MAY 2023 NEWSLETTER

Community Wellbeing Project

SETTING GOAL & MAKING PLAN

Decided to make a change? Whether it's related to your health, wealth or happiness there are common factors which have been shown to increase success:

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SET A GOAL
that's important to you and write it down

Plan how you are going to achieve the goal.
Get support from those around you.
Learn techniques that help you to overcome challenges and build your confidence.
Goal setting is one of the best ways to help you make changes. It is a good skill to learn and can be used in many areas of your life, not just when thinking about your health and wellness.

When setting a goal and making an action plan, it's important to choose something that you want to do. Make it easy on yourself and build up slowly. People who set small and realistic goals are more likely to achieve them and make long-term changes.
Try SMARTER goal setting.

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SMARTER GOAL SETTING

S
Specific
What am I going to do?
(What, when, where, how)?

M
Measurable
How will I know when I have got there?

A
Achievable
Is this something I can do? Is it in my control? What will I need?

R
Realistic
Am I being realistic? What are the likely problems?

T
Honoring and being kind to them.

E
Enjoyable & evaluate
Is this something I want to do? If not, it's much harder to keep at it. What worked, what didn't? What can I do differently next week to make it easier or help me succeed?

R
Record and reward
Writing your goal down and placing it somewhere where you will see it often can help to keep you on track. Adding in rewards also helps!

People who just think about their goals tend not to achieve them. Studies have shown that people are more likely to achieve their goals when they:

Write them down.

Develop an action plan.

Share their plan and progress with a friend or someone close to them.

Dealing With
Cyber Bullying:

As technology becomes central to everyone's lives, online bullying or 'cyberbullying' and other forms of digital harassment are on the rise. It can have a devastating impact on people's lives and wellbeing, especially children and teens.
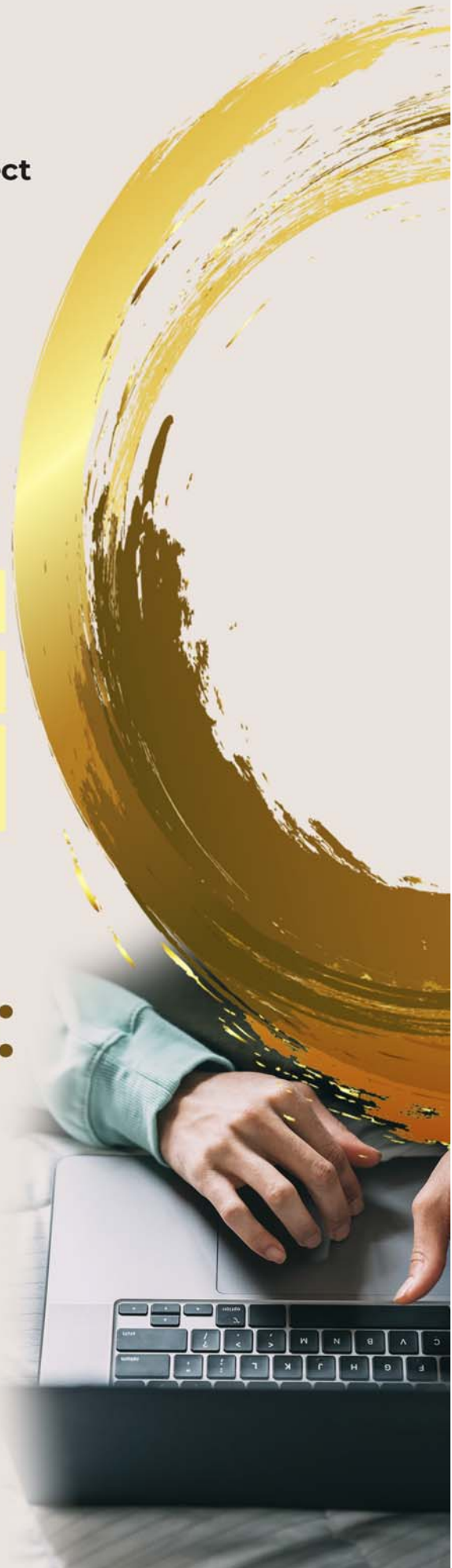
What is online bullying or digital harassment?

It can be when someone uses the internet, email, mobile phones, apps or social media to:

send or publish threatening or offensive materials or messages

spread damaging or degrading rumours about you

publish online images or videos of you against your will create fake accounts using your name or image to harass people.

