WEBVTT

00:00:00.000 --> 00:00:01.128 Thank you so

00:00:01.130 --> 00:00:04.010 much, so so nice.

00:00:04.010 --> 00:00:05.953 Welcome everybody, good afternoon.

00:00:05.953 --> 00:00:09.657 It is a huge honor for me to

00:00:09.657 --> 00:00:12.488 introduce Doctor Gardella Pardini.

00:00:12.490 --> 00:00:14.506 I met Gabby probably exactly when

00:00:14.506 --> 00:00:16.370 the pandemic pandemic got started,

00:00:16.370 --> 00:00:17.778 so we've been developing

00:00:17.778 --> 00:00:18.834 this working relationship.

00:00:18.840 --> 00:00:19.904 This friendship remotely,

00:00:19.904 --> 00:00:23.080 which I think we're all used to by now,

00:00:23.080 --> 00:00:25.898 but it really has been just a true

00:00:25.900 --> 00:00:28.018 pleasure to learn from her in,

00:00:28.020 --> 00:00:29.079 particularly during this

NOTE Confidence: 0.893529

00:00:29.079 --> 00:00:30.138 really unprecedented times.

NOTE Confidence: 0.893529

00:00:30.140 --> 00:00:33.191 So it will take a couple of minutes just

NOTE Confidence: 0.893529

00:00:33.191 --> 00:00:36.134 to tell you a little bit about her,

NOTE Confidence: 0.893529

00:00:36.140 --> 00:00:39.004 but I think by the end of this

NOTE Confidence: 0.893529

00:00:39.004 --> 00:00:41.644 hour you'll see why we are just

NOTE Confidence: 0.893529

00:00:41.644 --> 00:00:43.820 so thrilled to have our be.

NOTE Confidence: 0.893529

00:00:43.820 --> 00:00:46.445 You know part of our research group,

NOTE Confidence: 0.893529

00:00:46.450 --> 00:00:48.490 Gabby has a PhD in psychology

NOTE Confidence: 0.893529

00:00:48.490 --> 00:00:50.332 from the University of Cambridge

NOTE Confidence: 0.893529

00:00:50.332 --> 00:00:52.804 where she worked on the effects

NOTE Confidence: 0.893529

00:00:52.804 --> 00:00:54.699 of movement synchrony on sorry,

NOTE Confidence: 0.893529

00:00:54.700 --> 00:00:56.195 the effects of movement,

NOTE Confidence: 0.893529

00:00:56.195 --> 00:00:57.695 synchrony on human emotions,

NOTE Confidence: 0.893529

00:00:57.695 --> 00:00:58.820 and social relationships.

NOTE Confidence: 0.893529

00:00:58.820 --> 00:01:01.536 So you can already see how truly

NOTE Confidence: 0.893529

00:01:01.536 --> 00:01:02.950 multidisciplinary her research is,

NOTE Confidence: 0.893529

00:01:02.950 --> 00:01:05.456 and I think we're going to hear

NOTE Confidence: 0.893529

00:01:05.456 --> 00:01:08.197 a lot about that today as well.

NOTE Confidence: 0.893529

00:01:08.200 --> 00:01:09.700 She's currently apples doctoral

NOTE Confidence: 0.893529

00:01:09.700 --> 00:01:11.963 fellow at the University of Oxford,

NOTE Confidence: 0.893529

00:01:11.963 --> 00:01:13.868 where she combines psychiatry ethics.

NOTE Confidence: 0.893529

00:01:13.870 --> 00:01:17.350 Arts and digital innovation.

NOTE Confidence: 0.893529

00:01:17.350 --> 00:01:20.678 Among the many things that Gabby has done,

NOTE Confidence: 0.893529

00:01:20.680 --> 00:01:24.002 she has Co designed and tested a number

NOTE Confidence: 0.893529

00:01:24.002 --> 00:01:26.914 of digital tools to promote young people,

NOTE Confidence: 0.893529

00:01:26.914 --> 00:01:27.746 civic participation,

NOTE Confidence: 0.893529

00:01:27.750 --> 00:01:29.830 an engagement in mental health.

NOTE Confidence: 0.893529

00:01:29.830 --> 00:01:31.494 So truly, the importance,

NOTE Confidence: 0.893529

00:01:31.494 --> 00:01:33.158 relevance, and timeliness of

NOTE Confidence: 0.893529

00:01:33.158 --> 00:01:35.238 her work cannot be overstated.

NOTE Confidence: 0.893529

00:01:35.240 --> 00:01:37.315 She has worked on several

NOTE Confidence: 0.893529

00:01:37.315 --> 00:01:38.145 fascinating interventions,

NOTE Confidence: 0.893529

00:01:38.150 --> 00:01:40.230 one of them, called Citizens,

NOTE Confidence: 0.893529

00:01:40.230 --> 00:01:42.726 Early Intervention Ethics where she explored,

NOTE Confidence: 0.893529

00:01:42.730 --> 00:01:44.845 knew research methodologies to enable

NOTE Confidence: 0.893529

00:01:44.845 --> 00:01:46.537 young people's participation in.

NOTE Confidence: 0.893529

00:01:46.540 --> 00:01:47.984 Ethical debate around digital

NOTE Confidence: 0.893529

00:01:47.984 --> 00:01:49.067 phenotyping in psychiatry.

NOTE Confidence: 0.893529

00:01:49.070 --> 00:01:50.518 So truly innovative and

NOTE Confidence: 0.893529

00:01:50.518 --> 00:01:51.604 cutting edge research.

