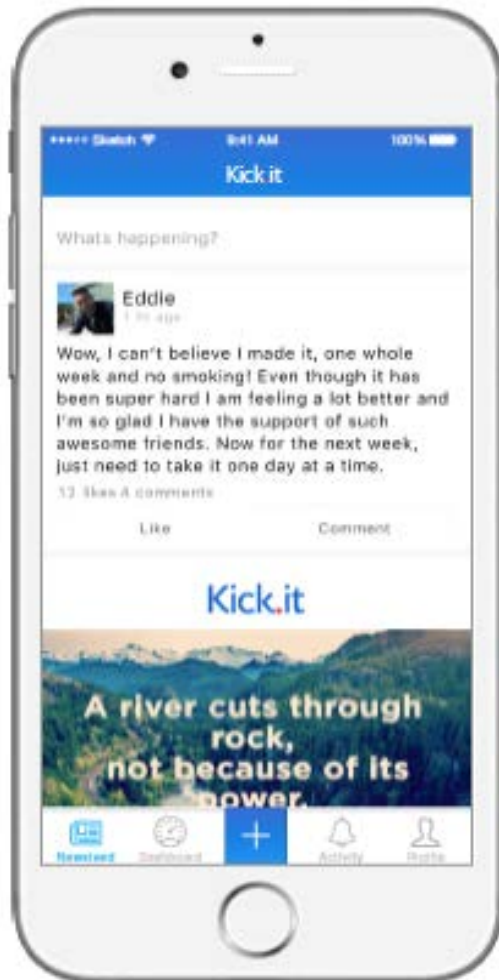
Join the movement

HSM is a movement towards a better drinking culture. Start your journey by answering the questions above.



We've just released a brand new HSM iPhone app on the App Store. [Download it now!](#)

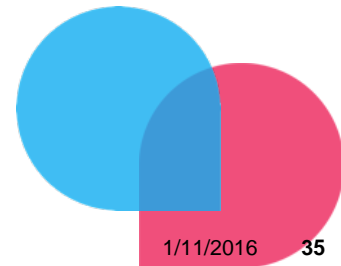
Innovation in Smoking Cessation



www.kick.it

James Stewart | james@kick.it | +64 413 852 712

Kick.it Operations Pty Ltd



REWRITE YOUR STORY REPORT CYBERBULLYING

Rewrite Your Story



Report
Cyberbullying >

Resources for
educators >

iParent >

Report illegal
content >

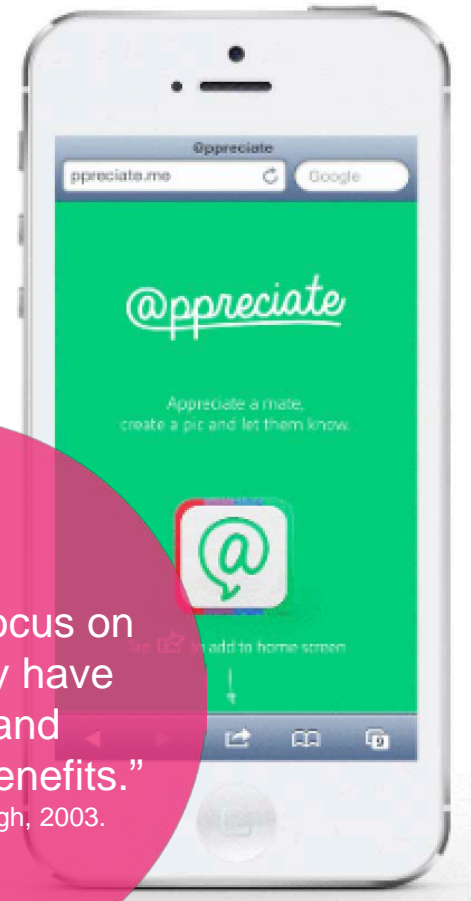
@ppreciate

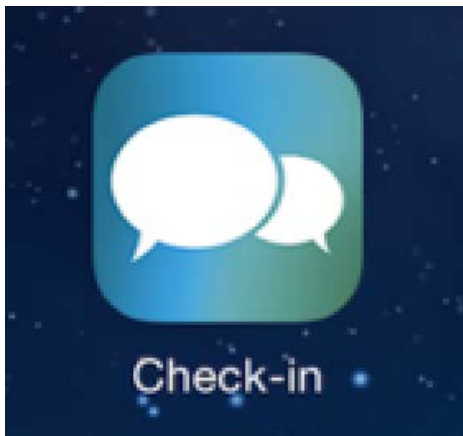
Launched in July 2013, hundreds of positive compliments spread their way across websites like Facebook, Twitter, Instagram and Tumblr. The compliments were in the form of beautiful illustrated images with positive sentiments like 'Don't Ever Change,' 'Your smile makes me smile' and even 'Your face makes Facebook better.'

