ABC

# SOCIAL MEDIA SELF-DEFENCE

An ABC guide for Young People
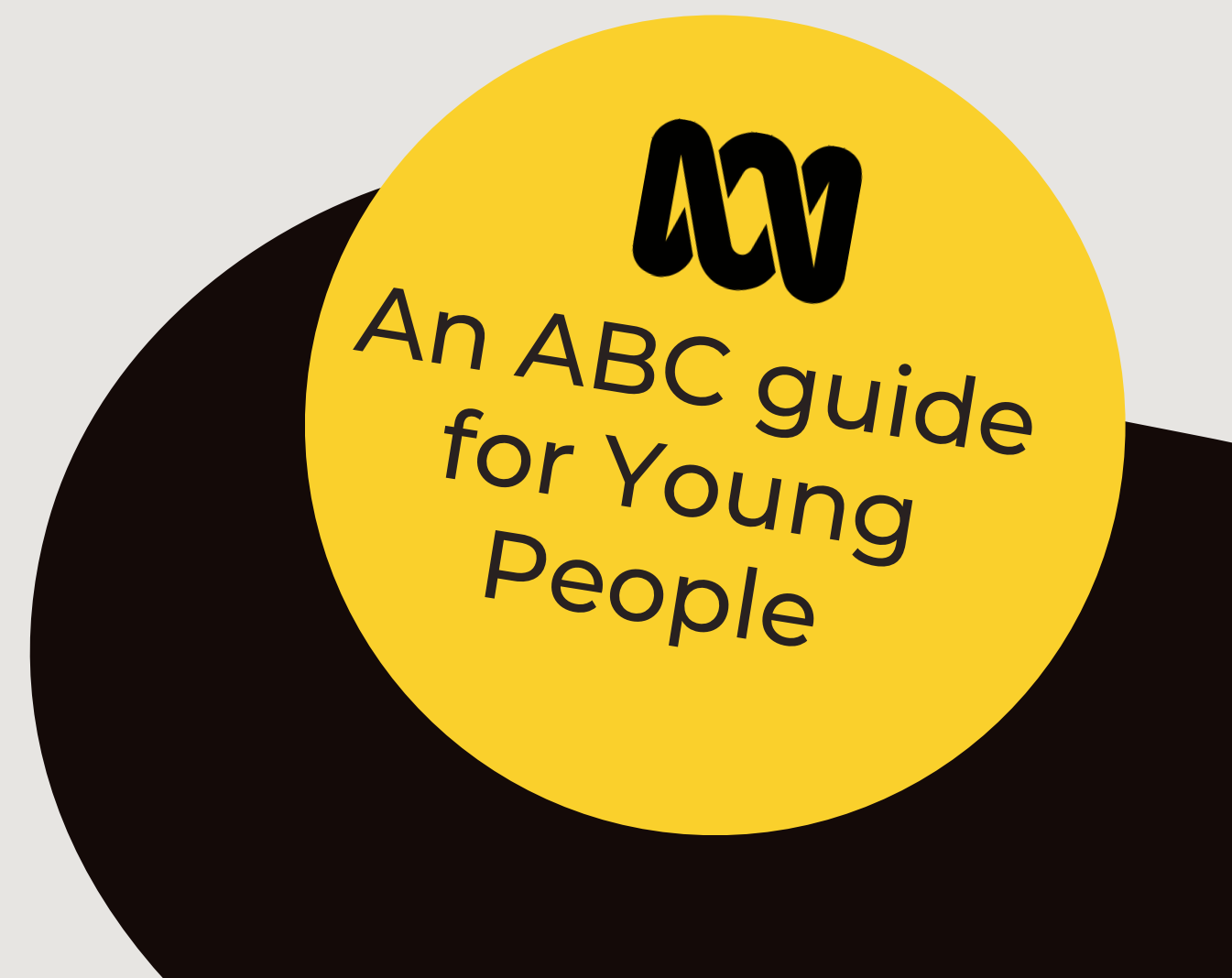
# Introduction

Thanks so much for being a part of ABC's content making.

It's important that the shows and content we make reflects our country and voices, and young people are an important part of that!

By taking part you've added to our rich history of storytelling.

# So why are we here?

The content we make can be seen and heard on lots of platforms - like television, radio, websites and social media. That content can be shared amongst friends, on different social accounts and even by the media!

Because a lot of people watch or listen to that content, we want to make sure that when you take part in it, you're safe.

The internet and online space can be a fun and positive place, but sometimes it can also be negative. This document is all about ways you can protect yourself against negative situations and what to do if you do have a negative experience.

ABC

# Let's get ready!

You've taken part in the content, and finally it's ready to air or be posted. That's means now is great time to be thinking about how you interact with that content online and how you can do it safely.

