



Project Report - Digital Resilience Film Project 2022



Number and age of Research Participants

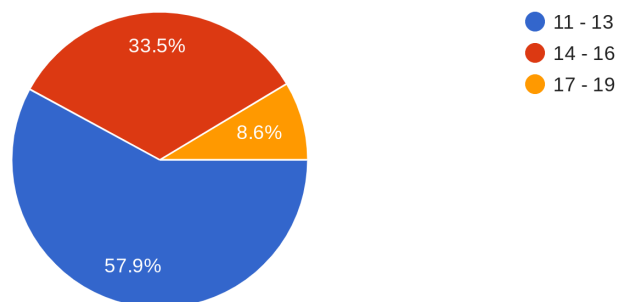
Focus Groups:

- Focus group at Copthall - 150 participants, all year 7
- Focus groups at Mill Hill County School - 14 participants years 7,8,9 & 10
- Total number of participants **164**

Survey:

What age bracket are you in?

221 responses



221 responses, with 57.9% ages 11 - 13, 33.5% aged 14-16 and 8.6% of participants aged 17-19.

Gender of Participants

Focus Groups

- Copthall - 150 female participants
- Mill hill County School - mixed gender for all 14 participants

Survey

For the purpose of this survey, gender was kept anonymous but both male, female and non-identifying were surveyed.

Key Findings: Focus Groups



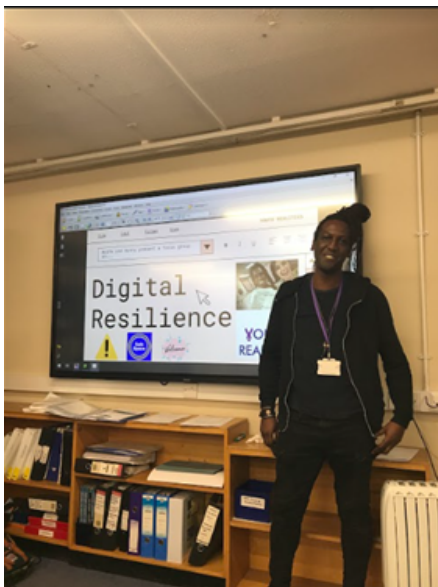
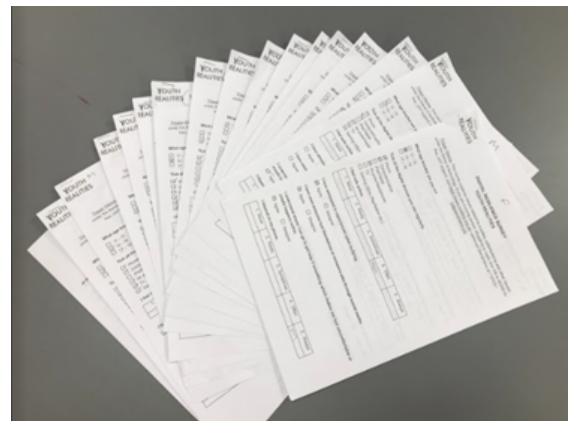
- An overwhelming majority of participants were honest that on occasions, checking their instagram, snapchat and other social medias were the highlights of their day.
- Questions were asked about what to do when someone knows personal information about you protecting privacy online and how to do so effectively.
- Many participants disagreed with the statement “my life on instagram is accurate to what my life actually looks like”.
- A discussion took place during focus group E about the danger of erasing the negative to give a false sense of reality. Young participants agreed that social media gave the toxic gateway of ‘making life look perfect’ and many agreed that it was easy to ‘pretend to be someone you’re not’.
- Everyone agreed with the statement ‘likes = success’ some participants reflected that this led to laziness. They went on to say that people don’t have to work towards their goals as online success exists and can be instant. One young person commented how this could become dangerous and said ‘don’t die for ratings’ which the group acknowledged as a familiar phrase.
- Groups were continuously divided when asked whether filters and body images were harmless or not.
- Many of the participants did not know the meaning of self esteem, and adjustments were made to allow them to understand and explore this, as well as linking it to digital resilience during the workshops.
- Young people spoke empowering to their peers and encouraged each other to post for yourselves, not for others. Young people discussed how there's lots of comparison and can be a “hers looks better” attitude.
- There was an awareness of exploitation, normalising toxic behaviours and body image. ‘Unrealistic body expectations and excessive make-up makes you ashamed

of how you look,' young people said. Lots of young people admitted to not looking their age online. Looking younger, looking older, people thinking you look 18/19 when you're actually 14. Only some young people were able to identify the dangers associated with this.

- Omegle and Yubo discussion were mentioned, when asked why they use this app the reply was "because we're bored."
- With this focus group a teacher had personally thanked us, stating that it came at the perfect time as students were having problems regarding the online world.

Key Findings: Survey

- 91.4% of young people surveyed said they use their phone on a day-to-day basis. 67% said they use their laptop regularly and 66.5% said they watch TV daily.
- 92.3% of participants said they depend on their phone regularly or semi-regularly.
- 91% of young people surveyed felt more connected to people via technology than offline.
- Young people surveyed had a good awareness of the importance of protecting their privacy online and were keen to get support and further understanding about protecting specific areas such as online banking and social media.



Key Findings: Note

Findings from the focus group differed to findings from the survey. Many younger participants felt that they were in control but were unaware of the potential risks of the online world. The focus group activities around digital resilience helped to inform them on how being online can affect their well-being.

Key Findings: Young Creative Leads Discussions

Young people from the digital resilience project participated in group activities, games and discussions around online usage. Key findings were that young people rely on their devices so much that when asked what they would save in a house fire, they responded with phones and laptops. Many of them use online social media platforms and feel connected to peers through the digital world. They are aware of potential risks and feel that they are equipped to navigate the online world but also realise that more advice is needed. One participant suggested that there should be more online awareness around suicide prevention. Topics of discussion also included the negative impacts of online popularity. Young people rely on their phones for information and would not like to lose it for fear of losing out (FOMO). Many of our participants used their phones during sessions to play games, film Tik Tok videos and take photographs, selfies etc.

