

NEWSLETTER

Issue 7 | November 2018 | Term 4



MITCHAM GIRLS
HIGH SCHOOL

DIARY DATES

November

Monday 5 – Wednesday 21
SACE Exams

Friday 16
Music Showcase 6:00pm

Monday 19
Celebrating Achievement Assembly
12:00pm

Wednesday 21
Presentation Night 7:00pm
(Edwardstown Baptist Church,
St Marys)

Thursday 22
Stage 1 Drama Production (PAC)
6:00pm

Friday 23
Student Free Day

Monday 26 – Friday 30
Year 10 & 11 Exams

Monday 26
Governing Council 6:00pm

Tuesday 27
Dance Performance 6:00pm & 7:30pm

December

Tuesday 4
School Tours (Refurbished Facilities)
2:00 – 4:00pm

Thursday 6
School Tours (Refurbished Facilities)
2:00 – 4:00pm

Wednesday 12
End Term 4
(reports distributed 2:20pm)

Thursday 13
Year 12 Orientation Day

From The Principal

Dear Mitcham Families,

It has been a privilege and a real honour to have served as Principal of Mitcham Girls High School for the past 16 years.

It is now time to say goodbye and, most importantly, THANK YOU to all of the families associated with the school over this period. It has been the amazing support, encouragement and advice from parents that has given me the strength to overcome challenges and implement changes that have seen this school grow and flourish.

I have always stated that “our girls do us proud”. Every girl who has attended this school has contributed enormously to the development and the outstanding reputation the school now enjoys.

I have learned very much from the students. When I needed inspiration and advice, I made a point of talking to them and they always came up with the most sensible and mature options for me to consider. They have taught

me how important it is to consult on important issues so that they too can be part of the solution and that no matter how great a challenge may seem, “together we can overcome it”. It has been their maturity, their spontaneity, their smiles, their goodwill, their hard work and their willingness to embrace leadership opportunities that has kept alive my passion for Girls’ Education and “Everything Mitcham”.

I sincerely hope I have not let too many people down. If I have, please accept my apologies.

The fond memories will stay with me forever and I will continue to “fly the flag” for Mitcham Girls.

Thank you and best wishes.

Regards,

Antoinette Jones
Principal



Open House

We invite you to join us on our school tours for families interested in viewing our new facilities:

- Tuesday 4 December
2:00 – 4:00pm
- Thursday 6 December
2:00 – 4:00pm

We look forward to seeing you (no bookings required).

Kyre Avenue, Kingswood, South Australia 5062
Phone: +61 8 8272 8233 Fax: +61 8 8373 3013
Email: dl.0903.info@schools.sa.edu.au

www.mitchamgirlshs.sa.edu.au



Government of South Australia
Department for Education

CRICOS Provider number: 00018A



CIS WE ARE AN
ACCREDITED
SCHOOL

Middle School News

Transition Day

Mitcham Girls High School had the pleasure of hosting 130 future students on Wednesday 7 November. Coming from around 70 different primary schools, it was the first taste of Secondary School for these Year 7s. The day started with an Assembly featuring presentations from current Year 8 students, aimed at providing reassurance and a sense of belonging; a fashion parade showcasing the uniform and an opportunity for parents to ask questions and share any concerns.

The rest of the day for the transition students involved activities to encourage the making of connections and 2 sessions with a specialist teacher in a practical subject. We concluded with a performance of dance.

Around 40 of our current Year 8 students were involved in a variety of roles: MC, presenter, tour guide, buddy, set-up and tidy up, meet and greet. These positions were filled with aplomb and a great sense of responsibility; wonderful to see so many students going outside their comfort zones.

Many thanks are also extended to the staff who ran sessions or supported quietly in the background, and also to Jenni Stewart and Daila Smits who were tireless in ensuring accurate information was provided and collated. This very important day on our event calendar was overall a positive and uplifting experience for all involved.

