

I wish I had
her body..



SOCIAL MEDIA HARMS TEENS SELF ESTEEM

You shouldn't let these "perfect"
posts take over your life.

Why is my
life so
boring...



Did you know social media is a completely unrealistic platform designed to trick you into believing everything you see. 3 key things:

- Filters are Fake
- Photos can be edited
- No one or their lives are that "perfect"

#SelfEsteemForTheWin

#YourPerfect

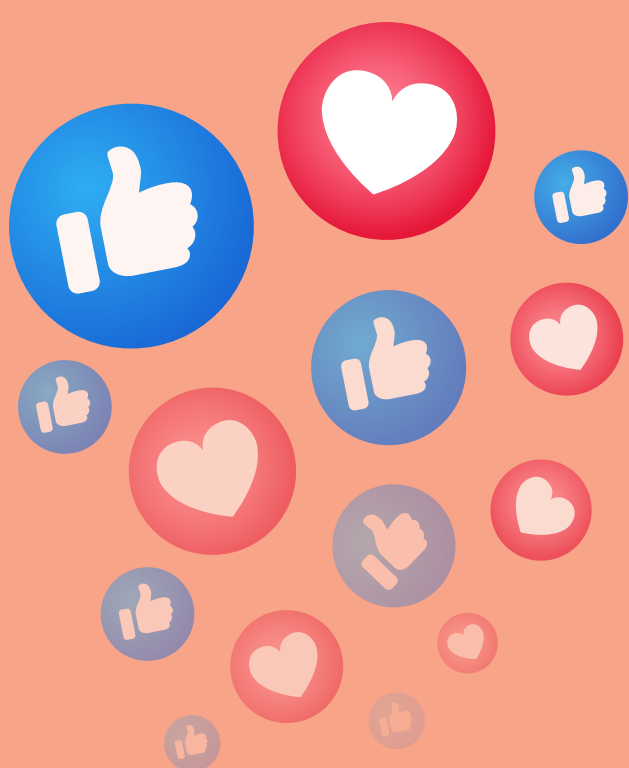
#FiltersAreFake

#StayPositive

How do we stop this?

- Unfollow or block users that reflect negative energy
- Post what you want because you like it
- Follow content that makes you happy
- Always remember, those filters aren't real

26% of teens say sites make them feel worse about their own life.



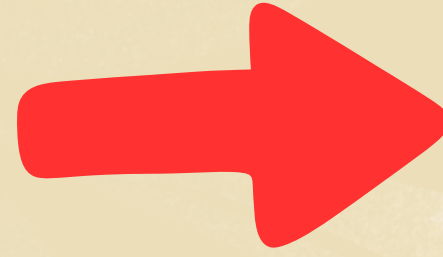
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TECHNOLOGY CAN HELP YOU BE ORGANISED - IF USED CORRECTLY THIS COULD BE A GAME CHANGER!

Are you sick of missing important school events and overwhelmed with everyday stress?



Technology has the power to help you in more ways than just scrolling on social media.



Technology platforms might just be your solution:

- Download calendar to schedule in those important events like sport practice or work
- Set up outlook reminders to remind you of those school deadlines and classes
- Download fitness apps to track your physical activity
- Play mind relaxing games like colouring



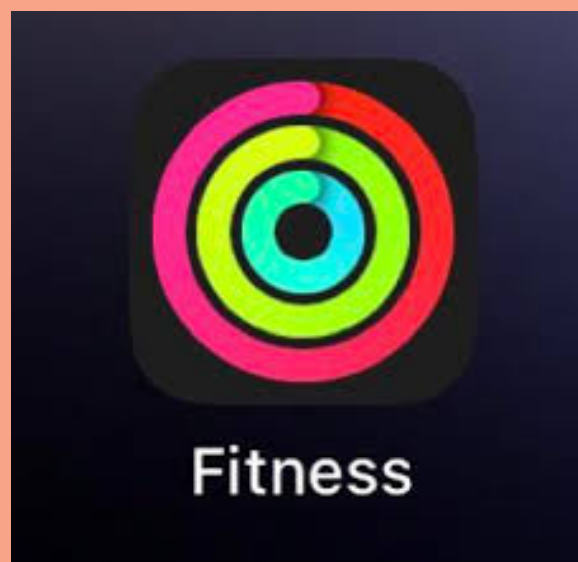
Soccer Practice
@4:00pm today

...

English Exam Tomorrow
Period 1 – Study



Google Calendar



Fitness



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#TechIsHelpful
#PlanBetter
#FeelBetter
#LessStress



TECHNOLOGY CAN BUILD RELATIONSHIPS, BUT DON'T LET IT TAKE OVER YOUR REAL-LIFE RELATIONSHIPS



Do you want to leave your friends feeling like this, because your caught up with TikTok?

Respect your real-life relationships and be kind online

"Think before you post, comment and share"

➡ Share



54% of teens say it would be hard to give up social media...