It's exciting to be a part of something and show our friends and family, but it's important to also think about whether they will then share that content, and who else will see it.

Before your content airs, you and your parent/guardian should set some ground rules. This will help protect your privacy, avoid negative online experiences and help you have a strategy on how you will engage with content you see about yourself online.
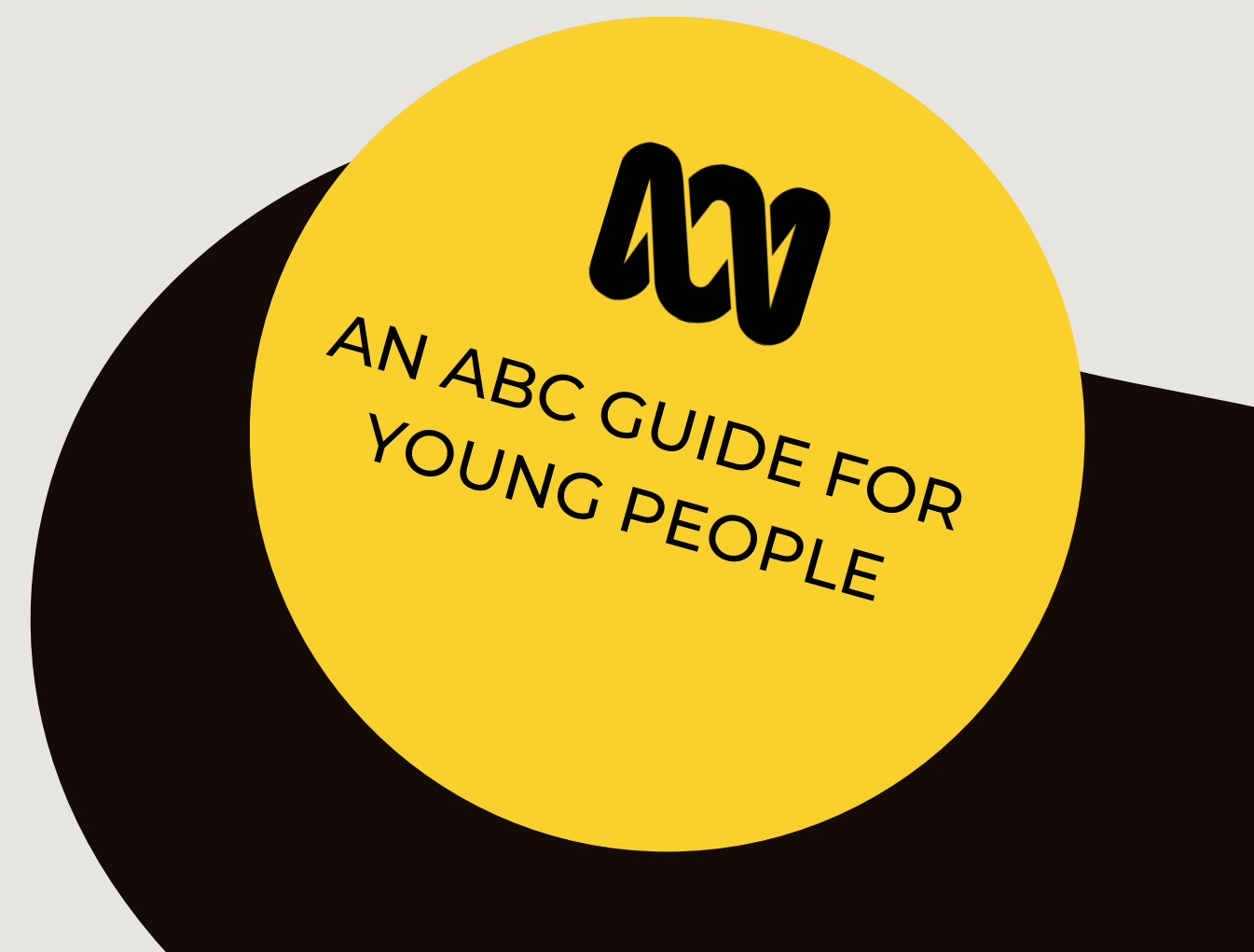
.

## SUGGESTED GROUND RULES

Avoid reading or responding to the comments – don't feed the trolls!

Delete emails, DMs, IMs and Messages from people you don't know in real life.

Talk to a trusted adult if there is a post that makes you uncomfortable or upset.

# PREPARE YOUR SOCIAL MEDIA ACCOUNTS

AN ABC GUIDE FOR YOUNG PEOPLE

When we feature young people in our content, we try to keep personal details like last names, addresses or even school names private. This is to protect you and your privacy.

But sometimes online we can share details about ourselves without realising it.