Zinta Ozolins
Assistant Principal
Middle School

Science

ConocoPhillips Science Experience

Thank you to the pictured Rotary Clubs who have provided sponsorship to allow 12 Year 9 students to attend the upcoming ConocoPhillips Science Experience.

The students will spend 3 days on the campus of one of our local universities. Each university's program provides information on study and career opportunities in Science and STEM related fields. Typical activities include:

- experiments held in university laboratories
- hands-on practical Science-based / STEM focused activities
- tours of Science learning environments
- seminars from high profile professionals
- information about the many careers and study opportunities in Science, Engineering and Technology.

Liz Rogers
Science Teacher



Science

2018 Earth and Environmental Science Summer School: 10 – 19 December

Based at the Drill Core Reference Library, the 8-day Summer School provides an opportunity for students to see many dimensions of geology not normally encountered in a conventional school program. Hands-on activities, both in class and on field trips, enhance the learning experience and enable students to forge friendships with like-minded peers.

The course is tailored each year to include a focus on current geosciences with the spotlight on Science, Technology, Engineering and Mathematics (STEM) in schools.

Other subjects include mineralogy, petrology, geophysics, mineral and petroleum exploration techniques, environmental management, mining engineering, palaeontology, geochronology, rock structure mapping, petroleum geology and geothermal and nuclear energy.

This event is open to students in Years 8 to 12 and is funded by the State Government.

The application form requires you to summarise in 200 words or less why you should be chosen to participate in this event.

Applications close Monday 19 November 2018.

For more information go to http://energymining.sa.gov.au/minerals/knowledge_centre/stem_in_earth_science/earth_sciences_summer_school

or contact Liz Rogers on 8272 8233
or via email elizabeth.rogers438@schools.sa.edu.au.

Liz Rogers
Science Teacher



HASS

National History Challenge

Congratulations to Sahithya Paramasivan and Michaela Collins who were winners in the 2018 National History Challenge. The topic for this year was “Turning Points” and Sahithya was the State Winner in the Year 9 category for her essay on the impact of the goldrushes on Australian society. Michaela won the History of Sport category for her essay on the application of biomechanics in sport up until the end of the Nineteenth Century.

Congratulations also to the rest of the Year 9 Gift History class and entrants: Bonnie Coventry, Izzie Davis, Isabella Saba and Alana Kang, who all wrote excellent 2000 word essays using primary and secondary sources.

Sharyn Clarke
History Teacher



Performing Arts

Join in the festivities
with our Gift dancers at the
City of Mitcham's Carols

Held on Sunday 2 December 5:00 – 8:30pm
at Kingswood Oval, Belair Road, Kingswood.

We look forward to seeing you!



Congratulations: Year 9 Drama Production Term 4!

One of our two Year 9 Drama classes performed an entertaining and engaging production of *Law and Order: Fairy Tale Unit*, by Jonathan Rand, during an exclusive matinee performance this term.



In this fantastic and funny play, the playwright has taken characters from fairy tales and nursery rhymes and placed them in a light-hearted parody skit of American police dramas, such as *Law and Order*. This production was creatively directed by Willow Rist and Nehaal Munir, who learned what it takes to create visual interest and staging to entertain audiences. Their vision was well supported by the technical crew who plotted, designed and executed the sound and lighting design with precision. I would equally like to congratulate all of the students who performed on stage on their process as well as their product, for the time and effort they put into developing these characters and for creating such a joyful audience experience.

It was with pride that I was able to stand by and watch this enthusiastic group of young designers and performers take on their first comedy piece.

Congratulations Year 9 for an outstanding production!

Kate Ralph
Drama Teacher



Performing Arts

Dance Showcase: *Once Upon a Dance*

At the end of Term 3 our annual Dance showcase, *Once Upon a Dance*, was performed at the Scott Theatre by all the Dance students and supported by 450 audience members.

This performance grew out of one song – *Play*, from the musical theatre production *Finding Neverland*, that I was lucky enough to see in New York 2 years ago. It looked at how JM Barrie came up with his story of *Peter Pan*, and his frustrations as a writer. This prompted the idea of combining themes and characters from a number of familiar fairy tales and stories, in often unorthodox ways.

