

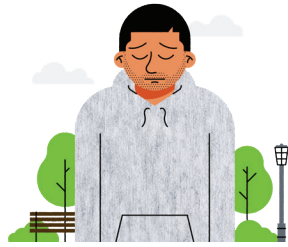
this safer internet day, headspace stands against online abuse

February 2024

This World Internet Safety Day, headspace is breaking down the stigma surrounding online abuse, reminding young people they are not to blame and support for their mental health is available.

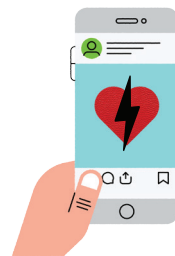
According to the latest headspace National Youth Mental Health Survey:

6 in 10



young Australians have experienced cyberbullying in their lifetime

1 in 5



young people have had someone threaten to hurt them online or via their mobile phone

14%



of young people have experienced catfishing

12%



have had someone post a mean or hurtful video of them online

47%

people experiencing high or **very high psychological distress** were more likely to have experienced some form of cyberbullying in the past month



21%

compared to those experiencing **low or moderate psychological distress**

Australia's eSafety Commissioner also warns that rates of sexual extortion or 'sextortion' – a form of blackmail where someone threatens to share sexual images or videos of you unless you give into their demands – are rising. headspace is encouraging young people to:

Be aware of the signs of sextortion



including feeling pressured to respond immediately, send money or more images, and being threatened if you don't comply.

Know it's not their fault and help is available



seeking support can help to you to cope with what you're feeling.

Learn how to access information and advice



making a report is one way of stopping sextortion and preventing it from happening to other young people.

If you're looking for further information about sextortion, visit [headspace](#) or the [eSafety Commissioner](#) online. If you're under 18, the best way to seek support is to report it to the [Australian Centre to Counter Child Exploitation \(ACCCE\)](#). If you're 18 years or older, it is advised to report it to any platform or service where the blackmailer has contacted you. If your intimate image or video is shared, or if the platform doesn't help, you can report it to the [eSafety Commissioner](#).

Young people aged 12 to 25, as well as their family and friends can also visit a headspace centre for support. Support is also available via phone and online counselling service eheadspace seven days a week between 9am–1am (AEST).

[headspace.org.au](https://www.headspace.org.au) or call 1800 650 890