



Digital Resilience 2023

Digital Resilience Campaign

To support schools to build digital resilience in children & young people.



Digital resilience is the ability when online to:

- Bounce back from difficult times
- Understand when you are at risk
- Know what to do if anything goes wrong
- Learn from your online experiences
- Recover from any online-related difficulties or upsets.

National Context

Feedback from the Childwise Monitoring Report 2023



Summary

%	2022	▲/▼	2021	2020	Boys	Girls	5-6	7-8	9-10	11-12	13-14	15-16	17-18	TABLE 10.4 Time spent on different activities per day
Hours ONLINE per day	3.6	-	3.5	3.9	3.8	3.4	-	2.8	2.8	3.8	4.1	3.9	4.3	
Hours ON MOBILE PHONE per day	3.5	▲	2.9	3.4	3.5	3.5	-	2.9	2.9	3.1	4.0	3.7	3.9	
Hours WATCHING TV per day	3.2	-	3.2	3.5	3.4	2.9	-	2.5	2.5	3.0	3.6	3.5	3.9	
Hours GAMING per day	2.3	▼	2.9	2.8	2.8	1.7	-	2.3	2.5	2.1	2.2	2.3	2.7	
Hours on TIKTOK per day	2.2	▼	2.6	n/a	2.0	2.5	-	1.7	2.1	2.3	2.6	2.4	1.9	BASE All aged 7-18 (9.9m— unwtd 2775 / 1677 / 1098)
Hours on YOUTUBE per day	2.1	▲	1.8	2.3	2.5	1.7	-	2.9	1.8	1.9	1.9	1.9	2.3	

Time spent online

- 94% of children have a computer at home.
- 86% have their own computer.
- 70% have their own mobile phone.

TIME SPENT ONLINE:

Hours a day on average	3.6	Base: All aged 7-18
7-10s hours a day on average	2.8	Base: All aged 7-10
11-16s hours a day on average	3.9	Base: All aged 11-16
17-18s hours a day on average	4.3	Base: All aged 17-18

