

YOUNGANDWELL

Cooperative Research Centre



An Australian Government Initiative



CRC
AUSTRALIA

YOUNG AND WELL

Cooperative Research Centre

**Assoc Prof Jane
Burns**
Chief Executive
Officer



+ mother



The Young and Well Cooperative Research Centre

- Australian based International research centre
- 75 partner organisations
- Researchers, practitioners, policy-makers and innovators across the academic, non-profit, government and corporate sectors
- Working in partnership with young people
- Exploring new technologies to promote cybersafety, mental health and wellbeing
- Three research programs

Part of the Australian Government's Cooperative Research Centres Program, tackling specific challenges requiring medium to long-term collaborative efforts

our major supporters



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Young people driving research, practice and policy



The Youth Brains Trust is a group of enthusiastic and committed young people from around Australia who are passionate about improving the wellbeing of their peers.

They provide advice to the Young and Well CRC to ensure that our research agenda is relevant and meets the needs of young people.

YOUTH BRAINS TRUST

Why technology matters



Our 'real' world is both online and offline



It is how we communicate



Computers have been a part of our entire lives



Young people are the experts



How do we shift the conversation from fear to one of empowerment - digital inclusion and digital resilience?

We're in this together

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Young people are **EVERYONE'S** business



Data: technology, mental health and wellbeing

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Young and Well National Survey

Method

Recruitment

- Metropolitan and regional
- Randomly selected
- 1400 participants
- 16-25 years of age

Interviews

- Conducted over the phone
- 10-20 minutes
- Gold standard CATI

Ethics

- Consent required from guardian for those under 18 years
- Interviewers must have Working with Childrens Check

Analysis

- Statistical consultant
- SPSS
- Quantitative analysis

How young people use the internet



"Almost all Young Australians are online every day or almost every day"

