

Child Safe Newsletter

Wyndham Community & Education Centre

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Wyndham
Community &
Education Centre Inc.
Improving lives - Strengthening communities

Dear Staff and volunteers

The COVID-19 pandemic has been hard on everyone but it has fuelled an explosion of online persecution by teens. Australia's eSafety Commissioner has reported a shocking 30% surge in youth cyberbullying in 2020/2021.

Remember child safety is everyone's responsibility. Lesley Nallawalla. Child Safety Officer

Cyberbullying is the use of technology to bully a person with the intent to hurt or intimidate them. One in five young people have been bullied online. The insidious nature of online bullying means young people can't leave it at the front door. It follows them home from school and into their bedroom. It can happen 24/7. Sometimes it can be difficult to identify who the bully is as they use false names and accounts. Because the bully is hidden by the computer or phone, they often act in more extreme ways and where other children can view the information instantaneously.

What is cyberbullying?

Cyberbullying is using technology to bully or hurt someone else. It can include:

- Sending/sharing nasty, hurtful or abusive messages or emails
- Humiliating others by posting/sharing embarrassing videos or images
- Spreading rumours or lies online
- Setting up fake online profiles
- Excluding others online
- Repeated harassment and threatening messages (cyberstalking)

Signs to look out for

- Changes in sleeping patterns, loss of appetite
- Aggressiveness, changes in mood
- Having trouble with school work
- Becoming withdrawn, feeling alone, sad, angry or confused
- Have thoughts of hurting themselves, feeling suicidal

Keeping children and young people safe online

Simple steps can be taken to help children and young people be safe online. These include:

Before the child/young person blocks or deletes the post, make sure they screenshot it. Sometimes, their immediate reaction might be to delete it but it's really important they keep evidence of it. If they have trouble getting the content removed and they are under 18, you can [report it to the cyberbullying team at eSafety](https://www.esafety.gov.au/report/cyberbullying). They can work with the child/young person to get the hurtful content taken down and point them in the right direction to get [help and support](#).

Teachers and parents can encourage all students to be 'upstanders' by safely speaking up and telling teachers and other adults if they see or hear of cyberbullying.

If you are under 18 (or are reporting on behalf of someone under 18) you can make a complaint about cyberbullying.

<https://www.esafety.gov.au/report/cyberbullying>

Children/young people may not always tell adults about cyberbullying through fear they may overreact and make the situation worse.

Wyndham CEC's Commitment to Child Safety

Wyndham CEC
has legal and
moral obligations
to contact
authorities when
concerned about
a child's safety

Drama is Drama.
Bullying is Bully-
ing. No matter
what reasons peo-
ple do it for, it will
usually be out of
self-interest or for
their own enjoy-
ment.

Isaiah Harden

Wyndham CEC's Statement of Commitment

Wyndham CEC is committed to Child Safety

Has zero tolerance of child abuse

And actively works to protect and empower children

Useful Support Services

Helping children and young people to... Speak up and make a complaint

Advice for parents Parentline Victoria > 13 22 89 parentline.com.au

Online and phone counselling for children and young people Kids Helpline – 1800 55 1800 or counsellor@kidshelpline.com.au > kidshelpline.com.au

Mental health support for children and young people headspace and eheadspace > [headspace](http://headspace.org.au) (Werribee- 8001 2366 headspace.org.au)

Information about children's rights Australian Human Rights Commission > childsafe.humanrights.gov.au

Complaints about a government organisation Search online for Children's Commissioner / Guardian or Ombudsman in your State or Territory Help for non-English speaking people Translating and Interpreting Service (TIS) National > tisnational.gov.au

24-hour telephone assistance is available through:

- **Lifeline - 13 11 14**
- **1800 Respect - 1800 737 732**
- **MensLine Australia - 1300 789 978**
- **Kids Helpline (5 to 25 year olds)- 1800 55 1800**
- **Beyond Blue- 1300 22 4636**

