Resilience and wellbeing for children and young people in a digital age

For what age?	At what level?
All Key Stages	All levels

Why is digital resiliency so important for children and young people?

Over the past two decades, there has been a sharp increase in children's use of digital media. Not only are they spending a growing amount of their time online, but they are curating their own online environments and identities, often broadcasting their lives and thoughts to the world with little input from adults. There have been increasing concerns regarding the unique and wide ranging set of risks for children online; for example, one third of 11-16 year olds report having been targeted, threatened or humiliated online (Young Minds, 2016). The Office for National Statistics has also found a clear association between longer time spent on social media and mental health problems. Time spent online potentially has a wider ranging impact that may have implications for academic attainment; for example, 60 per cent of teenagers agreed that they had neglected their schoolwork or studies due to time spent online (Education Policy Institute, 2017).

How does supporting digital resiliency help children?

Children and young people's resilience is strongly implicated in how online risks are experienced, and their ability to cope when problems arise (Young Minds, 2016). Research from organisations such as the Oxford Internet Institute highlight the role of adults in nurturing online resilience in children, and the importance of allowing young internet users to develop the ability to cope with whatever the online world throws at them through managed, independent use (Levy, 2017).

Responses from a Year 10 cohort on how they feel when they don't get 'likes' on Instagram:

Embarrassed and ugly.

I need to change my looks.

I'm not good enough.

I feel lonely and judged.

How can schools help?

- Having a better understanding of the online behaviours of children and young people.
- Supporting children and young people in navigating the online world safely.
- Knowing how we can develop children and young people's digital resilience so that they are more able to bounce back when they experience challenge in the online and "off line" world.

Northamptonshire
Educational Psychology Service

NORTHAMPTONSHIRE
TaMHS

How can I access training?

To access centralised training, including at the TaMHS Conference if appropriate, please visit:

- LGSS I Learn booking website

Training at your school, or within clusters, for your staff can be commissioned from the Educational Psychology Service by contacting the TaMHS Administrator: tamhs@childrenfirstnorthamptonshire.co.uk or by speaking to your Link Educational Psychologist

Northamptonshire County Council also run and deliver online safety sessions with primary and secondary students, parents and staff. For more information email us at: onlinesafety@northamptonshire.gov.uk