

MINUTES
GREATER DANDENONG YOUTH NETWORK
Young people, technology and social media

Tuesday 17 August 2021

9.30am – 11.00am

ONLINE MEETING

ITEMS	NOTES
Welcome	All welcomed and Traditional Owners acknowledged.
Guest Speaker Dr Evita March <i>Senior Lecturer and Researcher, Psychology Federation University</i>	<p>Dr Evita March presented on emerging research in relation to young peoples use of social media, and the impacts on their wellbeing.</p> <p>Highlights included:</p> <ul style="list-style-type: none"> • Important to remember that social media use has both benefits and drawbacks. • ‘Cyber abuse’ is a broad term that includes cyberbullying, cyberhate and cyber violence. During the Easter long weekend 2020 (which coincided with the first part of Victoria’s lockdowns), complaints to the eSafety commissioner jumped by over 300%. • Technology addiction is now more commonly referred to as ‘problematic use of technology’ – meaning the focus on how young people’s use of technology impacts on their lives • 95% of Australian teenagers (15-19 years) use social media; averaging 14.4 hours online per week • The top 5 social media sites in 2021 are: <ul style="list-style-type: none"> - YouTube - Instagram - Facebook - Snapchat - TikTok • TikTok has soared in popularity in the past year; it was the second most downloaded app in 2020. <ul style="list-style-type: none"> - TikTok focus on quick consumable content, generally 15-30 seconds - Uses a very advanced algorithm to measure users reactions to content, and then push similar content into the feeds

- This algorithm has potential to proliferate misinformation and misuse; one research project notes that TikTok “hand delivered” conspiracy theories to users
- **Wellbeing impacts of social media use**
 - Impact on wellbeing is more closely correlated with what people do online; rather than the amount of time spent online
 - Research indicates that be small enough that adolescents “would need to report 63 hours and 31 minutes’ more of technology use a day in their time-use diaries to decrease their wellbeing” by an amount big enough for them to notice.
 - Young people perceive increased social support online; this has a positive effect on wellbeing
- **Trends during COVID-19:**
 - 30% of the Australian population reported seeing an increase in time spent online.
 - Over 50% of Australian teenagers had at least one negative online experience between March 2020 and September 2020
 - Young people rely heavily on social media for news; but are also the most likely to ‘fact check’ what they see on social media. However young people are the least likely group to block disreputable information sources on social media.
 - News on social media is noted to be more emotionally impactful than other news sources, due in large part to the interactive nature and being able to see other people’s responses through comments and ‘likes’.
- **Preliminary findings from a study conducted by Federation University and the University of Southern Queensland, from May 2020 – April 2021. For young adults aged 18-30 years old:**
 - The top coping styles used by this cohort were: (1) Self-distraction (may include social media use), (2) Active Coping (seeking information) and (3) Acceptance.
 - The least likely coping styles for this cohort were substance abuse and denial.
 - Reasons why young adults were using social media during COVID-19:
 1. Social connection
 2. Diversion
 3. Cognitive (eg: seeking knowledge and information)
 4. Affective needs (eg: to express emptions or get advice)
 5. Personal integrative needs (eg: self-image or approval from others)
 - 35% of young adults said they were often or very often spending a lot of time thinking about social media
 - 38% of young adults said they were often or very often using social media to forget their problems
 - 24% of young adults said they often or very often became restless or troubled if prohibited from using social media
 - 24% of young adults said they used social media so much it had a negative impact on other areas of their life

	<ul style="list-style-type: none"> - Survey respondents noted a fear of 'being cancelled' due to saying something people disagreed with during the pandemic. - Respondents also noted increased hate speech online during the COVID-19 pandemic. <ul style="list-style-type: none"> • Tool for assessing online information: the CRAAP test • Initially develop for university research students to assess the validity of sources, but could be applied more broadly to news and information online: <ul style="list-style-type: none"> Current Relevant Authority Accuracy Purpose <p>Suggested areas for supporting young people</p> <ul style="list-style-type: none"> • Clear and consistent communications about COVID-19 • Increased support and reaching out to young people • Affordable access to mental health care • Reassurance about the future (especially related to employment and education) • Consider youth voice in decision making <p><i>For further information please refer to the slides from Evita's presentation.</i></p> <p>To further connect with Evita, she can be contacted at e.march@federation.edu.au</p>
<p>Information Sharing</p> <p><i>All attendees were encouraged to share an update via the meeting 'chat' or verbally.</i></p>	<p>Updates shared during the meeting</p> <p>Emily - Wellsprings For Women I'm Emily – I'm from Wellsprings For Women and have taken on the role of Girls on the move Project Officer - aiming to get more multicultural girls aged between 14 - 24 engaged in sport and physical activity. Fair to say it has been a challenge in lockdown!!</p> <p>Jane Bridges – St Vincent De Paul Hi everyone. My name is Jane Bridges. I coordinate the free Vinnies Tutoring Program on Saturday mornings. Currently we are offering an online service to our families and students to support with education.</p>

