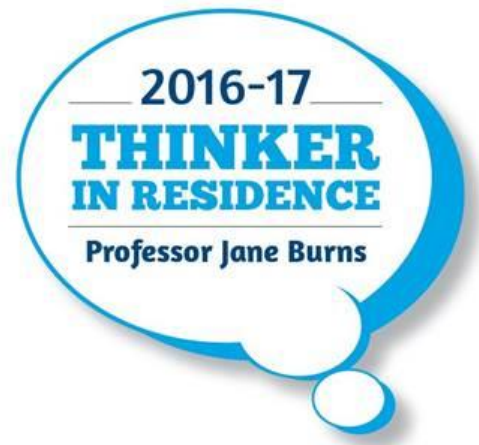




Commissioner for Children and Young People  
Western Australia



# Using technology to support young people's mental health

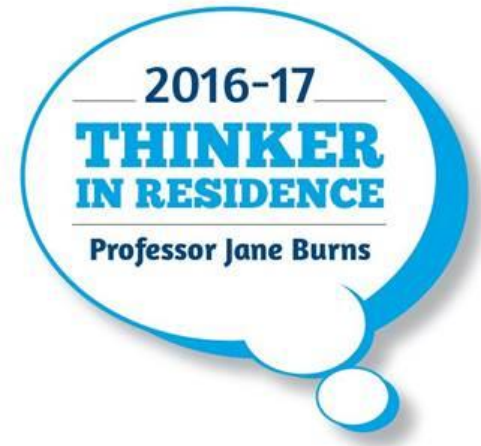
Commissioner for Children and Young People

