HeadStart – Co-Produced Framework

RESILIENCE FRAMEWORK

Basics
- Good Housing
- Money to live
- Being safe
- Transport and getting to places
- Healthy diet
- Exercise and fresh air
- Enough sleep
- Play and hobbies
- Not being judged

Belonging
- Find somewhere you feel like you belong
- Find your place in the world
- Spend time with good people and in good places
- Keep relationships going
- More healthy relationships the better
- Take what you can from relationships where there is some hope
- Get together with people you can rely on
- Responsibilities & obligations. For example: looking after your brother/sister or going to school
- Focus on good times and places
- Understand what has happened in your life
- Predict a good experience of someone or something new
- Make friends and mix with other people

Learning
- Make school or college work as well as possible
- Engage mentors
- Plan out your future
- Organise yourself
- Highlight achievements
- Develop life skills

Coping
- Understand right from wrong
- Be brave
- Solving problems
- Focus on the good things in life. Put on your Positivity Glasses!
- Find time for your interests
- Calming down and making yourself feel better
- Remember tomorrow is another day
- Lean on others when necessary
- LOL Have a laugh

Core self
- Instil a sense of hope
- Understand other people's feelings
- Know and understand yourself
- Take responsibility for yourself
- Find time for your talents
- There is existing help and solutions for problems, use them

Noble truths
- Accepting
- Conserving
- Commitment
- Enlisting

Blackpool Council

boing boing

NATIONAL LOTTERY FUNDED

Adapted from Hart & Blincow with Thomas 2007 www.boingboing.org.uk. Co-designed with Marton Primary's Resilience Committee

WHO ARE WE?

Interactive Questions - With Ollie!

Use your phones

YOUNG PEOPLE USE SOCIAL MEDIA FOR...

(Question 4)

For many young people, online social networks play a central role in the honing of their social and communication skills -

often facilitated by the sharing of music, apps and games - and as a ***source of advice and emotional support.***

YoungMinds (2016)

"SOCIAL BENEFITS"

(Question 6)

When asked; young people have been found to consistently rate the **social benefits**
of the internet over everything else.

YoungMinds (2016)

Young people tell us that digital media can result in positive benefits, such as building a sense of belonging, keeping in touch with a group of friends that share similar values and providing comfort and support to their peers.

YoungMinds (2016)

Yes, it gave me somewhere I belonged

Sam Land • 11:12

It's definitely boosted my confidence and always helped me whenever I needed it. 😊

Jessica • Wed, 22:07

HeadStart Digital Group (2018)

"Vlogging can be very beneficial to children as it can help build confidence, act as a platform for self-expression and develop technology and communication skills"

YoungMinds (2016)

Thank You

Resilience for the Digital World

Research into children and young people's social and emotional wellbeing online

YOUNGMINDS

The voice for young people's **mental health and wellbeing**

ECORYS

Recommendations

Recommendation 1

To develop structured opportunities for debate and discussion between adults and young people regarding the risks and opportunities presented by the internet.

Recommendation 2

To examine the ways in which professional support might be extended online to engage with young people at the points where they need it most. Consider the skills that might be needed by practitioners and how these could be built into CPD programmes.

Recommendation 3

To consider the potential for developing family learning materials geared towards exploring the social and emotional aspects of the digital world.

Recommendation 4

To conduct further research with young people who have restricted digital rights and access (e.g. in youth justice settings), to better understand how this impacts on their social and emotional wellbeing.

Recommendation 5

To ensure that young people actively participate in the design and development of resources intended to provide them with emotional support online.

Recommendation 6

To explore the potential for extending and improving young people's access to peer support online, through the creation of new resources, user groups, and / or access points.

Recommendation 7

To identify opportunities to engage with established youth forums and groups (e.g. youth councils or ambassadors), to raise the profile of digital issues within their work.

Recommendation 8

To conduct further research, to understand how skills for resilience are developed and tested out online, and the coping strategies that young people use when their online social interactions become stressful or problematic. Consider the merits of using an ethnographic approach.

Recommendation 9

To consider the potential for developing targeted resources for young people whose behaviour put them at greater risk online, and identify how and where these are best positioned.