By following the steps in the next few pages, you can make sure that you are in control of what you're sharing.

**If you get stuck, ask a trusted adult to help!**

ABC

# Double-check your settings

Are your posts or profile set to private? Can only your friends tag you in photographs? Can only your friends and contacts send you a direct message? By checking your social media account settings, you can control who can see your posts and who can contact you.

# 2 Check what you're sharing

There may be increased attention on your profile after your content airs. It's extra important to make sure that your social accounts don't share too much information about yourself.

Easy things to do to stay safe are to check previous posts for any personal information such as:

- Your school, home or activity locations
- Your full name, or personal details about your family
- Other online identities such as your gamer ID
- Or any posts that might be a bit embarrassing if they got shared.

You can change these posts to private or remove them completely if you don't want that information out there.

ABC

# 3

# Update your passwords

Now is a good time to go through your passwords and update them. You can make sure they are secure, complex and not repeated across accounts.

Can you use a password manager or two-factor authentication?

A **password manager** is an online tool which can make managing passwords easier and more secure.

**Two-factor authentication** is a security method that requires two forms of identification to access an account, such as a password and a prompt on your device.

# 4

# Google yourself

Sometimes, information we enter on websites can remain on view to others. That information can be things like our full name, our mobile number or our address.

With your family's help, Google your name to see what information is available. If you see any information come up that the public can see, you may want to delete those accounts, change them to private, or request those websites to pull down that information.

Now that you've done a self-check on your social media accounts, your accounts are more secure in case you have negative online experience.

NEGATIVE ONLINE EXPERIENCES
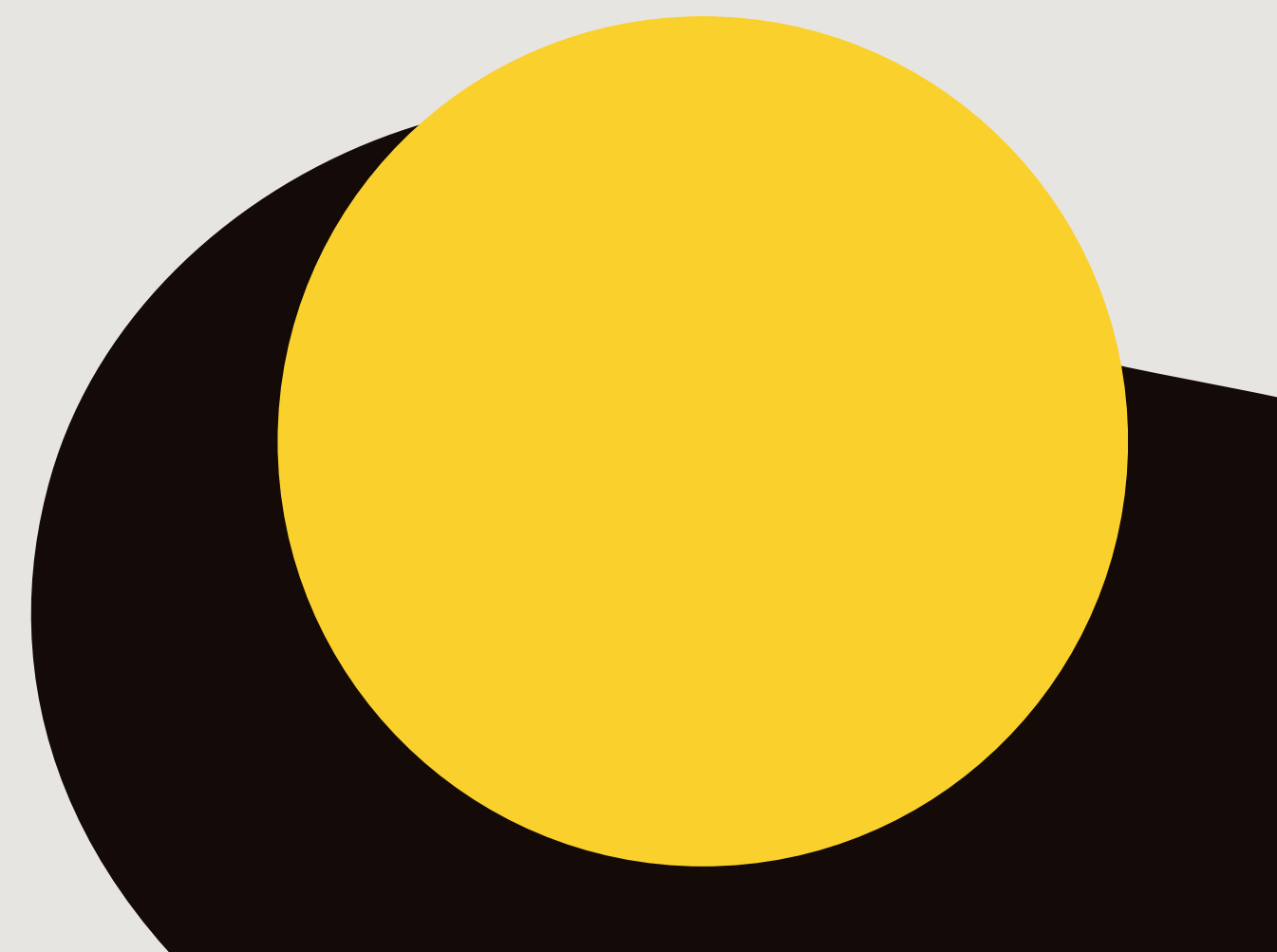
# What is a negative online experience?

