



# BECOMING HEALTHY AND RESPECTFUL DIGITAL CITIZENS

**#REWRITE  
YOUR  
STORY**





# Rewrite Your Story (RYS)

## Becoming healthy and respectful digital citizens

1

Use this PDF as a prompt for discussions or reflection

2

Complete the social media evaluation

3

Watch the videos (Jarrod, Kara, Zach, Cal)

4

After each video, use the questions to discuss or reflect on issues raised

There are more RYS videos and lesson plans at [esafety.gov.au/educators/classroom-resources/rewrite-your-story](https://esafety.gov.au/educators/classroom-resources/rewrite-your-story)





What are the  
CHARACTERISTICS OF

**A GOOD ATHLETE**





SKILLFUL

DEDICATED

STRONG

AGILE

SINGLE  
FOCUSED

HUMBLE

FLEXIBLE

STAMINA

DISCIPLINED

# A GOOD ATHLETE



## DISCUSSION



What are the  
CHARACTERISTICS OF

**A GOOD HUMAN**



**EMPATHETIC**



**KIND**

**CONSIDERATE**

**LOYAL**

**CARING**



# **A GOOD HUMAN**





# IF SOMEONE DID A SEARCH ON YOU – WOULD THEY FIND ?



100%  
positive  
posts



Mostly  
positive  
posts



Some posts  
might not be  
positive



# **ARE MY DIGITAL PRACTICES AND BEHAVIOURS AS GOOD AS THEY COULD BE?**

**Are you a supportive and positive person online?**

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# SOCIAL MEDIA SELF-EVALUATION

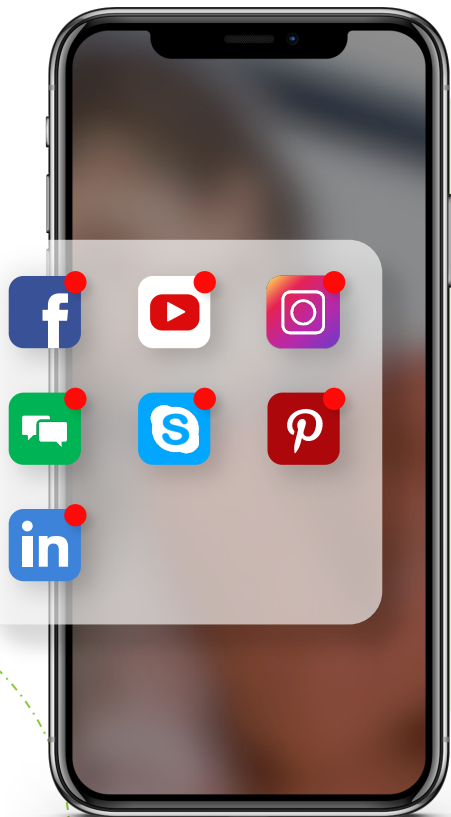
Some of the signs that  
technology may be  
taking over your life:

Give yourself a score out of 7

If you select 4 or more, social media  
may be negatively impacting your life



- 1 Large amount of time spent online (>14 hours / week)
- 2 Neglecting school work and obligations
- 3 Having to constantly check your phone (social media)
- 4 Underestimating your technology use
- 5 Ignoring time limits given by parents/carers
- 6 Less time spent face-to-face with friends and family
- 7 Decreased personal hygiene, sleeping, eating