Our Feedback

Frazer recommends HeadStart Blackpool.
18 hrs ·

My daughter goes to Digital group and she loves it, pity it's not on every week. All the staff are amazing professionals, they have helped me understand things, always happy to help or point you in the right directions, AMAZING work guys

Julie recommends HeadStart Blackpool.
19 hrs ·

my daughter started going to the digital group and the difference that it has made to Jessica's confidence is amazing and she absolutely loves going x

Michelle Well done to all involved and a special thankyou to Headstart Blackpool. My daughter Danielle was very isolated and would never have had the confidence to do this before getting involved with you all. You simply are amazing and make such a difference. Big shout to Nathan and Emily her resilience coaches xx

Like · Reply · Message · 7w 👍 2

Vicky Fantastic well done all of you especially to my daughter Ellie thank you headstart for giving her this opportunity she loves it xxxx

Like · Reply · Message · 7w 👍 3

Danielle She's done really well especially knowing that filming is out of her comfort zone , I would never of thought she would of done this, well done Ellie x

Like · Reply · Message · 7w 👍 3

Feeling part of an online community was also a highly valued aspect of 11-16 year olds use of social networking sites, as reported through one UK study by the NSPCC.

YoungMinds (2016)

Co-Produced -
Resilience Campaign

New conversation

Resilience Forum   08:36
You: No problem Elli are you in an

Digital Group 😄   17 Nov
Brandon: 😄

Resilience Pathway   16 Nov
Danielle: I can't do next week eithe

Anti Bullying And Mental ...   9 Nov
Ollie: I've looked at what you guys

Hilary • 5 Sep, 13:30

D   Thank you 🙂

Daniel • 5 Sep, 13:31

Danielle, your script is brilliant. U hope you don't mind but I've fiddled with it a bit and added something about how to get involved. I didn't know how to do it on Google so I've sent it to Andrew to upload where we can all see it. Please all feel free to change it to how you want it. We can discuss more on Monday too.

Andrew's added it to this link https://docs.google.com/document/d/1VUis59tJDE-wuQW64pvnbfTNGYq0_eddKlZV5llA-gg/edit

Hilary • 6 Sep, 10:36

D   Just to keep everyone in the loop, I am trying to organise a meeting with everyone to sort out what order we want to put the flags in, I will keep everyone updated and try to have an update for Monday

Daniel • 6 Sep, 13:00

Just had a read of the document and it sounds great.

Will be good to meet you all tonight. 😊 see you at half five.

Josh • 10 Sep, 09:42

I've done quite a bit of work on the Spacehive page and have now made it visible so that you can all have a look. We still need to add more photos and social media links, and most importantly the video. We can share feedback at Monday's meeting - happy to change anything you want if you've got better ideas. I'll post the link in Google plus 😃

Hilary • 14 Sep, 13:08

Excellent 🙂 can you send me an invite please for Monday?

Thank you 🙂

14 Sep, 13:48

Hi everyone don't forget there is a pathway meeting tonight 🙂

Send a message

How does it link?
What is the pathway?
Clear language
Pull on heart strings
Statistics

People who??

How can we promote…

Who do we need to interview!!!

Facebook page!!

Danielle Aoslin
The google definition for resilience is: the capacity to recover quickly from difficulties; toughness. However as I young person I feel that resilience is being able to come out of a bad situation better than what you went into it.

Resilience is such a good thing it can help in so many ways, if your ever having a tough time and you look at our resilience framework you can make yourself feel better by doing a simple easy task. For example (have a laugh) (lean on others when necessary)

The pathway being in Blackpool is hopefully going to help the community come together and tourists to stop and think resilience is easy if you just follow these small steps (quite literally). The pathway may also inspire more young people and families to join the resilience revolution.

Headtstart Blackpool created the resilience revolution. Headstart is a lottery funded programme that helps young people overcome their tough times.

The pathway is going to be all 42 of our resilient moves of the framework going down talbert road to north pier. They will start from ma Kelly's down to the north pier.

This pathway could make a difference to your children, friends family or the community, so why don't you help us make Blackpool a more resilient town!

Statics maybe get from Andrews video.

Co-Produced -
Resilience Campaign

SCHOOL DIGITAL GROUP

Your Vlog

Work together to create a
story about you
or your school

DOTTIE
Resilient Python

Part One

Part Two

Introduction

Introduce yourself to the camera, thinking about where you are..
Get the viewer to understand and to set the scene!!

Story

Plan out your story, write your ideas down,
Who's in it?
What's happened in school?

Your Vlog

Work together to create a
story about you
or your school

Hi,

I wanted to say thank you for your work today.

