

MINUTES

GREATER DANDENONG YOUTH NETWORK

Young people, mental health and technology:

Navigating a digital world

Thursday 10 October 2019

9:30am – 11:30am

City of Greater Dandenong Council Chambers - Level 2

225 Lonsdale Street, Dandenong - Corner of Lonsdale and Walker Streets

ITEMS	NOTES
Welcome	All welcomed and Traditional Owners acknowledged.
Youth Perspective Young People and Technology <i>Adam, KC & Alicia - City of Greater Dandenong 2019 Young Leaders</i>	<p>Adam, Alicia and KC were introduced at participants in the City of Greater Dandenong Young Leaders program. The young people are currently developing a community project which addresses the impact of social media use on mental health and self-esteem.</p> <p>The Young Leaders presented their perspective on the role of technology in young people’s lives:</p> <ul style="list-style-type: none"> • Digital technology is increasingly becoming an essential part of young people’s lives. Young people see technology from a different perspective to adults, including how information is shared, privacy, ways to meet people, communication, travel and more. • Apps such as Instagram, Snapchat and Youtube help young people to connect, socialise and get creative • Social media use can also be problematic, with young people competing for the ‘most liked photo’ or ‘most shared post’. Young people are likely to showcase only the positive aspects of their life: the ‘highlight reel’. These tendencies may lead to young people comparing their lives to the unrealistic standards portrayed on social media – with a negative impact on self-esteem and mental health. • Social media is a platform where every person is given a chance to express who they are, in the online world. However, there is a fine line between expressing a true representation of ourselves and expressing a ‘fake life’ to impress others. <p>The Young Leaders have been discussing these challenges, and recognised that there is a gap in local services available to support this emerging need. As part of their community project, the Young Leaders are delivering a workshop: ‘Safe Socials’ on Tuesday 22 October, 4.30pm – 6.30pm (for young people aged 12-16 years).</p>

	<p>The Young Leaders have also developed a resource titled ‘Beyond the Screen’ which promotes strategies for young people to manage their technology use in a positive way. (See attached) Video resource (shared during presentation): “Insta Lie” https://www.youtube.com/watch?v=0EFHbruKEmw</p> <p><i>For further information about the Young Leaders program or community projects, contact Youth and Family Services on 9793 2155.</i></p>
<p>Presentation</p> <p>What is technology addiction? <i>Mark Dollin, Intake and Brief Intervention Team Leader, headspace Dandenong</i></p>	<p>Mark Dollin presented an overview of technology addiction from a clinical perspective, as well as the current trends seen through headspace:</p> <ul style="list-style-type: none"> • Technology addiction is not currently recognised as a diagnosable mental illness in the Diagnostic and Statistical Manual (DSM). • From a clinical perspective, the question is whether or not the behaviour (use of technology/gaming) is impacting on the young people’s daily life. • Overuse of technology/gaming is seen as a maladaptive coping strategy; used to manage something else that’s going on in their life (or previous trauma). This would then be addressed through a therapeutic approach (similar to substance addiction). • In general, addictions are often driven by low self-esteem and poor coping strategies. Addressing these root causes is an important part of treating and managing any addictions. • Social media platforms are designed to be addictive – they depend on having users to generate revenue. • Other considerations for young people navigating the online world include privacy and the use of their data. • Most technology/gaming related referrals to headspace come through schools and parents. <p><i>For further information or to further discuss emerging needs in this space, contact Mark at mdollin@EACH.com.au</i></p>
<p>Presentation</p> <p>Sexting and Cyberbullying <i>Bridget Hansen, Community Engagement Coordinator, Victoria Legal Aid</i></p>	<p>Bridget Hansen presented an overview of the laws relating to sexting and cyberbullying.</p> <p>Sexting</p> <ul style="list-style-type: none"> • Sexting is the distribution of an intimate image – this does <u>not</u> have to be a photo and does <u>not</u> have to involve nudity, if there is a reasonable expectation of privacy. • Examples of images which may also be considered sexting include: <ul style="list-style-type: none"> - Computer game avatars (where they appear sexualised) - Screen shots of messages, emails or ‘chats’ - Photos of a person who is not wearing their religious clothing - Photos of a person on the toilet or in the shower • Victorian Law <ul style="list-style-type: none"> - It is illegal to send or share a sext of someone else who is under 18 (even if you are under 18 yourself)