NOTE Confidence: 0.893529

00:01:51.610 --> 00:01:52.332 More recently,

NOTE Confidence: 0.893529

00:01:52.332 --> 00:01:54.137 during the COVID-19 pandemic response,

NOTE Confidence: 0.893529

00:01:54.140 --> 00:01:56.492 she has worked with multiple organizations

NOTE Confidence: 0.893529

00:01:56.492 --> 00:01:59.566 to do things such as Co design and test,

NOTE Confidence: 0.893529

00:01:59.570 --> 00:02:01.688 an online program to train young

NOTE Confidence: 0.893529

00:02:01.688 --> 00:02:03.550 people to support their peers,

NOTE Confidence: 0.893529

00:02:03.550 --> 00:02:05.512 and is currently testing the efficacy

NOTE Confidence: 0.893529

00:02:05.512 --> 00:02:07.653 of this peer support program in

NOTE Confidence: 0.893529

00:02:07.653 --> 00:02:09.573 helping adolescents cope with the

NOTE Confidence: 0.893529

00:02:09.573 --> 00:02:11.519 emotional challenges of the pandemic.

NOTE Confidence: 0.893529

00:02:11.520 --> 00:02:14.472 So I really think we have a lot

NOTE Confidence: 0.893529

00:02:14.472 --> 00:02:17.609 a lot to learn from her work.

NOTE Confidence: 0.893529

00:02:17.610 --> 00:02:20.052 She also has a very important

NOTE Confidence: 0.893529

00:02:20.052 --> 00:02:21.680 set of work globally.

NOTE Confidence: 0.893529

00:02:21.680 --> 00:02:22.392 For example,

NOTE Confidence: 0.893529

00:02:22.392 --> 00:02:24.886 she set up and coordinated the lancets,

NOTE Confidence: 0.893529

00:02:24.890 --> 00:02:26.828 youth leaders for global mental health

NOTE Confidence: 0.893529

00:02:26.828 --> 00:02:29.721 and was also a leader in their global

NOTE Confidence: 0.893529

00:02:29.721 --> 00:02:32.025 mental health campaign entitled My Mind,

NOTE Confidence: 0.893529

00:02:32.030 --> 00:02:33.728 Our Humanity and she has worked

NOTE Confidence: 0.893529

00:02:33.728 --> 00:02:35.740 with UNICEF on a global mapping

NOTE Confidence: 0.893529

00:02:35.740 --> 00:02:37.775 of young people's aspirations for

NOTE Confidence: 0.893529

00:02:37.775 --> 00:02:39.889 engagement in global mental health,

NOTE Confidence: 0.893529

00:02:39.890 --> 00:02:40.961 so her work,

NOTE Confidence: 0.893529

00:02:40.961 --> 00:02:42.389 both in the UK,

NOTE Confidence: 0.893529

00:02:42.390 --> 00:02:43.818 an internationally of immense

NOTE Confidence: 0.893529

00:02:43.818 --> 00:02:44.889 relevance and impact.

NOTE Confidence: 0.893529

00:02:44.890 --> 00:02:46.290 She's also currently working

NOTE Confidence: 0.893529

00:02:46.290 --> 00:02:48.040 with the University of Brasilia

NOTE Confidence: 0.893529

00:02:48.040 --> 00:02:49.878 and other organizations in Co.

NOTE Confidence: 0.893529

00:02:49.880 --> 00:02:51.196 Designing a chat bot.

NOTE Confidence: 0.893529

00:02:51.196 --> 00:02:52.841 To support Brazilian young people's

NOTE Confidence: 0.893529

00:02:52.841 --> 00:02:54.461 sense of agency and responsibility

NOTE Confidence: 0.893529

00:02:54.461 --> 00:02:56.001 in promoting the well being

NOTE Confidence: 0.893529

00:02:56.001 --> 00:02:57.310 of their communities.

NOTE Confidence: 0.893529

00:02:57.310 --> 00:02:59.459 So again, you can see the breath,

NOTE Confidence: 0.893529

00:02:59.460 --> 00:03:00.242 the impact,

NOTE Confidence: 0.893529

00:03:00.242 --> 00:03:02.588 and the ambition of her research

NOTE Confidence: 0.893529

00:03:02.588 --> 00:03:04.888 just by this sort of small

NOTE Confidence: 0.893529

00:03:04.888 --> 00:03:06.683 tour of what she's done.

NOTE Confidence: 0.893529

00:03:06.690 --> 00:03:09.858 She came to us that Jim and myself

NOTE Confidence: 0.893529

00:03:09.860 --> 00:03:11.845 through the early Childhood Peacebuilding

NOTE Confidence: 0.893529

00:03:11.845 --> 00:03:13.830 Consortium and what brought us

NOTE Confidence: 0.85158294

00:03:13.892 --> 00:03:15.798 together was, among other things,

NOTE Confidence: 0.85158294

00:03:15.798 --> 00:03:18.535 of course, our desire to elevate the

NOTE Confidence: 0.85158294

00:03:18.535 --> 00:03:21.342 voice of adolescents and youth and young

NOTE Confidence: 0.85158294

00:03:21.342 --> 00:03:23.718 people in the context of peacebuilding

NOTE Confidence: 0.85158294

00:03:23.718 --> 00:03:26.490 were Jim herself and I have been

NOTE Confidence: 0.85158294

00:03:26.490 --> 00:03:29.262 working this past year to think about

NOTE Confidence: 0.85158294

00:03:29.262 --> 00:03:32.036 ways to generate a youth task force

NOTE Confidence: 0.85158294

00:03:32.036 --> 00:03:33.620 to promote interdisciplinary research,

NOTE Confidence: 0.85158294

00:03:33.620 --> 00:03:35.635 primarily in sort of the

NOTE Confidence: 0.85158294

00:03:35.635 --> 00:03:36.844 context of intergenerational.