The process began by brainstorming stories and characters, allowing the students to offer their ideas. Vashti Carman, Kerry Jordan and I had fun creating this show, strongly supported by student choreographers Caitlin McNamara, Hannah Troughton and Jasmine Wright. A terrific group of Year 10 students also mentored and choreographed for the Year 8 Performance Team. Year 12 student and all-round Dance enthusiast, Chanel Duval, designed and produced our poster, whilst Madeline Walpole assisted her peers in sequinning an entire pair of shoes (each!). We were also supported by a number of people who created sets and costumes – a special thanks to Sue and Paul Hughes, and Fiona Morton.

A heartfelt congratulations go to the performers and stage crew for the production. The students worked in a highly collaborative manner and after the event many younger students commented on the outstanding level of support and encouragement offered by the older students. In staging shows such as this, we do aim to create a collegiate approach, with the 90 performers and 8 crew achieving exactly that!

Dance is definitely one area of the school that provides the opportunity for girls to work across year levels towards a common goal, whilst enjoying a shared interest. The students have learnt organisational skills, stress-management (especially when your music stops for 30 seconds!), teamwork, creativity, physical and mental resilience, and perseverance – just what every employer is looking for!

Our congratulations go to Caitlin McNamara, Hannah Troughton and Charly Hopkins, each of whom have auditioned and earned a place in prestigious Dance centres interstate and overseas, commencing in 2019.

Caitlin McNamara has been accepted to study the Elite Dancers Course at the Kelly Aykers Fulltime Dance Studio in Melbourne. Hannah Troughton will be studying a Diploma of Musical Theatre at Jason Coleman's Ministry of Dance in Melbourne, whilst Charly Hopkins has been accepted to study at the prestigious New Zealand School of Dance.

Our congratulations and best wishes go to these three girls as they pursue their passion; a passion requiring hard work, long hours, some sore muscles with lots of personal rewards and fun!

Never underestimate what your daughter is learning through the Performing Arts!

Our next performance is on Tuesday 27 November in the MGHS Performing Arts Centre.

Judy Swan
Dance Teacher



Charly Hopkins (centre back)



Caitlin McNamara



Hannah Troughton

Performing Arts

Stage 1 Drama Production *The 39 Steps*

This year's Stage 1 Drama production, *The 39 Steps* adapted by Patrick Barlow, was originally from the movie by Alfred Hitchcock and the novel by John Buchan; a hilarious spy story as ridiculous as it is entertaining. Part farce, clowning and noir, this is one top speed Hitchcockian homage that should not be missed.

Set in London in the 1950s we follow the protagonist, Richard Hannay (played by two performers, Hannah Troughton and Emily Ritson) who finds himself caught up in the middle of a scandal that involves, deception, murder, corrupt police officers, femme fatales and shady villains. After Hannay "involves" himself within the drama, he spends the rest of the play trying to escape the grasp of hit-men in order to solve the mystery of the 39 steps, and stop these villains from getting this "top secret, secret, highly secret" information out of the country. This two-act play is highly stylised and involves a huge amount of physical theatrics, in the form of chase sequences, transformation and illusion. The ensemble became integral to ensuring this production runs smoothly as the performers transition between a London flat, the Scottish moors, sheep-filled country roads, strange hotels and a drama theatre.

The Stage 1 class, which is made up of both Year 10 and Year 11 students, has been placed on a tight schedule with only a 6-week rehearsal period to work through the complex transitions and special effects of this crazy stage play; this production has been no easy feat.

The cast and crew involved in *The 39 Steps* are excited to show off their hard work and would love to invite family and friends to an evening performance on Thursday 22 November in the Performing Arts Centre at 6:00pm.

Come along to immerse yourself into this world of hilarity!

Kate Ralph
Drama Teacher



Sport

Knockout Sport

Mitcham's Knockout Sport program has come to an end for 2018, rounding off a busy year!

