

THE DIGITAL WORLD

for professionals

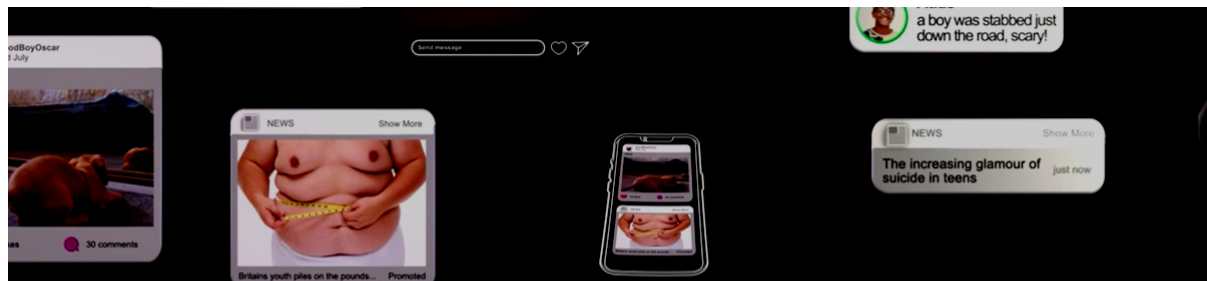
Objectives

- To experience from a CYP's perspective their digital world and think about how consuming a range of media can contribute towards addiction and distraction from reality.
- To increase awareness of the potential dangers of social media, and behaviours to look out for in CYP.
- To educate professionals to support CYP in shifting their algorithms from negative to positive.
- How to support our CYP to be safe online.

Films

- Introduction to the Digital World
- Digital World: Gaming
- Digital World: Opportunity or Deception
- Just Scrolling
- Welcome to the Teenage Brain

1. INTRODUCTION TO THE DIGITAL WORLD



Prompts for facilitating discussion with professionals

- How did you experience this?
- How do you think young people experience this?
- What is your usual response to a young person who is immersed in their “virtual world”?
- How would you engage with a young person to understand their experiences?
- Image sharing is happening. How can we help children to navigate this world and feel empowered? What strategies can you help devise to manage this?

2. DIGITAL WORLD: GAMING

Generalised functions of gaming offer escapism/avoidance of feelings, achievement/rewards, and connection/communication/acceptance.



Prompts for facilitating discussion with professionals

- Consider the positives for children who are neuro-diverse. For example, the repetition of content and game predictability can be calming. Engaging with immersive content can reduce worry time.
- How might you use gaming as a form of building connections with your young person? Is it appropriate?
- From the gaming film, what's your understanding of this?

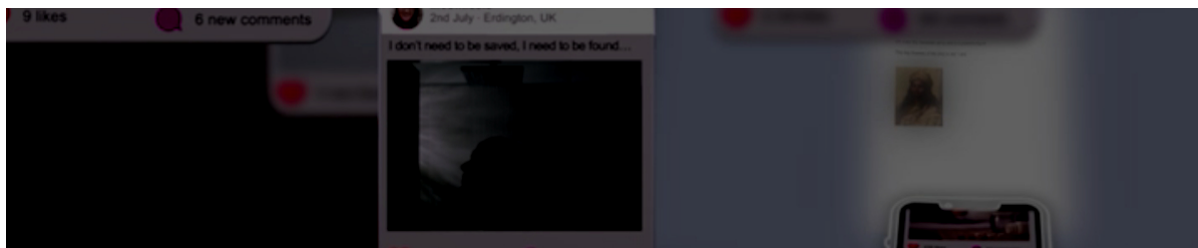
3. DIGITAL WORLD: DECEPTION OR OPPORTUNITY



Prompts for facilitating discussion with professionals

- Think about the reachable moments within this film – *Window of Opportunity* - to understand what is happening in the child's world and to provide support/intervention.
- How would you engage this child? What would this child need to help them think about the different outcomes? Hold in mind the adolescent brain and stages of development (i.e. susceptibility to risk-taking behaviour).
- Do you know the warning signs? How can you share this with the child?

4. JUST SCROLLING



Health warning! Please remind viewers of the emotive nature of this film and that they can come out of headsets at any time.

Prompts for facilitating discussion with professionals

- How did that experience make you feel?
- What are the issues emerging?
- How would you support a child/young person experiencing the issues identified?
- What practical advice can be given (to parents, carers and children)?
- What does the heartbeat suggest?

Resources/further reading

- Children's Media Lives 2022 summary report (ofcom.org.uk)
- Digital Wellbeing Resources - Who Cares? Scotland (whocaresscotland.org)
- Social media addiction - how it changes your brain | Luke Burgis | Big Think
- After A Few Minutes Of Social Media, This Happens - Neuroscientist Andrew Huberman
- Centre for Digital Thriving - Teaching Digital Well-being.pdf - Google Drive
- From <https://www.ccinform.co.uk/knowledge> (Web view)
- Sharing nudes and semi-nudes: how to respond to an incident (overview) (publishing.service.gov.uk)
- <https://www.youtube.com/watch?v=hZIYSCE-ZjY>
- Ofcom Consultation: Protecting people from illegal harms online. Ofcom, the regulator of the new Online Safety Act, will be working to establish the new regulations over the next 18 months.
- It focuses on illegal content and their proposals on how internet services that enable the sharing of user-generated content ('user-to-user services') such as social media, photo and video-sharing services, chat and instant messaging platforms, online and mobile gaming, as well as search services and pornography sites, should approach their new duties relating to illegal content.
- There is a particular focus in this consultation on 'priority offences' set out in the legislation, such as child abuse, grooming and encouraging suicide; but it will include any illegal content as set out in the Act <https://lnkd.in/eaE53Fgn>.
- The Online Safety Act received Royal Assent on the 26th October 2023 and made Ofcom the online safety regulator with a responsibility to help make online services safer for the people who use them.