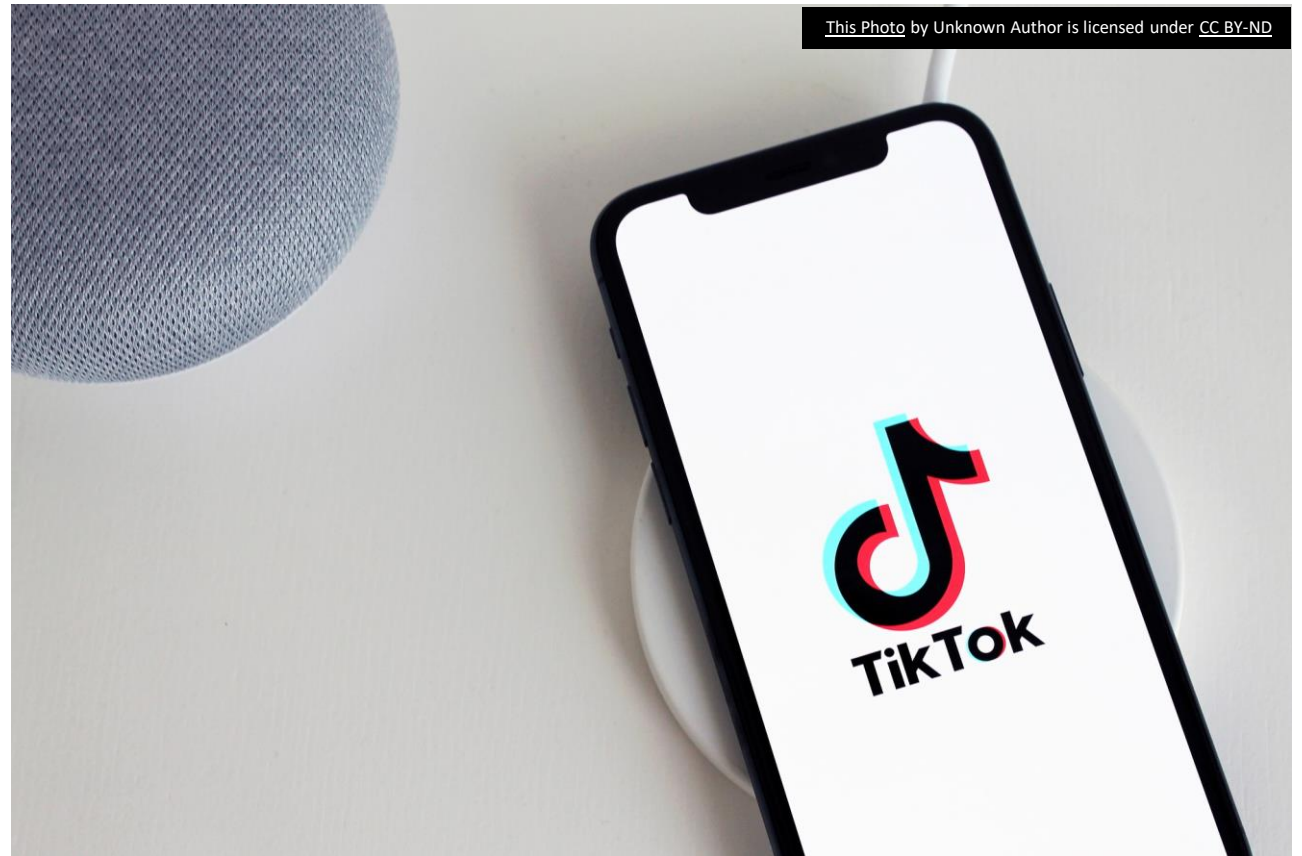


TOP LISTED APPS / WEBSITES USED:

YouTube	87%
Netflix	77%
TikTok	62%
Whatsapp	62%
Snapchat	59%
Instagram	47%
FaceTime	41%
YouTube Shorts	39%
Discord	27%
Facebook	25%

Base: All aged 7-18

Apps



- **23%** children rated **TikTok** as their favourite app, closely followed by YouTube (**21%**)
- Children spend on average **2.2hrs on TikTok** – increasing with age.
- **43%** use TikTok everyday.
- **55%** use YouTube everyday.

Gaming

- Mobile phones are the most used device for gaming (55%), closely followed by a games console (51%).
- Boys (2.8hrs) spend more time playing on games consoles compared to girls (1.7hrs).

GAMES CONSOLE ACCESS AND USAGE:

Have a games console at home **77%**

Base: All aged 7-18

Have their own games console **68%**

Base: All aged 7-18

Average hours of use per day **2.6**

Base: All with a console at home aged 7-18





OWNERSHIP:

With their own mobile phone **70%**

No, but use a family member / friends **7%**

Base: All aged 5-18

TIME SPENT ON PHONE:

Hours per day **3.9**

Base: Phone owners aged 7-18

Mobile phones

- 62% of children and young people have access to their phone at all times (1 in 4 parents check mobile phone usage).
- Girls spend more hours per day on a mobile phone compared to boys.
- From the age of 9, the mobile phone remains the main device children and young people could not live without – 43%.

Key findings

Almost 9 in 10 (86%) Children and Young People (CYP) aged 5-18 have their own computer.



Almost 7 in 10 CYP (68%) have their own games console, and play games for ~2.3 hours a day

More popular in boys than girls.



The average time spent online for CYP is 3.6 hours per day – increasing with age.



70% of CYP have a mobile phone and around half reported they could not live without it.



Teenagers spend just under 4 hours per day on their phone.

Video sites such as YouTube (87%), Netflix (77%) and TikTok (62%) are used by most children comparatively to other apps.

TikTok is rated the favourite app among CYP, and spend ~2.2 hours a day on it.

WhatsApp remains the most common social networking site.