15 March 2017





Commissioner for Children and Young People  
Western Australia

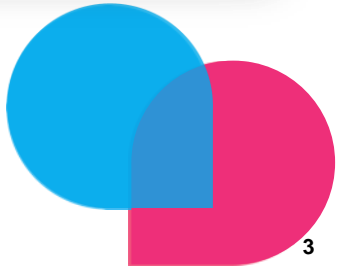


# Professor Jane Burns

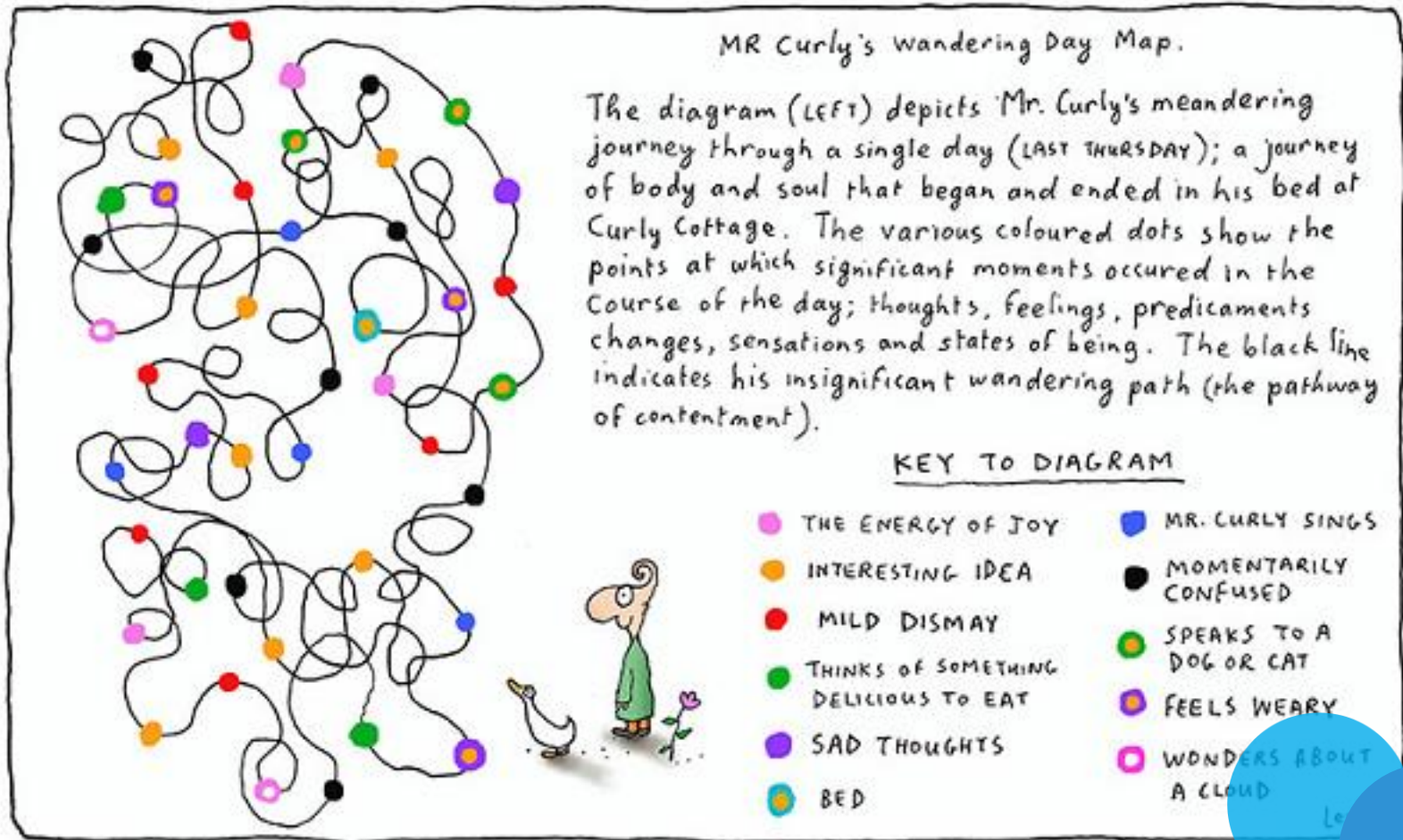
2016-17 Thinker in Residence



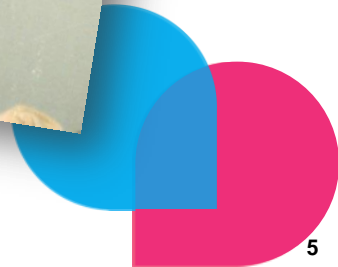




# What steps have you walked...



# What would I say to my 18 year old self?

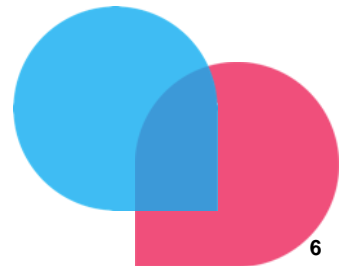




# The Rubik's Cube of Digital Mental Health



- Digital Content
- Websites
- Campaigns
- Apps
- Biometrics
- Small and Big Data
- Assistive Technologies



# Keeping Children Safe Online



Office of the Children's  
**eSafety Commissioner**



**National Day of Action** against Bullying and Violence,  
Friday 17 March 2017



## Protect your digital lifestyle

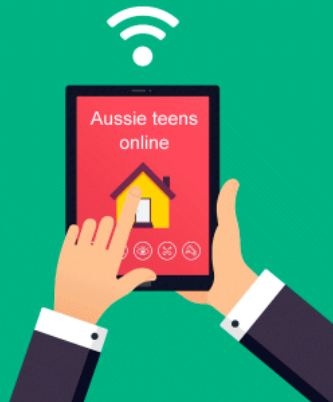
Check out our new interactive guide and learn how to be safe and secure with the connected devices in your life.

[Be eSecure](#)



# 7 WAYS

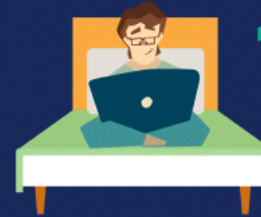
parents can manage web connected devices in the home



ALMOST

# 1 in 3

teens are accessing the internet between 10pm and midnight



[Aussie teens & kids online >](#)

# 1



**39 %**  
of teens use a tablet to go online

[Parental controls for tablets >](#)

Parental control tools are available for Apple's iOS & Android.

Playstation, Xbox, Wii and Steam have parental controls.

# 2



**47%**

of teens play games online

[Games & parental controls >](#)

3



**64%** of teens stream video on YouTube & TV

[Streaming services settings >](#)

YouTube and YouTube Kids have a **safety mode**; YouTube Red offers ad-free videos. Netflix and Stan offer **age-based settings**.

Microsoft Windows and Apple's MAC OSX offer **family restrictions and monitoring**.

4



**74%**

of teens use a computer to go online

[Use safety settings >](#)

5



**78%** of teens research and browse on the internet

[Tips on searching safely >](#)

**Safe search settings** are available for Google Safe Search, Google Chrome and Yahoo7.

Telstra Mobile Protect, Vodafone Guardian, Apple iOS and Android have **safety options**.

6



**80%** use a smart phone

[Smart phone parental controls >](#)

## Parental controls can keep kids safe on many screens

Telstra provides **parental control tools** and homework time blackouts; Optus and Vodafone provide guidance on tools.

7



86%

have home broadband access

[See parental controls >](#)

### THEY CAN

- ✓ Block sexually explicit sites
- ✓ Set screen time limits
- ✓ Block in-app purchases
- ✓ Block numbers and SMS
- ✓ Allow or block websites
- ✓ Restrict chat features
- ✓ Allow parental monitoring



