GIRLS' PROJECT WORK 2018 REPORT

In Term 2 and 3 of this year, approximately 160 Year 8 girls from two schools in Southeast Queensland participated in a student wellbeing project that asked them to design social media self-help resources for girls their age. In groups of two or more, they collaborated with peers to produce a wide range of materials that provided helpful messages about social media use for teenage girls.

WHAT DID THEY MAKE?

- Posters with key messages, slogans and information about how to manage digital footprints.
- Slideshows with lists of helpful services and check lists about how to stay safe on social media.
- Short videos depicting girls resolving social media problems.
- Storyboards depicting possible online situations and solutions.
- Games involving Q & A challenges about social media.
- Stickers with key messages and slogans.
- T-shirts with key messages.

GIRLS' MESSAGES AND SLOGANS

- Give support to those who need it.
- If you don't have anything nice to say, don't say anything at all.
- If someone is being a goose, set them loose.
- It is time to rise up against cyberbullying and stop it.
- Don't be scared to get help.
- Stand up for yourself.
- Believe in yourself.
- Be a buddy not a bully.
- You have a choice, don't be forced into anything.
- If you see someone being bullied, stick up for the person.

- Don't let anyone dull your sparkle.
- Be yourself because an original is worth more than a copy.
- Be you and only you, stay strong.
- I'm a good thing just the way I am.
- Words don't rewind, be kind.
- Everyone you meet is fighting a battle you know nothing about. Be kind.
- In a world where you can be anything be kind.
- Be brave, you can get through this.
- It's not the end of the world. Don't beat yourself up about it.

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TWO SPECIAL ACRONYMS

Bullying is	
W	Worthless
R	Reckless
O	Off
N	Not good
G	Gruesome

SMASH*	
S	Social
M	Media
A	Awareness and
S	Stereotype
H	Harm-prevention

(*For more information, see the S.M.A.S.H. Festival)

WHAT GIRLS SAID ABOUT PROJECT WORK

- This was a different way of getting the message across. We're used to like coming across the information as a lecture but that's a bit tedious over time. So, this was really good.
- The project helped me to think about all the positives. It gave us a place to talk about these things and think about ways to try and get some assistance.
- When you research stuff, you learn more about it, and you acquire heaps of knowledge from it so you will know what to do if something happens.
- Because so many girls participated in this, it allowed lots of perspectives on the issue to be collaborated.
- You get to do lots of stuff and you don't just sit down and get someone to talk to you. It's more fun.
- This work helped with Year 8s because this year we've been primarily introduced to more and more social media so learning about it and educating other people helps us and them. Like science shows you learn 80 percent of what you hear but you learn 96 percent of what you teach to others.
- We did a festival which was really important because we were informing younger children (Year 5, 6, & 7) about cyberbullying. Also, this was a really fun way to help them know how to deal with social media safely.

GIRLS′ RECOMMENDATIONS

- It would really help to share our ideas with Year 7s so they know all about social media before they go to Year 8 when they start using it more.
- Festivals bring in a lot of audience so they can hear it better rather than someone just telling them about it. It is more interesting for them, they can walk around and learn.
- Use more interactive types of things to get messages across to others. Like we made-up an arcade game where the players could get points and then a lolly. Because they stayed longer to try and win, we could get more messages out to them. You could sense that everyone was having a good time and learning a lot.
- The posters we made should be put up around the school so everyone can read them.
- I think the school should do this stuff again. It helps you be more confident if it does happen.