

# Digital CPR

## Teacher Summary Sheet

The legislative, technical and research landscape that informs online safety best practice is constantly evolving. It is important to stay up-to-date with:

- New laws that impact on our online behaviours.
- Changes to technology that provide additional layers of safety and protection.
- Trends in online behaviours that can impact on the mental health and wellbeing of young people.

### Stronger laws to fight against cyber-abuse

- Dolly's law (NSW): clarified the Domestic and Personal Violence Act to include online stalking and intimidation.
- Carly's law (Commonwealth): makes it clear that lying about your age to groom someone is an offence.
- The QLD Cyberbullying Taskforce has made 29 recommendations including legislative changes that include the 'right to be forgotten'.

### A new definition of bullying and cyberbullying

In 2018, the Education Ministers agreed on the following definition:

'Bullying is an ongoing and deliberate misuse of power in relationships through repeated verbal, physical and/or social behaviour that intends to cause physical, social and/or psychological harm. It can involve an individual or a group misusing their power, or perceived power, over one or more persons who feel unable to stop it from happening.

Bullying can happen in person or online, via various digital platforms and devices and it can be obvious (overt) or hidden (covert). Bullying behaviour is repeated, or has the potential to be repeated, over time (for example, through sharing of digital records).

Bullying of any form or for any reason can have immediate, medium and long-term effects on those involved, including bystanders. Single incidents and conflict or fights between equals, whether in person or online, are not defined as bullying.'

See [Bullying. No Way!](#) for more information<sup>1</sup>.

## Greater powers to fight image-based abuse

Under the [Enhancing Online Safety Act \(2015\)](#)<sup>2</sup>, the Office of the eSafety Commissioner administers a civil penalties scheme in relation to image-based abuse. The civil penalties scheme gives the Office a range of powers to take action against people who post, or threaten to post, intimate images without consent. Actions the Office may take in image-based abuse cases can include:

- Issuing a formal warning.
- Giving remedial instructions to the perpetrator to avoid escalation.
- Serving the perpetrator with an infringement notice and fine as an alternative to seeking a civil penalty order from a court (\$2,500 for an individual and \$12,500 for a corporation).
- Accepting an ‘enforceable undertaking’ – a legally binding agreement with the perpetrator.
- Seeking an injunction or civil penalty order in court (up to \$105,000 for an individual and \$525,000 for a corporation).

## Sending and receiving nudes

eSafety research on [young people and sexting](#)<sup>3</sup> found that 9 out of 10 teens believe sharing nude pictures or videos of someone without their consent is illegal and people should not do it. While young people perceived ‘sexting’ as common practice, only 5-7% of 14-17 year-olds have actually sent a nude or semi-nude image of themselves.

The research also found that among 14-17 year-olds:

- 1 in 3 had some experience with ‘sexting’.
- 15% of boys and 22% of girls had been asked for a nude or semi-nude image or video.
- 15% of boys and 19% of girls had received an unwanted nude or semi-nude image or video.

## Resources on sharing nude images or videos

- eSafety’s [Image-based abuse site](#)<sup>4</sup>
- Kids Helpline - [sexting](#)<sup>5</sup>
- eSafety’s [lesson plans and slide decks](#)<sup>6</sup>
- [Youth Law Australia](#)<sup>7</sup>

## Empowering students to promote online wellbeing

[The Australian Student Wellbeing Framework](#)<sup>8</sup> recommends schools collaborate with students to improve wellbeing, promote safety and counter bullying and abuse online and in physical spaces.

There are a number of resources that schools can use to promote online wellbeing for all students. These include:

- eSafety’s [YES Project](#)<sup>9</sup>
- Beyond Blue’s [BeYou](#)<sup>10</sup> initiative.

## Safety by design

The Government is committed to holding technology companies to account including through its [Protecting our children online](#)<sup>11</sup> package which will include an early years online safety program, research and an online safety charter for industry.

The eSafety Office is also encouraging all social media companies to embed protections for online users ([Safety by design – embedding protection for online users at the design stage](#)<sup>12</sup>) into their design process.

You can start a conversation about ‘Safety by Design’ by using this activity from our [Respect Matters](#)<sup>13</sup> slide deck.

**\*Activity:** Some social media companies are developing algorithms which highlight potentially offensive language before the status or comment is posted. Discuss with your class: “Should technology be used to help people act more respectfully?”

## eSafety Conference – 11 to 12 September 2019 - Sydney

[#eSafety19](#) will explore the concept that while technology will continue to move quickly and outpace our ability to stay ahead of the changes, the fundamentals of online safety – the need to build our capacity for respectful, responsible, reasoned and resilient behaviours online – will remain the same.

[Register](#)<sup>14</sup> for updates and visit our [events](#)<sup>15</sup> page for more information.

