Aye Mind Digital Youth Wellbeing Information Sharing

August 2024

Resources & Supports

New Synthetic Media (Deepfakes) Hub Launched by SWGfL
SWGfL have launched a Synthetic Media Hub to help people learn about synthetic media and access advice and support about AI-generated content.
Available: [Synthetic Media Hub](#)

Finding the Right Words
A resource from Internet Matters that shares tips on how to have conversations with children and young people about online safety.
Available: [Find The Right Words - Virgin Media O2](#)

Everywhere, All the Time
A resource that has been co-designed with 300 young people and 100 educators, the resource helps facilitators in guiding young people to explore crucial topics like how AI chatbots work, recognising attention-grabbing designs behind popular platforms, and learning about what powers the internet.
Available: [Everywhere, All the Time: a playful exhibition for teens about AI (theglassroom.org)](#)

Mindful Bytes
An interactive card game that has been created to support youth workers and educators in facilitating discussions about digital wellbeing and related topics.
Available: https://www.ymca.games/en

Building Connections
An online 1:1 structured service from the NSPCC for children and young people experiencing loneliness. It is a free referral-in service supporting children and young people up to age 19 for 11 weeks. This has been added to our Aye Mind [digital mental health tools directory.](#)
Available: https://learning.nspcc.org.uk/services/building-connections

Events and Training

Introduction to Digital Inclusion
A webinar from the SCVO which will introduce the concept of digital inclusion and how you can embed it in your organisation. 17th September, 2.00-3.00pm.
Available: [Introduction to digital inclusion - SCVO](#)

AI in Education – Decoding the Hype (£)
An online safety clinic from the UK Safer Internet Centre on AI in Education, including current guidance, opportunities, potential issues, and how to shape a strategy. Limited

Available: Tuesday 10th September, 9.30-11.00 am / Tuesday 10th September, 1.30-3.00pm

Reading and Research

Teenagers displaying 'problematic phone use' more likely to be depressed
Article from the Guardian sharing results from a study that showed around one in five teenagers aged 16-18 display problematic behaviour with their phones.
Available: Teenagers displaying 'problematic phone use' more likely to be depressed | Mobile phones | The Guardian

Massive increase in digital exclusion across Scotland
Article from TFN which shares findings from Citizens Advice Scotland showing an increase in 60% of people seeking advice regarding a lack of access or skills to use the internet.
Available: Massive increase in digital exclusion across Scotland - TFN

Building Digital Resilience
A report from Plan International and CNN As Equals that heard from young women and girls about the harms they face online, how they protect themselves, and how tech companies, governments, local communities, and their families can keep them safe.
Available: DigitalResilienceReport_English-FINAL.pdf (plan-international.org)

[Podcast] Rethinking Screen Time: A Balanced Perspective with Pete Etchells
A podcast from SWGFL which delves into the complexities of screen time, challenging the common narrative that all screen time is inherently harmful.

Available: Rethinking Screen Time: A Balanced Perspective with Pete Etchells (swgfl.org.uk)

Tackling Digital Exclusion
A report from Audit Scotland that looks to review how well the public sector in Scotland is tackling digital exclusion and what more they can do.
Available: Tackling digital exclusion | Audit Scotland

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