A negative online experience is when you see something like a post, a message or a comment online that makes you uncomfortable, frightened, concerned, angry or sad.

If you have a negative online experience, you should tell a trusted adult straight away. They can contact the ABC to help remove the post and give you support.

You can also report posts, comments and messages directly to the platform. For instructions for specific apps, head to the QR code above.

We've listed some specific examples of negative online experiences on the next few pages.

Check out the eSafety guide!

ABC

# Online Abuse including abuse from one person

Online abuse is more than just someone posting a negative comment.

If someone sends inappropriate messages, repeatedly tries to contact you even though you've ignored them, becomes fixated on you, threatens violence, or sends sexualised messages that is considered online abuse.

**Check out
Kids Helpline!**

# Pile Ons

A pile on is when a number of social media accounts target one person. This can happen when someone with a large social media following posts criticism or a negative post about a person. Pile ons can build quickly, and usually slow down after three days.

A lot of the time, followers are sharing posts without actually reading the content they're sharing.

Pile ons can make you feel alone and isolated. Surrounding yourself with friends and family at this time can help.

Kids Helpline **(1800 55 1800)** is also available 24hrs a day if you feel like you can't cope with the messages on your own.

Fan accounts are accounts created by fans. They can reshare your posts, photos of you and news items about you.

Fan accounts can seem flattering and positive, but some fan accounts may pretend that they are the real person, rather than a fan, and try to scam their followers. Fan accounts can also share private information about you, which is called Doxxing.

Fan accounts may also try to contact you or message you. It's important to remember not to accept requests or messages from people you don't know in real life.

# Fan Accounts

ABC

Doxing is when someone publishes your private information without your permission, including your phone number, email address and home address. Doxing can make you feel unsafe and intimidated.

It's important to remember that doxing is a form of harassment and there is help and support to get that information removed or taken down.

eSafety can help get doxing information taken down by making a report through their Child Cyberbullying scheme. It's important to remember to take screen shots and gather evidence when this happens.

# Doxing

Check out the Child cyberbullying scheme!

I've had a negative online experience. What can I do?

ABC

# The Office of eSafety

eSafety is Australia's independent regulator for online safety. They educate Australians about online safety risks and help to remove harmful content such as cyberbullying of children, adult cyber abuse and intimate images or videos shared without consent.

Report online harm to eSafety

## Reach out to a trusted adult

Speak to your parent, guardian or trusted adult about what is going on.

They can contact the ABC or eSafety, help you delete or block people, or even call the police if they need to.

Everyone is here to support you through this.

# Take a break

Some people find that taking a break from looking at negative content or comments can help them recover faster.

They might:
- Turn off notifications
- Delete apps
- Ask someone else (like a family member) to manage their phone for them, until the situation gets better

Remember if you do limit checking social media for a time, you can always increase it later if you want to.

Check out instructions for specific apps!

# Be kind to yourself

Remember that what you're seeing online isn't necessarily true. Your friends and family know that as well.

Have you seen something negative about a celebrity or influencer, and did it change your opinion of them? It's the same in your situation.

It's not your fault that you've had a negative experience, and your friends and family, the ABC and eSafety are here to support you.

ABC

# Practice some self-care

Everyone's self-care is different, so do what feels right for you.

It might be exercise, sport, meditation, or even going for a play with the dog.

It's important to remember that you have positive things in your life that are more important than what is online.

Read more:

Exercise regularly!

Prioritise sleep!

Reduce screen time!

Download the Smiling Mind App!

Surround yourself with friends!

Be kind to yourself!

Practice good mental health!

ABC

Healthy Habits!

# Extra Support

**ABC**

Remember that your friends, your family, and the ABC are here to help and support you.

But if you need extra support during that time these organisations can help you as well.

### Kids Helpline

### eSafety

### Headspace

### In case of an emergency call the Police

## 000

My ABC Contact is:

👤 Rod McGuinness

📞 mcguinness.rod@abc.net.au

✉️ 0413048581