NOTE Confidence: 0.85158294

00:03:36.850 --> 00:03:38.050 Programming with adolescence

NOTE Confidence: 0.85158294

00:03:38.050 --> 00:03:39.650 youth and early childhood,

NOTE Confidence: 0.85158294

00:03:39.650 --> 00:03:42.450 so with without further ado, Gabby again.

NOTE Confidence: 0.85158294

00:03:42.450 --> 00:03:45.250 Thank you so much for being here.

NOTE Confidence: 0.85158294

00:03:45.250 --> 00:03:46.450 Truly a pressure,

NOTE Confidence: 0.85158294

00:03:46.450 --> 00:03:48.450 a pleasure and an honor.

NOTE Confidence: 0.85158294

00:03:48.450 --> 00:03:50.050 And over to you.

NOTE Confidence: 0.8338623

00:03:52.530 --> 00:03:54.160 Thank you so much Angie.

NOTE Confidence: 0.8338623

00:03:54.160 --> 00:03:55.790 I couldn't have hoped for

NOTE Confidence: 0.8338623

00:03:55.790 --> 00:03:56.768 a better introduction.

NOTE Confidence: 0.8338623

00:03:56.770 --> 00:03:59.234 This is really kind of you really lovely

NOTE Confidence: 0.8338623

00:03:59.234 --> 00:04:01.329 and thank you for the invitation.

NOTE Confidence: 0.8338623

00:04:01.330 --> 00:04:02.960 Thanks Jim. Thank you, Andrea.

NOTE Confidence: 0.8338623

00:04:02.960 --> 00:04:03.884 Thank you Rosemary.

NOTE Confidence: 0.8338623

00:04:03.884 --> 00:04:06.040 Yeah so Jim and Angie have been

NOTE Confidence: 0.8338623

00:04:06.104 --> 00:04:08.260 like a source of a wellspring of

NOTE Confidence: 0.8338623

00:04:08.260 --> 00:04:09.958 support and advice and friendship

NOTE Confidence: 0.8338623

00:04:09.958 --> 00:04:12.088 during in a very difficult year.

NOTE Confidence: 0.8338623

00:04:12.090 --> 00:04:14.763 And I very much hope that I can share

NOTE Confidence: 0.8338623

00:04:14.763 --> 00:04:17.505 with you the sort of outputs of this

NOTE Confidence: 0.8338623

00:04:17.505 --> 00:04:19.589 work together in the next talk.

NOTE Confidence: 0.8338623

00:04:19.590 --> 00:04:21.522 For now I'm going to share

NOTE Confidence: 0.8338623

00:04:21.522 --> 00:04:23.250 the work that I've done.

NOTE Confidence: 0.8338623

00:04:23.250 --> 00:04:23.631 Previously,

NOTE Confidence: 0.8338623

00:04:23.631 --> 00:04:26.298 but in any case it's an absolute

NOTE Confidence: 0.8338623

00:04:26.298 --> 00:04:28.565 pleasure to be here today and share

NOTE Confidence: 0.8338623

00:04:28.565 --> 00:04:31.020 a little bit of my research work,

NOTE Confidence: 0.8338623

00:04:31.020 --> 00:04:32.712 so I'm going to share my

NOTE Confidence: 0.8338623

00:04:32.712 --> 00:04:35.246 screen so that I can share a

NOTE Confidence: 0.8338623

00:04:35.246 --> 00:04:37.018 PowerPoint presentation with you.

NOTE Confidence: 0.88375634

00:04:39.930 --> 00:04:42.310 Right, so my talk today is called.

NOTE Confidence: 0.88375634

00:04:42.310 --> 00:04:44.010 Can you see my screen?

NOTE Confidence: 0.8436492

00:04:48.080 --> 00:04:49.400 So it's called promoting

NOTE Confidence: 0.8436492

00:04:49.400 --> 00:04:51.050 youth voices in mental health.

NOTE Confidence: 0.8436492

00:04:51.050 --> 00:04:53.276 Intervention is under described as sort

NOTE Confidence: 0.8436492

00:04:53.276 --> 00:04:55.694 of wearing many hats and I started

NOTE Confidence: 0.8436492

00:04:55.694 --> 00:04:57.724 off in psychology and then for my

NOTE Confidence: 0.8436492

00:04:57.794 --> 00:04:59.999 post Doc I switched to ethics and

NOTE Confidence: 0.8436492

00:04:59.999 --> 00:05:01.952 mental health and during this work

NOTE Confidence: 0.8436492

00:05:01.952 --> 00:05:04.290 over the past two three years I've

NOTE Confidence: 0.8436492

00:05:04.359 --> 00:05:06.767 been working in this app and like on

NOTE Confidence: 0.8436492

00:05:06.767 --> 00:05:08.801 this idea of promoting young people's

NOTE Confidence: 0.8436492

00:05:08.801 --> 00:05:11.170 voices and and I think I started

NOTE Confidence: 0.8436492

00:05:11.170 --> 00:05:13.090 small and sort of consulting young

NOTE Confidence: 0.8436492

00:05:13.090 --> 00:05:15.417 people here and there and my work

NOTE Confidence: 0.8436492

00:05:15.417 --> 00:05:17.047 has slowly progressed into something

NOTE Confidence: 0.8436492

00:05:17.047 --> 00:05:18.425 that is completely collaborative

NOTE Confidence: 0.8436492

00:05:18.425 --> 00:05:21.065 with young people and I think he was.

