



Dear Wyndham CEC Community

As Wyndham CEC's Child Safety Officer my role is to provide advice and raise awareness on child safety. This edition of our Child Safety Newsletter reflects:

- Wear it Purple Day
- Pressures from Social Media
- Support Services
- Information from the Senior Secondary Programs Student Representative Group (SRG)

Wyndham CEC's Commitment to Child Safety

Wyndham CEC is committed to the cultural safety of Aboriginal children, the cultural safety of children from culturally and/or linguistically diverse backgrounds, and to providing a safe environment for those unable to live at home, for children with a disability, lesbian, gay, bisexual, transgender and intersex children and young people (LGBTQIA+) and other students experiencing risk or vulnerability.

On 25 August the young people and staff at Wyndham CEC celebrated Wear it Purple Day.

Wear it Purple Day is **an annual LGBTQIA+ awareness day especially for young people**, based in Australia.

As a day of significance for many Australians, **it focuses on our LGBTQIA+ youth and the issues they face, whilst showing them they have the right to be proud of who they are and who they are becoming.**

Wear it Purple Day is now an International movement of expression, celebration and support.



"We owe our children, the most vulnerable citizens in our society, a life free of violence and fear."
- Nelson Mandela

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

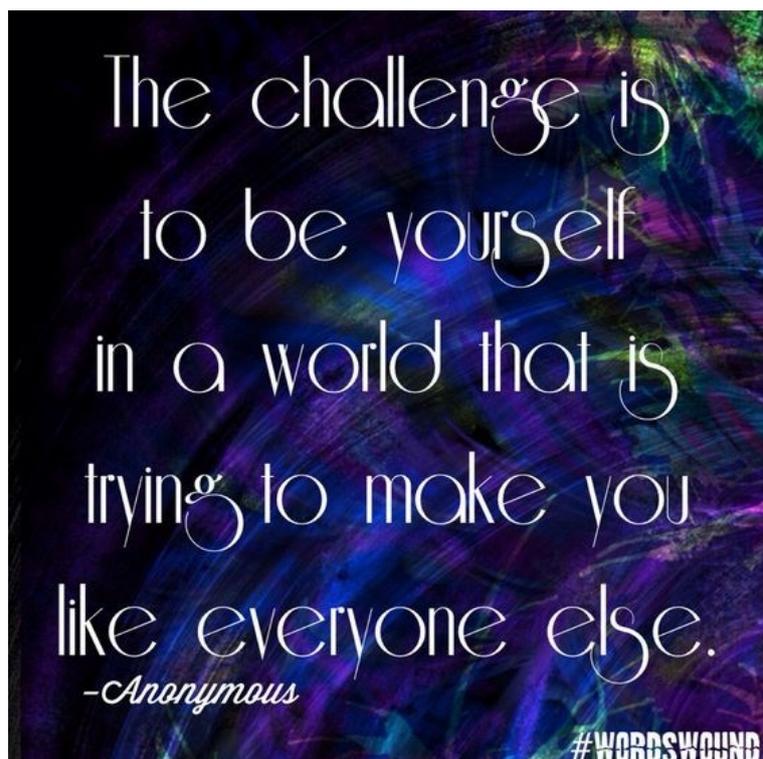
Pressures from social media

Social media can be a great way to stay in touch with friends, but sometimes it can also cause us to compare our lives to others, or feel like we need to be constantly connected.

It can be easy to fall into the trap of thinking that the posts you see on social media reflect real life, when most of the time they are showing you a lifestyle about as realistic as a movie set.

You might even do it too. Whether it is putting a few filters on your selfie, planning a 'candid' photo or posting about a night out that wasn't actually as fun as you say it was, we all create online personas that show the best parts of our offline lives and erase the times when we feel a little bit down, depressed or just plain flat.

The pressures from social media are very real and they have consequences for all of us. They can affect your mental health and how you feel about yourself. Here are some tips on how to deal with the pressures from social media.



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What to do

Check yourself

If you're feeling unsure about posting something, ask yourself why am I doing this? Is it because you are trying to look a certain way online? If what you're posting online is more about keeping up a certain appearance, it's probably best not to post it. Being yourself online is just as important as being yourself offline. Stick to posting things that reflect who you really are, and make you feel good about yourself.

Social media is not real life

Think critically about what you see online — a lot of posts are not 100% real. Behind every staged post is someone taking the same photo 30 times with different angles or carefully placing things to make it look natural. Remember, celebrities put filters on their photos or stage things to make it appear as if their life is way more interesting than it really is. And celebrities have bad days too — even though this may not be apparent from their social media feeds.

