



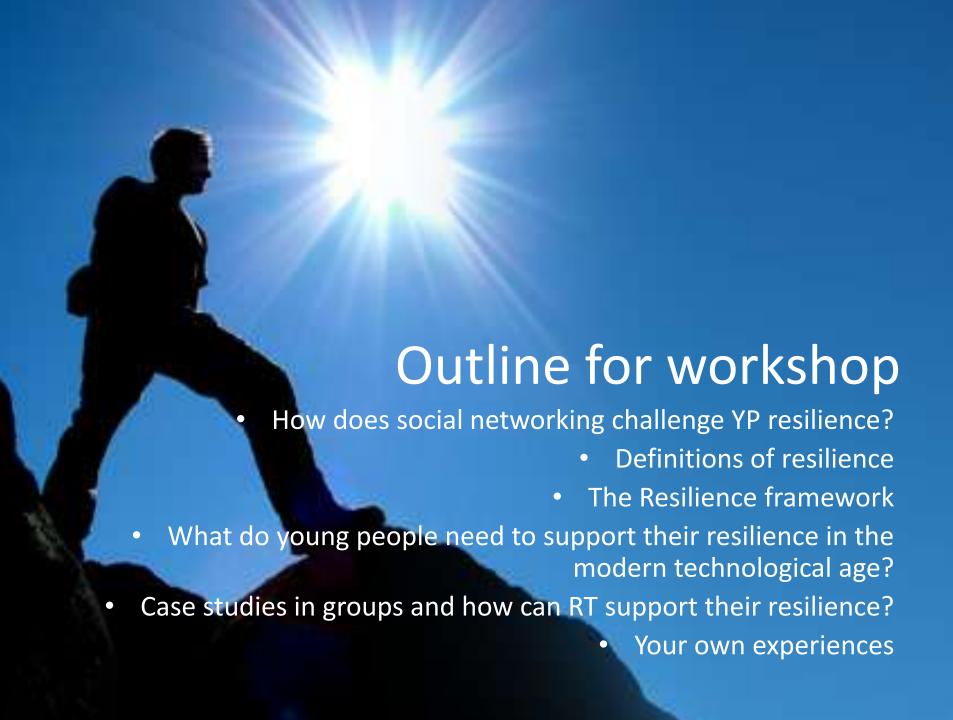
Young People, Resilience and Social Networking

Dr Claire Stubbs Boing Boing Psychological Therapist

Introductions



- @Clairestubbs
- #Whosintheroom
- What would be your Facebook status update right now?



Social Networking Quiz



- How many people in the room have a Facebook account?
- Time for some social networking trivia and fun!

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



The impact:



- 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.

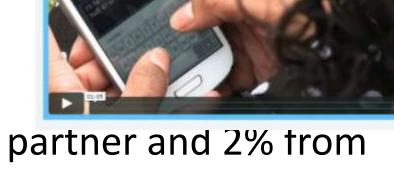
Sexting

"Young people taking an indecent image of themselves and then sent to others via a mobile phone or other form of technology." (CEOP, 2015)

- What Is an indecent image?

Sexting

- 2k YP 11-18, Beatbully:
- 38% sexually explicit text or email
- 70% knew the sender



- 45% from a peer, 23% partner and 2% from adults
- Around a quarter of YP think there needs to be more advice and support.

Sexting

- https://www.youtube.con
 Qo
- Legal implications:



- Section 1 CP Act 1978 & Section 160 Criminal Justice Act.
- Take an image/ Share an image/ distribute or show/ intent to distribute/advertise/ possess
- YP need to be made aware of the imp.

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.



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



The light side of technology...

- Used to communicate important messages to YP
- Promotion and delivery of services to YP
- Communication of rapid messages to a wide audience of YP
- It's the way young people communicate: meaningful
- Safe engagement for YP to access services



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Good Practice Design Disruption Co-production Product Adoption In the Labs

Mental Health App Review: My Journey

August 22, 2013 By Steff Lee - Leave a Comment



Surrey NHS' My Journey mental health app sounded to me like an E-journal to recovery. However, this was a complete preconception that taught me not to judge an app by its cover.

