



# Young People, Resilience and Social Networking

*Claire Stubbs*

*Integrative Psychotherapist*

# 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. The sun is positioned in the upper center, creating a lens flare effect. The person is on the left side, 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?
- 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?





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 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-



## 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](http://www.boingboing.org.uk)**

<b>Broad areas</b>	<b>BASICS</b>	<b>BELONGING</b>	<b>LEARNING</b>	<b>COPING</b>	<b>CORE SELF</b>
<b>Specific approaches</b>	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		Fostering their interests	
	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
		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	
	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			
<b>NOBLE TRUTHS – underpinnings</b>					
<b>ACCEPTING</b>		<b>CONSERVING</b>		<b>ENLISTING</b>	

# 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



Thank you!

*Claire Stubbs*

*Integrative Psychotherapist*

[withyouinmind@live.co.uk](mailto:withyouinmind@live.co.uk)