

Hilltop News

DIMBOOLA MEMORIAL SECONDARY COLLEGE

Term 2, Week 1, 19th April 2024



"Facta non Verba"

Dimboola Memorial Secondary College would like to acknowledge the Traditional Owners of the Wimmera Mallee area: The Wotjobaluk, Jaadwa, Jadawadjali, Wergaia and Jupagalk peoples, and pay our respects to Elders past, present and emerging.

Phone: 53891460 | www.dmsc.vic.edu.au | dimboola.memorial.sc@education.vic.gov.au | Fax: 53891981

ANZAC DAY 2024

COMMEMORATE WITH US | MEMORIAL BUILDING | 25th APRIL | DAWN SERVICE - 6 AM

TOWN SERVICE – 8:30 AM



Upcoming Events and Dates

- 22nd APR - Year 7 and 10 Vaccinations
- 23rd APR - Little Desert Athletics
- 25th APR - ANZAC DAY
- 26th APR - Curriculum Day
- 29th APR - Year 7 Information Night (HFC)
- 6th – 10th MAY - Year 10 Work Experience
- 13th MAY - Little Desert Cross Country

Principal President

Sally Klinge
Rhianna Paech

Vice President

Alastair Griffiths

Secretary

Charlotte Pyers (DET)

Treasurer

DET Rep

Jess Fell

Parent Reps

Yolande Hutson, Brett Schultz,
Desiree Cross, Angela Taylor

Student Reps

Rian Pyers, Ethan Angel-Hands

Community Reps

Charles Rees (RSL), Neil Zippel

RESPECT HONESTY EXCELLENCE CARE FREEDOM

DMSC IS A CHILD SAFE SCHOOL

Principal's Message

A message from our Principal

I hope everyone found time to enjoy the warm weather over the Easter break and the school holidays. It was great to see students back at school on Monday, for the start this eleven-week term, which includes the school's centenary celebrations at the end of May and the Debutante Ball on Friday 28th June.

Awards presentations

On Monday we celebrated the achievements of many students from Term 1 at our General Assembly held in the Assembly Hall. Students received certificates and a prize of their choice in recognition of academic, effort and values awards. Students who had 99% or higher attendance for the term were also presented with a certificate and memento. It was very pleasing to see so many students receiving awards. A total of 169 academic awards were presented, together with 94 effort awards and 15 values awards. Lists of the recipients of these awards can be found later in the newsletter.

ANZAC Day

Next Thursday 25th April is ANZAC Day. As is the case each year, the school will host both town services. The Dawn Services will commence at 6am at the front of the Memorial Building, which has the town's Honour Rolls beneath the building verandah. A free Gunfire Breakfast will follow near the school's canteen.

Students are encouraged to attend the 8.30am service and march from the front gates in Ellerman Street. It would be wonderful to have as many students as possible dressed in school uniform joining the march along the Avenue of Honour with students from both primary schools. Students should assemble at the front gates by 8.20am. Our two College Captains – Katie Griffiths and Will Thomson will lay a wreath on behalf of the school and then speak at the formal service in the Assembly Hall.

At school, we will recognise ANZAC Day next Wednesday with a short service at 10.30am at the front of the Memorial Building.

School Review

Today was the first part of the review process, which occurs every four years in all government schools. Mrs Pyers and I met with Jackie Kerr, who is ensuring that DMSC is compliant with the requirements of the Victorian Registration and Qualifications Authority (VRQA). Much of the other work involved in the review process will take place this term and in Term 3.

Respectful Relationships

This term, our focus in Mentor groups each Friday will be on treating others as we would like them to treat us. Racism will be a topic of discussion from Week 3 and I encourage families to speak with the students about what is being presented in these short sessions.

School Centenary

We are now just one month away from Saturday 25th May, when the school will celebrate the milestone of 100 years of education on the current site. Bookings are still open for both the afternoon tours and RSL commemorative service, as well as the official evening dinner. For catering reasons, these online bookings will close at midnight on May 5th, so please secure your place before this date, if you have not already done so.

Surprise visitors

I had the pleasure of meeting three former teachers of DMHS on Monday, who had called in unexpectedly, as they are not able to attend the centenary event. They had taught in the school in the late 1960s and one of them was Jane Edmonson, who is well-known in her role as a gardening expert on the ABC's Gardening Australia. All of them were very impressed by the beautiful gardens and lawn areas that our school is fortunate to have.