NOTE Confidence: 0.8436492

00:05:21.065 --> 00:05:22.955 This sort of learning of giving

NOTE Confidence: 0.8436492

00:05:22.955 --> 00:05:24.530 young people space to coproduce

NOTE Confidence: 0.8436492

00:05:24.530 --> 00:05:26.246 with you and then you know,

NOTE Confidence: 0.8436492

00:05:26.250 --> 00:05:28.000 realizing that they can do a lot

NOTE Confidence: 0.8436492

00:05:28.000 --> 00:05:29.839 more than you previously thought,

NOTE Confidence: 0.8436492

00:05:29.840 --> 00:05:32.522 and then sort of opening more space for them.

NOTE Confidence: 0.8436492

00:05:32.530 --> 00:05:34.525 So so the project that I'm going

NOTE Confidence: 0.8436492

00:05:34.525 --> 00:05:35.820 to talk about today,

NOTE Confidence: 0.8436492

00:05:35.820 --> 00:05:37.962 they they sort of describe a bit

NOTE Confidence: 0.8436492

00:05:37.962 --> 00:05:40.079 of this process of what it is

NOTE Confidence: 0.8436492

00:05:40.079 --> 00:05:41.494 to work with young people,

NOTE Confidence: 0.8436492

00:05:41.500 --> 00:05:43.096 so so they're just examples of

NOTE Confidence: 0.8436492

00:05:43.096 --> 00:05:44.906 ways we can include young people's

NOTE Confidence: 0.8436492

00:05:44.906 --> 00:05:46.290 voices in mental health,

NOTE Confidence: 0.8436492

00:05:46.290 --> 00:05:48.219 interventions in particular.

NOTE Confidence: 0.8436492

00:05:48.220 --> 00:05:50.209 So I hope to cover first sort of are

NOTE Confidence: 0.8436492

00:05:50.209 --> 00:05:52.049 as small argument for the inclusion

NOTE Confidence: 0.8436492

00:05:52.049 --> 00:05:54.493 of young people in the design and

NOTE Confidence: 0.8436492

00:05:54.493 --> 00:05:56.558 delivery of mental health interventions.

NOTE Confidence: 0.8436492

00:05:56.560 --> 00:05:58.730 And then I'll present 2 case studies.

NOTE Confidence: 0.8436492

00:05:58.730 --> 00:06:00.270 The first one, I mean,

NOTE Confidence: 0.8436492

00:06:00.270 --> 00:06:01.820 Andy mentioned both of them,

NOTE Confidence: 0.8436492

00:06:01.820 --> 00:06:03.633 so the first one is about young

NOTE Confidence: 0.8436492

00:06:03.633 --> 00:06:05.105 people's values of references in

NOTE Confidence: 0.8436492

00:06:05.105 --> 00:06:07.031 digital phenotyping and the second one

NOTE Confidence: 0.8436492

00:06:07.031 --> 00:06:09.227 is around peer support during COVID-19.

NOTE Confidence: 0.8436492

00:06:09.230 --> 00:06:11.575 And then I'll share a few reflections

NOTE Confidence: 0.8436492

00:06:11.575 --> 00:06:14.040 with you about this process of working

NOTE Confidence: 0.8436492

00:06:14.040 --> 00:06:16.128 with young people in this way.

NOTE Confidence: 0.8436492

00:06:16.130 --> 00:06:16.494 Anne.

NOTE Confidence: 0.8436492

00:06:16.494 --> 00:06:16.858 Right,

NOTE Confidence: 0.8436492

00:06:16.858 --> 00:06:19.406 so since the publication of the UN

NOTE Confidence: 0.8436492

00:06:19.406 --> 00:06:21.785 Convention for the Rights of the

NOTE Confidence: 0.8436492

00:06:21.785 --> 00:06:23.341 Child Children's Participation in

NOTE Confidence: 0.8436492

00:06:23.341 --> 00:06:25.253 public Life and Decision making

NOTE Confidence: 0.8436492

00:06:25.253 --> 00:06:27.068 has become a central theme,

NOTE Confidence: 0.8436492

00:06:27.070 --> 00:06:28.925 so not only in scientific life but

NOTE Confidence: 0.8436492

00:06:28.925 --> 00:06:30.864 also in public discourse in political

NOTE Confidence: 0.8436492

00:06:30.864 --> 00:06:32.674 discourse and children and other

NOTE Confidence: 0.8436492

00:06:32.674 --> 00:06:34.185 lessons are increasingly understood

NOTE Confidence: 0.8436492

00:06:34.185 --> 00:06:36.357 as competent and entitled to have

NOTE Confidence: 0.8436492

00:06:36.357 --> 00:06:39.195 the right to participate in have a

NOTE Confidence: 0.8436492

00:06:39.195 --> 00:06:42.399 say in issues that affect their lives.

NOTE Confidence: 0.8436492

00:06:42.400 --> 00:06:45.344 So we talk a lot about youth participation.