Key findings

Local Context

- Most young people used their phones and watched TV daily.
- 91% of young people surveyed felt more connected to people via technology than offline.
- Checking social media was the highlight of the day for many young people.
- Aware of online risks but would acknowledge advice to support staying safe online is needed.
- Gaming and identity were key issues brought forward





The Resilient Schools Programme, Barnet Public Health is proud to showcase a Youth Realities and Pink Productions film 'Generation Verified'. From identity to pressure for perfection, popularity, and the desire for likes, Generation Verified is a short film that explores young people's experiences of the online world and how they cope with the unique generational challenges that they must navigate in their day-to-day lives.

This short film has co production at its heart ensuring that a group of Barnet young creatives experience all aspects of scriptwriting, acting, film making and directing. They have owned this process from the start. The film benefits from being used as a 'standalone talking tool' between peers, families, and communities and also as a resource with the additional support of lesson plans and additional resources and signposting. To access the film and resources please click on link [Digital resilience | Barnet - WWC](#)

Resource packs

RESOURCE PACK

DIGITAL RESILIENCE

– Parents and Carers

It is an increasingly more digital world, where children and young people are using digital technologies earlier. Developing **DIGITAL RESILIENCE** is the ability for young people to develop a critical mindset when accessing information online, to reduce their vulnerability and potential for harm. It is about being able to navigate, deal positively and safeguard themselves from harmful information often found on social media platforms and the internet. More information on digital resilience can be found on the [GOV.UK](#) website and [THIS TOOLKIT](#) for helping children become more resilient. We want to equip you with the resources to support you to have conversations with your children about these topics.

BACKGROUND

Barnet Council commissioned Youth Realities to conduct research on digital resilience amongst local young people within the borough. 91% of young people surveyed felt more connected to people via technology than offline. Most young people confessed that checking their social media platforms were the highlights of their day. Young people were aware of potential risks but also realise that more advice is needed to safely navigate the online world. In response to this, we co-produced a film with young people which features their top concerns. The film features topics such as: online gaming, bullying, social media, and grooming.

We encourage you to watch this film, either alone or with family/friends and discuss some of the issues that were raised in the film. How would you respond to some of these threats? Would you know where to go for support? We have provided resources on the next page in case you need help with these discussions. Every conversation will be different, so we hope that the range of links provided will support you. [CLICK HERE TO VIEW THE FILM.](#)

If your child would benefit from mental health support, Kooth is commissioned to provide free, safe, anonymous, and confidential emotional wellbeing support to young people (11-25 years old). This is free to all Barnet residents and those attending a school in Barnet.

If you are concerned about your child or any young person you can ask to speak to the safeguarding officer at school or alternatively you can call Barnet's Multi Agency Safeguarding Hub on 020 8359 4066.

TAKE A LOOK AT THIS SITE for more information. Worried about the safety of a child | Barnet Council. **If you believe a child is at risk of immediate harm please call the police on 999.**

On the next page are common problems raised within the film and also resources, help, and support links to explore. **Ctrl + click** on the area of interest.

You can also find useful resources on the [RESILIENT SCHOOLS PROGRAMME WEBSITE](#).



GENERATION VERIFIED

A FILM LED BY BARNET YOUNG VOICES

RESOURCE PACK

Guide for Parents, Carers, and Families



From identity to pressure for perfection, popularity, and the desire for likes, *Generation Verified* is a short film that explores young people's experiences of the online world and how they cope with the unique generational challenges that they must navigate in their day-to-day lives.



RESOURCE PACK

 EATING PROBLEMS BODY IMAGE	 CYBERBULLYING CYBERBULLYING ADVICE BULLYING
 IMPORTANT ADVICE TOP TIPS ONLINE GAMING	 DIGITAL WELLBEING STRATEGIES FOR SELF-CARE SELF-DEFENCE SELF-CARE
 SOCIAL MEDIA TIPS MANAGING SOCIAL MEDIA SOCIAL MEDIA	 SEXUAL HARASSMENT SEXUAL HARASSMENT SEXUAL HARASSMENT
 RADICALISATION ONLINE SAFETY	 ONLINE PORNOGRAPHY NUDS SEXTING/NUDS



Generation Verified

