

GENERATION VERIFIED

A FILM LED BY BARNET YOUNG VOICES

RESOURCE PACK

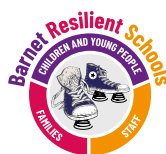
Guide for Parents, Carers, and Families



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.



PINKREVISION FILMS



YOUTH REALITIES

BARNET
LONDON BOROUGH

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.**



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- SUICIDE FREE TRAINING



NETWORK AND COLLABORATE

- CYBERBULLYING
- CYBERBULLYING ADVICE



BULLYING

- IMPORTANT ADVICE
- TOP TIPS

DOWNLOADABLE PACKS ↓

ONLINE GAMING



- SELF-ESTEEM
- DIGITAL WELLBEING

SELF-CARE



- APP LIBRARY
- APP GUIDES
- SOCIAL MEDIA BEST PRACTICE
- MANAGING SOCIAL MEDIA

SOCIAL MEDIA



- GROOMING
- ADVICE

SEXUAL HARASSMENT



- EXTREMISM
- RADICALISATION

ONLINE SAFETY



- RESPONDING
- SEXTING
- PROTECTING CHILDREN

SEXTING/ NUDES



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