Open 5-a-Side Soccer Finals: In Week 8 of Term 3, Mitcham's Open 5-a-Side Soccer team participated in the State Finals at Barratt Reserve, West Beach. In the group stage Mitcham's 2 wins weren't enough to progress to the semi-finals, but the younger team looked very competitive and will no doubt be a challenger over the next few years. Well done to Michael Finos and his team on making the State Finals!

Open Volleyball Finals: After progressing through to the 1st round of Knockout, the Volleyball girls played in the State Volleyball Finals at Campbelltown. The team won a number of games which saw them play off for 3rd position. They won and, as a result, placed 3rd in the state. A fantastic effort by the girls, who put in a lot of work leading up to the competition.

Year 8/9 Badminton: Due to Aberfoyle Park forfeiting their 1st round match, Mitcham progressed to the final 4 to play at Badminton SA in Lockleys, during Week 3. It was a tough day for the team, but they gave their best efforts to compete against the best teams in the state. Thanks to Scott Gladstone for organising and coaching the team over the past few weeks!

Year 8/9 Twenty20 Cricket: In Week 2 of Term 4, a team of Year 8/9 students competed in a T20 cricket competition against Reynella. This was another fantastic day and experience for the students who have come a long way since Term 3. The team held their own in the field but came up against strong competition when batting and unfortunately didn't come away with the win. Well done girls!

Zone Sport

Term 3/4 After School Zone Sport is concluding in Week 6 and so far, our Year 8/9 Badminton and Year 10/11 Volleyball teams are both in a great position to finish in the top 2 and play off in the Grand Final in Week 5.

Meanwhile, the Year 8-10 Indoor Soccer team, who has been playing in the boys' competition, has been very competitive despite only winning one game. Good luck to all teams for the remainder of the season!

Zone Carnivals

Southern Zone Gala Cricket Day: During Week 3, a team of talented students from Years 8 to 12 participated in the Southern Zone Gala Cricket Day at Woodcroft College. This day involved a number of short 12 over games in which the girls had the opportunity to both bat and bowl. Winning their first game, the girls displayed the skills which they had developed in attending SACA sessions and lunch time training. The team then went on to win their next 2 games, coming away undefeated on the day. Another fantastic day of cricket by all students; it's great to see them starting to grow as cricketers!

Upcoming Carnivals

Year 8/9 3v3 Basketball:

Thursday 22 November at Pasadena High School.



Open Cricket Team



Year 8/9 Twenty20 Cricket Team



State Volleyball Finals

Sport

House Sport

Term 3 concluded with another Sport Week where students from each House competed against each other in various sports.

In Week 10, Volleyball, Dodgeball, Tag Rugby and Cricket were played followed by a Staff vs Students cricket match on the final day of term. There will be a final Sports Week later this term with more sports on offer for our students to participate in across the week at lunch time.

2019 House Captain Elections

For the first 4 weeks of this term 2019 House Captain nominations have been open. House Captains will be presented to the school at the Celebrating Achievement Assembly on Monday 19 November.



House Captain's Day

House Captain Leadership Day at Adelaide Oval

On Monday 17 September the 2018 House Captains were taken to Adelaide Oval for the day to participate in a tour and presentations from athletes and key speakers. The day focused on women in leadership and sport, achievement by women and the challenges they face. Presenters included SANFL and SACA representatives as well as staff in management positions. Students were also given an extensive tour of the Adelaide Oval. This was a fantastic experience for our House Captains and a great way to thank them for their work throughout the year.

Adelaide Strikers Women's Big Bash League Representatives

On Friday of Week 3 we were lucky enough to listen to Adelaide Strikers players as part of SACA's Secondary School Engagement Program. Tabby Saville, a member of the Strikers team, talked with a group of Year 11 PE students as well as a group who were specially invited. Tabby's presentation focused on sporting pathways, commitment, school/work/sport balance, the importance of nutrition and overall balance as an athlete. Following this presentation, 2 members of the Women's SACA team ran cricket sessions and a game to finish off with students during lunch time. This was a great way to finish what has been a busy term of cricket and fantastic to see the students' enthusiasm and participation!

