Young People, Resilience and Social Networking

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Introductions

- @Clairestubbs

- #Whosintheroom

- What would be your Facebook status update right now?

Outline for workshop

- How does social networking challenge YP resilience?
- Definitions of resilience
- The Resilience framework
- What do young people need to support their resilience in the modern technological age?
- Examples in groups and how the resilience framework can support those examples.
- Your own experiences

Cyber Bullying

- 28% of young people aged 11-16 reported being targeted, threatened through social networking (Beat Bullying research 2012)
- 4,377,780 secondary school age YP- 350,222 have suffered persistent & insidious bullying in the UK
- 23% it lasted a year or more
- 40% months and weeks
- 26% it started online/44% started offline

Cyber Bullying

" Through this bullying which was not just on the internet, I tried to commit suicide, ended up going to CAMHS and stopped going to school. The only reason it has improved is because I left school." (Girl, 16)

The impact:

Source: Chris Kasurak

- 20% revealed that the fear made them reluctant to go to school
- 19% experienced reduced confidence and self esteem
- 14% did not feel safe
- 5% self harmed
- 3% reported attempting suicide as a result of their experiences.

The impact:

- MH foundation report: 53% of YP feeling depressed, lonely due to connecting online as oppose to in person.

- You Gov Poll Samaritans 2011- 21% of YP identifying loneliness as their main concern- The Eleanor Rigby Generation- better connected and more alone.

How many social networking sites do you think there are?

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Further risks…..

- The availability of personal information

- The permanency of your profile

- Disclosure

- Exposure

- Young people with additional vulnerabilities such as learning, physical and those experiencing constellated disadvantage

An opportunity for engagement?
- **Vital part of youth culture**
- **Importance of engagement and interaction vs knowledge transfer**
- **Opportunities for continued engagement outside of direct interventions**

Examples of good practice

- MyMsta- South African mobile based initiative
- The Jack Project- Canadian MH mobile phone based project
- Zumbido- supporting people living with HIV- Mexico and now UK
- Interactive websites
- POI mapping point-

k7013609 www.fotosearch.com

Resilience Defined:

- *Positive adaptation to adversity despite serious threats to adaptation or development'. (Ann Masten 2001)*

- *'Adequate provision of health resources necessary to achieve good outcomes in spite of serious threats to adaptation or development.'* (Ungar 2005: 429)

Resilience Framework (children and young people) Oct 2012. Adapted from Angie Hart and Derek Blincow 2007 www.boingboing.org.uk

Broad areas	BASICS	BELONGING	LEARNING	COPING	CORE SELF
Specific approaches	Good enough housing	Find somewhere for the child/YP to belong	Make school/college life work as well as possible	Understanding boundaries and keeping within them	Instil a sense of hope
		Help child/YP understand their place in the world		Being brave	
	Enough money to live	Tap into good influences	Engage mentors for children/YP		Support the child/YP to understand other people's feelings
				Solving problems	
	Being safe	Keep relationships going			
		The more healthy relationships the better	Map out career or life plan	Putting on rose-tinted glasses	Help the child/YP to know her/himself
	Access & transport	Take what you can relationships where there is some hope			
				Fostering their interests	Help the child/YP take responsibility for her/himself
	Healthy diet	Get together people the child/YP can count on	Help the child/YP to organise her/himself		
				Calming down & self-soothing	
	Exercise and fresh air	Responsibilities & obligations			
		Focus on good times and places	Highlight achievements	Remember tomorrow is another day	Foster their talents
	Enough sleep	Make sense of where child/YP has come from		Lean on others when necessary	
		Predict a good experience of someone or something new	Develop life skills		There are tried and tested treatments for specific problems, use them
	Play & leisure	Make friends and mix with other children/YPs		Have a laugh	

NOBLE TRUTHS – underpinnings

ACCEPTING	CONSERVING	COMMITMENT	ENLISTING

Key principles of RT

- Acknowledges YP presentation at the psychological, social and developmental level

- You cannot work with the individual without the social

- Social networking a key part of YP culture and social world and informing who they are as an individual

- Anyone can work with RT!

Examples and RT

- What are the risks for the YP?
- How does the internet exemplify the risk?
- What is missing for the YP in Resilience terms? Coping, basics, core self, learning etc?
- How can the resilience framework support the work?
- What is your overall aim and where would you begin?

Feedback

- Group discussion

- What will you do differently as a result of the session?

- What are you taking away that you didn't have when you came today?

- Do we have a professional responsibility to use social networking sites ourselves?

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Thank you!

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