Since then, almost 26,000 of these images have been created and shared by young people across Australia.

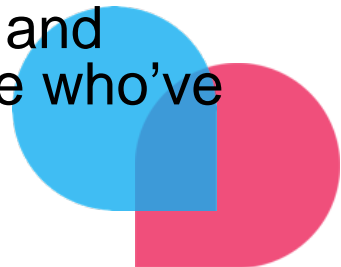
"A conscious focus on blessings may have emotional and interpersonal benefits."

Emmons & McCullough, 2003.





- developed by beyondblue
- aims to give young people the skills, knowledge and some specific strategies to have conversations with their friends about mental
- Provides a tailored, step-by-step “check-in” plan so they can systematically look after friends that they are worried about.
- allows young people to review how the conversation went
- gives ideas for what to do next, especially if things got tricky
- allows the user to set reminders to follow up,
- links to professional support and words of wisdom from people who’ve done it before





Plan your check-in



So you've got a friend who you are worried about. Knowing how to talk to them about it can be the hard part. If you feel awkward about it, that's pretty normal.



It's not always easy, but the Check-in app takes you through four steps to help you plan your conversation so you know how you are going to go about it.

1 I'll check-in Over a coffee



Plan



Review



Tips



Resources



Review



So you've recently checked in with a friend? Good on you!

How'd it go?

Not so great

Okay

Great!



Good work for asking your friend how they are. Give yourself a pat on the back for giving it a crack.

FURTHER TIPS

Chat to someone about it



Plan



Review



Tips



Resources



Commissioner for Children and Young People
Western Australia



Jizelle and Jeremy

Cyber Savvy Ambassadors





Commissioner for Children and Young People
Western Australia



Professor Donna Cross

Telethon Kids Institute; University of Western Australia



**The 'other'
conversation
we need to
have with our
children...**

***Online
relationships***

**TELETHON
KIDS
INSTITUTE**
Discover. Prevent. Cure.

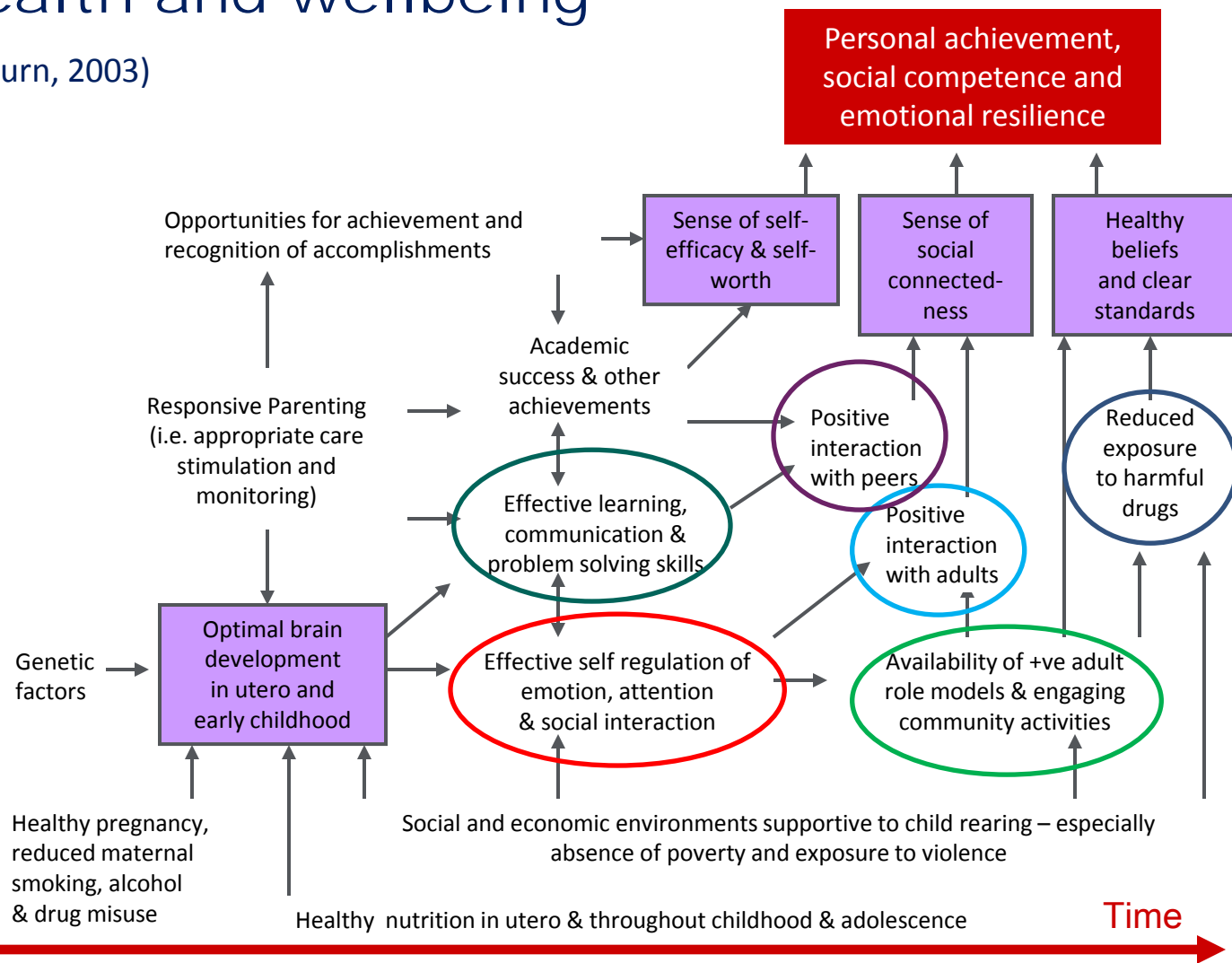
Donna Cross
Professor
UWA and
Telethon Kids
Institute





