

GENERATION VERIFIED

A FILM LED BY BARNET YOUNG VOICES

RESOURCE PACK

Guide for education staff



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.



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DIGITAL RESILIENCE – Teachers and School Staff

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 and how to support children can be found on the **GOV.UK** website and **THIS TOOLKIT**. As teachers and school staff, we want you to be equipped with learning materials and guidance to facilitate these conversations with your pupils about the dangers online, in line with PSHE.

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 incorporate this film with PSHE statutory requirements, using this as a catalyst for conversation surrounding online safety and digital resilience. We understand and appreciate that this is a difficult subject area, so hope that the resources provided including links to lesson plans, can facilitate this work and help deliver the curriculum. **CLICK HERE TO VIEW THE FILM**.

Barnet Public Health commission **HEALTH EDUCATION PARTNERSHIP (HEP)**, a network school staff can join, providing a framework for planning, training and resources including lesson plans. **BROOK** also provides staff training on sensitive issues.

All children residing or attending school in Barnet are able to access **KOOTH**. This is commissioned by Barnet Council to provide free, safe, anonymous, and confidential emotional wellbeing support to young people (11-25 years old). School staff and educational professionals are also able to access **QWELL**, mental health care when you need it. If you are concerned about a child or any young person, please follow your schools safeguarding protocol at school.

Alternatively you can call Barnets 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.



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Area of interest	Useful links	Key resources
BODY IMAGE	PHE School Zone - Body image	KS3 & KS4 Lesson plans
BULLYING	PHE School Zone - Bullying and Cyberbullying	KS3 & KS4 Lesson plans
	Childnet - Online bullying	Help and advice
	Childnet - Cyberbullying	KS3 & KS4 Lesson plans
	Childnet - PSHE	PSHE Toolkit
	Internet Matters - Cyberbullying	Facts, advice, and resources
	Homophobic Bullying	Help and advice
	Racial Bullying	Help and advice
DIGITAL AWARENESS	HMC - Digital awareness	Lesson plans
DIGITAL RESILIENCE	Childnet - Digital resilience	KS3 & KS4 Lesson plans
	GOV.UK - Digital resilience	Framework, Policy paper
	Internet Matters - Digital resilience	Toolkit
DIGITAL WELLBEING	Childnet - Digital wellbeing	Advice and guidance
	Childnet - Digital wellbeing (SEND)	Resources for SEND students
ONLINE GAMING	Childnet - Online gaming	Lesson plans, learning activities
	Childnet - Gaming	Help and advice
ONLINE SAFETY	GOV.UK - Online safety education	Government information
ONLINE SEXUAL HARASSMENT/ GROOMING	Childnet - Step up, Speak up! Campaign	Resources, guidance, information, lesson plans
	Internet Matters - Online grooming	Facts, advice, and resources
ONLINE STRESS AND FEAR OF MISSING OUT (FOMO)	PHE School Zone - Online stress and FOMO	KS3 & KS4 Lesson plans
SELF-CARE FOR MENTAL HEALTH	PHE School Zone - Self-Care	KS3 & KS4 Lesson plans
	Anna Freud Centre - Self-care	Facts, advice, and resources
SHARING 'NUDES'/'SEXTING'	Childnet	Help and advice
	GOV.UK - Sharing nudes	Educational resources
	Childnet - PSHE	PSHE Toolkit
	Internet Matters - Sexting	Help, advice, lesson plans, videos
SOCIAL MEDIA	PHE School Zone - Social Media	KS3 & KS4 Lesson plans
	Anna Freud Centre - Social Media	Booklet – information and guidance
MENTAL HEALTH RESOURCE AND LESSON PLAN LIBRARY	Resource hub – Now and Beyond	Misc. Mental health lesson plans and resources

You can also find useful resources on the [Resilient Schools Programme website](#).



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