Dimi Sianis
Sports Assistant

Steph Henson
Health & PE Coordinator



Women's Big Bash League Cricket

Senior School News

Year 12 Celebrations

Week 2 witnessed two events which celebrated the achievement and *joie de vivre* of our Year 12 students.

On Monday 22 October we had our Year 12 Celebration Assembly, which gave staff and students the opportunity to say an informal 'farewell', as this marked the end of many subject lessons and the last time, apart from Presentation Night, that many students would wear the Mitcham uniform. As well as speeches from staff, the girls gave an entertaining and touching Valedictory speech, entertained us with their musical performance and finally left to join parents in the Boardroom.

To bookend the week, Friday saw Year 12 Celebration Morning, where students decided upon the theme of famous characters for dress-up at morning tea, supplied and organised by the Central Mitcham Inter-Church Council and Catherine Chambers. As ever, there was a fantastic spread of food platters – so much that it defeated both students and staff! I would especially like to thank the church council members and Catherine for this, on behalf of the Year 12s and staff.

This wonderful feast was followed by some kahoot games and a generally relaxed and happy end to both the morning and formal teaching for our Year 12s. They have been a fantastic group of young people and a credit to our school. We wish them every success in their upcoming exams and going forward onto their next adventure – whatever that is.

Mark Whitehorn
Year 12 Manager



Whole School

Mobile Phone Policy

Thank you to all students and parents who participated in the Mobile Data Survey. We received a large number of responses which will be used to help determine our next course of action regarding the school's Mobile Phone Policy.

Our teaching staff will be given the opportunity to offer their suggestions before any final recommendations are made. It is likely that we will trial our new policy at the beginning of next year.

Thank you to the students on the Mobile Phone Committee for writing the base of the survey; a common response from parents was that a new policy is a fantastic initiative by our girls.

Daila Smits
Data Manager

Notices

Position Vacant: Canteen Manager

Mitcham Girls High School is seeking a dynamic, motivated and hands-on person to manage our canteen.

- Previous experience in managing a food orientated business and working in a school environment is desirable.
- Food Handling Certificate and DCSI Clearance are essential.

The successful applicant must be available for paid training and induction before the end of Term 4 with the position starting in 2019.

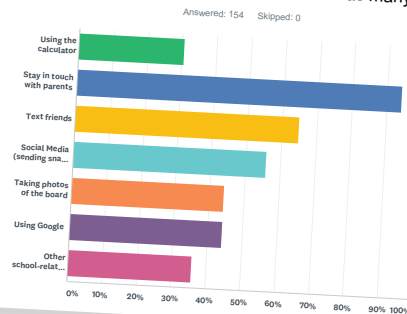
Hours: 7:30am to 2:30pm, Monday to Friday
Pay Rate: Casual as per award

Application to include resumé and covering letter via email below (closing 9:00am – 19 November 2018).

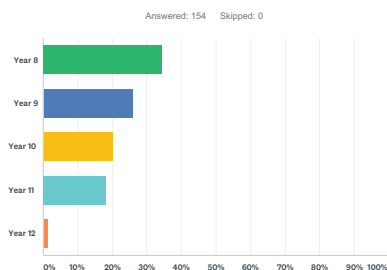
For full job and personal specifications or if you have any queries regarding this role please contact Chris Stone on 08 8272 8233 or email: chris.stone283@schools.sa.edu.au.

Chris Stone
Business Manager

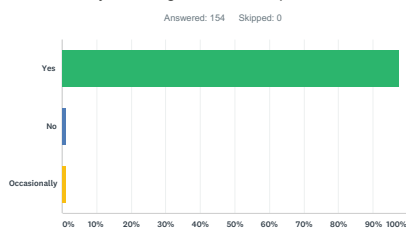
Q3 What does she use her phone for? Check as many as apply.