The children all absolutely loved it and were full of beans afterwards.

I also wanted to apologise as I've just spotted you said bring four pupils-not sure where I got 6 from.

What would you like us to do next? I was thinking we could start a lunchtime club where we could meet each week to continue the work?

Best wishes,

Caroline

--

Co-production & how to apply it to digital projects for young people.

A guide by Michael Farrow

Ain't it just a buzzword?

Co-production is nothing new, and the practice can easily be misinterpreted or dismissed. However, when effectively practiced it can lead to amazing results!

The concise meaning of co-production that applies to working with our young people is to ensure that you or your organisation meet their needs by engaging them in the design, production and decision making process.

Hart's Ladder

To fully understand what co-production is we need to look at Hart's theory.

In 1993, **Roger Hart**, an environmental psychologist with UNICEF, published a book in which his now-popular "Hart's Ladder of Children's Participation" was included.

increasing levels of participation

levels of seeming involvement

8 Young people's initiative, decisions made in partnership with adults

7 Young people's initiative and leadership

6 Adults' initiative, joint decisions

5 Adults make decisions, young people are consulted and informed

4 Young people are assigned tasks and informed how and why they are involved in a project

3 Participation for show - young people have little or no influence on their activities

2 Decoration - young people help implement adults' initiatives

1 Manipulation - adults use young people to support their own projects and pretend they are the result of young peoples' inspiration

—

Remember!

Co-production may **not be** appropriate at all times.

However, engaging where possible with children and young people, and then truly using this to inform decision making, will only make the changes more likely to be a success.

Tip

Be Honest.

If the young people have limited opportunity or parameters to work within then you need to tell them!

The young people will respect you more and engage better as a result.

How do you apply co-production when working digitally?

Lead by example.

If we as professionals are going to expect young people to positively engage with digital projects we need to be motivated and positive about it!

You don't need to be Steven Spielberg, just equip yourself with the basics of how to record a vlog and build a basic understanding of **iMovie** *(free with newer iPhones)* so you can edit your footage.

Remember!

→ You NEED to be willing to be filmed yourself if it helps bring the young person out of their shell. **Positive Modelling!**

→ Vlogging and digital projects that involve presenting or talking to the camera can promote positive development in young people's communication, presentation and language skills in addition to boosting their self esteem and confidence.

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One size fits all? Nope!

Co-production is a particular way of working, unique to each context, and requires careful nurturing.

You can't simply plant one model of co-production and expect it to thrive, which is why it is so hard to replicate.

Tip

Be **asset based!**

Identify the **positive attributes** and skills of the young people first, and not the barriers.

Planning.

Co-production still requires some element of planning prior a session.

Having a strong idea of your planned outcomes will help shape your digital project and how best to co-produce.

If you are working to a brief then be honest to the young people about the opportunities as well as the limitations.

Streamline!

Be clear with the project aims.

Ideally the young people would identify an issue or topic and then incorporate co-production to find an 'angle'.

