

Child Safety and Wellbeing Newsletter

Volume 4.4

Wyndham Community & Education Centre December 2022



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

Dear Wyndham CEC Community

This is the final newsletter for 2022. It has been another challenging year in many ways and our young people have had it particularly hard over the last couple of year due to COVID restrictions. Our young people are now on the end of year break and this gives them a lot more time to get online. This newsletter will focus on Child Safe Standard 9: Physical and online environments promote safety and wellbeing while minimising the opportunity for children and young people to be harmed and highlight some ways to stay safe online these holidays,

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

The e-Safety Commissioner is a fantastic site for young people to get help and advice on a range of topics including:

- Cyberbullying
- [My nudes have been shared](#)
- I'm being pressured to send nudes
- Receiving unwanted nudes
- [Online gaming](#)
- Online hate
- Online dating
- Fake news
- Catfishing
- Trolling
- Pressures from social media

Wyndham CEC's Commitment to Child Safety

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

My nudes have been shared:

If someone shares a nude image or video of you online without your consent, that's image-based abuse (or 'revenge porn') and it's illegal. You can report it to eSafety straight away and they will help remove it.

'Intimate images' include nudes, partial nudes, fake nudes, naked selfies and upskirting, as well as screenshots or screen recordings of private activity like having sex or going to the toilet.

Even if you send someone an intimate image or video of you, or agree to them taking one, that doesn't mean they're allowed to share it with anyone else*. Also, don't forget that if you connect with someone online your conversations or videos can be recorded without you knowing, and the things you share may be seen by people other than the person you sent them to.

***It's important to remember:** A person who asks for, accesses, possesses, creates or shares sexualised images of someone under 18 may be at risk of criminal charges – even if they're both young and both agreed to it. [Youth Law Australia](#) recommends that you never take or share prohibited or sexual images of someone unless they are over 18 and you are sure they have said it's OK.

**"Nothing
EVER
goes away
once it is
posted
online."**

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

Online Safety

THINK before you post



Online Gaming

Online gaming can be a great way to have fun, relax, escape, be creative and socialise. Follow these tips to protect yourself and help everyone have positive and safe experiences.

- Start with some easy safety steps to help keep your online gaming hassle-free.
- It's everyone's responsibility to contribute to a positive and safe online gaming community. If you see or experience hateful or harmful behaviour, you can call it out and report it.
- Gaming can feel addictive, so if you're spending too much time online there are things you can do to get some balance back.

How can I avoid online gaming hassles?

- Choose a safe username
- Make sure only people you know can see your pictures or recently played feed
- Use your settings to control conversations
- Collect evidence, report and block abusive players\
- Get more help—<https://www.esafety.gov.au/young-people/online-gaming>

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How can I tell if I'm 'addicted' to online gaming?

- Are you playing online games late at night?
- Are you finding it really hard to get to sleep at night because your mind is still buzzing?
- Are you putting off getting your schoolwork and assignments done, but still spending lots of time gaming?
- Do you get really angry or worked up about losing and often shout or throw things while playing?
- Do you get really annoyed when anyone interrupts you while you are gaming or asks you to stop?
- Do you find it hard to concentrate when you are not gaming?
- Do you push friends or family away or try to get out of social commitments so you can spend more time online?
- Are you missing out on exercise because you are spending so much time gaming?
- Do other people think your online gaming is a problem, even though you don't?

If you answered yes to any of these questions, you may be spending too much time playing online games. Try setting time limits for your gaming sessions, scheduling screen-free time or following other tips for balancing your time online, so you can see if they make a difference.

Even when you set some rules for yourself it can be really hard to stick to them. Try talking to a friend or family member and getting them to help you. If you don't have someone in your life who can provide that support, you can contact [Kids Helpline](#) (for 5 to 25 year-olds) or another confidential [counselling or support service](#) for help.



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Parents Information Page

Wyndham CEC has a strong commitment to Child Safety in the VCAL Program as can be seen by the following:

- Wyndham CEC has a designated Child Safety Officer—Lesley Nallawalla.
- If you have any questions she can be contacted on :0409 218 071 or at 20 Synnot St, Head Office



Support Services

- **CHILD FIRST** <https://services.dhhs.vic.gov.au/referral-and-support-teams>
- **ORANGE DOOR** <https://www.vic.gov.au/familyviolence/the-orange-door.html>

24-hour telephone assistance is available through:

- **Kids Helpline (5 to 25 year olds)- 1800 55 1800**
- **Beyond Blue- 1300 22 4636**
- **Lifeline - 13 11 14**
- **1800 Respect - 1800 737 732**
- **MensLine Australia - 1300 789 978**
- <https://www.esafety.gov.au/>

The eSafety Commissioner website also has information to help parents with their children/young people if they are having any concerns or problems with social media or online activity.