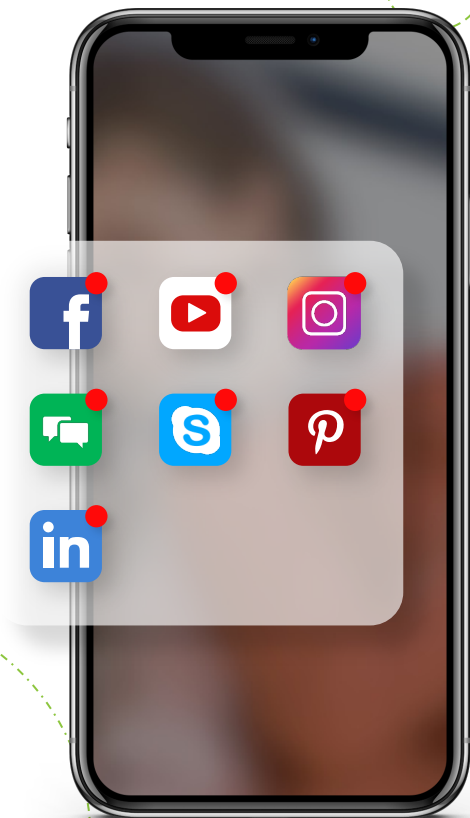


**If you see a red notification**

**DO YOU USUALLY  
CHECK IT?**

Yes

No



## Notifications appear in red to make them seem more urgent

### TIPS

to turn down the temptation

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Turn off notifications  
in settings

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Remove all apps that  
have notifications from  
the home screen

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Apps such as Instagram  
have the option to  
**'Pause notifications'**

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Go grayscale

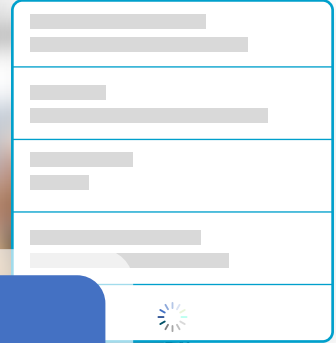
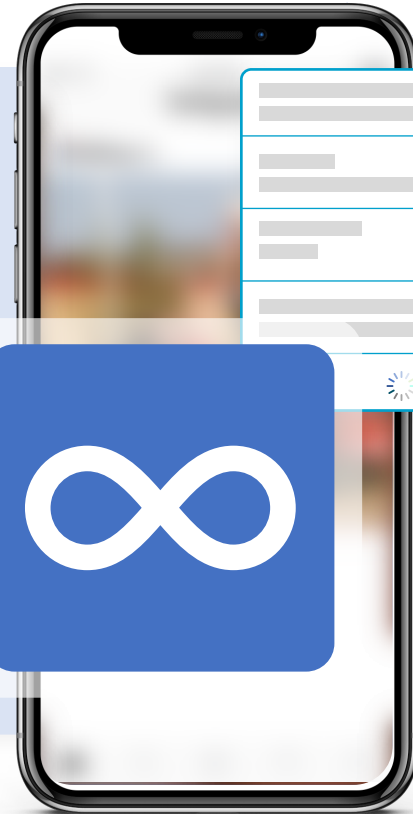
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DO YOU SPEND  
TOO MUCH TIME

**scrolling social media without thinking?**

Yes

No

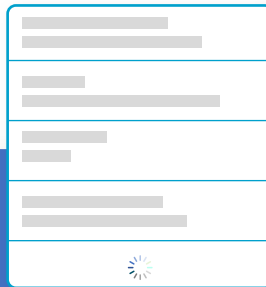


# SOCIAL MEDIA AND GAMES

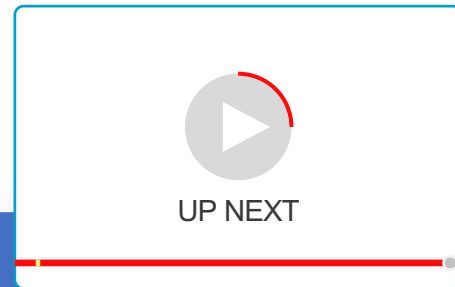
**are designed to make it  
difficult to disconnect**