Short week ahead

A reminder that there are only three days of school for our students next week. Thursday is the ANZAC Day public holiday and Friday 26th April is a pupil-free Curriculum Day for all staff.

Sally Klinge

Principal

DMSC Athletics

In the last week of Term 1, we had our DMSC Athletics Carnival here on the school oval. The day was a great success with many students participating and parents watching and cheering for the students throughout the day. The following students were awarded age group champions after their efforts on the day:

	Boys	Girls
12/13	Liam Clarke	Giselle Clugston
14	Reef Ward	Bella Mibus
15	Eli Badua	Lyla Barry
16	Seb Ryan	Lucy Baker
17	Marcel Badua	Indy Ward
18	Jaidyn Scott & Ethan Jensen	Alyssa Petschel



Well done to the Hindmarsh students who won the overall championship with a score of 1,785 points and Wimmera who scores 1,578 points.

The Best Overall Athlete for the day went to Giselle Clugston and Reef Ward who both scored 84 points.

The Best Under 16 Athlete was awarded to Seb Ryan on 65 points. This award is given to a student in the under 16 age group in memory of Stephanie Lawes.

Thank you to all the teachers, students, parents, and family helpers who assisted and supported the students on the day to help our sports go ahead.

Best of luck to our students who are participating in the Little Desert Athletics in Nhill next Tuesday.

-Ms Marra



Hands on Learning

What a fantastic start to Hands on Learning for Term 2. We had a full house, the weather was great, and students were kept busy.

With a mix of ages, students are given the chance to work with others, developing their skills to have a good relationship with a variety of people.

Our vegetable patch is still producing tomatoes, capsicum and Cucamelons. Students cleaned out garden beds of weeds and prepared empty ones for the upcoming winter crops.

We placed mulch around our pergola and erected the goal posts on the front oval. With all of the work done students then worked on their LED Acrylic light designs.

The group enjoyed a beautiful lunch made with help from Dante, Lachlan D and James. We had Chicken pasta bake with flavours of ricotta, spinach and sundried tomatoes.

Donna Baldock
Hands on Learning Coordinator





Temika Greig	16	Tanner Eldridge	2
Victoria Ward	13	Will Duncan	2
Billie-Jean Ward	12	Bella Mibus	1
Sienna Avery	12	Cameron Eldridge	1
Ava Henderson	10	Charlotte Lopez	1
Lenny Eldridge	8	Eli Badua	1
Dane Paech	7	Ella Cossans	1
Giselle Clugston	5	Ella Smith	1
Stella Williams	5	Ethan Angel-Hands	1
Taylor Hauselberger	5	Flynn Baker	1
Charlie Taylor	4	Flynn Hutson	1
Lucy Baker	4	Jasper Ward	1
Nicole Pretorius	4	Kiera Liesfield	1
Tilly Barry	4	Lachlan Carberry	1
Adam Hoyland	3	Laura Ford	1
Alyssa Petschel	3	Lily Baker	1
Emily Schultz	3	Mia O'Dwyer	1
Emily Taylor	3	Milly Patten	1
Evie Everett	3	Patrick Ford	1
Jaidyn Scott	3	Rebecca May Williams	1
Maddison Petschel	3	Rian Pyers	1
Sophie Cook	3	Romy Hofmaier-Butler	1
Albert Schorback	2	Seamus Clarke	1
Nitika Krahe	2	Stanley Foster	1
Seb Ryan	2	Tahnee Glover	1
Shenae Barnett	2	Tori Menzel	1

Congratulations!



Temika Greig	8	Lenny Eldridge	2
Sienna Avery	7	Lyla Barry	2
Billie-Jean Ward	6	Maya Schorback	2
Ava Henderson	5	Nitika Krahe	2
Evie Everett	5	Tilly Barry	2
Rian Pyers	5	Emma Glover	1
Victoria Ward	5	Katie Griffiths	1
Emily Taylor	4	Lily Baker	1
Giselle Clugston	4	Lydia Paech	1
Lucy Baker	4	Maddison Petschel	1
Sophie Cook	4	Rebecca Carberry	1
Dane Paech	3	Rebecca May Williams	1
Nicole Pretorius	3	Seamus Clarke	1
Stella Williams	3	Seb Ryan	1
Charlie Taylor	2	Shenae Barnett	1
Georgia Hutson	2	Tahnee Glover	1

Well Done!



