



Young People, Resilience and Social Networking

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Introductions

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



A silhouette of a person in a suit climbing a dark rock formation against a bright blue sky with a large, glowing sun in the upper center. The sun has a starburst effect. The person is on the left side of the frame, moving towards the right.

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?
- Case studies in groups and how can RT support their resilience?
 - Your own experiences

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.com/Go>

- 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.



How many social networking sites do you think there are?

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



Mental Health App Review: My Journey

August 22, 2013 By [Steff Lee](#) — [Leave a Comment](#)

6

Tweet

3

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3

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print

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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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

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.](#)

Everything you want to know but didn't want to ask

Find a medication or condition:

FIND >

Common medications

- Clozapine
- Fluoxetine
- Lithium
- Lorazepam
- Propranolol

ALL MEDICATIONS >

Common conditions

- Anxiety
- Attention Deficit Hyperactivity Disorder (ADHD)
- Mania
- Personality disorder
- Self-harm

ALL CONDITIONS >

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				
	Enough money to live	Tap into good influences	Engage mentors for children/YP	Being brave		Support the child/YP to understand other people's feelings
		Being safe		Keep relationships going		
	Access & transport		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
		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	Fostering their interests	Help the child/YP take responsibility for her/himself	
		Responsibilities & obligations		Calming down & self-soothing		
	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 specific problems, use them
		Make friends and mix with other children/YPs				
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

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Thank you!

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