They are designed to make  
you stay online longer

Infinite  
scroll



Auto-play



Red notifications  
& pings





# Our brains are wired to keep scrolling for the potential reward of interesting content

This can make it hard to know when to stop

## TIPS

to help you stop the scroll

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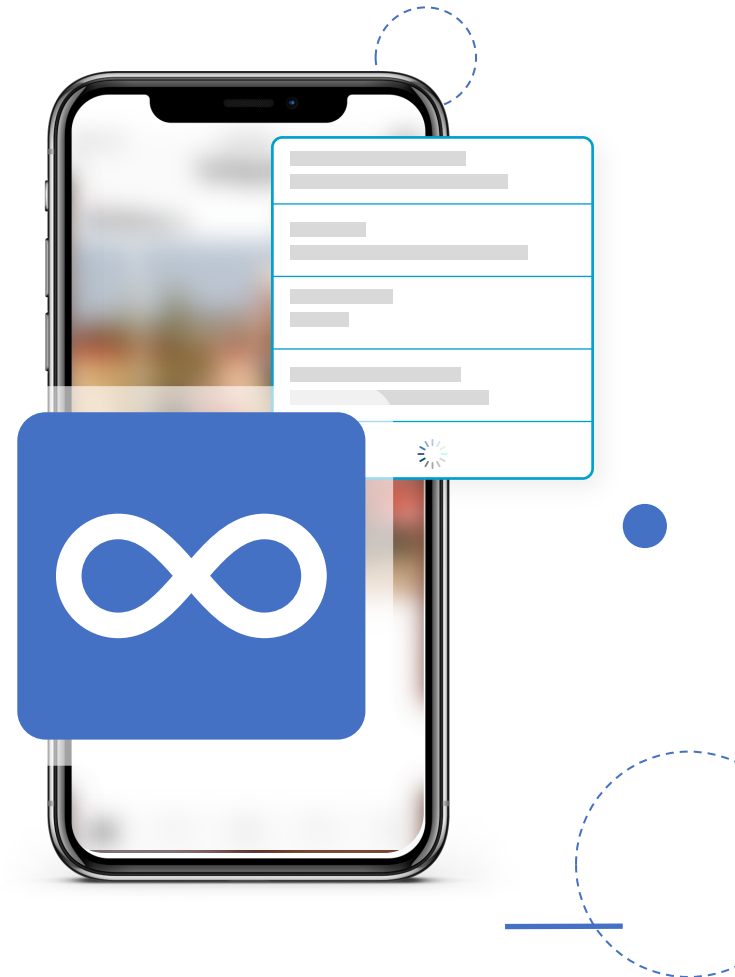
Set a daily time limit on apps

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Ask others to help you stop, if they notice you scrolling

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Some apps will let you know when you're 'all caught up'



# REWRITE YOUR STORY REPORT CYBERBULLYING

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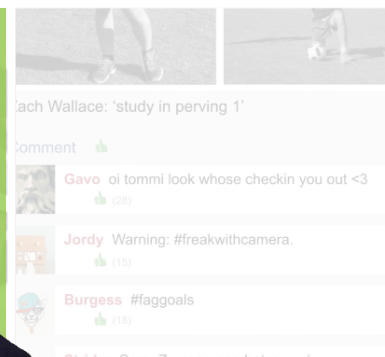
We are now going to look at the  
Rewrite Your Story videos





**ZACH**

Gender stereotyping  
Labelling  
Conformity  
Bullying and harassment



**CAL**

Jealousy and insecurity  
Self-awareness  
Peer influence

**#REWRITE  
YOUR  
STORY**



**KARA**

Pro-social behaviour  
Peer influence  
Social and emotional  
intelligence (EQ)



**JARROD**

Consequences and etiquette  
around image sharing  
Misuse of power  
Explicit material  
Self harm





# #REWRITE YOUR STORY

LiliaN, CazG..  
dont stress nic shes a  
desperate slut

StephMaz

## JARROD

## Watch video

BACK





# DISCUSS

Do you think it's a 'normal' part of a relationship to ask for nudes or to offer them?

Q What other issues does the behaviour in this film raise?