Most are online **2-4 hrs** a day | but about **20%** are online **5+hrs**



99% of Australian young people 16 – 25 use the internet

95% use everyday or almost everyday

The top 3 ways young people are using the internet



 13%

 94%

 32%

 93%

 7%

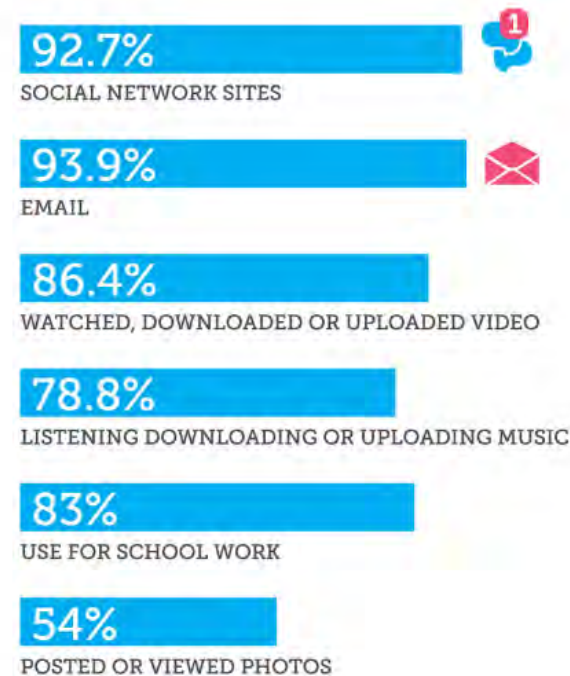
 86%

2008

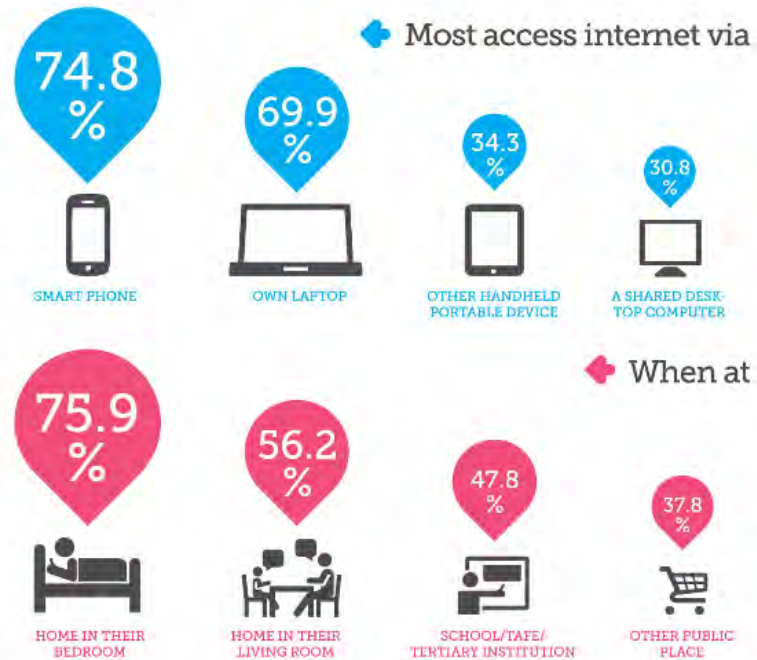
2012

2008 National Youth and Parent Community Survey
2012 Young and Well CRC National Survey

Young people are mainly using social network sites, email and viewing media



How young people use the internet





Major issues for young people

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Major issues concerning young people in 2012

Do any of the following issues concern you personally ...	16 to 25 year olds (%)	16 to 25 year olds boys (%)	16 to 18 year old girls (%)
N	1,394	700	700
Alcohol	10.7	12.2	9.2
Body image	39.2	26.3	51.9
Bullying or emotional abuse	20.8	19.3	22.3
Coping with stress	58.5	47.6	69.4
Depression	30.6	26.6	34.6
Drugs	8.2	10.3	6.0
Self-harm	8.1	6.7	9.5

Young and Well National Survey 2012



Do any of the following issues concern you personally...

Body image:



16-25	39.2%
16-25 boys:	26.3%
16-18 girls:	51.9%



Coping with stress:

16-25	58.5%
16-25 boys:	47.6%
16-18 girls:	69.4%

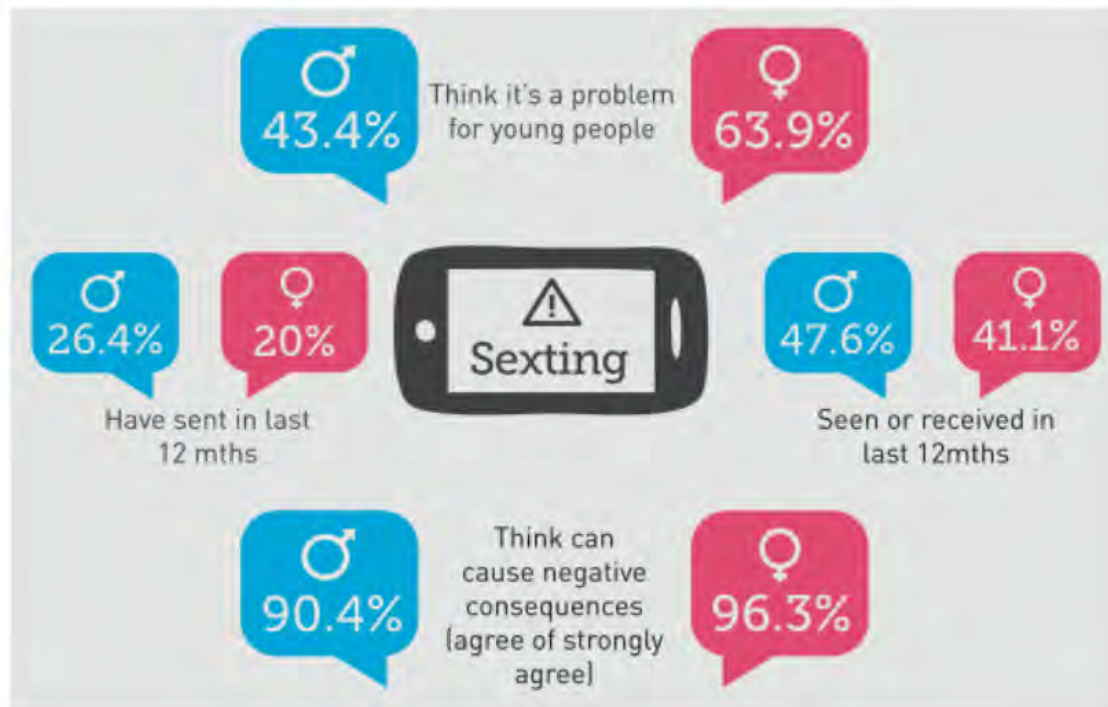


Depression:

