

Digital Resilience

Why is it important to know about digital resilience? Children and young people's use of the internet has undergone rapid expansion with growing use of social media and increased use of mobile technologies. Smartphone and tablet ownership has risen sharply and young people have greater autonomy than ever before to explore their own online world, bringing both opportunities and risks.



Course details

- Two modules with two multiple-choice questionnaires
- Two CPD credits*
- Optional narration of the course modules and questionnaires for accessibility
- Personalised downloadable certificate
- 70% pass mark
- Printable modules for future reference

*1 CPD credit equals up to 1 hour of learning

Course content

Module 1

The Digital World

The digital world

How children and young people use the internet to shape their digital world.

Opportunities

How aspects of the internet offer opportunities to children and young people, eg information, advice, support, self-expression and community.

Vulnerability

Who is more vulnerable to online risk, and why? Is online vulnerability predictable?

Online risk

The types of online risk, including cyberbullying, online grooming, sexting, self-harm and suicide contagion, exposure to pornography, and excessive screen time.

Emotional wellbeing

How social media affects the emotional wellbeing and mental health of children and young people, with examples.

Module 2

Building Digital Resilience

What is resilience?

Building overall resilience in the child, the family and the community. Added factors for digital resilience.

Helping children and young people in the digital world

Questions to ask about use of technology.

- What to avoid
- What to try instead
- Good practice for schools

Young people's views

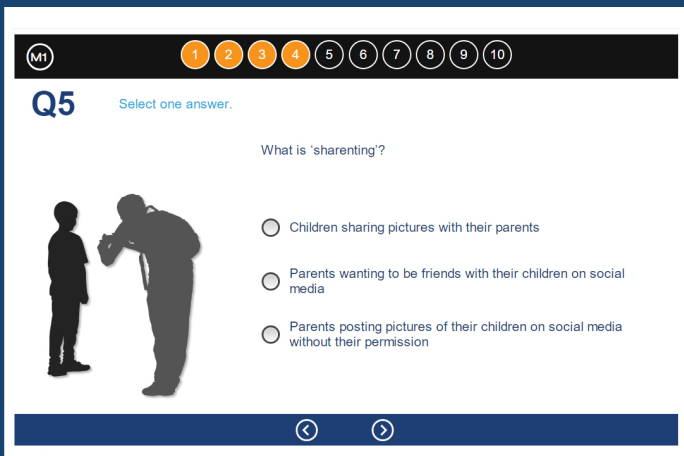
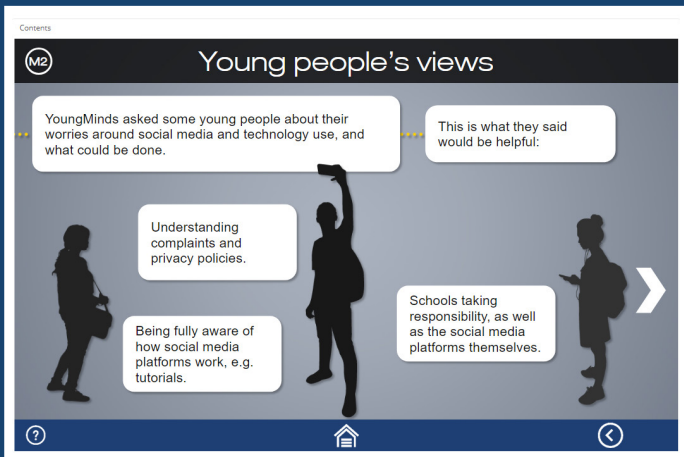
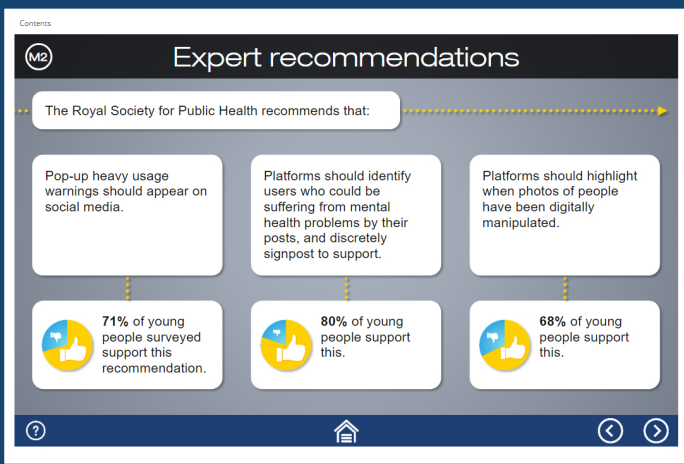
What young people find useful to build their resilience. What young people would like parents and professionals to know and do.

Expert recommendations

How social media platforms and other organisations should take responsibility for digital resilience. Suggestions by experts including YoungMinds and the Royal Society for Public Health.

This course is suitable for

Anyone working with children and young people, with specific references for parents and those working in schools.



Key features

- Visually engaging and highly interactive
- Answer explanations for those who achieve the pass mark
- Additional resources to expand learning
- Written in partnership with experts at YoungMinds

Purchase options

1. Available as a standalone course on the EduCare website.
2. Buy as part of one of our multi-course licences. For further information, please call 01926 436212 to discuss purchase options and licences.



Why choose us?



“ The EduCare training modules include a wide variety of sources of information and a very current view of the issue. They are the fastest and most thorough way of accessing information for myself or my team. ”

Alexandra Ihringova
Student Support Coordinator
Burntwood School

www.educare.co.uk
01926 436 211
online@educare.co.uk

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