BACK







**JARROD**

**What other issues does the behaviour in this film raise?**

Double standards

Victim blaming

Breaching trust

Misuse of power

Legal consequences

**BACK**

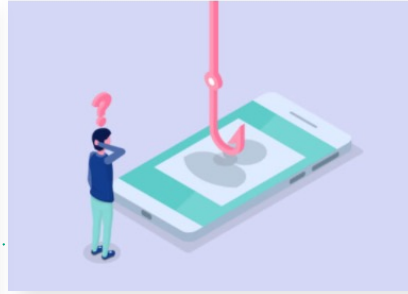




Receiving unwanted  
nudes



Someone is threatening  
to share my nudes



My nudes have been  
shared



# EXPLORE

**resources and strategies  
about sharing nudes on the  
eSafety Young People pages**

[www.esafety.gov.au/young-people](http://www.esafety.gov.au/young-people)



**BACK**



# #REWRITE YOUR STORY

LiliaN, CazG..  
dont stress nic shes a  
desperate slut

StepHMaz  
haha no dupe warning for  
the

## KARA

## Watch video

BACK





**KARA**

THINK

**“EVERYONE HAS THE RIGHT  
TO STAND UP FOR  
THEMSELVES IF THEY’RE  
BEING CYBERBULLIED”**

If confronting the person responsible doesn’t work and actually does the opposite, and inflames the situation, what else can a person do if they’re abused online?

**BACK**





**KARA**

If confronting the person responsible doesn't work and actually does the opposite, and inflames the situation, what else can a person do if they're attacked online?

**TALK, REPORT, BLOCK**

**BACK**







**What other issues does the video raise?**



## What other issues does the video raise?

Understanding what causes some people to act in antisocial ways.

Low self-esteem

Needing to impress others

Jealousy

Passing judgement

They may have been targeted by others

# THE POWER OF AN UPSTANDER

BACK



# MOVING FROM SILENCE TO ACTION:

Sometimes doing the right thing is really hard. It takes courage to do something different and try to swim against the tide.



