aye mind

Digital youth mental health news, research, resources, and developments.

Digital Inclusion

When we think of children and young people, many of us might see them as "digital natives", having access to, and intuitively knowing how to use technology and keep themselves safe online. This is far from the case.

This month's newsletter will take a particular look at why it matters that everyone has the digital skills and access that they need. You'll find information about digital inclusion, how to check your own/ someone else's digital skills, address any gaps, and where to get further support.
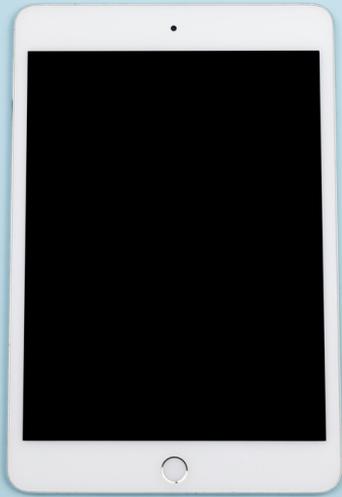
Blog

Our latest blog provides an introduction to digital inclusion and who is more at risk of being digitally excluded. It outlines the potential negative impact on their lives and shares some practical information about what we can all do to address it.

Read for resources about how to develop your digital skills and how to support young people to have a positive and safe online experience.

Read the blog

Digital skills check-up

In order to support others in getting online and developing their digital skills, we need to take a look at our own skills too.

The SCVO has three digital skills check-ups you can complete to identify any gaps: Foundation Skills, Life Skills, Work Skills.

Take the check up

Develop digital skills

Listed below are a range of resources you can use to develop your own/others essential digital skills:

Learn My Way - A free online learning platform to help people get essential digital skills to stay safe and connected.

Digital Skills for Families, Children, and Young People - Resources covering digital literacy, how to stay safe online, and how to report harmful content.

Be Internet Legends - A free programme that empowers young children to use the internet safely and wisely. Includes a Be Internet Legends Curriculum for teachers to download lesson plans to deliver in class, including classroom activities.

Get Safe Online - The UK's leading online safety advice resource.
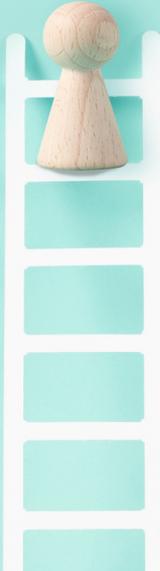
Achieving digital inclusion

There are many resources we can use to help others get online:

- SCVO's roadmap for digital inclusion - A roadmap of the actions needed to be taken to reduce digital exclusion in Scotland, includes case studies of other organisation's approaches to digital inclusion.

- Doing Digital Inclusion - Information, resources, and case studies on digital inclusion from the SCVO.

- Digital Inclusion Action Plan Template - A free template to help you plan your digital inclusion support.

Further support

The SCVO can help grow the digital capabilities of your workforce, assess your digital inclusion maturity, offer support to embed digital inclusion, and support with designing digital inclusion into policies and services. Email digital@scvo.scot or visit www.scvo.scot/digital

You can also visit NHSGGC's website on Digital Support for more information.