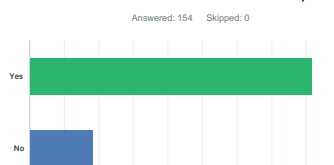
Q1 What year level is your daughter in?



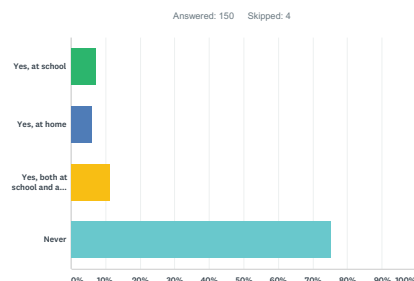
Q2 Does your daughter take her phone to school?



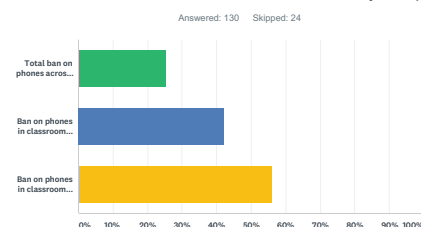
Q5 Do you believe we should restrict the use of phones at school?



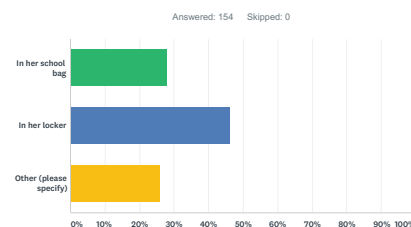
Q6 Has your daughter been harassed or bullied online?



Q7 If we were to create restrictions, which of these scenarios do you think would be most effective? Check as many as apply.



Q8 Where would you feel comfortable allowing your daughter to leave her phone during the day?



2018 Year Book

Attn: Years 8 – 11 students only.

ORDER NOW

Call the Finance Office on 8272 8233 (#2) to order your Book of Memories.

Cost: \$20.00



Community

Positive Parenting with Dr Justin Coulson

Parenting is hard and it's constantly changing. Just when we think we've finally 'got it!' our child reaches a new developmental milestone and it can feel like we're back to square one. As a father to six girls from ages 4 to 19 years, Dr Justin Coulson knows this only too well. If only our children came with an instruction manual!

Justin's Positive Parenting webinars will guide you over some of those big parenting hurdles from taming toddler tantrums through to having THAT talk with your teens. One-hour live webinars will provide you with practical advice, helpful insights and simple tools and techniques to confidently navigate parenting at every age and stage.

Individual webinars are just \$25.

Purchase your tickets at
<https://www.eventbrite.com.au/e/positive-parenting-with-dr-justin-coulson-all-access-pass-tickets-51390546508>

The positive parenting program will cover:

Simple Solutions to Sibling Rivalry for EVERY Family
Thursday 15 November | 8pm–9pm AEDT

Would you Get Off Your Screens? Please :)
Thursday 22 November | 8–9pm AEDT

School Success for Kids Aged 5-12
Tuesday 27 November | 8–9pm AEDT

What Your Teenage Daughter Wants to Tell You but Can't
Thursday 29 November | 8–9pm AEDT

The Talk: How and When to Talk to Your Kids About Sex
Thursday 6 December | 8–9pm AEDT

Relationship Rules
– **How to Establish Relationship Rules with Those You Love**
Thursday 13 December | 8–9pm AEDT

Sureway Employment & Training

Are you leaving school soon?

We understand that finishing school and starting a job can be both an exciting and daunting time. That is why we will help you every step of the way by offering comprehensive one-on-one support.

How will Sureway help me?

- Career assessment and guidance
- Assistance with resumes, applications and interviews
- Providing you with work experience opportunities
- Individualised work preparation courses
- Increasing your skills through nationally accredited courses
- Providing ongoing mentoring and support once you start working

Lets get started!