Unfollow accounts that make you feel bad

Go through the accounts you follow and ask yourself whether they are making you feel positive or negative. Then unfollow accounts that make you feel bad about yourself and follow the accounts that make you feel good. Try to keep your feed full of posts that are inspiring or reflect things that you are genuinely interested in, rather than posts that make you feel angry or bad about yourself.

Turn off your notifications and have a phone-free day

If you feel like you are spending too much time scrolling through your feed and it is contributing to the pressure you feel, try switching off. If you feel like you're getting caught in a social media loop, it can be good to break it up and log off for a while. Leave your phone at home and get out there.

Talk to someone

The pressures from social media can make you feel isolated and like everyone else is having a fantastic time, even though this may not be the case. If you feel like you want to talk to someone, or you are getting depressed, reach out to online and phone counselling services for help and support.

I wish I was their phone.



So they would hold me
and look at me all day.

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Parents Information Page

Wyndham CEC has a strong commitment to Child Safety in the Senior Secondary-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/>
- **If you have been scammed online, visit www.scamwatch.gov.au.**
- **If you have been a victim of cybercrime, call the Australian Cyber Security Hotline on 1300 292 371 or visit www.cyber.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. [CCYP | Resources](#)

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The Voice of Our Young People.

The topic the SRG would like to highlight this term is the use of Pronouns.

Pronouns are the way that we refer to people in place of their name or in third person (referring to that person while talking to someone else). Often, pronouns have an implied gender such as “he” to refer to a man/boy or “she” to refer to a woman/girl. People may also make assumptions about the gender of a person based upon their appearance or their name. In both cases, these assumptions aren't always correct, accurate, or helpful. In fact, in our workplaces, schools, and communities, these messages can be harmful and damaging to relationships.

When you use someone's correct pronouns, it serves to create an inclusive environment where you demonstrate that you care for and respect them. Just as we wouldn't want to make up a nickname for someone and use it against their will, it can be just as upsetting or disrespectful to refer to someone using incorrect pronouns. Actively choosing to not use the pronouns someone has shared that they go by is harassment and implies that [intersex](#), [transgender](#), [non-binary](#), and [gender nonconforming](#) people do not or should not exist.

How do I use Pronouns?

When someone shares their pronouns, it is an indication of how they would like to be referred to in the third person. Pronouns in the first person (referring to yourself– e.g., “I”) or second person (referring to the person you're speaking to– e.g., “you”) do not change. Most people think of pronouns as they fall within the gender binary– with men using he/him/his and women using she/her/hers. However, gender neutral pronouns such as they, ze, xe, and others exist and are often used by [non-binary](#) people, who do not associate themselves with genders of man or woman.

Gender neutral pronouns are also useful if someone doesn't know the gender of the person they are speaking about (“The pizza delivery person is at the door, give them a good tip!”).

Some people give options when sharing their pronouns. For example a [non-binary](#) person could use both “he/him/his” and “they/them/theirs” pronouns.

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What are pronouns?

Here are examples of third-person pronouns that you may commonly hear used:

	Subject	Object	Possessive	Pronunciation	Example
Gender Binary	She	Her	Hers	As it looks	She is speaking.
	He	Him	His	As it looks	He is speaking.
Gender Neutral	They (Sing.)	Them	Theirs	As it looks	They are speaking.
	Ze	Hir	Hirs	Zhee, Here, Heres	Ze is speaking.
	Ze	Zir	Zirs	Zhee, Zhere, Zheres	Ze is speaking.
	Xe	Xem	Xyr	Zhee, Zhym, Zhyre	Xe is speaking.



People often ask, "How do I know what pronoun to use?" and the easiest way is to ask. Sometimes people get nervous about asking for pronouns, because they aren't sure how to ask.

The easiest way to lean into asking someone about their pronouns is to share your own:

"Hello, my name is Charlie and I go by 'he, him, his' pronouns."

By opening the conversation with your pronouns, you are signaling to the other person that you are familiar with the concept of pronouns and may be safe to talk to, particularly if you're speaking to a member of the LGBTQ+ community. Additionally, you are increasing the normalcy of sharing of pronouns in public spaces and interactions. You're creating an opening to ask for their pronouns. Using our example above, you could say:

"Hello, my name is Charlie and I go by 'he, him, his' pronouns. What pronouns do you use?"

or

"How would you like me to refer to you?"

Both of these models create the opportunity for someone to reciprocate by sharing their pronouns in their introduction. It can be a bit awkward the first few times you do this, but practice makes proficient! Further, you may get some folks who are confused when you introduce yourself with pronouns. It can be helpful to have a planned elevator pitch that you can share about why you're sharing your pronouns.