NOTE Confidence: 0.8436492

00:06:45.350 --> 00:06:47.330 The implementation of this participation

NOTE Confidence: 0.8436492

00:06:47.330 --> 00:06:50.518 is a lot more complicated as we're gonna see,

NOTE Confidence: 0.8436492

00:06:50.520 --> 00:06:51.892 and I understand participation.

NOTE Confidence: 0.8436492

00:06:51.892 --> 00:06:53.950 I'm using UNICEF definition here is

NOTE Confidence: 0.8436492

00:06:54.009 --> 00:06:55.613 adolescence forming and expressing

NOTE Confidence: 0.8436492

00:06:55.613 --> 00:06:57.461 their views, and most importantly,

NOTE Confidence: 0.8436492

00:06:57.461 --> 00:06:58.849 influencing matters that concern

NOTE Confidence: 0.8436492

00:06:58.849 --> 00:07:00.480 them directly or indirectly.

NOTE Confidence: 0.8436492

00:07:00.480 --> 00:07:02.694 So sort of participating is not

NOTE Confidence: 0.8436492

00:07:02.694 --> 00:07:04.170 only expressing your views,

NOTE Confidence: 0.8436492

00:07:04.170 --> 00:07:07.594 but you know these need to be taken

NOTE Confidence: 0.8436492

00:07:07.594 --> 00:07:10.642 into account by those who have power

NOTE Confidence: 0.8436492

00:07:10.642 --> 00:07:13.550 to make a decision that matters.

NOTE Confidence: 0.8436492

00:07:13.550 --> 00:07:15.812 So related concept that I'm going

NOTE Confidence: 0.8436492

00:07:15.812 --> 00:07:18.483 to also talk about in the talk

NOTE Confidence: 0.8436492

00:07:18.483 --> 00:07:20.293 is that of civic engagement,

NOTE Confidence: 0.8436492

00:07:20.300 --> 00:07:22.514 which I'm defining here as individual

NOTE Confidence: 0.8436492

00:07:22.514 --> 00:07:24.829 or collective actions in which people

NOTE Confidence: 0.8436492

00:07:24.829 --> 00:07:27.151 participate to improve the well being

NOTE Confidence: 0.8436492

00:07:27.151 --> 00:07:29.297 of communities or society in general.

NOTE Confidence: 0.8436492

00:07:29.300 --> 00:07:31.868 And there is a very nice term from

NOTE Confidence: 0.8436492

00:07:31.868 --> 00:07:33.491 the Brazilian literature which

NOTE Confidence: 0.8436492

00:07:33.491 --> 00:07:36.221 is that of youth protagonism or

NOTE Confidence: 0.8436492

00:07:36.221 --> 00:07:37.870 protagonist Leisure video which

NOTE Confidence: 0.8436492

00:07:37.870 --> 00:07:40.208 you know sort of brings this idea

NOTE Confidence: 0.8436492

00:07:40.208 --> 00:07:42.480 that young people should not be.

NOTE Confidence: 0.8439087

00:07:42.480 --> 00:07:44.250 Only this sort of audience,

NOTE Confidence: 0.8439087

00:07:44.250 --> 00:07:46.462 members of society and sort of receivers

NOTE Confidence: 0.8439087

00:07:46.462 --> 00:07:48.850 of of whatever initiatives and actions.

NOTE Confidence: 0.8439087

00:07:48.850 --> 00:07:50.902 But they should also be a

NOTE Confidence: 0.8439087

00:07:50.902 --> 00:07:52.750 protagonist in their own right.

NOTE Confidence: 0.8439087

00:07:52.750 --> 00:07:56.488 So I really like that term.

NOTE Confidence: 0.8439087

00:07:56.490 --> 00:07:57.837 And more recently,

NOTE Confidence: 0.8439087

00:07:57.837 --> 00:08:00.531 participation of young people have been

NOTE Confidence: 0.8439087

00:08:00.531 --> 00:08:02.861 discussed have been discussed in the

NOTE Confidence: 0.8439087

00:08:02.861 --> 00:08:05.470 context of mental health and well being,

NOTE Confidence: 0.8439087

00:08:05.470 --> 00:08:07.906 and the idea that young people,

NOTE Confidence: 0.8439087

00:08:07.910 --> 00:08:10.381 children and adolescents can be a sort

NOTE Confidence: 0.8439087

00:08:10.381 --> 00:08:12.920 of source of support for promoting

NOTE Confidence: 0.8439087

00:08:12.920 --> 00:08:15.260 well being locally and globally.

NOTE Confidence: 0.8439087

00:08:15.260 --> 00:08:17.708 So this has been talked about

NOTE Confidence: 0.8439087

00:08:17.708 --> 00:08:19.340 by several answer commissions,

NOTE Confidence: 0.8439087

00:08:19.340 --> 00:08:21.830 including the Global mental health word

NOTE Confidence: 0.8439087

00:08:21.830 --> 00:08:24.809 and more recently the tablet to UNICEF

NOTE Confidence: 0.8439087

00:08:24.809 --> 00:08:27.714 Lancer Commission made a really strong case.

NOTE Confidence: 0.8439087

00:08:27.720 --> 00:08:28.378 Saying that,

NOTE Confidence: 0.8439087

00:08:28.378 --> 00:08:30.352 a global movement that is for

NOTE Confidence: 0.8439087

00:08:30.352 --> 00:08:31.985 children cannot take place without

NOTE Confidence: 0.8439087

00:08:31.985 --> 00:08:34.127 having children at the heart of it.

NOTE Confidence: 0.8439087

00:08:34.130 --> 00:08:36.160 So.