5 simple things you need to remember:

- Don't forget what really matters
- Put your phone away at dinner or any public outings
- Spend time with your real-life friends
- Don't screenshot and share any private messages
- Ask before posting anything with other people

#RespectYourFriends #BeKindOnline

#Don'tLetTechTakeOverYourLife



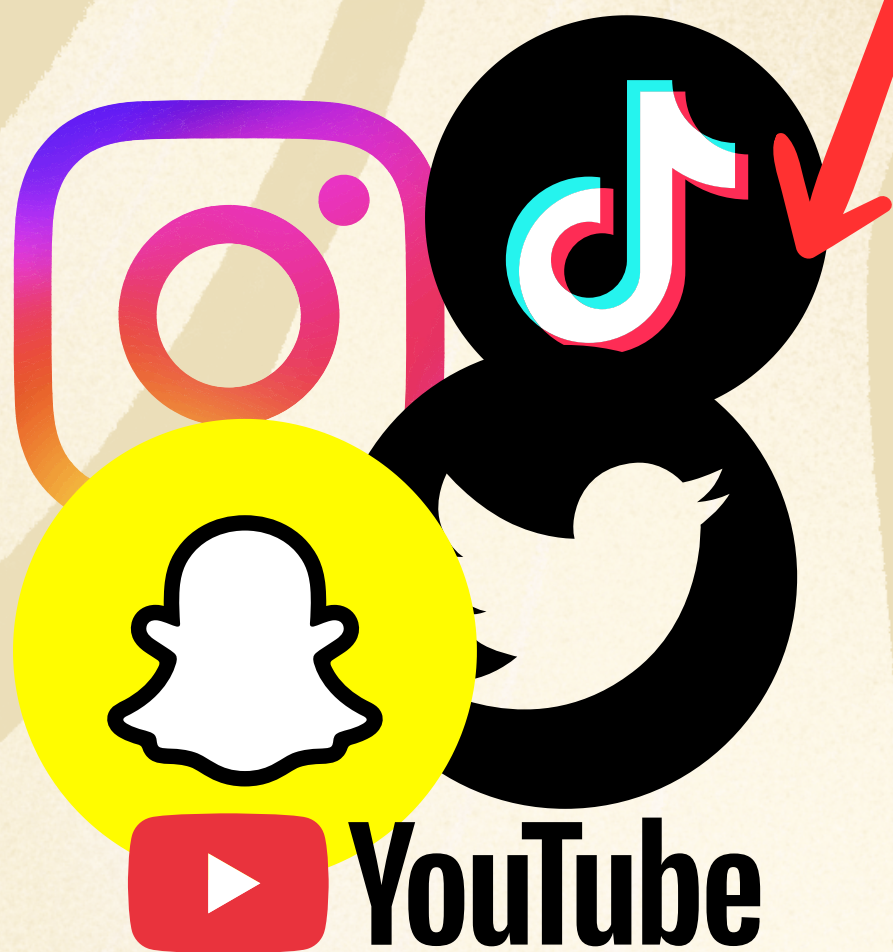
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TEENS NEED TO PROTECT THEMSELVES ONLINE BY KEEPING THEIR PERSONAL INFORMATION PRIVATE AND ACCOUNTS LOCKED



Over four in 10 teens have had at least 1 negative online experience in six months!

Keep your accounts on private and be safe online!



User12: What is your address?