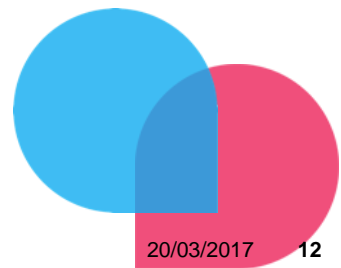
## REMEMBER

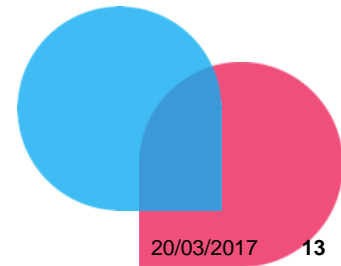
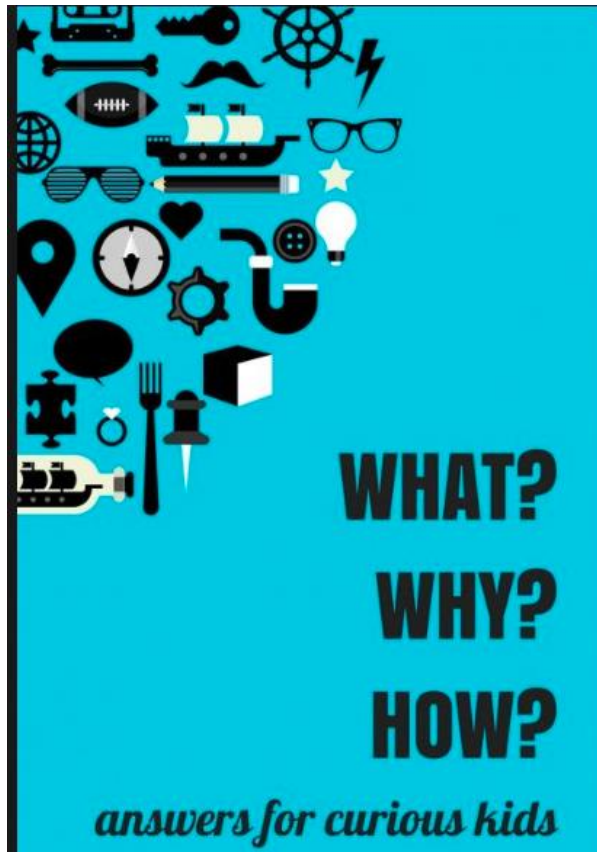
No parental control is 100% fail safe. Keep children's trust by using these tools openly at home

More safeguards

[More safeguards for parents >](#)







# Stress





# SMILING MIND



## Description

Smiling Mind is meditation made easy. A simple tool that helps put a smile on your mind anytime, anywhere and everyday.

[Smiling Mind Support](#) ▶

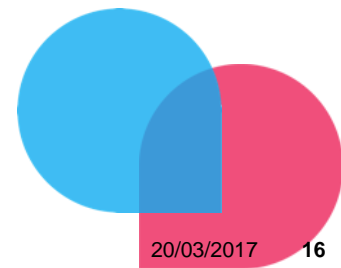
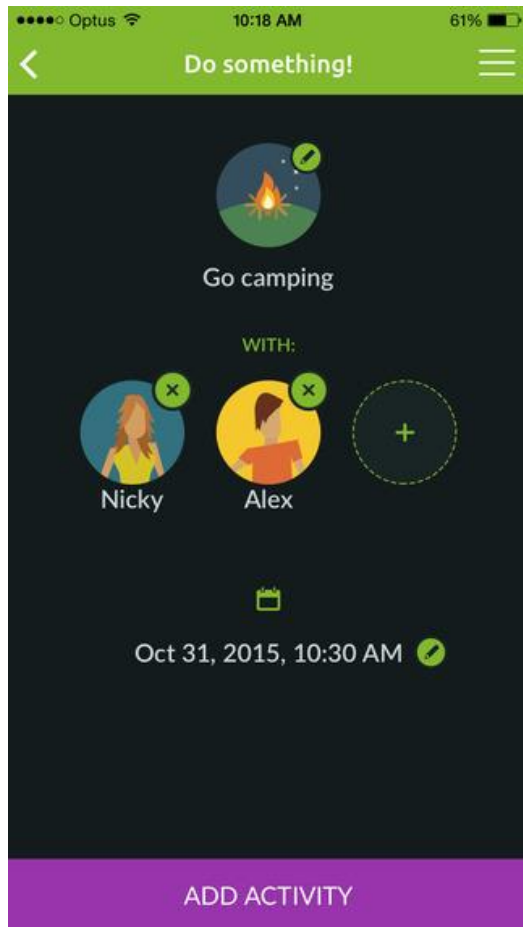
[...More](#)

## What's New in Version 2.0.1

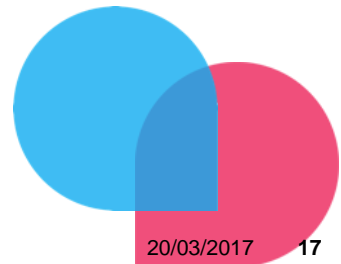
Improved performance and various bug fixes

[View in iTunes](#)

# BREAK UP SHAKE UP



# GOALZIE





# WorryTime

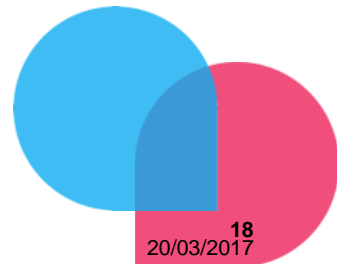
## ReachOut WorryTime

By ReachOut Australia

Open iTunes to buy and download



- Free mobile app that gives young people a place to store their worries and alerts them when it's time to think about them. When a worry no longer matters to them, they can ditch it and move on.
  - Manage their stress levels
  - Helps them feel more in control of their anxiety or stress
  - Develop a regular and effective method of dealing with day-to-day worries
  - Feel less overwhelmed