NOTE Confidence: 0.8439087

00:08:36.160 --> 00:08:38.246 And we are in our research team.

NOTE Confidence: 0.8439087

00:08:38.250 --> 00:08:40.236 We have also argued that participation

NOTE Confidence: 0.8439087

00:08:40.236 --> 00:08:42.408 is important not only because it is

NOTE Confidence: 0.8439087

00:08:42.408 --> 00:08:44.256 a sort of ethical imperative to to

NOTE Confidence: 0.8439087

00:08:44.320 --> 00:08:46.329 involve young people who are going to

NOTE Confidence: 0.8439087

00:08:46.329 --> 00:08:48.198 be affected by decisions that we make,

NOTE Confidence: 0.8439087

00:08:48.198 --> 00:08:49.710 but also because it improves the

NOTE Confidence: 0.8439087

00:08:49.757 --> 00:08:51.153 relevance in acceptability of

NOTE Confidence: 0.8439087

00:08:51.153 --> 00:08:52.549 our mental health interventions.

NOTE Confidence: 0.8439087

00:08:52.550 --> 00:08:54.503 There is no point us coming up

NOTE Confidence: 0.8439087

00:08:54.503 --> 00:08:56.034 with new interventions that are

NOTE Confidence: 0.8439087

00:08:56.034 --> 00:08:57.614 not interesting for young people,

NOTE Confidence: 0.8439087

00:08:57.620 --> 00:09:00.020 and it's a waste of resources if we

NOTE Confidence: 0.8439087

00:09:00.020 --> 00:09:01.548 create interventions that are not

NOTE Confidence: 0.8439087

00:09:01.548 --> 00:09:03.571 going to be ethically acceptable by then,

NOTE Confidence: 0.8439087

00:09:03.580 --> 00:09:04.146 by them,

NOTE Confidence: 0.8439087

00:09:04.146 --> 00:09:06.127 or it's not going to be relevant

NOTE Confidence: 0.8439087

00:09:06.127 --> 00:09:08.158 or respond to their needs so.

NOTE Confidence: 0.8439087

00:09:08.160 --> 00:09:10.232 So we make that case that they must

NOTE Confidence: 0.8439087

00:09:10.232 --> 00:09:12.458 be involved and we made their case for

NOTE Confidence: 0.8439087

00:09:12.458 --> 00:09:14.450 it specifically for the covid pandemic,

NOTE Confidence: 0.8439087

00:09:14.450 --> 00:09:16.319 where so much research was just sort

NOTE Confidence: 0.8439087

00:09:16.319 --> 00:09:17.945 of being generated without much input

NOTE Confidence: 0.8439087

00:09:17.945 --> 00:09:19.744 from young people and then sort of

NOTE Confidence: 0.8439087

00:09:19.800 --> 00:09:21.600 everyone was tracking their emotions.

NOTE Confidence: 0.8439087

00:09:21.600 --> 00:09:22.402 You know,

NOTE Confidence: 0.8439087

00:09:22.402 --> 00:09:24.006 without actually asking them

NOTE Confidence: 0.8439087

00:09:24.006 --> 00:09:26.720 whether there was a relevant thing.

NOTE Confidence: 0.8439087

00:09:26.720 --> 00:09:28.700 So within research an intervention,

NOTE Confidence: 0.8439087

00:09:28.700 --> 00:09:30.572 we still see that even though

NOTE Confidence: 0.8439087

00:09:30.572 --> 00:09:33.456 there is a lot of talking about

NOTE Confidence: 0.8439087

00:09:33.456 --> 00:09:35.016 young people participating,

NOTE Confidence: 0.8439087

00:09:35.020 --> 00:09:37.228 young people are still largely framed

NOTE Confidence: 0.8439087

00:09:37.228 --> 00:09:39.360 as passive recipients of resources,

NOTE Confidence: 0.8439087

00:09:39.360 --> 00:09:41.145 so that includes being the

NOTE Confidence: 0.8439087

00:09:41.145 --> 00:09:42.930 sort of knowledge receivers in

NOTE Confidence: 0.8439087

00:09:42.996 --> 00:09:44.499 in educational contexts.

NOTE Confidence: 0.8439087

00:09:44.500 --> 00:09:45.310 For example,

NOTE Confidence: 0.8439087

00:09:45.310 --> 00:09:47.740 being the object of research being

NOTE Confidence: 0.8439087

00:09:47.740 --> 00:09:50.130 the patient of an intervention being

NOTE Confidence: 0.8439087

00:09:50.130 --> 00:09:52.392 the target of a public policy,

NOTE Confidence: 0.8439087

00:09:52.400 --> 00:09:54.968 and much less is talked about

NOTE Confidence: 0.8439087

00:09:54.968 --> 00:09:57.225 about young people being actual

NOTE Confidence: 0.8439087

00:09:57.225 --> 00:09:59.535 creators of this process is.

NOTE Confidence: 0.8439087

00:09:59.540 --> 00:09:59.886 Anne.

NOTE Confidence: 0.8439087

00:09:59.886 --> 00:10:02.654 And we have recently tried to sort of

NOTE Confidence: 0.8439087

00:10:02.654 --> 00:10:05.239 mark participation of young people,

NOTE Confidence: 0.8439087

00:10:05.240 --> 00:10:06.612 particularly in health research,

NOTE Confidence: 0.8439087

00:10:06.612 --> 00:10:09.127 and we wanted to see where the

NOTE Confidence: 0.8439087

00:10:09.127 --> 00:10:10.707 researchers would restrict themselves

NOTE Confidence: 0.8439087

00:10:10.707 --> 00:10:13.125 to involve young people in the

NOTE Confidence: 0.8439087

00:10:13.125 --> 00:10:14.259 data collection phase.