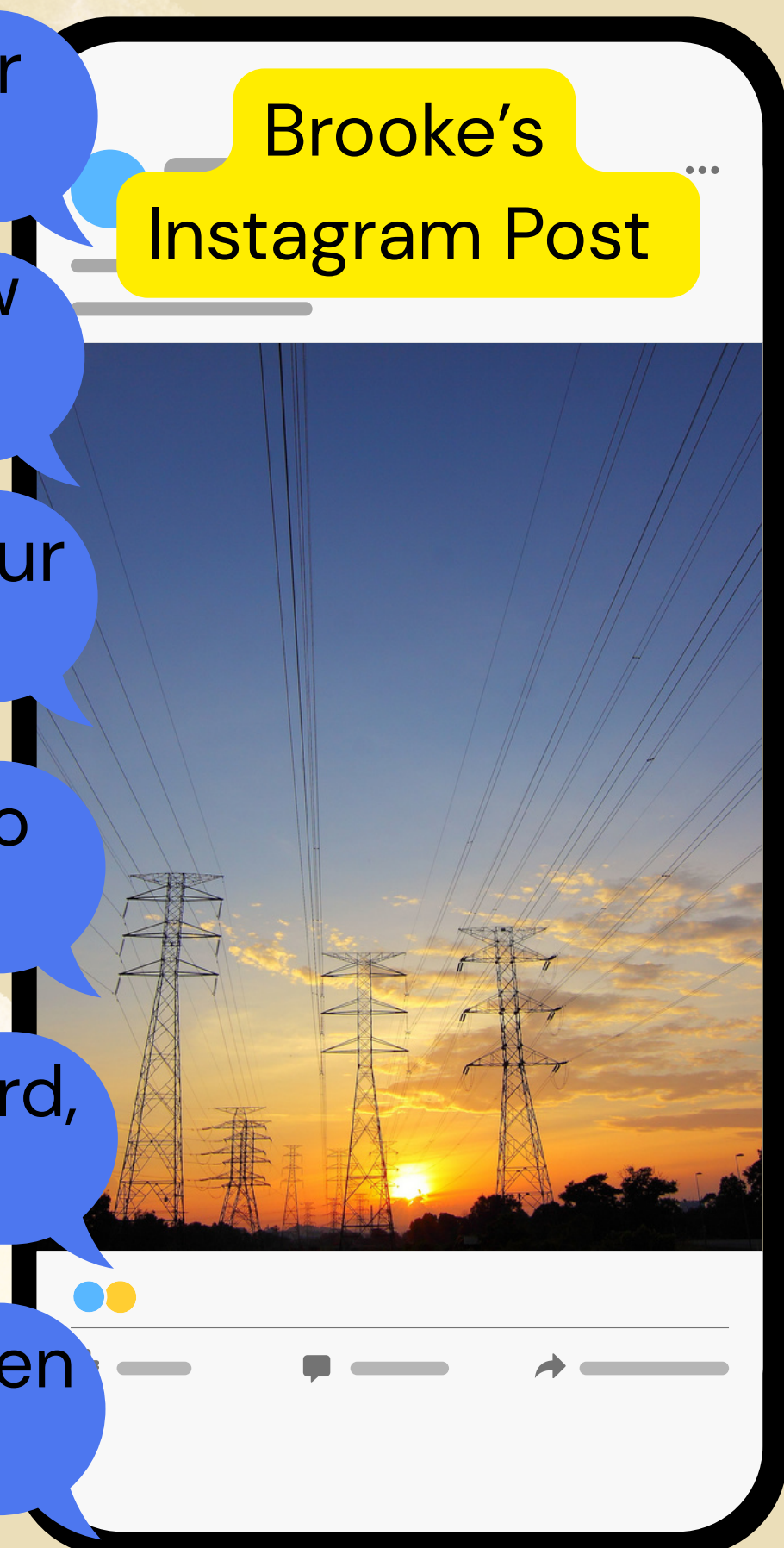
Hi it's User17649, how old are you?

Instagram: Check your Dm's

Katie75847 wants to follow you

What is your password, I can help..

Your account has been disabled...



Teens need to:

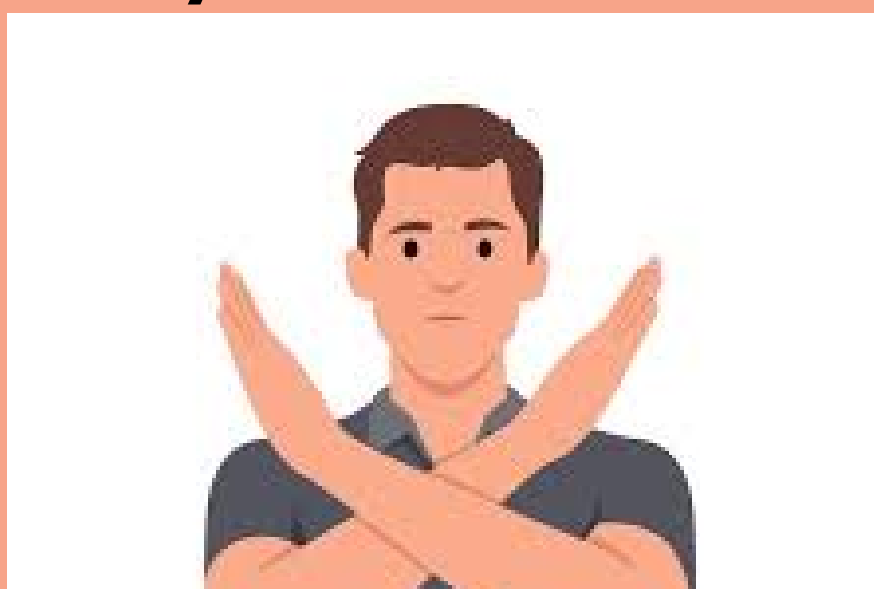
- Keep their online accounts on private
- Don't share your personal information and say NO if pressured to share
- Be careful what you post
- Report, Block and Unfriend any suspicious or harmful users
- Don't engage with content that you don't like

#BeSafeOnline

#WatchWhatYouPost

#BlockReportUnfollow

#BePrivate



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TEENS NEED TO BE A RESPONSIBLE DIGITAL CITIZEN WHEN USING DIGITAL TECHNOLOGY TO ENSURE THERE IS RESPECT AND SECURITY ONLINE

Teens can do this by speaking up when needed, protecting others and thinking responsibly before making a decision.



Haha weirdo...

Yuck....

Your ugly why would you wear that...



Is someone saying harmful comments to your friend online?
Is someone being bullied online?
Is someone sending harmful comments to you?
Is someone sharing harmful content with you?
Do you feel targeted online by harmful comments or users?

It is your responsibility as a digital citizen to firstly speak up, report it and block harmful users.

But you must not forget to check in with your friends, stand up for what is right and don't encourage the hate instead put a stop to it.

When using technology, you need to be brave, safe and respectful online for everyone's benefit



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#OnlineBullying #BeResponsible
#StopTheHate #SpeakUp