	<ul style="list-style-type: none"> - It is illegal to threaten to distribute an intimate image - If under 18, you can make, save or send a 'sext' of yourself – provided that it is shared with someone who is also under 18 and with an age difference of no more than 24 months. However this is highly risky and other laws could be broken. Sexts <u>must</u> be deleted before turning 18. - If over 18 years, sexting is not illegal, so long as the person consents – however this is also highly risky. - Unwanted sexting may also break laws about cyber-bullying (stalking) and sexual harassment <p>For assistance in removing images from the web – contact the eSafety Commissioner. See https://www.esafety.gov.au/ Apps such as Facebook and Instagram can also be contacted directly and have the power to remove images.</p> <p>Cyberbullying</p> <ul style="list-style-type: none"> • Cyberbullying is any form of bullying that uses online communication or mobile phones. This could include texts, phone calls, instant messages, blogs, chat, social media posts and website comments. • Cyberbullying may break both Victorian and Commonwealth laws relating to: <ul style="list-style-type: none"> - Use of carriage services (to menace, harass or offend); can result in up to three years in prison - Sending a message with a threat: under Victorian law a threat to kill can carry a penalty of 10 years' imprisonment; making a threat to inflict serious injury can mean five years' imprisonment. - Stalking including following someone, posting things on the Internet about them, harassing phone calls, threats and sexting. <p>For support with cyberbullying issues – contact the eSafety Commissioner (https://www.esafety.gov.au/) or Victoria Police.</p> <p>Bridget is available to deliver community legal education workshops to young people, addressing these topics. For more information, contact Bridget.Hansen@vla.vic.gov.au</p>
<p>Presentation</p> <p>Gaming and Gambling Behaviours <i>Claver Laurier, Senior Community Engagement Officer, Gambler's Help Southern</i></p>	<p>Claver Laurier presented an overview of Gambler's Help Southern, as well as current research into problem gambling and the association with young people and gaming technologies.</p> <ul style="list-style-type: none"> • Gambler's Help Southern are funded by the Victorian Responsible Gambling Foundation. Services include counselling (financial and therapeutic), school education, venue support, community engagement projects. • Gambling-related harm is "any initial or exacerbated adverse consequence experienced due to an engagement with gambling that leads to a decrement to the health or wellbeing of an individual, family unit, community or population." • Problem gambling is "characterised by difficulties in limiting money and/or time spent on gambling which leads to adverse consequences for the gambler, others, or for the community."