Blake Dixon	Marcel Badua
Cameron Eldridge	Nitika Krahe
Eithan Jenns	Rian Pyers
Jaidyn Scott	Seth Dixon
Lachlan Dixon	Will Thomson
Liam Campbell	Laura Ford
Lilly Schorback	
Logan Krelle	

Reminders

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DOES YOUR CHILD FIND IT DIFFICULT TO BE MOTIVATED TO COMPLETE HOMEWORK?

DO THEY REGULARLY HAVE OVERDUE WORK?

This is an opportunity for all students to complete classwork and homework under the supervision of a teacher.

Students are recommended to attend to help them keep up to date with work and to gain extra help with their assessment tasks.

If you have any questions, please ring the office or speak to **Mrs Charlotte Pyers**.

Encourage them to come to **S.M.A.R.T** sessions.

*Tuesdays
and
Wednesdays*

Library

3.20 - 4.30

Snacks provided

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LUNCH TIME

Canteen
Lunch Menu
Cut off time
8.40am

Just a reminder about the cut off times each day to order via Qkr!



Canteen
Recess Menu
Cut off time
8.40am

Orders can be placed days ahead of time.



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**DHES
DMHS
DMSC**

is turning

100

Saturday, May 25, 2024



***Dimboola Soldiers
Memorial Higher
Elementary School***
DHES (1924 to 1945)



***Dimboola Memorial
High School***
DMHS (1946 to 1986)



***Dimboola Memorial
Secondary College***
DMSC (1987 to 2024)

"Facta non Verba"

<https://buytickets.at/dimboolamemoralsecondarycollege/1079075>

***Please join us in
celebrating this
special occasion***

Bookings for the school tours and
afternoon tea and the official dinner are
available via the QR code, the link below
or by the school office on 5389 1460



CAREER NEWS



General information



Upcoming events:

- Year 10-11 Careers check-ins with Miss Kuhnell (Term 2)
- **Careers Expo** (25th of June)



Snapshot of William Angliss Institute (WAI) in 2024

- WAI offer a broad range of training and education programs including accredited traineeships and apprenticeships, certificates, diplomas and advanced diplomas, short courses, graduate certificates, bachelors, and master's degrees.
- WAI has its main campus in Melbourne, and a campus in Sydney. It also has campuses overseas in countries including China, Sri Lanka, Vietnam, and Singapore - [About WAI](#).
- WAI is one of Australia's largest specialist centres for foods, tourism, hospitality, and events training.
- Courses are categorised into various groups:
 - 1. Food Studies and Culinary Arts, Food Science & Technology, Baking, Patisserie - [Foods](#)
 - 2. Tourism, Travel, and Aviation - [Tourism](#)
 - 3. Hospitality and Resort & Hotel Management - [Hospitality](#)
 - 4. Event Management - [Events](#)
- WAI also offers Apprenticeships and Traineeships, as well as numerous short courses.
- The Angliss International Hotel School offers students a study pathway to take service delivery to a new and luxurious level.



William
Angliss
Institute

POSSIBLE CAREERS

Where can a Science Degree Take You?

Jobs in Science can vary depending on the major you select in your Science degree. Students keen on finding out about the broad range of careers a science graduate can enter are encouraged to browse [Where can a Science degree take you?](#)

The diversity of careers these science graduates have been employed in provide reassurance about the flexibility of studying science at university.



Nutrition and Dietetics at Swinburne

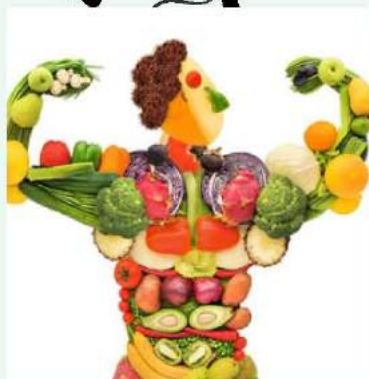


Swinburne's nutrition courses help students explore the relationship between health and nutrition and gain a deeper understanding of how they are intertwined.

Students choosing to study nutrition studies gain an in-depth understanding of food sources, proteins, vitamins and minerals, and get to explore the complex relationships between anatomy, physiology and nutrition.

Nutrition is offered as a major in the [Bachelor of Health Science](#), and for students who wish to go on to become a Dietitian, there is also the [Master of Dietetics](#) on offer after completion of the undergraduate degree.