# ReachOut Breathe

ReachOut Breathe

By ReachOut Australia

Open iTunes to buy and dow



View in iTunes

Offers Apple Watch App for iPhone

Free

- Slowing your heart rate can increase feelings of calmness in your body
- Using simple visuals, Breathe helps people control their breath and measures your heart rate in real-time using the camera in your phone.
- Lets you address the onset of physical symptoms of stress, like shortness of breath, increased heart rate and tightening of the chest
- Controlling breathing and heart rate
- Increasing sense of calm and ease the physical symptoms of stress in real-time.

# ReachOut Breathe

## ReachOut Breathe

By ReachOut Australia  
Open iTunes to buy and download



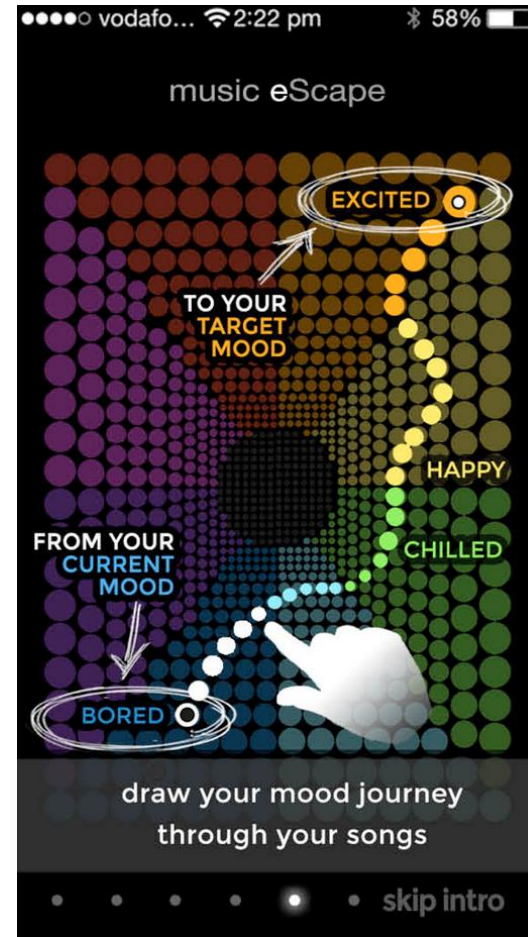
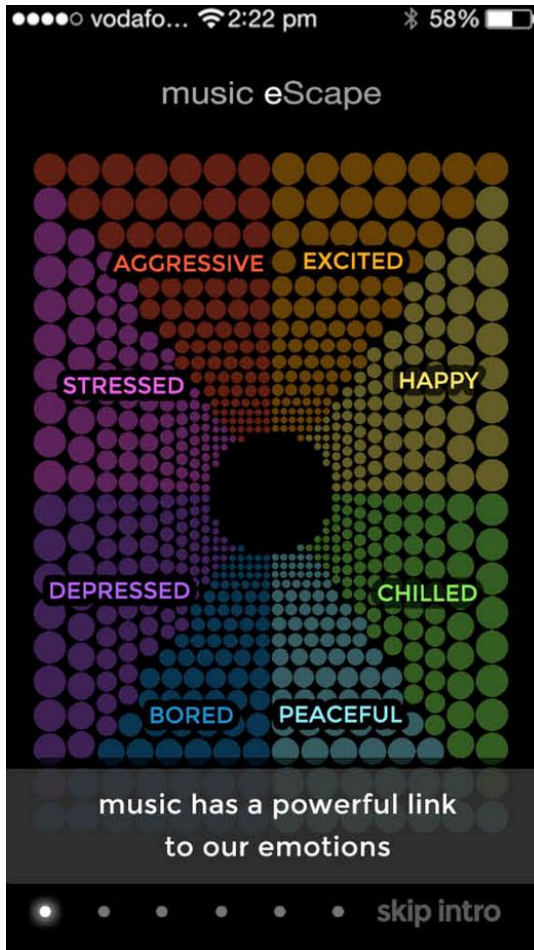
View in iTunes

Offers Apple Watch  
App for iPhone

Free

- After installing Breathe, they can customise settings to suit them.
- Set up their preferred breathing time and measure their baseline heart rate using their iPhone.
- It's simple to use and can be accessed at any time from your mobile or Apple Watch.
- Whether it's on the way to a game, before an exam or part of a daily ritual – it's the support they need to help cope with the onset of panic or anxiety.