	<ul style="list-style-type: none"> • Problem gambling is recognised in the DSM as a mental health disorder. It is the only non-substance based addiction in the DSM. • Gambling is becoming increasingly normalised in our culture – eg: embedded in sports and video games. This leads to distorted thinking about gambling, chance and risk. • 1 in 5 adults with a gambling problem, started gambling before the age of 18. • Emerging trends – convergence of gaming and gambling-themed games (real and stimulated gaming) • Sports betting expenditure is up 638% in the past 10 years – the emergence of betting apps makes it easy and accessible. • Gaming encourages spending on ‘in app’ purchases (or micro-transactions) – often these don’t enhance game play, they simply often randomised cosmetic changes (eg: an avatar ‘receives’ a new outfit). Research shows that 31% of young people pay to open loot boxes whilst gaming. In 2018, \$30billion was spent worldwide on loot boxes (a virtual product). • Benefits of gaming may include: <ul style="list-style-type: none"> - Can improve coordination - Enhance problem solving and multi-tasking ability - Help build social skills through online interaction with other players. • Risk associated with gaming may include: <ul style="list-style-type: none"> - Negative impacts on health, ability to study - Social and emotional wellbeing - Games with gambling like elements can normalise gambling for you people - Misalignment of virtual currencies - Costs of real in-game spending <p><i>For more information about Gamber’s Help Southern, contact Clover on 9575 5311 or c.laurier@connecthealth.org.au. Or visit gamblershelpsouthern.org.au</i></p>
<p>Next Steps</p>	<p>As the network convener, Kylie Wilmot (City of Greater Dandenong) explained that the purpose of today’s meeting was to briefly explore a range of challenges associated with problematic technology use.</p> <p>Network members were invited to provide further feedback through a survey at the end of the meeting. This survey seeks feedback about the most pressing concerns that network members are seeing in their work with young people in Greater Dandenong.</p> <p>Network members who are interested in further exploring opportunities to address these challenges, will be contacted and invited to a further meeting.</p>

	<p>Resources were distributed for network members to utilise:</p> <ul style="list-style-type: none"> • A snapshot of technology use by young people in Greater Dandenong (findings from the 2019 Resilience Survey – https://youth.greaterdandenong.com/content/31708/resilience-program) • ‘Beyond the Screen’ – a resource developed by the Greater Dandenong Young Leaders program to support young people in managing their use of technology in a way that supports their health and wellbeing.
<p>Information Sharing</p>	<p>Kylie Wilmot, City of Greater Dandenong Youth and Family Services</p> <ul style="list-style-type: none"> • Upcoming events for GDYN members <ul style="list-style-type: none"> - <u>South Sudan Voice</u>, Thursday 17 October. A theatre dialogue performance, exploring the challenges facing a South Sudanese family living in Australia. - <u>Thrive: Building young people’s resilience to face an uncertain future</u>. South-east region, professional development forum. Wednesday 13 November, 9am – 12.30pm at the Cardinia Cultural Centre in Pakenham. Book online at https://thrivepd2019.eventbrite.com.au <p>Georgia Hocking, Mission Australia</p> <ul style="list-style-type: none"> • <u>Youth Learning Pathways</u>, offers a range of workshops, one to one education and employment support and case management, aimed at young people who are “at risk” or engaged in the youth justice system • <u>Spring Mash Up</u>: six-week program commencing 6 November. Participants will gain a first aid certificate, obtain their learners permit, learn skills for the workplace and take place in a range of workshops (including barista skills, recording, digital story telling and more) • For more information or referrals contact Georgia on 0490 282 695 or email ylp@missionaustralia.com.au <p>Jesse Boyd, Southern Migrant and Refugee Centre (SMRC)</p> <ul style="list-style-type: none"> • Unity in Diversity Festival: SMRC are hosting a festival for diverse communities, featuring multicultural performances, family fun, Dandy Makers Market, community stalls and an art space. Sunday 13 October, 10am – 3pm at 39 Clow Street, Dandenong. Event will also feature <u>Dandy’s Got Talent</u> • For more information about SMRC programs contact jesseb@smrc.org.au <p>Kelly Clem, Good Shepherd Financial capacity workshops for young people and families. To find out more visit https://www.goodshep.org.au/find-a-service/ or email kclem@goodshep.org.au</p> <p>John Wall, Jesuit Social Services</p>