Critical opportunities for health and wellbeing

(Silburn, 2003)





**Connectedness to
parents and school**
is the most
significant
protective factor
for children





Could you use technology before you could talk?

- Average online knowledge of 6 year old > 45 year old
- Digital understanding peaks between 14 and 15 years



(Ofcom, 2014)



Can you translate?

- HT
- DIKU
- C&G
- GOL
- IHU
- TMI
- SWAK
- TAFN





Hmm...

- HT
- DIKU
- C&G
- GOL
- IHU
- TMI
- SWAK
- TAFN
- Hi There
- Do I know You?
- Chuckle and grin
- Giggle out loud
- I hear you
- Too much information
- Sealed with a kiss
- That's all for now





How would you rate your cyber safety behaviour?

10 – All good

5 – I'm working on it

1 – Hmm...





Triple C of online safety

1. Contacts
2. Content
- 3. Confidentiality (loss of privacy)**





Loss of privacy - through scale of use

Twitter use change from 2009-2015:

- January 2009 - 2 million new tweets / day
- September 2015 *almost* 500 million / day

OR 9,000+ new tweets every second

**A one in a million chance happens
500 times a day on Twitter**

Annual advertising revenue in 2014 - \$480m



Social media platforms most commonly used by 13-14 year olds

- Facebook, YouTube, Tumblr, Instagram, Skype and iMessage
- Other social media platforms young people used:
 - Viber (free messaging and calling app)
 - Twitter, Steam (gaming platform)
 - E-modo (educational social networking site/interactive blog)
 - Ninegag (image sharing site for memes)
 - Voxer ('Walkie Talkie' and messaging for team communication)
 - VYou (for interacting with celebrities online)
 - Flipboard (an integrated social media platform)
 - Minecraft, Call of Duty (gaming websites)
 - Kik (online texting program)
 - Reddit and Omeagle (online forums)





Loss of privacy - through contacts

Frienemies and Randoms...

- **23% of 8-10 year olds** accept 'randoms'
- **61% 12-17 year olds** accept 'randoms'





Loss of privacy - through downloading

- What % of Apps access your private information and contacts?
 - 26% access GPS location data; phone numbers, emails, contacts
 - Eg: Angry Birds (downloaded 1m X)