To find out more, browse [Studying Nutrition and Dietetics at Swinburne](#).



Collarts Open Day 2024

Collarts will be hosting its first Open Day for 2024 on Saturday 11 May 2024.

Students are invited to go along and experience all things regarding 'Collart's life': from their passion for creativity, close community, state-of-the-art facilities, expert faculty, and more.

Registration is essential – register at [Open Day – Register & Discover Collarts](#).



COLLARTS

CAREER INFORMATION

Simpson Barracks Open Day 2024

Join us at Simpson Barracks for a day filled with interesting and engaging military displays and demonstrations. Explore the displays, interact with soldiers, and learn about their daily lives. Witness thrilling demonstrations and enjoy this fantastic opportunity to experience military life up close and personal. Don't miss out on this unforgettable event!

This event is being developed to showcase the variety of careers with Army and Defence, and students in Years 10 – 12 (along with their parents) are encouraged to attend.

Date: Sunday 5 May 2024

Time: 10:00am – 4:00pm

Location: Simpson Barracks, 200 Greensborough Road in Macleod VIC 3085

Note: A shuttle bus will run from Watsonia Station to Simpson Barracks throughout the day.

Bookings are essential and open on 15 April 2024 at [Simpson Barracks Open Day 2024 Tickets](#).



DEAKIN
UNIVERSITY



Guaranteed ATARs for 2025 Entry

The Deakin Guaranteed ATAR provides access for more students, so you can secure a place in the course you want.

Deakin is providing lower upfront guaranteed ATARs for eligible students from under-represented cohorts at Deakin. So, this may mean students who:

- attend an under-represented school – see list [here](#) OR
- live or study in a regional or remote home or school location OR
- are of Indigenous Australian descent

This provides students with more certainty, reduces stress and gives them the best chance to get into the course they really want. Applications will be made through VTAC later in the year.

Find out more at [Find your future | Deakin University](#)

POSSIBLE CAREERS

Residential Colleges Open House

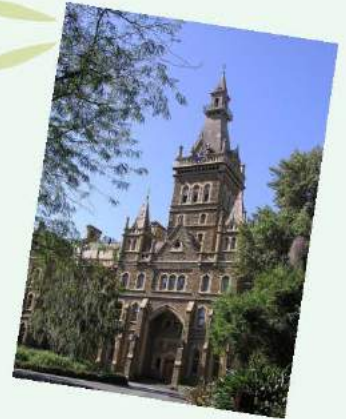
The University of Melbourne has ten Residential Colleges, and they are holding an Open House event of tours.

Attendees can hear from current students, meet the academic and pastoral care staff, learn more about residential scholarship programs and discover the best of residential college clubs, societies, events, and leadership opportunities.

Lunch and refreshments will be served across the Colleges on the day.

Date: Saturday 11 May 2024
Time: 12.00pm – 4.00pm

Registrations are open at [Open House 2024 - Colleges University of Melbourne](#).



Outdoor Leadership Course at Holmesglen

Holmesglen offers the [Certificate IV in Outdoor Leadership](#) course – perfect for students who loves the outdoors.

With the demand for outdoor guides in Australia at an all-time high, this **Free TAFE** course is a perfect steppingstone to employment.

This course prepares students for the outdoor education/adventure industry and focuses on training learners to assist or guide a wide range of outdoor activities.

Specific skills are developed in bushwalking, canoeing, white water rafting, challenge high ropes, rock climbing, and abseiling. The course is ideal for students with a strong interest in the outdoor environment and a sense of adventure. Having the opportunity to work in the outdoors and facilitate enriching and life-changing outdoor experiences for other people is a fantastic lifestyle.

Students can go on to work as an Outdoor Guide, Outdoor Education Group Leader, Activity Leader, Adventure Tourism Guide, Bush and Adventure Therapy Worker, etc. Alternatively they may choose to continue studying and enrol in the [Diploma of Outdoor Leadership](#).