	<ul style="list-style-type: none"> • <u>L2P mentors needed</u>: currently recruiting mentors to support young people in gaining 120 hours driving experience. The waiting list currently has 20 young people waiting on a mentor. • If you (or someone you know) is interested in volunteering, contact john.wall@jss.org.au <p>Lauren Eudey, City of Greater Dandenong Youth and Family Services</p> <ul style="list-style-type: none"> • <u>Make Your Mark</u>: a youth volunteering expo. Friday 18 October, 10am – 1pm. Young people will hear from inspiring young volunteers as well as having the opportunity to find out more about volunteering roles with a range of local organisations. • To find out more contact Youth and Family Services on 9793 2155 <p>Samantha Marshall, Reclink</p> <ul style="list-style-type: none"> • <u>New program at Springers Leisure Centre</u>: starts next week for young people aged 7-15 years old. Young people will try a new sport every week (for 6 weeks). • To find out more about Reclink programs contact samantha.marshall@reclink.org.au <p>Theresa Sengagga Ssali, African Women and Families Network</p> <ul style="list-style-type: none"> • Will be located in Dandenong two days per week. • For more information contact tssali@hotmail.com.au <p><i>Reminder to network members: for promotion of programs/services in the monthly eNewsletter please send a short blurb to kylie.wilmot@cgd.vic.gov.au</i></p>
<p>Next Meeting</p>	<p>Date: Wednesday 4 December 2019 Time: 9.30am – 11.30am Theme: To be confirmed Venue: Dandenong Council Chambers – Level 2 225 Lonsdale Street, Dandenong For further information or to RSVP please contact Kylie Wilmot, Youth Development and Community Engagement Officer on 9793 2155 or email kylie.wilmot@cgd.vic.gov.au</p>

ATTENDANCE LIST

Present	Name	Agency/Organisation	Email Address
1	Kylie Wilmot	CGD Youth and Family Services	Kylie.Wilmot@cgd.vic.gov.au
2	Caroline Walters	Monash Health Community Youth and Family	caroline.walters@monashhealth.org
3	Mo Mawira	CMY – YRIPP	southeast@yripp.org.au
4	Catherine Maine	CGD Youth and Family Services	Catherine.Main@cgd.vic.gov.au
5	Yvette Shaw	DHHS	Yvette.shaw@dhhs.vic.gov.au
6	Aishling Fagan	CGD Youth and Family Services	Aishling.fagan@cgd.vic.gov.au
7	Handriecks Chidzanja	DHHS – Refugee Minor Program	Handriecks.chidzanja@dhhs.vic.gov.au
8	Stephen Jenkinson	Whitelion	Stephen.Jenkinson@whitelion.com.au
9	Seena Michael	Komak Uniting	Seena.michael@vt.uniting.org
10	Lynda Chapman	Noble Park Secondary College	Chapman.lynda.d@edumail.vic.gov.au
11	Sean Ferris	WAYSS	seanf@wayss.org.au
12	Eloise Rayner	Australian College of Higher Education	eloise@ache.org.au
13	Jane Brincat	Monash Health	Jane.Brincat@monashhealth.org
14	Melissa Rodwell	Skills Plus	Melissa.Rodwell@skillsplus.com.au
15	Teiggany Kennon	Monash Health	tkena@student.monash.edu
16	Andrea O'Bryan	Chisholm Skills and Jobs Centre	Andrea.OBryan@chisholm.edu.au
17	Dianne Rickard	Dr Helen Driscoll	hiadmin@bigpond.com
18	Simon Nashed	MAS National	Simon.Nashed@masexperience.com.au
19	Amy Shaheen	Uniting Connection	Amy.Shaheen@vt.uniting.org
20	Mulan Yu	South East Community Links	Mulanyu21@gmail.com
21	Natham	WAYSS	nathamo@wayss.org.au
22	Stephanie V	WAYSS	stephaniev@wayss.org.au
23	Azatul Umardin	SMRC	azatulu@smrc.org.au
24	Ebony Gaudion	Launch Housing	Ebony-lee.gaudion@launchhousing.org.au
25	Sohaila Safari	Australian Muslim Womens Centre	sohaila@muslimwomenscentre.org.au
26	Bridget Hansen	Victoria Legal Aid	Bridget.hansen@vla.vic.gov.au
27	Kiandra Roelink	JSS	Kiandra.Roelink@jss.org.au
28	John Wall	JSS	John.Wall@jss.org.au
29	Naomi Holt	JSS	Naomi_holt1@hotmail.com
30	Naome Dessent	DET	Dessent.Naome.L@edumail.vic.gov.au