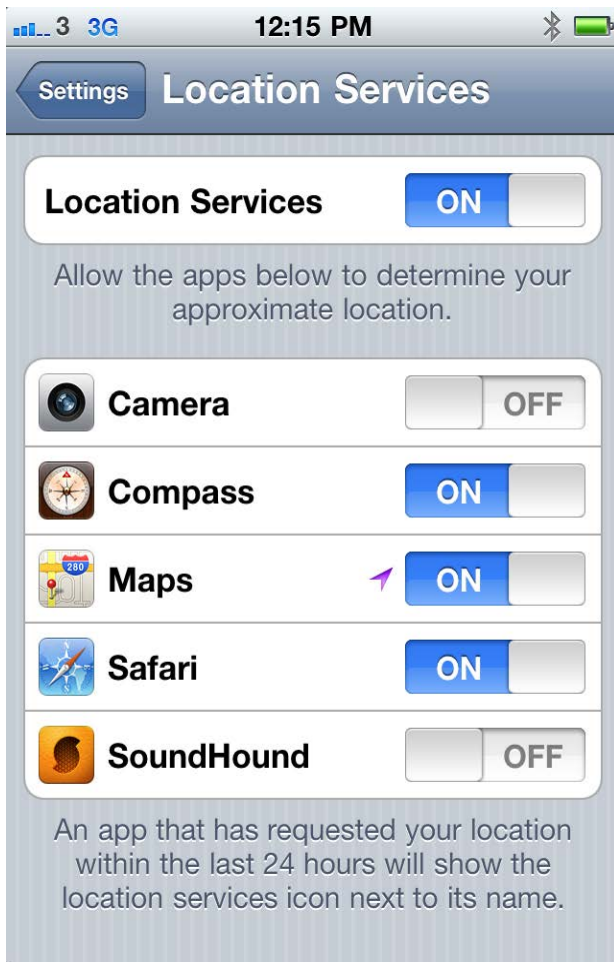


Harvesting... information

"If it's free – you're not the customer you're the product"



Loss of privacy - through uploading



“If your kids are awake they are probably online”

- Can you purchase a phone without a camera?
- Young people spend 54 hours a year taking selfies (Pew Research Centre, 2015)
- Is your geotagging on?



“Image Up App”

To help young people make safer decisions when posting, sharing or tagging photos online...

Designed, developed and being tested by young people



Cyber Savvy app design





Digital reputation

Which websites?

- www.pipl.com
- www.images.google.com
- www.wink.com
- www.infospace.com
- www.peakyou.com
- www.nettrace.com.au
- www.dogpile.com



pipl

Name [Email](#) [Username](#) [Phone](#) BETA [Business](#)

[Clear](#)

First Name Last Name City State Country

Kate Hadwen, Perth, Australia



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Web search with the top results from all leading search engines, plus real-time updates and Twitter feeds.

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Google

images

Managing your Digital Reputation

Search:

- once a month
- use different sites
- in different ways

wink People Search

Alt

People Search [Email Search](#) [Phone Number Search](#)

Name: Location: Other:

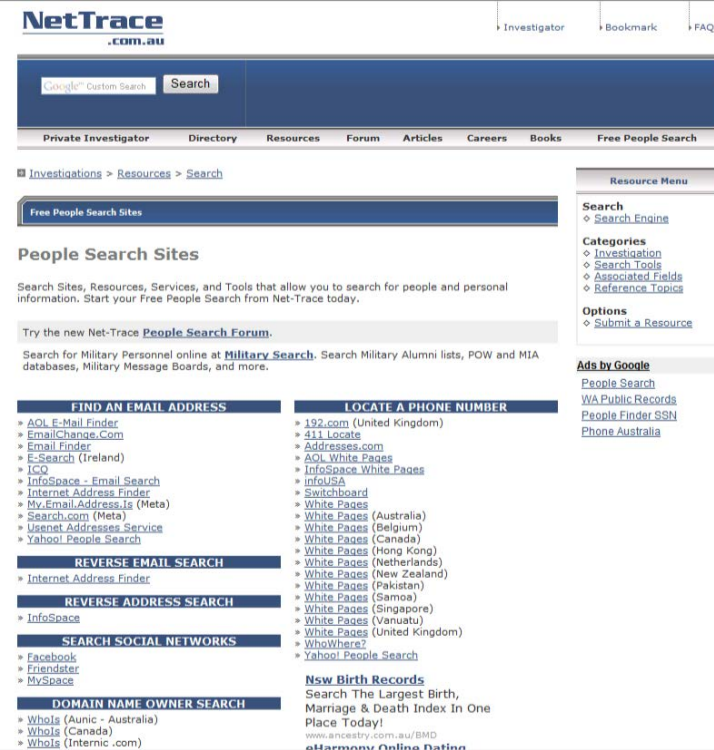
PeekYou People Search Interests Work School City Google Phone Email PeekScore iPhone | Teels | Add Profile | Rn

PeekYou

"PeekYou makes people search worthwhile..." - Mashable

First Middle Last or username World

Search by name, interests, work, school, and more...