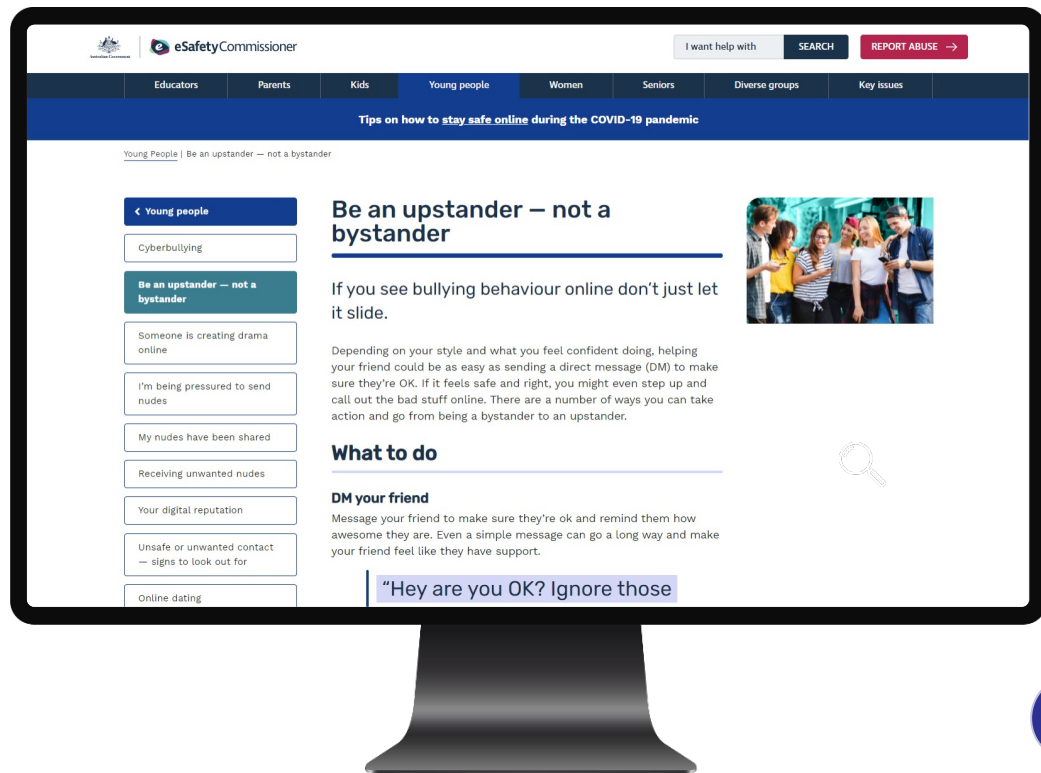
**KARA**

## THINK

**What is the difference  
between a bystander and  
an upstander?**

**BACK**





# EXPLORE

## being an upstander on the eSafety Young People pages

[www.esafety.gov.au/young-people](http://www.esafety.gov.au/young-people)



BACK





Joel left the group after getting 'flack'. He started his own group with Kara as the first member.

This was supportive but Kara just wanted 'them to take that stuff down'.

**WHAT ELSE DO YOU THINK JOEL  
COULD HAVE DONE TO HELP KARA?**

**BACK**





## WHAT ELSE DO YOU THINK JOEL COULD HAVE DONE TO HELP KARA?

Help Kara collect evidence and report to the platform

Ask Selena to take the posts down

Talk to the rest of the group about how they treated Kara

BACK



# #REWRITE YOUR STORY

LiliaN, CazG..  
dont stress nic shes a  
desperate slut

StephMaz  
haha no guys wanna for  
the

## ZACH

## Watch video



BACK







**Why was Zach being cyberbullied?**



**What other issues does the video raise?**



**ZACH**

## Why was Zach being cyberbullied?

Zach doesn't fit the stereotype expected by the footy team and he feels like he doesn't fit in.

Most of his friends are girls.

He is really into art and takes photos of the football team for an art project.

## What other issues does the video raise?

Having rigid definitions of how men and women or girls and boys should act, is limiting.

It is important to celebrate difference.

Everyone should be able to be their own individual self.

It can be challenging trying to navigate group dynamics.

Social power can be used both positively and negatively.

**BACK**





How could you help Zach even if he wasn't in your immediate group of friends?

THINK &  
DISCUSS

What sometimes stops us from doing the right thing (such as standing up to poor behaviour)?



# QUIET REFLECTION

## HOW INFLUENCED AM I BY OTHERS?

1

Understand who is setting the tone in your group

2

Question whether you agree with the tone they are creating

3

How does your behaviour change in response to this?

4

Is the group dictating how you treat people?

+

DISCUSSION

**DOES PEER PRESSURE  
IMPACT YOU?**

— HOW?

WHY?

# #REWRITE YOUR STORY

LilliaN, CazG..  
dont stress nic shes a  
desperate slut

StephMaz  
haha no guys wanna touch  
her

R  
dis  
ju

## CAL

## Watch video

ach Wallace: 'study in perving 1'

comment

Gavo oi tommy look whose checkin you out <3  
👍 (28)

Jordy Warning: #freakwithcamera.

BACK





# THINK

Sometimes it can be difficult accepting that our best friend has a close connection with another person



## Q

What are some healthy actions you can take if you find yourself in a situation where you have feelings of jealousy?

What other issues does the video raise?

## Q

BACK







## What other issues does the video raise?

- Cyberbullying behaviour
- Need for support for all involved
- How to have cyberbullying posts and comments removed (from the platforms)
- The impact of the cyberbullying on all involved





**I'VE BEEN CALLED  
A BULLY**



I've been called a bully



Pressures from social  
media



**PRESSURES FROM  
SOCIAL MEDIA**

**EXPLORE**  
eSafety's Young  
People pages

[www.esafety.gov.au/young-people](http://www.esafety.gov.au/young-people)



**BACK**



# You can report

to the social media site or gaming platform



See the eSafety Guide for tips  
and links on how to report

[www.esafety.gov.au/key-issues/esafety-guide](http://www.esafety.gov.au/key-issues/esafety-guide)



A guide to social media, apps  
and games with links to  
online safety information and  
how to report abusive  
content.