ASSESSMENT

TERM 2 - WEEK 2

22nd – 26th APRIL



Year		Work	Due date/s
Year 7			
English	JF	Practice Week 1 spelling words Reading own choice book	Monday 22nd April Ongoing
Maths	JO	SQUIZYA 2.1	Tuesday 23rd April
Science	HP	Stile- Food chains and Food Webs- 1.1	Wednesday 24th April
Humanities	HS	Writing task - I'm stranded, now what?	Monday 22nd April
German	NK	Alles ueber mich interviews (recorded)	Tuesday 23rd April
STEAM	NI	Adobe Illustrator - Shapes Personal Logo Development	Friday 26th of April Friday 31st of May
Study Skills	RS	'About Me' PowerPoint	Tuesday 23rd April
Year 8D			
English	CP/TR	<i>The Truman Show</i> WBQ 2 Q 1-4 Reading Challenge - ongoing	Monday 22nd April
Maths	MM/HP	Squizya 2.1	Monday 22nd April
Science	HP	Stile - Cells - 1.1 and 1.1 Check-in Stile - Cells - 1.2, 1.3	Monday 22nd April
Humanities	JF	Introduction Booklet	Monday 29th April
German	NK	Wetterbericht script (recorded)	Monday 22nd April
Year 9D			
English	KK	Spelling tests <i>Tomorrow, When the War Began</i> chapter tasks	each Friday Ongoing
Maths	MM	Squizya 2.1	Monday 22nd April
Science	HP	Body Systems Diseases Brochure (Holiday Homework) Exploring Static Electricity - Results, Evaluation, and Conclusion.	Monday 22nd April Monday 22nd April
Humanities	TR	WWI Mini Test 2	Wednesday 24th April
Health and PE	NI	Volleyball and Ultimate Frisbee Worksheets	30th of April
German	KL	Fit und Gesund - online activities	Wed 24th April
Year 8 and 9 Electives			
Media	NI	Media Production Project - Brainstorming and Research	30th of April
Baker's Shop	RS	Design Process: Design Brief, Constraints and Considerations	Wednesday 1st May

Sport	JD	Peer Lead Activity Planning	Tuesday 23rd April
Art	LS	Watercolour designs for Clay vase	23rd April
Textiles	RS	Applique Decorative cushion design	Tuesday 30th April
Year 10D			
English	HS	Spelling test (weekly) Oral presentation preparation	Monday 29th April
Maths	JD	Completion of pre test online	Monday 22nd April
Science	MT	AFL concussion investigation	Wednesday 24th April
Humanities	TR	Human Wellbeing Assessment Task: Part 1	Tuesday 22nd April
Health and PE	JH	Party Safe Case Studies 1-4	Monday 22nd April
Work Ready	BF	School Work Experience - Arrangement Forms and Safe@Work quiz	22 April
Senior Subjects		Assessment	Due date/s
Art Unit 1	LS	Researching artists from different periods Material exploration/ annotation	ongoing
Art Unit 3	LS	Art making Visual Diary annotation Edrolo	ongoing
Business Man Unit 1	HC	3ABC Booklet	Monday 29th April
Biology Unit 1	MT	Apoptosis and Necrosis worksheet Edrolo 4C and 4D Questions Edrolo 5A Video	Monday 22nd April
Biology Unit 3	MT	Edrolo 5A and 5B Video Edrolo 5A Questions	Wednesday 24th April
English Unit 1	KK	Writing task #3 (persuasive piece) Mentor texts analysis task	Friday 26th April Friday 10th May
English Unit 3	CP	Creating Texts Piece 1 draft Creating Texts Piece 1 final copy	Wed 24th April Monday 29th April
Food Studies 1	RS	Chapter 5 booklet	Monday 29th April
Food Studies 3	RS	Must do:	Should do:
		Chapter 5 booklet	Edrolo: the influences of social factors 1&2
General Math Unit 1	JO	Must do:	Should do:
		Questions from 3a, 3b, 3c	Watch Edrolo 3c, 3d, 3e
General Math Unit 3	JH	Chapter 5D and 5E textbook questions and chapter 4 assignment	Monday 22nd April
Health HD Unit 1	TA	Overdue holiday booklet 3A, 3B, 3C Edrolo	Wednesday 24th