16-25	30.6%
16-25 boys:	26.6%
16-18 girls:	34.6%

Young and Well National Survey 2012





Cybersafety to Cybersavvy: building digital resilience

RESPECT MY PRIVACY

88%

Used the privacy setting on online profiles

85%

Limited what certain friends or community members can see

BEING CYBERSAVVY

93%

Careful with what is posted

91%

Remember people may not be who they say they are

91%

Know how to block people

75%

Don't give out address or phone number

33%

Don't use real name

28%

Keep computer in a public room



SAVVY JUDGEMENT

81%

Decided not to post something online because of concerns it might reflect badly in future

77%

Taken steps to limit amount of info available online

55%

Tried to remove content posted online



COOL IN A CRISIS

31%

Sought advice about what to do if observed mean or cruel behaviour online



30%

Reported a person or incident to a site master

10%

Reported a person or incident to an authority (teacher, police)

JUDGEMENT INFLUENCED BY...

29%

A friend / classmate / peer

14%

Family/other

21%

Own views

5%

Teacher



ARC Digital Inclusion Study

Method

Recruitment

- Metropolitan and regional
- Diverse sample
- 35 participants
- 12-18 years of age

Focus groups

- Lithgow and Sydney
- 1.5 hours
- 12-14 years
- 15-18 years

Interviews

- Lithgow and Sydney
- 1.5 hours
- 12-14 years
- 15-18 years

Analysis

- Discourse analysis



ARC Digital Inclusion Study

Digital exclusion in the words of young people

... when someone ignores the use of digital devices
... when someone is not using digital technology

Experiences of digital exclusion

- Being banned from somewhere on the internet
- People ignoring you, or not answering your questions or comments over an electronic device
- Missing out on an update that everyone is talking about
- Mobile phone loss or damage does not equal digital exclusion
- Digital exclusion happens to 'other people'

ARC Digital Inclusion Study

Challenges of being digitally excluded:

Social connection

"I think it would be harder to interact with your friends like because you're limited. Well, like, I don't know how you would meet up with them because you wouldn't be able to get in contact with them unless you physically went to their house and wanted to go somewhere. Like, I think it would be really hard to, like, talk to your friends or meet people that much because nothing would be organised. I don't know, it would be just so weird."

