Cyber Savvy (2014-2016)

Aim

Cyber Savvy aimed to help young people make more positive decisions about their online behaviour, in particular their use of images sent via mobile phones and the Internet.

Methods

Multiple methods, including student summits, focus groups, and online surveys were used to understand young people's online behaviours and perspectives on the risks and benefits of image-sharing. An innovative design-thinking challenge was used to elicit young people's recommendations for addressing image-sharing issues which informed the development of the intervention resources. These resources included a Grade 8 curriculum, a student-led cyber-leadership program, and mobile app, all available online and designed to increase students' knowledge of cyber-safety and appropriate image-sharing, and their self-efficacy to respond effectively to any adverse consequences that might result from image-sharing.

The intervention was evaluated in 12 non-government WA schools.

Results/Findings

Teachers, parents and students responded positively to the intervention resources. The intervention enhanced young people's likelihood of pausing before sending an image, their understanding of image-sharing legal implications, and their self-efficacy to help friends seek support for online issues.

Following receiving the Cyber Savvy intervention, relatively more of the students reported they: searched for information about themselves online; set up google alerts so they would know if information about them was posted online; and felt more confident helping a friend if they experienced an issue online. Teachers reported students responded positively to the intervention resources, and teacher feedback provided some recommendations to enhance these resources.

Who was involved?

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Association of Independent Schools Western Australia

Australian Council on Children and the Media
Australian Psychological Society (APS) College of Educational and Developmental Psychologists
Australian Research Alliance for Children and Youth (ARACY)
Boarding Schools Association
Catholic Education WA
Commissioner for Children and Young People WA
Communicare
Department for Child Protection
Department of Education WA
Department of Health WA
Department of Local Government and Communities
Healthway
Princess Margaret Hospital Foundation (PMHF)
ReachOut.com (Inspire Foundation)
School Curriculum and Standards Authority
School Psychologists' Association of WA
Youth Affairs Council of WA (YACWA)
Youth Futures

Publications

Shaw, T., Runions, K.C., Johnston, R.S., Cross, D. 2018. Does the risk outweigh the benefits? Adolescent responses to completing health surveys. Journal of Research on Adolescence, 28(2), 412-426

Hawk, D. V., Cardoso, P., Cross, D. and Mandzufas, J. 2018. Designs on Narrative: A Design-Based Method to Elicit Young People's Narratives about Electronic Image-Sharing Issues and Interventions. In Vandebosch, H. and Green, L (Eds). Narratives in Research and Interventions on Cyberbullying among Young People (pp. 113-131). Switzerland: Springer.

Monks H, Barnes A, Cross D, McKee H. A Qualitative Exploration of Electronic Image Sharing Among Young People: Navigating the Issues of Conformity, Trust, Intention, and Reputation. Health Education and Behavior. 2019;46(2_suppl):106-13.