NOTE Confidence: 0.8439087

00:10:14.260 --> 00:10:15.955 Meaning young people ask the

NOTE Confidence: 0.8439087

00:10:15.955 --> 00:10:18.086 sort of participants in the study

NOTE Confidence: 0.8439087

00:10:18.086 --> 00:10:19.931 and whether they would actually

NOTE Confidence: 0.8439087

00:10:19.931 --> 00:10:21.913 bring young people into other

NOTE Confidence: 0.8439087

00:10:21.913 --> 00:10:23.657 processes within the research.

NOTE Confidence: 0.8439087

00:10:23.660 --> 00:10:24.788 So, for instance,

NOTE Confidence: 0.8439087

00:10:24.788 --> 00:10:26.668 into defining the research questions,

NOTE Confidence: 0.8439087

00:10:26.670 --> 00:10:27.795 designing the methodology,

NOTE Confidence: 0.8439087

00:10:27.795 --> 00:10:29.295 data analysis or Co.

NOTE Confidence: 0.8439087

00:10:29.300 --> 00:10:30.128 Authoring outputs,

NOTE Confidence: 0.8439087

00:10:30.128 --> 00:10:30.542 etc.

NOTE Confidence: 0.8439087

00:10:30.542 --> 00:10:33.440 So we sort of looked into all

NOTE Confidence: 0.8439087

00:10:33.522 --> 00:10:35.674 papers published in Health

NOTE Confidence: 0.8439087

00:10:35.674 --> 00:10:38.364 adolescent health journals in 2019.

NOTE Confidence: 0.8439087

00:10:38.370 --> 00:10:40.288 And we found out that just one

NOTE Confidence: 0.8439087

00:10:40.288 --> 00:10:42.141 percent of all publications within

NOTE Confidence: 0.8439087

00:10:42.141 --> 00:10:44.069 adolescent health actually mentioned

NOTE Confidence: 0.8439087

00:10:44.069 --> 00:10:46.957 using an advisor group of young people

NOTE Confidence: 0.8439087

00:10:46.957 --> 00:10:49.050 that would sort of help shape the

NOTE Confidence: 0.8378576

00:10:49.050 --> 00:10:51.120 research an 5% avoid prequel studies

NOTE Confidence: 0.8378576

00:10:51.120 --> 00:10:53.264 measure this type of engagement that

NOTE Confidence: 0.8378576

00:10:53.264 --> 00:10:55.721 goes beyond just the sort of passive

NOTE Confidence: 0.8378576

00:10:55.721 --> 00:10:57.949 being a participant in the research.

NOTE Confidence: 0.8378576

00:10:57.950 --> 00:11:00.438 So it suggests to us that even though

NOTE Confidence: 0.8378576

00:11:00.438 --> 00:11:02.928 we talk about participation a lot,

NOTE Confidence: 0.8378576

00:11:02.930 --> 00:11:05.276 that is actually not implemented in

NOTE Confidence: 0.8378576

00:11:05.276 --> 00:11:07.559 the practice of research as of yet.

NOTE Confidence: 0.83868283

00:11:10.220 --> 00:11:13.139 And in healthcare also a recent meta

NOTE Confidence: 0.83868283

00:11:13.139 --> 00:11:14.907 synthesis concluded that participation

NOTE Confidence: 0.83868283

00:11:14.907 --> 00:11:17.571 serum is a policy aspiration that

NOTE Confidence: 0.83868283

00:11:17.571 --> 00:11:20.474 has not generally been achieved or

NOTE Confidence: 0.83868283

00:11:20.474 --> 00:11:22.466 translated into clinical practice.

NOTE Confidence: 0.83868283

00:11:22.470 --> 00:11:25.070 Ann and we sort of miss out when

NOTE Confidence: 0.83868283

00:11:25.070 --> 00:11:27.021 we don't include young people

NOTE Confidence: 0.83868283

00:11:27.021 --> 00:11:29.856 and one of the reasons we miss

NOTE Confidence: 0.83868283

00:11:29.937 --> 00:11:32.393 out is that we miss out on the.

NOTE Confidence: 0.83868283

00:11:32.400 --> 00:11:33.780 Benefits for themselves, right?

NOTE Confidence: 0.83868283

00:11:33.780 --> 00:11:35.850 So we know we have argued,

NOTE Confidence: 0.83868283

00:11:35.850 --> 00:11:38.010 and we know from also empirical

NOTE Confidence: 0.83868283

00:11:38.010 --> 00:11:39.902 research that participation is an

NOTE Confidence: 0.83868283

00:11:39.902 --> 00:11:41.458 important dimension of flourishing

NOTE Confidence: 0.83868283

00:11:41.458 --> 00:11:43.403 for young people is something

NOTE Confidence: 0.83868283

00:11:43.467 --> 00:11:45.105 they value is something that they

NOTE Confidence: 0.83868283

00:11:45.105 --> 00:11:47.244 take a lot of pleasure in doing,

NOTE Confidence: 0.83868283

00:11:47.244 --> 00:11:48.984 and it's something that brings

NOTE Confidence: 0.83868283

00:11:48.984 --> 00:11:51.030 a range of benefits for them.