Karen Vergara - Whitelion

WHITELION's Breakthrough Mentoring for Youth Employment assists young people aged 16-25 who have barriers to education, training or employment to gain and maintain meaningful employment by matching them with a trained and accredited MENTOR who will support them in sourcing work experience, training opportunities or ongoing employment and move along their pathway to employment. Now accepting referrals! We have MENTORS ready to start in the Southeast including Dandenong, Casey, Cardinia, Frankston and Mornington. Contact Karen Vergara 0481 984 750 karen.vergara@whitelion.asn.au www.whitelion.asn.au

Melanie Wray – Taskforce

Hi Everyone! Thank you Kylie for organising and I'm very grateful to be here today. I'm Melanie from Taskforce. I work in the Navigator program providing mental health outreach to young people (12-17) who are disengaged from school in the south east.

Jess Woodward – Monash Health

Hi all, my name is Jess. Im a senior nurse at Monash Health's Recovery and Prevention of Psychosis team -Young Persons Mental Health.

Tracey Burnett - Nazareth

I'm Tracey from Nazareth - psychologist with a branch out to all things COVID compliance.

Larra Juab - Connection Arts Space

Hello Everyone! Happy to be here and tuning in, I am Larra Juab, Director of a Non-for-Profit arts organisation called Connection Arts Space (CAS) based in Dandenong in the same building of Walker St Gallery. We provide and collaborate with people in the community to deliver relatable and accessible art events and classes. Nice to meet you all!

If anyone wants to connect with us with any art projects or collaborations my email is larjuab@gmail.com and to stay connected with us our social media account is @connectionartsspace where you can find the links of the free online workshops and other art opportunities for the SE Community.

Greg K - SHINE - Family Life to Everyone:

Hi, I am a family worker from Shine Program. I work with children from ages 0 - 17. It is an early intervention program for mental health issues. Currently, during lockdown we are doing video chats and phone calls. Please feel free to email me on gkavarnos@familylife.com.au

N'gamoh Braima - YSAS Dandenong

Hi everyone my name is N'gamoh Braima from YSAS. I work with the youth support service and work from Dandenong.

Anwar - SMRC

I am Anwar from SMRC, I am the youth development worker as well as doing Case work. we are proving settlement services to migrants and refugees, and we are running homework club for students from CALD backgrounds.

Jas Organ - Monash Health

Morning! My name is Jas and I am the Senior Youth Justice mental health clinician at Monash Health working with the Dandenong and Frankston youth justice offices. I can be contacted on jasmine.organ@monashhealth.org

Vanessa Gigliotti - Greater Dandenong Libraries

Library Program and Outreach Support Officer

Vanessa.Gigliotti@cgd.vic.gov.au

Libraries offering: Census support over the phone, click and collect, free home library delivery, live stream early years sessions, virtual outreach visits, over the phone tech assistance

Nikki McNeilage -WISE Employment

Good morning, Nikki from WISE Employment - We run DES and JA contracts across south east Melbourne - and I run a program called WISE Women which is an employment program for women, run by women, servicing south east Melbourne and the pen - 0439368016 - Nikki.mcneilage@wiseemployment.com.au

Kathryn Lamb – The Smith Family

Family Partnership Coordinator - Learning for Life Scholarships.

Neysa Charlton - CMY

Good morning everyone. Neysa Charlton from the MY Education team at CMY. Our team works with and provides support to Out-of-School-Hours Learning Support Programs (OSHLSPs, also known as homework clubs). ncharlton@cmy.net.au if you want to reach out.

Jess Cunningham - Monash Health

Hi All, I am Jess; a Senior Mental Health Clinician from Monash health - Young Person's Mental Health Service. My role is a youth focussed position that holds both a clinical case load along with a focus on community development, networking and consultation. The role is responsible for coordinating primary and secondary consultations with the intent to provide ease of access to the service whilst ensuring the continued care of a young person within their current treating team. This further supports the ongoing sharing of knowledge between services. My email address is Jessica.cunningham@monashhealth.org M: 0436 618 610.

Matthew Victor - Wayss EYA

Good morning everyone my name is Matthew from Wayss- EYA. Our program is based on supporting young people from the ages of 16-25, who are homeless and or experiencing homeless, and supporting them into long-term accommodation. This is also done through case management, and living and life skill programs. I can be contacted through 9791 5692 or eya@wayss.org.au

Candace Lobow – City of Casey

Morning everyone,

I'm Candace - Youth Services Officer for the City of Casey. Most of our services and programs are currently online. Can't wait to go back to face to face service/program delivery!

Sheldon Rouse - Dandenong High School

Good Morning Everyone,

I am Sheldon Rouse, Student Counsellor at Dandenong High School.