Lack of opportunities

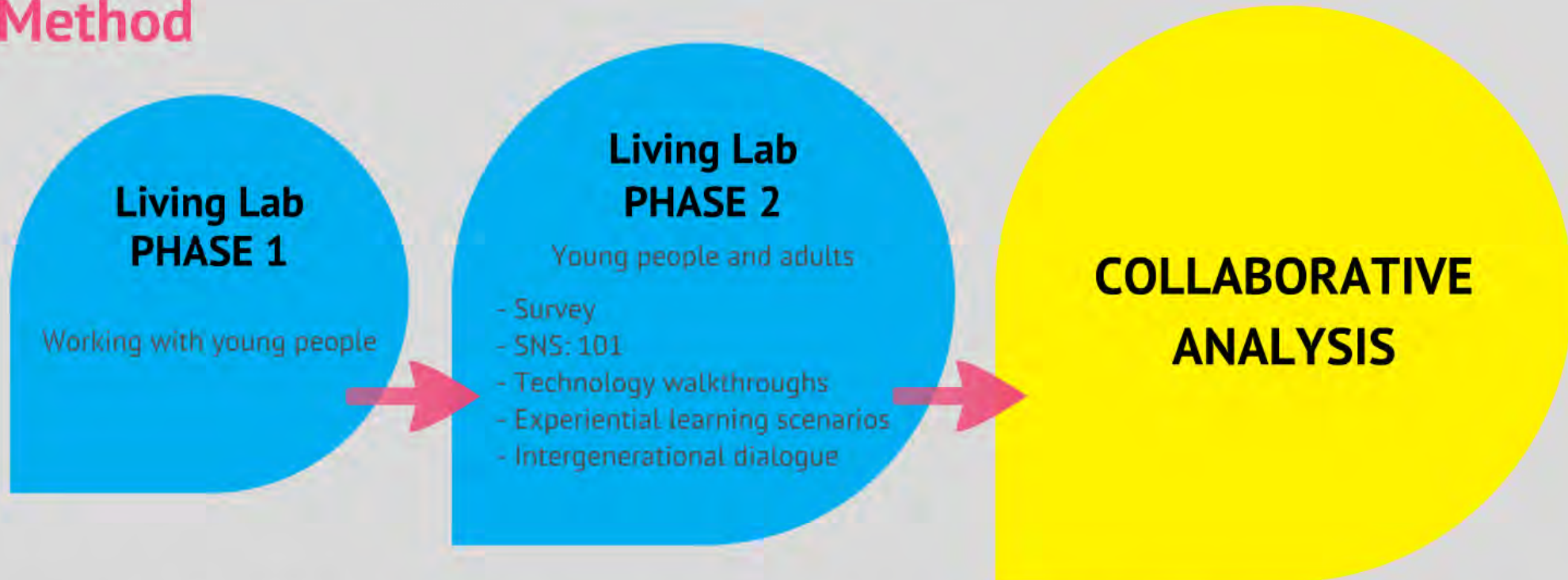
- School
- Work
- Civic engagement

Missing out

"...some of my friends they have internet but they don't go on Facebook and that with it, they like just to play games like you could miss out on cool games and latest games and that."

Living Lab Research

Method



Four young people aged 17-21 (three females and one male) were recruited for the project via the Inspire Foundation's existing youth networks. Five adults aged 42-53 (three females and two males) were recruited by email via the Inspire Foundation's Supporters network.

Living Lab Research Phase 2

What adults said:

- Sense of having things in common with their children
- Fostered intergenerational dialogue

"This was a really innovative way to learn about what young people do online. It was so unusual it took me by surprise. I learnt such a lot from my young person. Stuff I can use in my conversations with my kids."

Overall....

Parents felt much better equipped to have conversations with their children that could help guide their positive engagement with technology

Living Lab Research Phase 2

What young people said:

- Self-efficacy and sense of achievement
- Empowered and confident in their abilities
- Appreciated the opportunity to share their expertise
- Shift in the ways they thought about adults and their understanding of technology



Implications

- Partner with young people - they are the experts & early adopters
- Use experiential methods
- Combine online and face-to-face delivery
- Create conversations about YP's technology use and the influence of friends, family and the community
- Technology moves quickly: prioritise flexible and iterative models

Future directions in digital inclusion

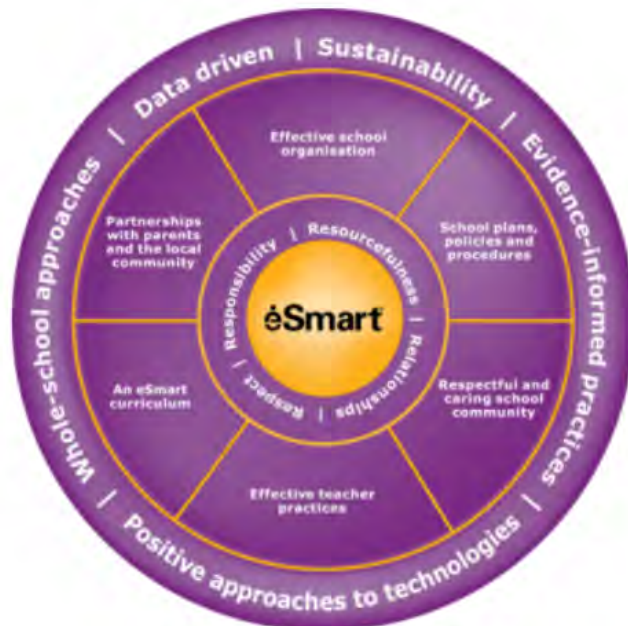


- Explore areas with limited coverage, socio-economic factors & socio-cultural issues impacting technology access
- Explore the 'dark side' of digital inclusion & young people but temper it with the 'bright side'
- Examine young 'non- adopters' motivations for limited participation
- Identify opportunities to build access & sustainability for vulnerable populations