It might also be the volume of things being sent to you that leaves you feeling uneasy. For example, if you are being bombarded with a large number of text messages every day. You may receive unwanted attention via texts, emails, mobile phones, blog pages, websites, social media sites, online forums or apps.

Why is online bullying such a big problem?

Access to technology means that cyberbullying and harmful digital communication can happen at any time – even your own home may not be a safe haven from bullying. Students and young people can communicate with each other unsupervised and free from adult scrutiny. The nature of technology means that digital content can be seen and shared by a large audience very quickly, and is hard to track and delete.

Cyberbullying can involve people who have never met in real life. Being able to attack someone online and still remain anonymous creates an imbalance of power, as you don't know their age, physical strength, social status or where they live.

Harmful Digital Communication Act 2015

In Aotearoa New Zealand, there is a law to help protect you from online bullying. It is called the 2015 Harmful Digital Communications Act. The act targets digital communication such as social media, texting and other online messaging to prevent cyber stalking, bullying and harassment. A number of people have already been charged under the act and have faced fines and/or jail. You can also report harmful content to Netsafe, who provide a free and confidential service to help people experiencing online bullying, abuse and harassment.

Under the Harmful Digital Communications Act, schools/kura must provide a safe physical and emotional environment, which includes cyberbullying and online harassment. Anyone, including a school representative can file a complaint with Netsafe on behalf of a young person targeted in an online incident.

WAYS TO PROTECT YOURSELF ONLINE.

Control your own social media

Social networking sites like Facebook, Instagram, YouTube, TikTok etc allow you to report content, block and unfriend people. If you're not sure how to, visit the safety centres of the social media platforms for help. You can also disable comments on your posts and videos on some platforms.

Check your security settings

It's really important to make sure your security settings are as high as they can be. For example, on Facebook, who can actually see your posts and photos? You might be surprised. Check, and double check.

Block or report mobile phone bullying

You can block phone numbers that are sending bullying or abusive messages to your mobile. You can search online to learn how, or contact your phone service provider for assistance. Phone companies in Aotearoa New Zealand have special agreements in place to help stop harassment

Be careful sharing contact details

To minimise the chance of unwanted attention online, be really careful who you give your contact details to. Do you really know the person? Is the person who they say they are?

Be careful who you reply to

Don't reply to texts or messages from people you don't know. Simply don't engage with the person. Most often the sender will get bored and stop sending messages if they aren't getting a reply.

Don't delete offending content

If it reaches a point where police intervention in needed, the offending content may be used as evidence. Keep a record of when you receive the offending content and any details about who it's from. Find out more here.

ADVICE FOR PARENTS AND CAREGIVERS

Start the conversation young

As soon as possible, start talking to your kids in an age-appropriate way about what online bullying is and why it's not okay. Reinforce that there's no difference between saying something mean in person and saying something mean online – both are harmful and not acceptable under any circumstances. Make sure they understand that something that is posted online can stay there forever. Also, teach them that if they are being bullied online, they need to tell an adult straight away. You should also talk to them about online grooming – when an adult tries to build a relationship with a young person online so they can sexually exploit them in some way.

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Keep the communication lines open

Talk to your kids regularly about online bullying and safety and let them know they can come to you if they have any questions or need help. Try to stay calm and be non-judgemental when they tell you things. If you overreact, they might shut down and stop telling you things in the future.

Be tech-savvy

Learn about the social media platforms your kids are on and how they work. Talk to your kids about which ones they are on and why and what's good or bad about them.

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ADVICE FOR PARENTS AND CAREGIVERS

Keep devices in a common area

Depending on your kids' ages, you can keep their devices in a common area such as the living room so you can monitor usage. It also gives you more of an opportunity to see what they are up to online.

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Set clear limits and rules

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Right from a young age, set clear rules about device usage. For example, no devices after 7pm or no devices in their bedrooms. This helps limit usage and potential exposure to bullies at all hours. If they are younger, a rule could be that must share their password so you can regularly check through their messages. Explain they should only give their contact details to people they know.

Be a good role model

Set a good example for your kids by being kind online. If they see you acting responsibly and kindly then they are more likely to copy your behaviour and do the same.

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Support
Where to get help

Netsafe provides free and confidential advice and help.

Text "Netsafe" to 4282
Email help@netsafe.org.nz
Free call 0508 NETSAFE

(0508 638 723)

Online report at netsafe.org.nz/report