NetTrace .com.au

Investigator | Bookmark | FAQ

Private Investigator Directory Resources Forum Articles Careers Books Free People Search

Investigations > Resources > Search

Free People Search Sites

People Search Sites

Search Sites, Resources, Services, and Tools that allow you to search for people and personal information. Start your Free People Search from Net-Trace today.

Try the new Net-Trace [People Search Forum](#).

Search for Military Personnel online at [Military Search](#). Search Military Alumni lists, POW and MIA databases, Military Message Boards, and more.

FIND AN EMAIL ADDRESS	LOCATE A PHONE NUMBER
<ul style="list-style-type: none">• AOL E-Mail Finder• EmailChange.Com• Email Finder• E-Search (Ireland)• ECU• InfoSpace - Email Search• Internet Address Finder• MyEmailAddress.Is (Meta)• Search.com (Meta)• Usenet Addresses Service• Yahoo! People Search	<ul style="list-style-type: none">• 192.com (United Kingdom)• 411 Locate• Addresses.com• AOL White Pages• InfoSpace White Pages• InfoUSA• Switchboard• White Pages• White Pages (Australia)• White Pages (Belgium)• White Pages (Canada)• White Pages (Hong Kong)• White Pages (Netherlands)• White Pages (New Zealand)• White Pages (Pakistan)• White Pages (Samoa)• White Pages (Singapore)• White Pages (Vanuatu)• White Pages (United Kingdom)• WhoWhere?• Yahoo! People Search

REVERSE EMAIL SEARCH

- Internet Address Finder

REVERSE ADDRESS SEARCH

- InfoSpace

SEARCH SOCIAL NETWORKS

- Facebook
- Friendster
- MySpace

DOMAIN NAME OWNER SEARCH

- WhoIs (Aunic - Australia)
- WhoIs (Canada)
- WhoIs (InterNIC .com)

Nsw Birth Records

Search The Largest Birth, Marriage & Death Index In One Place Today!

www.ancestry.com.au/BMD

etHarmony Online Dating

People Search
WA Public Records
People Finder SSN
Phone Australia

Discover. Prevent. Cure.



Digital reputation

- What information should you use to search your digital reputation?
 - Full Name
 - First and last names
 - Name and address
 - Nicknames
 - Image search name and school name
 - Mobile number



American Academy of Pediatrics

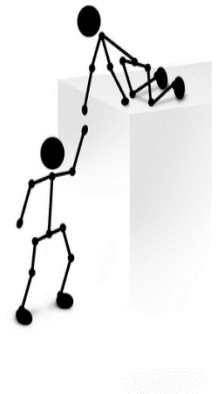
- Age 0-2 years - no exposure to technology
- Age 3-5 years - 1 hour / day max
- 6-18 years - 2 hours / day max





Tips to keep your child safer online

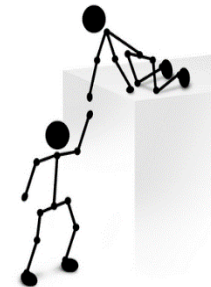
- ✓ Devices in a central place with clear rules about use
- ✓ Learn how to access sites your children use
- ✓ Learn the privacy settings and parental controls on devices and websites.
- ✓ Google your child's name / set up a Google alert to notify you of postings.





But wait there's more...

- ✓ If your child is being cyber bullied contact the Internet Service Provider (ISP) to close the account of the person bullying or contact the e-safety commissioner.
- ✓ **Talk and shoulder surf to supervise and monitor online/phone behaviour.**
- ✓ Teach your children to be a positive bystander





Parenting ...including online

Important Messages

I am interested in you

I can be a helper

I am consistent

I will support you

I am safe





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Q&A





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Thank you to our partners

RioTinto

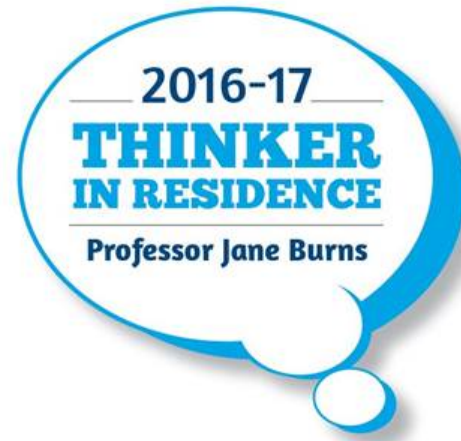


Department of Education
Child and Adolescent Health Service
Department for Child Protection and Family Support
Mental Health Commission





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