Health HD Unit 3	TA	Overdue holiday booklet 3A, 3B edrolo		Monday 22nd
History Unit 1	JF	Week 2 Homework Tasks (Extended Response and Reading)		Friday 26th April
Legal Unit 1	NK	PowerPoint/Poster of one criminal offence Case summary of your criminal offence		Monday 22nd April Tuesday 23rd April
Legal Unit 3	NK	Edrolo videos: 4A, 4B, 5A, 5B, 5H, 5I & 5J U3 AOS2: Week 2 notes booklet U3 AOS2: Week 2 exam questions booklet		Monday 22nd April
Maths Methods Unit 3	HC	Chapter 6 questions Trigonometry: Edrolo		Monday 29th April
Media Unit 1	NI	Read Chapter 3 Media Reframed SAT Part B - Pre Production Development SAC - Media Representation		Ongoing Monday 22nd of April
Media Unit 3	NI	SAT - Pre Production Development Process SAC - Narratives and Context		Ongoing Monday 22nd of April
PE Unit 1	JH	Chapter 14 Textbook Questions and Homework Booklet		Tuesday 22nd April
PE Unit 3	MM	Must do:	Should do:	Tuesday 23rd April
		Peak Performance chp 7 Edrolo: 'Fuels required for ATP resynthesis' and 'Characteristics of the 3 energy systems'	Edrolo: 'Anaerobic energy system fatigue' and 'Aerobic energy system fatigue' Peak Performance chp 6	
Physics Unit 3	JO	Must do:	Should do:	Wednesday 24th April
		T2W1 Terror Start A3 Summary-Electricity	Watch 3a, 3b, 3c Edrolo Videos	
11 Literacy	BF	Bucket List Travel Article / Review draft completed		Monday 22nd April
12 Literacy	BF	Bucket List Travel Article / Review draft completed		Monday 22nd April
11PDS	LS	Images for research Sugar Project Complete powerpoint sugar project		Monday 22nd April
12 PDS	LS	Images for research Sugar Project Complete powerpoint sugar project		Monday 22nd April
11 WRS	BF	Communication Project (Container Deposit) Report due		Monday 22nd April
12 WRS	BF	Communication Project (Container Deposit) Report due		Monday 22nd April



Fact sheet

Staying safe

Why is it important to stay safe online?

It can help you avoid being a victim of online crime.

Learning about some of the unsafe things that can happen, and what we can do about them, will help us to look out for ourselves, family and friends.



What can happen if I'm not safe online?

★ Cyberbullying

Some people use the internet to bully others.

Cyberbullying hurts people.

In some cases it can lead to criminal charges.



How to report

Block and report the bully.

Keep proof of the bullying and report this material to the social media service.

Within 48 hours, if the content is not removed, report it to the Office of the eSafety Commissioner at

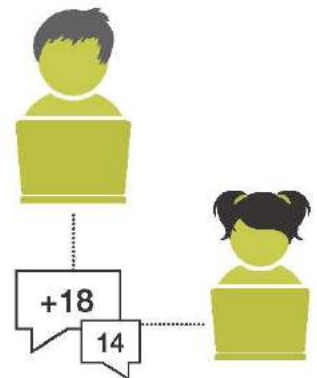
www.esafety.gov.au

★ Unwanted contact

Not everyone online is who they say they are.

It's important that you know who your children are talking to online.

Sometimes adults may pretend to be someone they're not to try and create a relationship with a child online. This is called "grooming".



How to report

You might need to get the police involved.

If you believe a child is in immediate danger call triple zero (000).

Reports can also be made via the Report Abuse button at www.thinkuknow.org.au

★ Sharing personal sexual content

Sometimes young people create naked or semi-naked photos or videos, and share them with others. This can have serious consequences for those involved and can even lead to criminal charges.



How to report

If you become aware that this behaviour is happening report it to your child's school/organisation and/or local police.

★ Inappropriate or unsafe content

Some content on the internet may be illegal, upsetting or unsuitable for some age groups. Inappropriate or unsafe content might include:



- pornography
- violence
- extremist behaviour
- sites that encourage criminal and anti-social behaviour
- offensive content such as text, photos or videos on social media
- chatrooms or blogs that encourage racism or hate.



How to report

Offensive and illegal content complaints should be made to the Office of the eSafety Commissioner at www.esafety.gov.au for investigation.

Online radicalisation and extremist material can be reported to www.reportextremism.livingsafetogether.gov.au

ThinkUKnow's top tips for staying safe online



- Only talk to people on the internet you know and trust, and never meet someone in person you've only 'met' online.
- Think before you post something on the internet about another person.
- Have respectful relationships.
- Learn how to block and report on the sites you and your children use.
- Have a list of health and wellbeing services for your children to access for further support.

Visit www.thinkuknow.org.au for more information and tips!