31	Olivia Choi	EMRHA	o.choi@ermha.org.au
32	Jessica Homicti	Uniting Connections	Jessica.Homicti@vt.uniting.org
33	Kermen Dayal	Good Shepherd	Karmen.Dayal@goodshep.org.au
34	Samantha Thomas	Monash Health	samantha.thomas@monashhealth.org
35	Vanessa Gigliotti	CGD Libraries	vgigli@cgd.vic.gov.au
36	Siobhan Murphy	Dandenong High School	Murphy.Siobhan.S@edumail.vic.gov.au
37	Sarah Leander	Dandenong High School	sarahjaneleander@gmail.com
38	Samantha Marshall	Reclink	Samantha.Marshall@reclink.org
39	Sarah Hume	Reclink	Sarah.Hume@reclink.org
40	Georgia Hocking	Missioning Australia	hockinggeo@missionaustralia.com.au
41	Michelle Nguyen	Victoria Legal Aid	Michelle.nguyen@vla.vic.gov.au
42	Jeff Andres	Rite Mentoring	jeff@ignite.org.au
43	Amanda Katopis	WAYSS	amandak@wayss.org.au
44	Cjay Uchendu	Killester College	cuchendu@killester.vic.edu.au
45	Lauren Eudey	CGD Youth and Family Services	Lauren.Eudey@cgd.vic.gov.au
46	Akrivia De Lorenzo	MAS National	Akrivi.delorenzo@masexperience.com.au
47	Ellen McDermott	Student Support Services, DET	McDermott.Ellen.L@edumail.vic.gov.au
48	Crystal Naismith	SMRC	crystaln@smrc.org.au
49	Michelle Kovacs	Echo Australia	michellek@echoaustralia.com
50	Eda Baydar	Echo Australia	edab@echoaustralia.com
51	Placid Jayasuriya	Monash Health	placid.jayasuriya@monashhealth.org
52	George Bonnici	Nepean Industry Edge Training (NIET)	george@niet.com.au
53	Ian Dubbeld	Concern Australia - Handbrake Turn	ian.dubbeld@concernaustralia.org.au
54	Nicole Grimwood	Mission Australia	grimwoodni@missionaustralia.com.au
55	Clover Laurier	Gambler's Help Southern	c.laurier@connecthealth.org.au
56	Kelly Clem	Good Shepherd	Kelly.Clem@goodshep.org.au
57	Prudence Chazikantis	WAYSS EYA	prudencec@wayss.org.au
58	Adam Mohamed Moktar	City of Greater Dandenong Young Leaders program	
59	Helen Rabot	SELLEN	hrabot@sellen.org.au
60	Jo Webb	St Johns Dandenong	jwebb@sjrc.edu.vic.au
61	Alicia Burman	City of Greater Dandenong Young Leaders program	
62	Kuang (KC) Noi	City of Greater Dandenong Young Leaders program	
63	Weda Mohseni	Uniting (Komak)	Weda.mohseni@vt.uniting.org
64	Theresa Sengaaga Ssali	African Women and Families Network	tssali@hotmail.com.au

65	N'gamah Braima	YSAS	nbraima@ysas.org.au
66	Yvette Shaw	DHHS	yvette.shaw@dhhs.vic.gov.au
67	Yohana Jury	CGD Youth and Family Services	yjury@cgd.vic.gov.au
68	Catherine Maine	CGD Youth and Family Services	Catherine.Maine@cgd.vic.gov.au
69	Jess McKenna	CGD Youth and Family Services	Jessica.McKenna@cgd.vic.gov.au
70	Mark Dollin	Headspace	mdollin@EACH.com.au