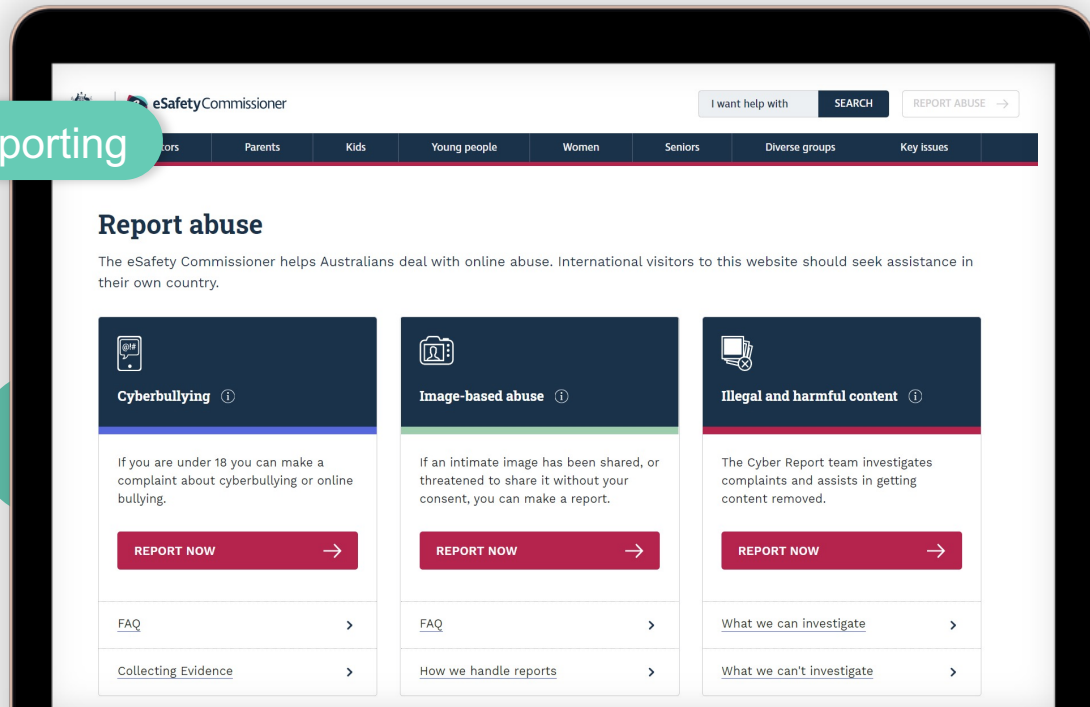
**START EXPLORING** →

**START EXPLORING** →

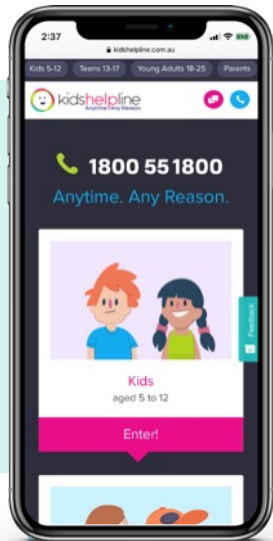
# You can report

to eSafety if the content is not removed by the site

Complaints and reporting



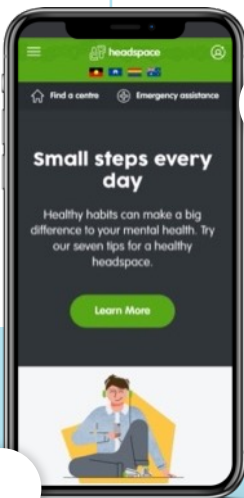
# Support services



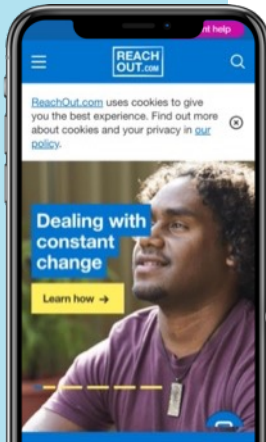
Kids Helpline



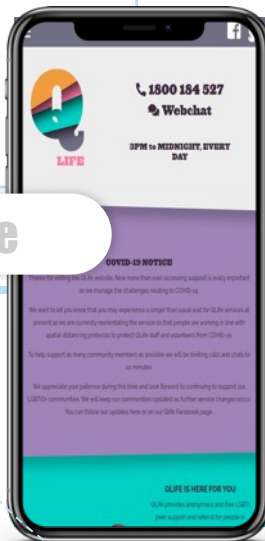
Beyond Blue



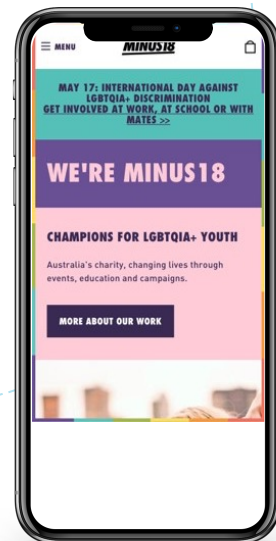
eheadspace



ReachOut



Qlife

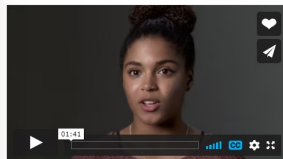


Minus 18



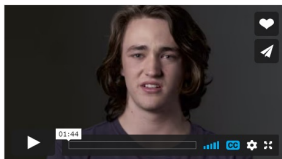
Access more videos and lesson plans at:  
[www.esafety.gov.au/educators/classroom-resources/rewrite-your-story/student-page](http://www.esafety.gov.au/educators/classroom-resources/rewrite-your-story/student-page)

## Rewrite Your Story – Student page



### Kara's story

Kara is new but it does not take long to work out which kids rule the school. She's excluded online and cruel memes are shared about her. Kara's new friend Joel stands up for her, but the cyberbullying posts and comments are still online ...



### Jarrod's story

Jarrod's best friend Caleb shows him nude photos of Mia. The photos spread quickly, deeply affecting her. Then Jarrod finds out Caleb has doctored the photos - they are not really of Mia. Jarrod needs to make a choice ...