# music eScape



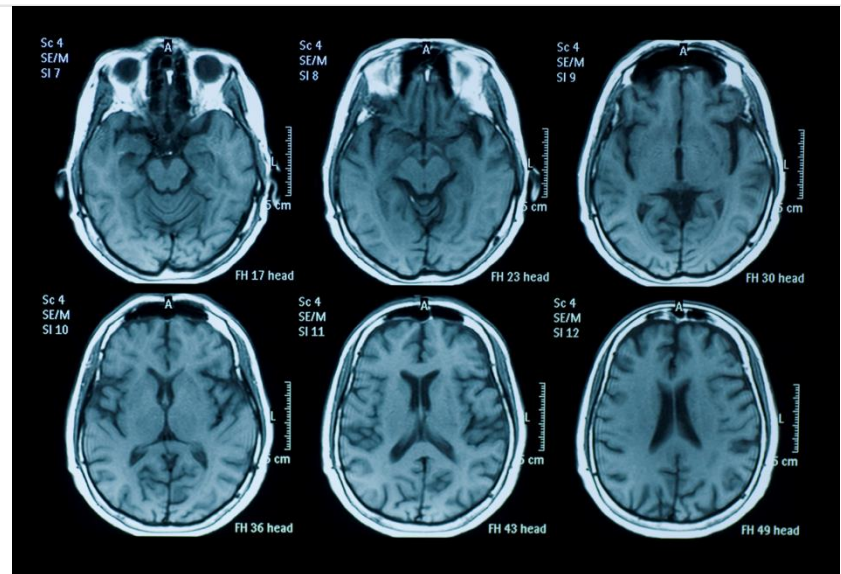


# DOES IT WORK?

## Harvard Unveils MRI Study Proving Meditation Literally Rebuilds The Brain's Gray Matter In 8 Weeks

BY FEELGUIDE • NOVEMBER 19, 2014 • HEALTH, SPIRITUALITY, THE HUMAN BRAIN • COMMENTS (0) • ♥710969

- 8 week mindfulness course - 27 minutes per day
- Massachusetts General Hospital
- MRI scans documented how meditation produced massive changes inside the brain's gray matter
- A major increase in gray matter density in the hippocampus
- Decreased gray-matter density in the amygdala



<http://www.feelguide.com/2014/11/19/harvard-unveils-mri-study-proving-meditation-literally-rebuilds-the-brains-gray-matter-in-8-weeks/>

# EXPLAINS THE SCIENCE BEHIND MINDFULNESS WITH FACT SHEETS



LOGIN

Got a promo/gift code? >

HOW IT WORKS

**THE SCIENCE**

FAQS

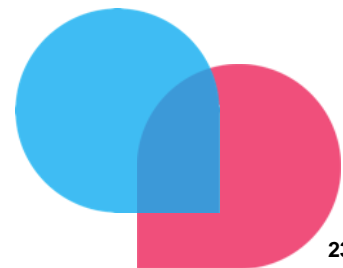
BLOG

BUY

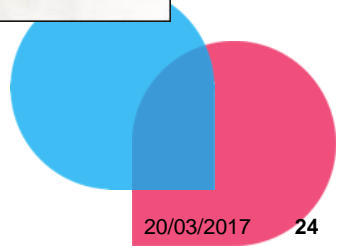
SIGN UP FOR FREE

## THE SCIENCE BEHIND MEDITATION & HEADSPACE

<https://www.headspace.com/science>

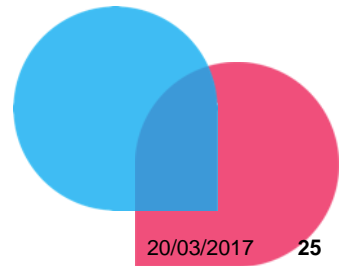
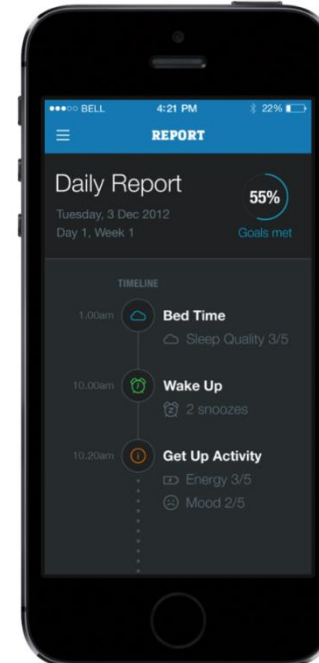
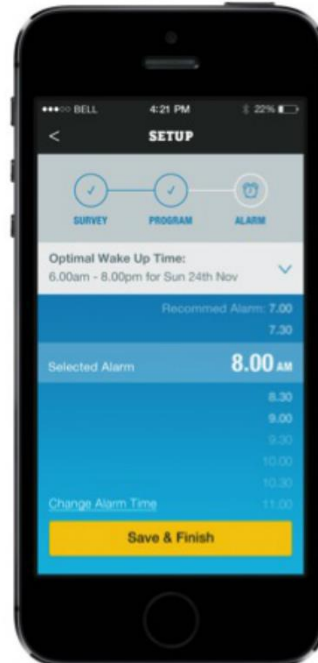