Daw Park office: 664 Goodwood Road, Daw Park
P: 1300 787 392
E: dawpark@sureway.com.au

Dealing with the movie *Boy Erased*

There's a lot of hype around the new film, *Boy Erased*, where the son of a preacher is forced into gay conversion therapy.

It's based on a true story and covers some pretty intense themes around sexuality, identity, conversion therapy, family conflict and suicide.

Despite positive reviews for how it handles these issues, the film could leave students feeling angry, frustrated and upset.

For further information and tips on how to deal with these issues go to
www.ReachOut.com/BoyErased.

Immunisation Catch Up Clinic

The City of Mitcham is conducting a **FREE** catch up immunisation service for students who have missed their immunisations at school.

Vaccines that will be available include:

Year 8

HPV9 – Gardasil 9 and dtp-Boostrix

Year 11 and Year 12 2018

School leavers (2017)
Meningococcal B - Bexsero

Where and When

Thursday 15 November 2018
4.00 – 7.00pm
Mitcham Community Centre - 242
Belair Road, Lower Mitcham

**PLEASE BRING PREVIOUS VACCINE
HISTORY
AND STUDY / STUDENT ID**

Contact the City of Mitcham
on 8372 8888 or visit
www.mitchamcouncil.sa.gov.au
for more information.

Community

White Ribbon Australia: Stop Violence against Women

What can you do?

[Take the Oath](#)

<https://www.whiteribbon.org.au/stop-violence-against-women/take-the-oath/>

[Learn what to say](#)

<https://www.whiteribbon.org.au/stop-violence-against-women/dont-just-stand-by/>

[Educate yourself \(online learning\) and understand](#)

<https://www.whiteribbon.org.au/stop-violence-against-women/educate-yourself/>

[Become an advocate or ambassador](#)

<https://www.whiteribbon.org.au/stop-violence-against-women/represent-white-ribbon/>

[How can your community be involved?](#)

<https://www.whiteribbon.org.au/stop-violence-against-women/get-community-involved/>

[How can I publicly show I care?](#)

Join the White Ribbon March on Saturday 24 November at 10:00am from Parliament House, Adelaide.

The **WHITE RIBBON MARCH** *Adelaide 2018*

**BREAKING
THE SILENCE**

IT'S TIME TO END VIOLENCE AGAINST WOMEN AND
CHILDREN
10AM SATURDAY 24 NOVEMBER
PARLIAMENT HOUSE TO VICTORIA SQUARE
(TARNDANYANGGA)

 In support of
White Ribbon



So not ok! Empowering girls to deal with image-based bullying

Issue 17/2018: September 19, 2018

The consequences of having private images such as nude selfies and sexts shared online can be devastating, not only due to the personal embarrassment and distress it causes, but also because it may be illegal if the young person in the image is aged under 16, 17 or 18, depending on which jurisdiction the photo was taken or shared in.

While 11% of Australian adults have experienced image-based bullying, about 15% of girls aged 15-17 have been affected. In half of cases where an image is shared, the person in the photo can be identified, and 33% of people say that their name was shared along with the nude image. Only half of those affected say they feel comfortable asking for help.

The *Share This! Image Based Bullying. So Not Ok* campaign — a joint initiative of the Alannah and Madeleine Foundation and the Supré Foundation — combines workshops, a free booklet, and an interactive website designed to empower young people, parents and carers to be informed and take action to address image-based bullying.

Interviewed on the ABC's Radio National *Life Matters* programme about the campaign, Charlotte Keating, clinical psychologist and member of Australia's National Centre Against Bullying, said that, "Ideally, let's be honest, we would prefer that young people are not sending these images because ... by not doing it there's zero risk, but the reality is that that's not the situation we're in". It is important, therefore, she says, for parents to know how to talk about image-base bullying with their children.

As the *Share This!* booklet points out, girls can be more negatively affected by image-based bullying than boys. While boys who have nudes of girls on their phones may be admired or envied, the girls in the photos are "shamed and labelled". Even worse, "girls can be just as judgemental, and often even more judgemental of other girls".