### Alexia's story

Alexia is happy not to have a party. But her friends insist. Her parents limit numbers so some people feel left out. Then a fake profile is set up to ruin Alexia's reputation ...



### Marko's story

Marko is new at school and feeling lonely. When Bec and some other girls become his friend the guys are jealous. They harass and threaten Marko online and spread messages about bashing him up. The pile on is affecting Marko's mental health ...



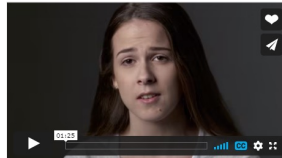
### Cal's story

Cal, her sister Jac and their friend Tom have a great time at a party and post a photo of it online. Tom's girlfriend Nicola is upset about the photo so her friends add comments that attack Jac's reputation ...



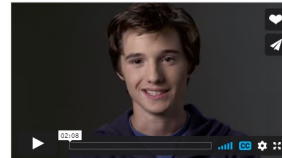
### Connor's story

Connor makes the decision to upload a photo that begins an avalanche of bullying against Kyle, online and off. Connor realises that sometimes a joke is not just a joke ...



### Sienna's story

Sienna knows Skye is behind the anonymous cyberbullying of Amy. When Amy's account is hacked and her reputation is damaged, Sienna is not sure what to do. She does not want to be targeted too ...



### Zach's story

Zach is gentle, artistic and creative. But he does not fit in with the guys at school. They create a fake profile and spread lies about the photos he's taken for an art project. It makes Zach feel like he does ...