

# DIGITAL RESILIENCE

This guide will help you to understand what digital resilience is and why it is important

## How does going online affect young people?

Like all aspects of our lives, going online conjures up a huge range of emotions and responses that can impact our mood and well-being. A young person could be pleased to see photos of their friend having a great time on holiday but at the same time they may feel envious because they are not there or have never been to such a place. We want young people to think and talk about how going online makes them feel.

## What is digital resilience?

“Digital resilience involves having the ability to understand when you are at risk online, knowing what to do if anything goes wrong, learning from your experiences of being online, and being able to recover from any difficulties or upsets.”

Digital Resilience Working Group

The UK Council for Child Internet Safety

## Why is digital resilience important?

Digital resilience gives young people the ability to recognise when going online is having a negative impact and the strategies to bounce back and recover. If a young person realises that the balance has shifted and going online is not making them feel supported, empowered and happy we want them to have a variety of people and techniques that they can turn to.

## DIGITAL RESILIENCE TIPS TO HELP YOUNG PEOPLE

### BUILD A SUPPORT NETWORK

- Reach out to someone and support others too. A problem shared is a problem halved.
- Find useful sites or organisations who can help

### LIFESTYLE CHANGES

- Make time for the things and people that make you happy.
- Look out for new challenges.
- Life can be hectic. Find ways to help you relax

### GIVE YOURSELF A BREAK

- You are not perfect and will make mistakes. Be kind and fair to yourself.
- Take some time offline if you want to.
- Sort out disagreements quickly.

### PHYSICAL HEALTH

- Get some exercise, be active.
- Put your devices away at night to get a good night's sleep.
- Eat regularly and healthily.

### HELP YOUNG PEOPLE TO:

- ☺ Recognise that going online can bring highs and lows
- ☺ Develop their own ways to manage risk and recover
- ☺ Adapt to the situations they face
- ☺ Look for support and know where to find it

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