Kids Helpline
1800 55 1800



@ThinkUKnow_Aus



facebook.com/ThinkUKnowAustralia



www.thinkuknow.org.au

Wellbeing at DMSC- a message from the wellbeing team

Social media and staying safe online - Michael Carr-Gregg

Social media can offer many benefits to adolescents, connecting them with friends.

We often hear or read about the dangers of young people logging on to social media platforms, such as Facebook, Instagram, Snapchat and TicTok, and other online spaces where they can socially interact, including Youtube, virtual worlds and gaming sites. In the online world, we know adolescents can be exposed to cyberbullying, harassment, sexting, privacy breaches and sexual predators.

Despite these negatives, many parents are surprised to discover there are also many real advantages for adolescents in connecting through social media. Research tells us that social media networking can play a vital and positive role in the development of young people and their lives.

As children progress into their adolescent years, the way they interact with their family, friends and the wider world changes. These developmental changes also influence how they use social media.



Moving into adolescence

While the age at which children transition into adolescence varies from child to child, it typically begins at around 12, 13 and 14. During these years, young people experience significant brain growth and development.

We notice young people becoming more independent, spending an increasing amount of time alone and investing in their friendships, while devoting less time to their parents. This is a pivotal stage when peers begin to have a major impact on adolescents. Peers typically influence young people's choices, attitudes and behaviours, from the clothes they wear to the movies they see and their taste in music.

Adolescents also begin to see their parents through adult eyes, which can lead to a sense of embarrassment and withdrawal. As a result, many parents often feel a sense of loss and believe they may have 'done something wrong' to provoke the change. In actual fact, this process is a natural psychological development in the adolescent's journey to becoming an adult.

Social media

Social media is an extension of what goes on in the real world. It enables young people to develop friendships and connect in ways like never before. Unlike adults, many adolescents see no difference between their online and their offline worlds.

In early adolescence, social media plays an incredibly important role. It has fast become an essential tool adolescents can use to socialise and connect with their peers.

Social media has a range of benefits. It allows young people to establish their identity with pro-social peers at a time when they are laying the foundations for their independence.

Young people are able to communicate with their friends online and engage through common interests, such as following and interacting with their local sports club or dance, music or drama groups. Social media enables young people to research and share information online, showcase issues and opinions, stay up to date with school events, to socialise and to flirt.

Adolescents are also creating, uploading and modifying content. Many adolescents use social media to take photos to document what they are experiencing when they go out, before they post it online. While previous generations also documented their activities, those photos were placed in frames and albums and were not instantaneously available to their wider circle of friends.

Social media also enables young people to develop real world skills, such as managing their online presence and team collaboration.

A Young and Well Cooperative Research Centre literature review shows there are significant benefits that come with social networking services for adolescents. Social networking can help with identity formation, deliver educational outcomes and facilitate supportive relationships.

It can promote a sense of belonging and self-esteem which has the potential to build resilience, enabling adolescents to better cope with change and stressful events.

Maximising these benefits can work to protect young people from the risks of online interaction.

Peer influence online

Studies show that peer influence during adolescence is far more powerful than parental influence. We know that peers help shape the behaviour and attitudes of young people offline and online, driving their social media use.

Sexting is an online trend where adolescents send, receive or forward sexually explicit messages or photos. While parents may find this behaviour bizarre and high-risk, research reveals more than half of adolescents are engaging in sexting. For many young people, sexting is a common form of flirting.

The downside of sexting is that the images and messages can be rapidly distributed via devices and social media platforms, leading to long-term reputation damage and legal issues. Several Australian teenagers who consensually filmed themselves having sex before distributing it online were later charged under child pornography legislation and have been added to the sex offender register. Unfortunately, their online actions will now have consequences that will haunt them for the rest of their lives.

Staying safe online

Young people's brains are continuing to grow and develop throughout their adolescent years. Especially in early adolescence, many young people are unable to predict the consequences of their actions.

It's imperative that parents continue to teach, monitor and protect their children when it comes to cyber safety. Adolescents must learn how to use the internet in a safe, smart and responsible way. It's just as important for parents to teach their children about cyber safety as it is about teaching them how to swim or to safely cross the road.

Unfortunately, this is a message that we're still struggling to communicate. Many parents find addressing cyber safety overwhelming and, all too often, it's relegated to the too-hard basket.

Dr Michael Carr-Gregg, SchoolTV.me