I also coordinate a lot of the programs that run throughout the school and for our young people.

My email is Sheldon.Rouse@education.vic.gov.au

Fili Polataivao - Maxima

Fili Program Manager and Angela Campagna from Maxima, we have the JVES project. We service south eastern, Frankston and Gippsland. Open age and cohort looking for employment.

Please send us an email if you have anyone who needs support to find employment

fili.polataivao@maxima.com.au or angela.campagna@maxima.com.au

Sean Ariki - Le Mana CMY

Good morning, my name is Sean Ariki, I'm a youth facilitator for LeMana CMY.

June Michael – Smith Family

Good morning all. I am June Michael from The Smith Family. We support students and families through Education

Karen Burton - Uniting

I'm Karen from Uniting and I the Community Relations coordinator for our young disadvantaged people who have a medical condition or a disability. We run a transition program for young adults who are leaving/left secondary school (for up to 2 years) into the real world. WE support them in understanding independent skills, obtain their learners, budgeting/money skills and of course work experience/employment. We have programs in Dandenong, Parkdale, Cranbourne and Pakenham. If you would like some information on this please contact me on 0466796905 or karen.l.burton@vt.uniting.org

Kaye Walker DET SSN Dandenong High

Good Morning 😊 Kaye Walker DET Secondary School Nurse at Dandenong High School focusing on Health Promotion.

Clinton Johnson – Chisholm Skills and Jobs Centre

I am Clint from the Chisholm Skills and Job Centre, we assist people in the community with improving job readiness skills through one on one career counselling, or workshops as well as providing employment opportunities. All our services are free. my email address is Clinton.johnson@chisholm.edu.au

Kayley Eldred - ELMHS

Good morning everyone, Kayley Eldred, Senior Consultation Clinician at Monash Health ELMHS kayley.eldred@monashhealth.org

Weda Mohseni - Uniting (Kamak)

Good morning everyone, Weda Mohseni Uniting - Kamak program working with Afghani community

Grace McArthur- Gambler's Help Southern

Good morning, I'm Grace from Gambler's Help Southern. We deliver free sessions in schools about gambling harm. We can focus on gaming and gambling, sports betting, budgeting and much more!
g.mcarthur@connecthealth.org.au

Anita Khalil - Neami YRR

Hi Everyone, Anita from Neami Youth Residential Recovery program and Youth Outreach Recovery Service in Noble Park. We work with young ppl 16-25 who have mental health issues. Pls email for more info about either program
anita.khalil@neaminational.org.au

Usman – Concern Australia

David & Usman with Jobs Victoria, we hybrid unemployment and under-employment by supporting Victorians in community to identify their growth and development needs, and linking / referring them to the many, varied, and sometimes confusing (to job seekers) array of services in areas such as employment, career counselling, education, and training, study pathways, income/financial support and employment barriers. & of course all our services are free. my email address is
usman.jaiyeola@concernaustralia.org.au or david.barker@concernaustralia.org.au

Courtney Dunn - CGD Youth Services

'Greater Dandenong. My Place. My Community' youth art competition (12-25) - submissions open until 3/10.

Please visit our website for more information: <https://youth.greaterdandenong.vic.gov.au/greater-dandenong-my-place-my-community> or get in touch via email Courtney.dunn@cgd.vic.gov.au

	<p>Harlin Gandhok – Hampton Park Secondary College Currently supporting students from Afghan community who are distressed by current events in Afghanistan, and are isolated from their community and extended families. If you are aware of available supports please contact: Harlin.gandhok@education.vic.gov.au</p> <p>Responses/discussion regarding supporting Afghan young people:</p> <p>Weda Mohseni – KOMAK Considering what could be offered. Refer to headspace or Foundation House for 1:1 support</p> <p>Kuranda Seyet – Islamicare Counselling for Muslim clients: 1800 960 009 https://www.islamicare.org.au/ For further information contact director@fair.org.au</p> <p>Caitlin Youngson - GROW Growing Resilience peer-to-peer program to support mental health and build resilience – delivery in school or community settings. Can be delivered online during lockdown. 6-week program. To find out more contact Caitlin on 0435 144 733 or caitlin.youngson@grow.org.au https://grow.org.au/growing-resilience/</p>
Special Network Event	<p>Young People and The Law – a free half day professional development forum for network members Thursday 9 September 9.00am – 12.30pm Register at https://gdynforum2021.eventbrite.com.au</p> <p>With the latest extension of lockdown, this event will now be held <u>online</u>.</p>
Next Meeting	<p>Thursday 14 October 2021, 9.30am – 11.30am Topic: Mental health Venue and format to be confirmed in line with COVID restrictions</p>

	<p>For further information please contact Aishling Fagan, Team Leader Youth and Community Development on 9793 2155 or email Aishling.Fagan@cgd.vic.gov.au</p>
--	--