

# Report briefing event - how do we support young people's wellbeing in an online world?

*Embargoed until 00:01, Monday 11th October 2021*

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A new report by [VoiceBox](#) - a youth-led social enterprise and sister organisation to Parent Zone - reveals what 'digital wellbeing' means to young people aged 16-23. Released to mark Digital Parenting Week 2021, the report reveals the unique perspective of the first generation to grow up with the internet - and the advice they think is of most value to parents and others who seek to support and manage young people's relationship with technology.

The research reveals that young people are well aware of the potential risks of being online, and that they do take steps to mitigate them - but that they also see the huge benefits and opportunities offered by the digital world.

***Join us to explore some of the report's findings in a live-streamed event on YouTube on Monday 11th October at 1pm, with young people from VoiceBox and special guest Jonathan Baggaley, CEO of the PSHE Association. We'll also be looking at some of the issues that need to be addressed to make digital wellbeing possible - including issues around online pornography and age verification. Tune in at <https://youtu.be/WCVjGn-wfm4>.***

For young people, 'digital wellbeing' means extracting the most value you can from the online world, while avoiding and discarding the aspects of technology that put your mental and physical health at risk. Common strategies to achieve this include self-managing online behaviour and knowing when to take a step back from the online world.

The report clearly demonstrates that young people are not naive to the potential risks of the online world. Asked to step into the shoes of a parent, the issues young people would be most concerned about are the idea of their future child engaging with harmful content online, whether stumbling across certain websites or interactions with both strangers and

their peers. Scams, information being stolen, addiction and spending too much time on certain websites and apps were also highlighted.

Alongside risks, the report also makes it clear that young people recognise the many social, educational and personal benefits of the online world. For young people, the internet is an outlet to engage with culture, politics, media and many other things - the online world allows for learning, exploration and development.

For more information or an interview, please contact [press@parentzone.org.uk](mailto:press@parentzone.org.uk)

**Ends**

#### **Editor's note:**

Research was carried out by VoiceBox through opinion-gathering on online platforms, surveys and informal interviews with young people between the ages of 16 and 23, in the UK, America, Columbia, India, Australia and Singapore.

The report will be available to download from the VoiceBox and ParentZone websites on Monday 11th October.

To join the event, tune in to <https://youtu.be/WCVjGn-wfm4> at 1pm on Monday 11th October 2021 - it will also be able to view after the event at a time that suits you, on the same link.

#### **About Parent Zone**

[Parent Zone](#) sits at the heart of modern family life, providing advice, knowledge and support to shape the best possible future for children as they embrace the online world. We support parents to help their children discover the possibilities and opportunities available to them online, and provide teachers and family professionals with resources and training to help them guide and advise families in the digital world. We use our insights and knowledge to bridge the gap between parents and platforms, and work with policy-makers to help ensure the interests of families are at the heart of everything they do.

#### **About VoiceBox**

[VoiceBox](#) is a new, international social enterprise created by young people, for young people, working to challenge organisations big and small to make better products, services and policies. Through VoiceBox's content platform, Ambassadors and research, they are



creating spaces where young people can genuinely express themselves on the issues that matter to them.

### **About Digital Parenting Week**

Parent Zone launched Digital Parenting Week in 2020 to recognise the incredible efforts parents and carers made to support their children during the first months of the pandemic - through lockdown, school closures and home working. This year, with worries about the mental health harms caused to teenagers by life that is increasingly lived online in the public eye, the week is focusing on how to help parents navigate the many complexities and potential pitfalls.