When I actually tested it out My Journey delivered a series of questions, asking me to rate how intense or bad my feelings were and then gave me tailored advice according to how it rated my responses. It was good.

Design

I really liked the app's design. It is bright and colorful and has a positive background image. I know I would

rather use an app with a positive design than an app that is grey and boring! It can mean the



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YOUNGMINDS

About HeadMeds Jargon buster





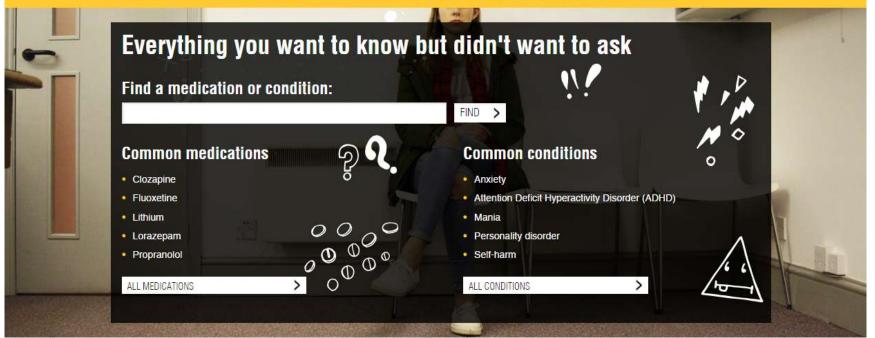
MEDICATIONS

CONDITIONS

MY STORY

GENERAL ADVICE

HeadMeds gives young people in the United Kingdom general information about medication. HeadMeds does not give you medical advice. Please talk to your Doctor or anyone else who is supporting you about your own situation because everyone is different. Please read more important details about our site.



My Story

Resilience can be thought of as

- Normal development under difficult circumstances.
 Relative good result despite experiences with situations that have been shown to carry substantial risk for the development of psychopathology (Rutter)
- Ordinary magic in the minds, brains and bodies of children, in their families and relationships and in their communities (Masten)
- Doing better than would be expected after an experience of adversity
- Two ingredients: Adversity and a better than expected outcome

Some key ideas...

 Better than expected outcomes – in a context of adversity

Bouncing back/up

Asset or strength focused

Compensatory experience

mitigating

Positive chain reactions



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	
	Being safe	Keep relationships going		Solving problems		reeings	
	Access & transport	The more healthy relationships the better	Map out career or life plan	Putting on rose-tinted glasses Fostering their interests		Help the child/YP to know her/himself	
		Take what you can relationships where there is some hope					
	Healthy diet	Get together people the child/YP can count on	Help the child/YP to organise her/himself	Calming down & self-soothing		Help the child/YP take responsibility for her/himself	
	Exercise and fresh air	Responsibilities & obligations				·	
	exercise and fresh air	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			
	Play & leisure	Predict a good experience of someone or something new	Develop life skills	Have a laugh		There are tried and tested treatments for	
		Make friends and mix with other children/YPs				specific problems, use them	
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!



Case Studies, digital technology and Resilience



Case Studies and RT

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

Case Study 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?

Nurturing resilience in practice



- One trusted adult who can support and guide the young person with challenges and issues relating to social networking
- A focus on the basics, particularly being safe & creating safe places
- Problem solving skills
- Access to other activities such as talents or hobbies
- Safe and personal boundaries
- Self soothing and coping skills

Nurturing resilience cont...



- Supporting yp to contribute through challenging the issues yp face in relation to social networking (participation)
- Support to help others, volunteering, peer mentors
- Supporting YP to understand the concept of resilience and how to use ideas to best effect
- Working with yp communities, schools, organisations etc to promote resilience and working together to tackle the issue

Conclusion:

Technology can provide a way that young people can access mental health services such as online counselling and peer group discussion avoiding stigma

Can provide a space for young people and parents / carers to access information, that may be uncomfortable or distressing if done face to face or with professionals in a group

24 hour access to Apps / Forums/ Online support to gain insight into self and wider mental health resources

Online vulnerability can be similar to off line vulnerability in relation to risk factors

Evidence shows us that technology plays a huge part in children and young peoples lives

Young People, Resilience and Social Networking





Thank you!

Dr Claire Stubbs

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