## Online behaviour quiz

**Q.** What do young people say are the positive effects of negative experiences online?

**A.** They became more aware of online risks, who their real friends are and how to use the internet in a more balanced way.

[The State of play—youth, kids and digital dangers](#)<sup>16</sup> report has more information on online behaviour.

**Q.** Which top, free app has many parents across Australia asking – is my child addicted to gaming?

**A.** Fortnite

[The World Health Organisation](#)<sup>17</sup> provides information on gaming addiction.

**Q.** Which top grossing app looks like a gambling game?

**A.** Slotomania

[Responsible Gambling Victoria](#)<sup>18</sup> has further information on online gambling.

**Q.** What percentage of young people make in-game purchases?

**A.** 34% of 14-17 year-olds and 25% of 8 year-olds make in-game purchases.

[The State of play – youth and online gaming](#)<sup>19</sup> report has more information on online gaming.

**Q.** Which top, paid app allows users to instantly post a pimple free pic?

**A.** Facetune

[The Mission Australia Youth Survey](#)<sup>20</sup> has more information on youth issues including body image.

## References

- <sup>1</sup>Bullying No Way. (n.d.). Retrieved from [bullyingnoway.gov.au/WhatIsBullying/Documents/definition-of-bullying.pdf](https://bullyingnoway.gov.au/WhatIsBullying/Documents/definition-of-bullying.pdf)
- <sup>2</sup>[esafety.gov.au/about-the-office/legislation](https://esafety.gov.au/about-the-office/legislation)
- <sup>3</sup>The Office of the eSafety Commissioner. (2017). Young people and sexting – attitudes and behaviours. Retrieved from [esafety.gov.au/about-the-office/research-library](https://esafety.gov.au/about-the-office/research-library)
- <sup>4</sup>[esafety.gov.au/image-based-abuse/](https://esafety.gov.au/image-based-abuse/)
- <sup>5</sup>[kidshelpline.com.au/teens/issues/sexting](https://kidshelpline.com.au/teens/issues/sexting)
- <sup>6</sup>[esafety.gov.au/education-resources/classroom-resources/stand-alone-lesson-plans-for-secondary-schools](https://esafety.gov.au/education-resources/classroom-resources/stand-alone-lesson-plans-for-secondary-schools)
- <sup>7</sup>[yla.org.au/](https://yla.org.au/)
- <sup>8</sup>[studentwellbeinghub.edu.au/educators/australian-student-wellbeing-framework#/](https://studentwellbeinghub.edu.au/educators/australian-student-wellbeing-framework#/)
- <sup>9</sup>[esafety.gov.au/education-resources/classroom-resources/yes-project](https://esafety.gov.au/education-resources/classroom-resources/yes-project)
- <sup>10</sup>[beyou.edu.au/](https://beyou.edu.au/)
- <sup>11</sup>[communications.gov.au/departmental-news/protecting-our-children-online](https://communications.gov.au/departmental-news/protecting-our-children-online)
- <sup>12</sup>[esafety.gov.au/about-the-office/newsroom/blog/safety-by-design-embedding-protection-for-online-users-at-the-design-stage](https://esafety.gov.au/about-the-office/newsroom/blog/safety-by-design-embedding-protection-for-online-users-at-the-design-stage)
- <sup>13</sup>[esafety.gov.au/education-resources/classroom-resources/stand-alone-lesson-plans-for-secondary-schools](https://esafety.gov.au/education-resources/classroom-resources/stand-alone-lesson-plans-for-secondary-schools)
- <sup>14</sup>Conference Registration link: [confirmsubscription.com/h/i/DA3F2A2F0095E88A](https://confirmsubscription.com/h/i/DA3F2A2F0095E88A)
- <sup>15</sup>[esafety.gov.au/about-the-office/newsroom/events](https://esafety.gov.au/about-the-office/newsroom/events)
- <sup>16</sup>The Office of the eSafety Commissioner. (2018). State of play - youth, kids and digital dangers. Retrieved from [esafety.gov.au/about-the-office/research-library](https://esafety.gov.au/about-the-office/research-library)
- <sup>17</sup>[who.int/features/qa/gaming-disorder/en/](https://who.int/features/qa/gaming-disorder/en/)
- <sup>18</sup>[responsiblegambling.vic.gov.au/reducing-harm/schools/resources-teachers/](https://responsiblegambling.vic.gov.au/reducing-harm/schools/resources-teachers/)
- <sup>19</sup>The Office of the eSafety Commissioner. (2018). State of play – youth and online gaming. Retrieved from [esafety.gov.au/about-the-office/research-library](https://esafety.gov.au/about-the-office/research-library)
- <sup>20</sup>[missionaustralia.com.au/what-we-do/research-impact-policy-advocacy/youth-survey](https://missionaustralia.com.au/what-we-do/research-impact-policy-advocacy/youth-survey)