# Sleep



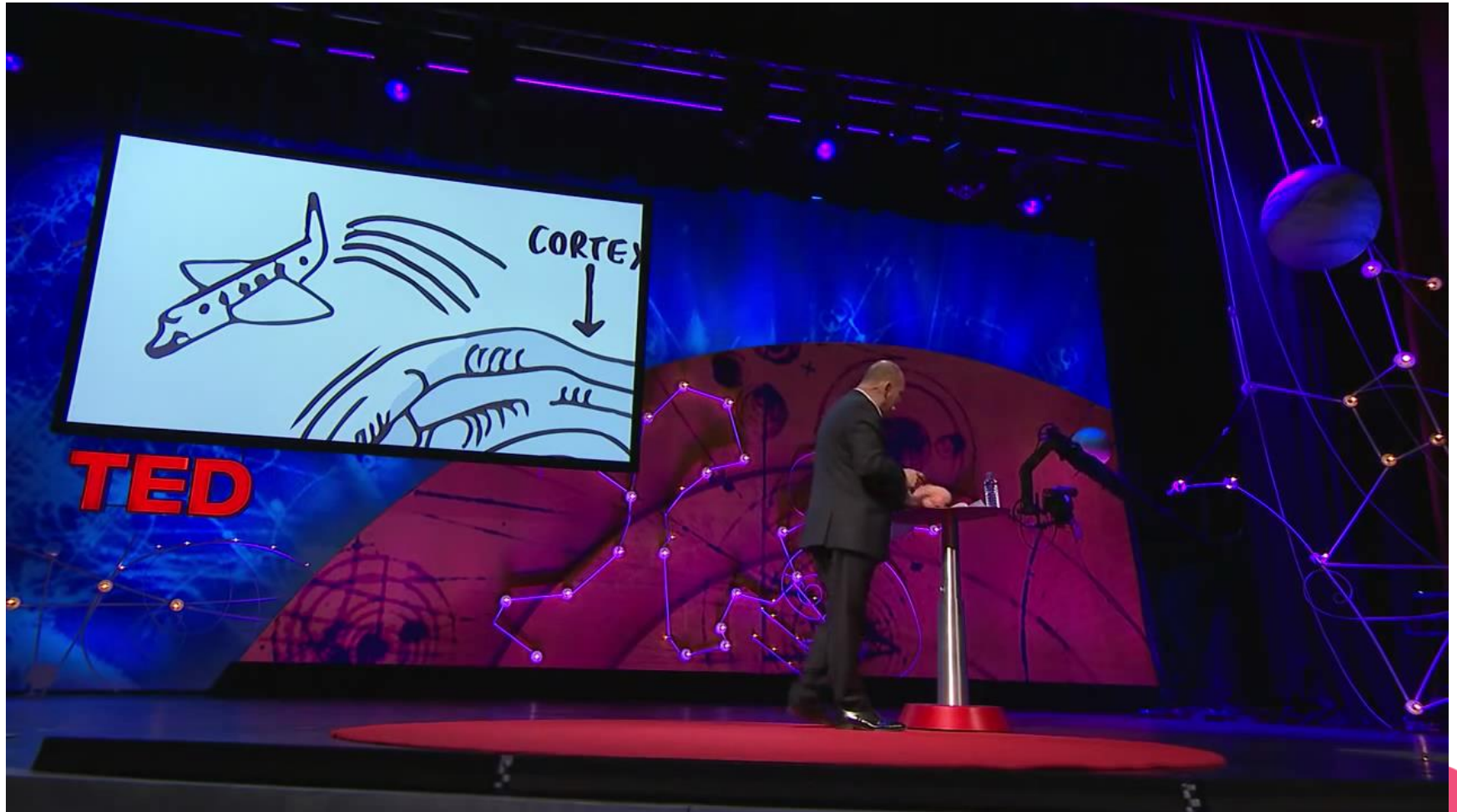
# // RECHARGE: SLEEP WELL, BE WELL

A free mobile phone app designed to improve young men's wellbeing by helping regulate the sleep/wake cycle through a six week program.

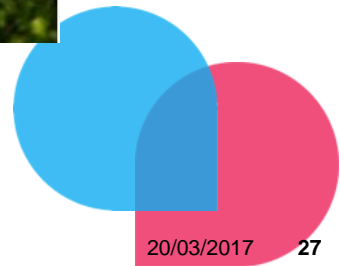




# Professor Russell Foster – Ted Talk



# Exercise



INFO

 CUSTOMIZE

EXTRAS

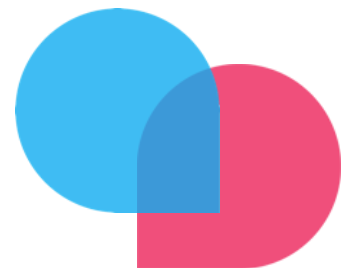
# UP3™

## The world's most advanced tracker.

Everyone has had a life-changing experience sometime. This is one of those times. UP3™ is simply the most advanced tracker you can buy. Its classic, durable design will stand the test of time. Multi-sensor technology adds breadth and accuracy to Smart Coach. Everything about UP3 says that the bar has been set higher. Wear one and go further.

