

# GENERATION VERIFIED

A FILM LED BY BARNET YOUNG VOICES

## RESOURCE PACK

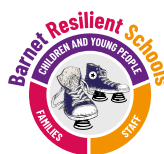
### Guide for pupils



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.



**PINK**REVISION FILMS



**YOUTH REALITIES**

**BARNET**  
LONDON BOROUGH



# RESOURCE PACK

## DIGITAL RESILIENCE – Children and Young People

It is an increasingly more digital world, where children and young people are using digital technologies earlier. Developing **DIGITAL RESILIENCE** is being able to be critical about information you read online and to reduce your potential for harm. It is also about being able to deal with threats you face online and the ability to protect yourself from harmful information on social media and the internet. As young people we know that social media and the online world are important in your lives, so it is important that we can support and equip you with the skills needed to navigate the risks online.

## 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 produced resources on the next page to support you in these discussions so you are prepared with advice and guidance, should you face some of these issues online. **CLICK HERE TO VIEW THE FILM.**

If you or someone you know are experiencing difficulties with mental health please find a trusted adult to speak to. Or you can access safe, free anonymous, and confidential emotional wellbeing support through **KOOTH.**

If you are concerned about a child or any young person, please follow your schools safeguarding protocol at school. Alternatively you can call Barnet's Multi Agency Safeguarding Hub on 020 8359 4066.

**TAKE A LOOK AT THIS SITE** for more information. **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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- EATING PROBLEMS

**BODY IMAGE**

- CYBERBULLYING
- CYBERBULLYING ADVICE

**BULLYING**

- IMPORTANT ADVICE
- TOP TIPS

**ONLINE GAMING**

- DIGITAL WELLBEING
- STRATEGIES FOR SELF-CARE
- SELF ESTEEM

**SELF-CARE**

- SOCIAL MEDIA TIPS
- MANAGING SOCIAL MEDIA

**SOCIAL MEDIA**

- GROOMING
- ADVICE
- RESPONDING TO HARASSMENT

**SEXUAL HARASSMENT**

- RADICALISATION

**ONLINE SAFETY**

- ONLINE PORNOGRAPHY
- NUDES

**SEXTING/NUDES**



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