

Straight from the [Youth Council](#) group chat - written by young people, for young people. Here's what you need to know about online safety this term.

This edition includes sensitive themes. If you feel upset or distressed, please speak to someone you trust.

IN FOCUS: DEEPFAKES



Deepfakes are videos, images, or audio clips that use AI to make it look like someone is saying or doing something they haven't. They can be super realistic and hard to spot, and explicit deepfakes are illegal.

+ eSafety reporting has found:

- * Deepfake abuse is hitting secondary schools hardest, especially students in Years 7 to 9.
- * In Australia, nearly 2 in 3 people have seen image-based abuse online (including deepfakes) but less than half of us know how to help.

+ Why can deepfakes be harmful?

Deepfakes can be used to spread lies, embarrass people, or even commit crimes like identity theft or blackmail. They can mess with someone's reputation or trick people into believing false information.

+ Watch + think

If you want an eye-opening watch, check out [The F Word from The Daniel Morcombe Foundation](#). It follows a group of friends dealing with AI-generated image-based abuse, and shows how quickly the harm can escalate. It's a helpful reminder to think about what you would do if you saw people creating deepfakes around you and how would you respond. [Learn what you can do](#) to notice harm early and support someone before it escalates.

NEW! YOUR FEED, EXPLAINED



Algorithms influence what shows up in your feed and over time they can push you into an 'echo chamber' without you realising. Our new pages break down how this happens and what you can do about it, including tips for deciding what to trust. Check them out:

- + [Echo chambers and your feed](#)
- + [Critical thinking: deciding what to trust in a world of AI, scams and fake news](#)

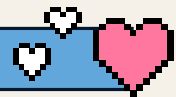
DIGITAL WELLNESS TIPS



How did you celebrate [Safer Internet Day](#) on 10 February? Here's our top tips to create a safer, more positive online world:

- Be kind
- Balance time online
- Speak up when something doesn't feel right
- Protect your space
- Start the conversation – talk about online safety with your friends and family.

LIVED AND LEARNED



'Friends help you soo much! Always speak to a trusted friend and surround yourself with amazing people' — Youth Council member

Need guidance on how to support someone – or get support yourself? [Start here](#)

HELP & REPORTING

[Report to eSafety](#)
eSafety.gov.au/report

[Take it Down](#)
takeitdown.ncmec.org

[eSafety Young People](#)
eSafety.gov.au/young-people

[Kids Helpline](#)
kidshelpline.com.au