

Young People, Resilience and Social Networking

Claire Stubbs

Integrative Psychotherapist

Introductions

		10:57 News Feed
_	Status	🔃 Photo
Cancel	Update State	us Post
\bigcirc	What's on your mir	nd?
2+	9 0	1t -

- @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

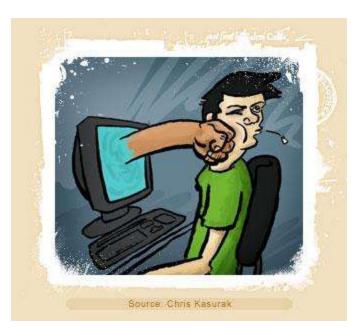
- 28% of young people aged 11-16 reported being targeted, threatened through social networking (Beat Bullying research 2012)
- 4,377,780 secondary school age YP- 350,222 have suffered persistent & insidious bullying in the UK
- 23% it lasted a year or more
- 40% months and weeks
- 26% it started online/44%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



- 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?



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 continued pating Reutisie e of direc engagemen intervention

Friendship

Professions

k8572853 www.fotosearch.com

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-



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			
	Being safe	Keep relationships going		Solving problems				
	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		Fostering their interests	_			
	Healthy diet	Get together people the child/YP can count on	Help the child/YP to organise her/himself		Help the child/YP take responsibility for her/himself			
		Responsibilities & obligations		Calming down & self-soothing	ner/minsen			
	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	There are tried and tested treatments for				
		Make friends and mix with other children/YPs		Have a laugh	specific problems, use them			
		NOBLE TRUTHS –	underpinnings					
ACCEPTING		CONSERVING	COMMITMENT		ENLISTING			

CAN

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?

Young People, Resilience and Social Networking





withyouinmind@live.co.uk