If it is a VLOG then maybe think of a theme or common thread with its style. This promotes self identity and planning for the future.
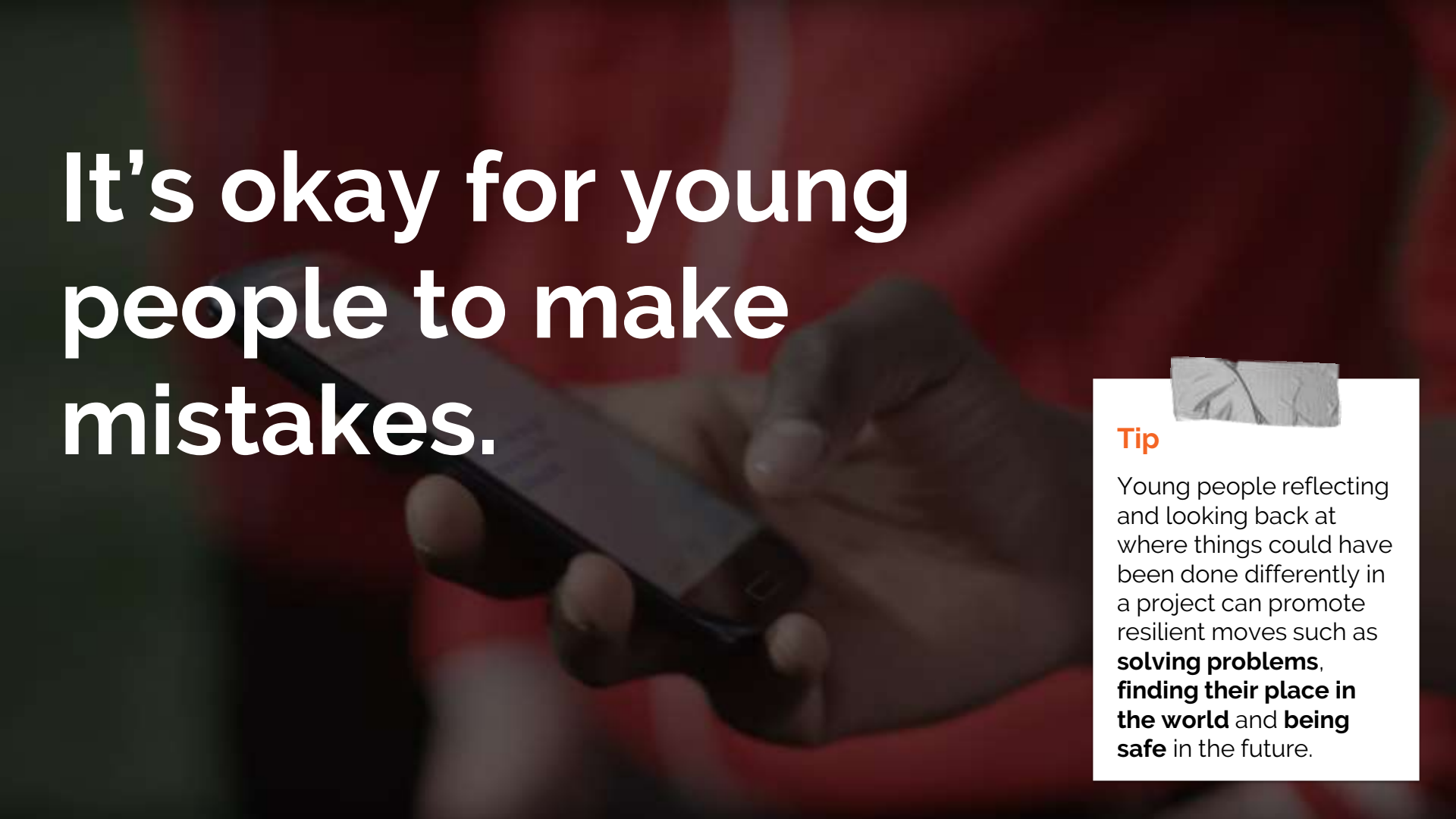
Roles.

Our young people flourish when they are given responsibility and feel empowered.

➔ If you are co-producing a digital project with a number of young people then ensuring roles are allocated is key for developing engagement and the actual production process.

➔ Facilitate and support the young people to help identify strengths of individuals and match the roles to the individual.

It's okay for young people to make mistakes.

Tip

Young people reflecting and looking back at where things could have been done differently in a project can promote resilient moves such as **solving problems**, **finding their place in the world** and **being safe** in the future.

What are you trying to say?

When information is designed and delivered by other young people, young people are more likely to feel that the **message** applies to them.

Advocates for Youth, a pro-youth organisation in the USA, highlight that:

"Research suggests that people are more likely to hear and personalise messages, and thus to change their attitudes and behaviours, if they believe the messenger is similar to them and faces the same concerns and pressures."

Social Justice

Addressing inequality and making sure everybody has access to the same opportunities.

Research from a study led by the **European Commission** on young people's interaction with youth work using a digital approach stated:

'The rapid advance of internet technologies & online environments gave promise to lower the barrier for young people to engage in civic affairs'

('Taking youth work to the digital world', 2016.)

'JUSTICE DENIED ANYWHERE DIMINISHES JUSTICE EVERYWHERE.'

MARTIN LUTHER KING JR.

Do not be another statistic

'It's **not** something extra, but instead you just replace your old methodology with new digital approaches'

Useful Links!

If you need some advice on safeguarding your young people online when uploading content onto social media then the links below are useful reading:

www.internetmatters.org/advice/parents-guide-to-live-streaming-and-vlogging/

www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/

www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/

@HSBLACKPOOL

Google HeadStart Blackpool

'If youth work **fails** to embrace the use of technology and social media there is a risk of becoming **outdated** and **irrelevant** to young people who use youth work services'