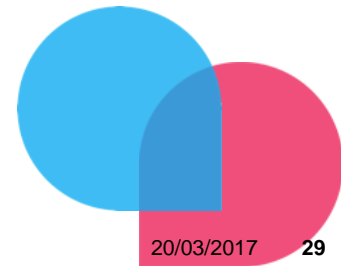


With Advanced Activity, Advanced Sleep, Food Logging, Smart Coach and Heart Health





# Social Connection





# THE TOOLBOX




THE TOOLBOX ☰

## APPS FOR YOUR BRAIN & BODY

Work out your goals, download the apps and track your progress

A collection of health and wellbeing apps endorsed by professionals and reviewed by people under 25



Don't know your goal ?

START QUIZ

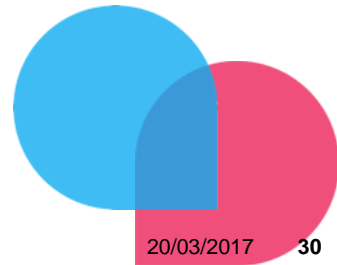
Know your goal ?

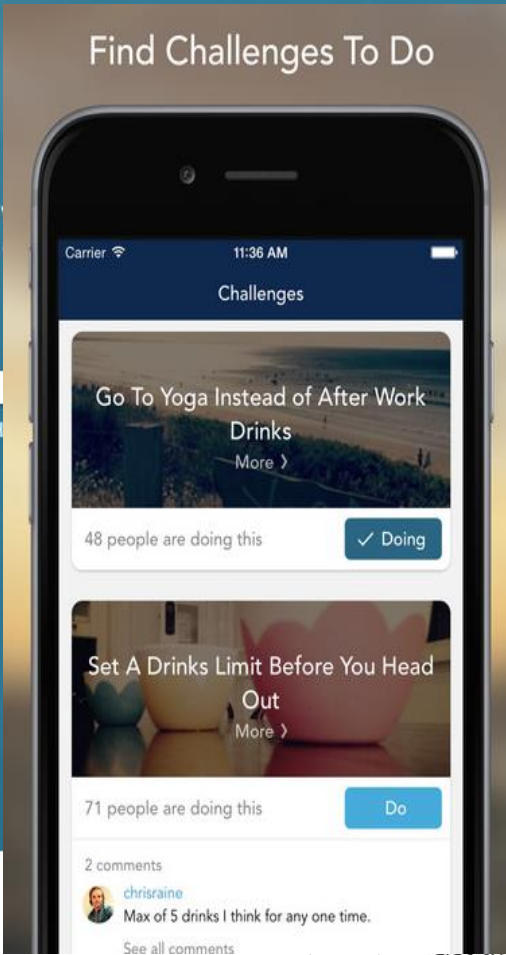
Type your goal

eg. Increase your energy

### WANT SOME INSPIRATION ?

Remanerent urbe ventum quidem paucin





Join the movement

HSM is a movement towards a better drinking culture. Start your journey by answering the questions above.



We've just released a brand new HSM iPhone app on the App Store. [Download it now!](#)

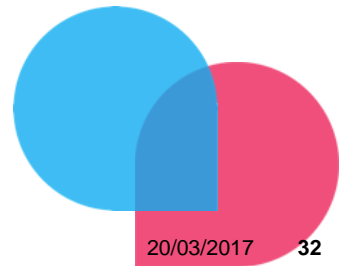
## Innovation in Smoking Cessation



[www.kick.it](http://www.kick.it)