Instead of girls judging or shaming other girls, the *Share This!* campaign is calling for girls to support girls and to take a stand that image-based bullying is "so not ok". Sharing or threatening to share sexual or nude images of someone without their permission is not only hurtful, but could very well be illegal, depending on the age of the person whose image has been taken and in which jurisdiction the picture was taken or shared.

Given the inconsistency in laws dealing with child pornography and image-based bullying across different regions, the *Share This!* campaign advises that it is safest for young people to assume that it is illegal to:

- take a nude image of a person aged under 18 (even a selfie),
- share a nude of themselves or someone else who is under 18, whether the image is shared online or in person, or
- save an image of themselves or another person aged under 18 on a phone, computer or other device.

It is also a crime to use a phone or the internet to threaten, harass or seriously offend someone. This applies to anyone who shares a nude image or threatens to share a nude image without permission, as well to someone who bullies a person whose image has been shared, such as by saying or sharing hurtful comments.

Research shows that the most common reason for a person to share a nude image without permission is because they wanted to get revenge after a relationship broke up. However, there are serious mental and physical impacts for people whose images are shared without their consent:

- 55% felt humiliated,
- 42% said it lowered their self-esteem,
- 40% felt depressed, and
- 32% felt afraid for their safety.

Respectful relationships and consent are crucial at every step. It is important for young people to be completely clear about what is ok and what is not ok. They should not feel pressured to send a nude image to someone else, and nor should they pressure someone to send one to them.

About 20 per cent of Australian adults have been sent a nude image that was shared without the permission of the person in the image. The *Share This!* campaign advises young people that if anyone tries to show them a nude picture of someone else, they should not feel that they have to look at the image and they should tell the person that it's not ok to share a nude image. They should also let the person whose image has been shared know what has happened and support or help them to take action.

Lesley Podesta, CEO of the Alannah and Madeleine Foundation, says that the *Share This!* campaign has had a fantastic response so far because it has built in a “really strong sense of looking after each other and as young women how we protect each other and how we support each other”, but also because of its message to young men about the impact of image-based bullying and their responsibilities. But equally, she says, parents play a vital role in addressing the bullying and helping their child to move forward:

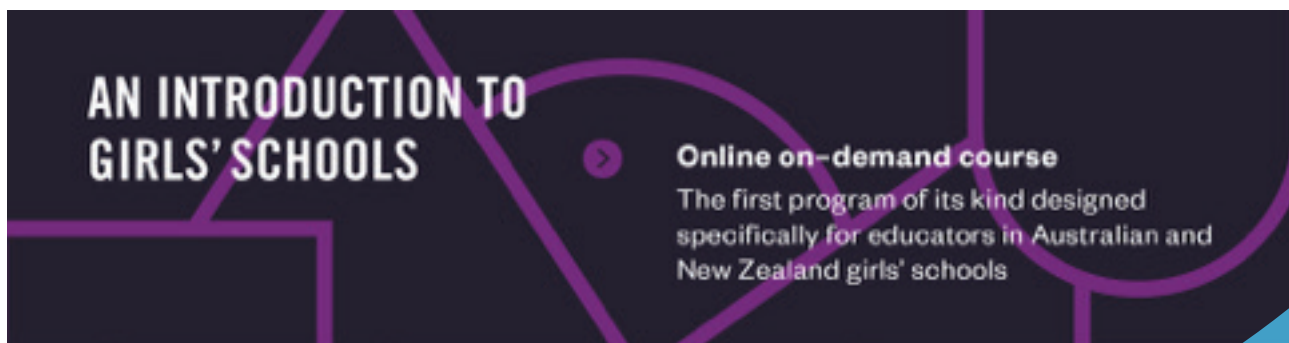
One of the things we know about bullying is that young people don't report it if they think the person they are telling doesn't know what to do, so being knowledgeable about the action is really important — it's the most supportive thing you can do for your child — and then really emphasising that you are *more* than a photograph, and that's really important too because it's also about recovery from this moment.

References

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