Best practice in safety: 'eSmart'

Framework

- Evidence informed
- Data driven
- Developmentally focused
- 10% of budget is research



eSmart®

Best practice in digital inclusion: 'The Lab'

Bill Shorten MP experiences 'The Lab' alongside young people with Asperger's Syndrome

05/09/2012



- Technologists with young people, parents and researchers
 - Practical and engaging
 - Online and face to face
 - Research to inform program development
 - Mixed methods
-
- Research that is outcome focused, not just process focused
 - 50/50 program/evaluation

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Collective Impact

keepittame.youngandwellcrc.org.au

KEEP IT TAME
Respect each other online



KEEP IT TAME
RESPECT EACH OTHER ONLINE

You can use phones, tablets and computers to do awesome stuff. But things can turn nasty if you use them to disrespect each other. Treat each other with respect and KEEP IT TAME.



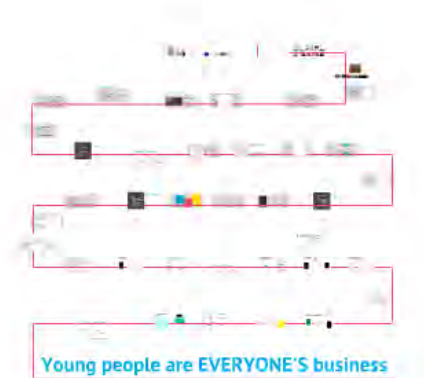
The Safe and Well Online project builds on NAPCAN's Smart Online Safe Offline Initiative.
The Young and Well CRC is not a mental health or crisis support service. If you need help, click on the help button above to contact with Helpline 1 800 451 055.



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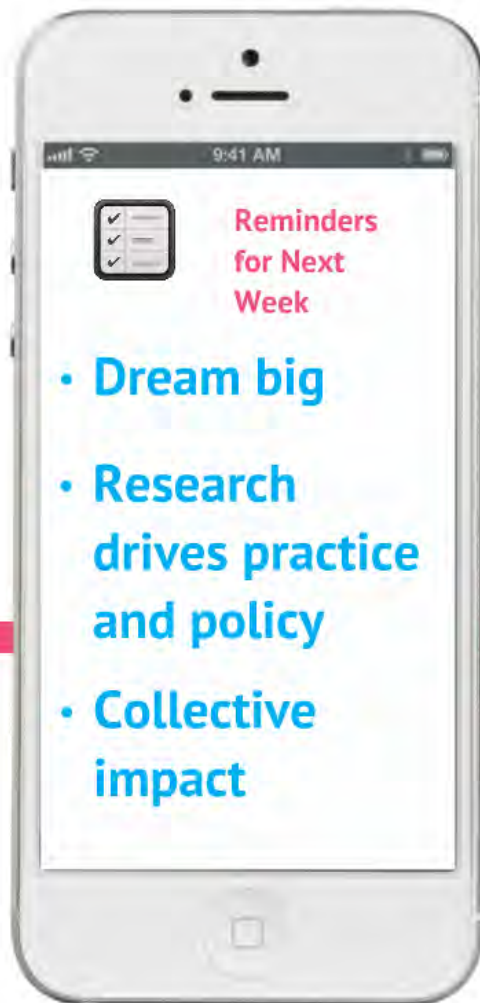
The next steps

- Cybersafety to Cybersavvy
- Build true collaborations - commit to resource & knowledge sharing
- Explore digital resilience across the lifespan
- Promote inter-generational dialogue
- Agree to collective impact – one single goal, agreed measures, clear responsibilities



- Dream big – NBN roll out IS the perfect natural experiment

- Building the evidence base - why is this **critical?**



Why not join the Young and Well Network?
www.youngandwellcrc.org.au

... thank you for your precious time and attention

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