James Stewart | [james@kick.it](mailto:james@kick.it) | +64 413 852 712

Kick.it Operations Pty Ltd



# REWRITE YOUR STORY REPORT CYBERBULLYING

Rewrite Your Story



Report  
Cyberbullying >

Resources for  
educators >

iParent >

Report illegal  
content >



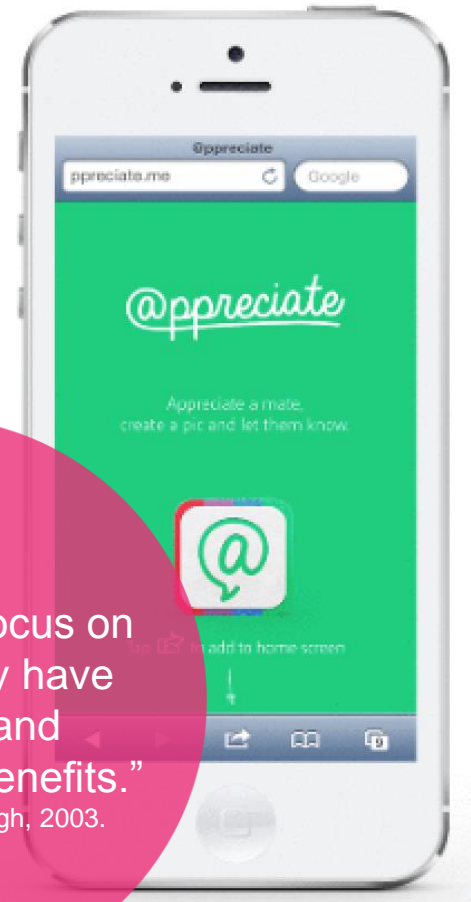
# @ppreciate

Launched in July 2013, hundreds of positive compliments spread their way across websites like Facebook, Twitter, Instagram and Tumblr. The compliments were in the form of beautiful illustrated images with positive sentiments like 'Don't Ever Change,' 'Your smile makes me smile' and even 'Your face makes Facebook better.'

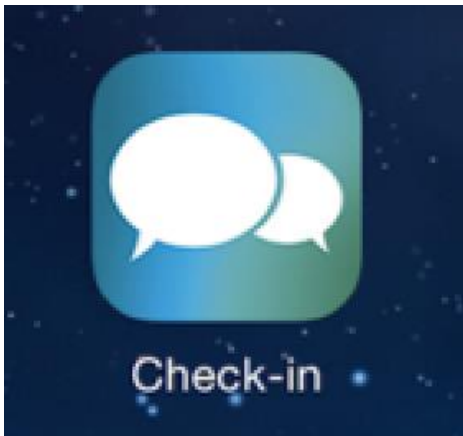
Since then, almost 26,000 of these images have been created and shared by young people across Australia.

"A conscious focus on blessings may have emotional and interpersonal benefits."

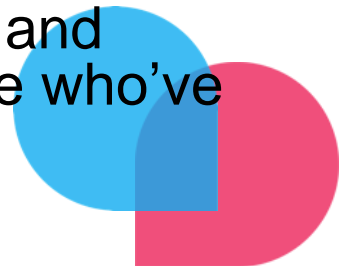
Emmons & McCullough, 2003.



# Check-in



- developed by beyondblue
- aims to give young people the skills, knowledge and some specific strategies to have conversations with their friends about mental
- Provides a tailored, step-by-step “check-in” plan so they can systematically look after friends that they are worried about.
- allows young people to review how the conversation went
- gives ideas for what to do next, especially if things got tricky
- allows the user to set reminders to follow up,
- links to professional support and words of wisdom from people who’ve done it before





## Plan your check-in



So you've got a friend who you are worried about. Knowing how to talk to them about it can be the hard part. If you feel awkward about it, that's pretty normal.



It's not always easy, but the Check-in app takes you through four steps to help you plan your conversation so you know how you are going to go about it.

1 I'll check-in Over a coffee



Plan



Review



Tips



Resources



## Review



So you've recently checked in with a friend? Good on you!

### How'd it go?

Not so great

Okay

Great!



Good work for asking your friend how they are. Give yourself a pat on the back for giving it a crack.

### FURTHER TIPS

Chat to someone about it



Plan



Review



Tips

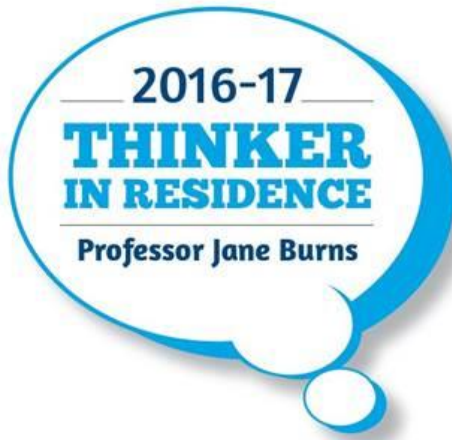


Resources





Commissioner for Children and Young People  
Western Australia



# Thank you to our partners

**RioTinto**



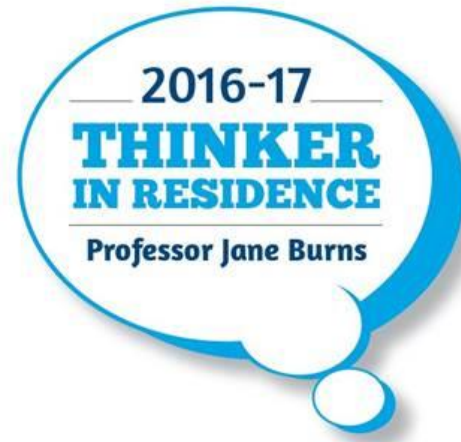
Department of Education  
Child and Adolescent Health Service  
Department for Child Protection and Family Support  
Mental Health Commission







Commissioner for Children and Young People  
Western Australia



## Find out more

Website [www.ccyp.wa.gov.au](http://www.ccyp.wa.gov.au)

Twitter [@CCYPWA](https://twitter.com/CCYPWA) [#CCYPThinker](https://twitter.com/CCYPThinker)

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Please complete a feedback form or email  
[info@ccyp.wa.gov.au](mailto:info@ccyp.wa.gov.au)