NOTE Confidence: 0.83868283

00:11:51.030 --> 00:11:53.235 So these are just some of the

NOTE Confidence: 0.83868283

00:11:53.235 --> 00:11:55.169 benefits described in the literature,

NOTE Confidence: 0.83868283

00:11:55.170 --> 00:11:57.240 and this includes all types of

NOTE Confidence: 0.83868283

00:11:57.240 --> 00:11:58.620 participation that goes from,

NOTE Confidence: 0.83868283

00:11:58.620 --> 00:12:00.136 you know, political participation

NOTE Confidence: 0.83868283

00:12:00.136 --> 00:12:02.410 to something related to well being.

NOTE Confidence: 0.83868283

00:12:02.410 --> 00:12:05.000 But we find that it improves relationships,

NOTE Confidence: 0.83868283

00:12:05.000 --> 00:12:07.220 self efficacy, their sense of purpose,

NOTE Confidence: 0.83868283

00:12:07.220 --> 00:12:08.330 their social capital,

NOTE Confidence: 0.83868283

00:12:08.330 --> 00:12:09.810 their competence and confidence,

NOTE Confidence: 0.83868283

00:12:09.810 --> 00:12:10.128 etc.

NOTE Confidence: 0.83868283

00:12:10.128 --> 00:12:12.672 So so there is a range of benefits

NOTE Confidence: 0.83868283

00:12:12.672 --> 00:12:15.512 for young people that are missing out

NOTE Confidence: 0.83868283

00:12:15.512 --> 00:12:19.031 when we don't include them in in in

NOTE Confidence: 0.83868283

00:12:19.031 --> 00:12:20.843 different processes within society.

NOTE Confidence: 0.83868283

00:12:20.850 --> 00:12:23.338 And what I'm going to talk about next

NOTE Confidence: 0.83868283

00:12:23.338 --> 00:12:26.002 is some ideas of how to actually

NOTE Confidence: 0.83868283

00:12:26.002 --> 00:12:28.390 include young people in research work,

NOTE Confidence: 0.83868283

00:12:28.390 --> 00:12:31.570 in particular around mental health.

NOTE Confidence: 0.83868283

00:12:31.570 --> 00:12:33.290 Think this is really important

NOTE Confidence: 0.83868283

00:12:33.290 --> 00:12:35.681 to talk about because one of the

NOTE Confidence: 0.83868283

00:12:35.681 --> 00:12:37.788 reasons I think why we don't include

NOTE Confidence: 0.83868283

00:12:37.788 --> 00:12:39.602 young people is that we actually

NOTE Confidence: 0.83868283

00:12:39.602 --> 00:12:41.612 don't know how to do this work.

NOTE Confidence: 0.83868283

00:12:41.612 --> 00:12:43.579 Collaborative is not part of the sort

NOTE Confidence: 0.83868283

00:12:43.579 --> 00:12:45.786 of traditional way of doing research,

NOTE Confidence: 0.83868283

00:12:45.790 --> 00:12:47.862 so it's not something that is actually

NOTE Confidence: 0.83868283

00:12:47.862 --> 00:12:50.210 taught in in grad school or anything.

NOTE Confidence: 0.83868283

00:12:50.210 --> 00:12:52.079 So so I think this is really

NOTE Confidence: 0.83868283

00:12:52.079 --> 00:12:53.679 important that we share practices

NOTE Confidence: 0.83868283

00:12:53.679 --> 00:12:55.899 and how different projects went in,

NOTE Confidence: 0.83868283

00:12:55.900 --> 00:12:57.796 and we can actually learn from

NOTE Confidence: 0.83868283

00:12:57.796 --> 00:12:58.744 from one another,

NOTE Confidence: 0.83868283

00:12:58.750 --> 00:13:00.682 so I'm going to 1st describe

NOTE Confidence: 0.83868283

00:13:00.682 --> 00:13:01.970 a case study around.

NOTE Confidence: 0.83868283

00:13:01.970 --> 00:13:03.050 At the X,

NOTE Confidence: 0.83868283

00:13:03.050 --> 00:13:05.570 so so this is a statical tracing

NOTE Confidence: 0.83868283

00:13:05.663 --> 00:13:08.543 tomorrow Ann and this sort of

NOTE Confidence: 0.83868283

00:13:08.543 --> 00:13:11.468 inspiration for this study was the

NOTE Confidence: 0.83868283

00:13:11.468 --> 00:13:14.198 fact that you know even though

NOTE Confidence: 0.83868283

00:13:14.198 --> 00:13:15.548 psychiatry has traditionally

NOTE Confidence: 0.83868283

00:13:15.548 --> 00:13:17.300 relied on behavioral observation.

NOTE Confidence: 0.83868283

00:13:17.300 --> 00:13:18.138 Genomics, neuroscience,

NOTE Confidence: 0.83868283

00:13:18.138 --> 00:13:21.071 all these types of sort of traditional

NOTE Confidence: 0.83868283

00:13:21.071 --> 00:13:23.818 data sources to to make predictions

NOTE Confidence: 0.83868283

00:13:23.818 --> 00:13:25.177 about psychiatric outcomes.

NOTE Confidence: 0.83868283

00:13:25.180 --> 00:13:26.078 More recently,

NOTE Confidence: 0.83868283

00:13:26.078 --> 00:13:28.772 with we've been trying out trying

NOTE Confidence: 0.83868283

00:13:28.772 --> 00:13:31.030 to predict mental health outcomes

NOTE Confidence: 0.83868283

00:13:31.030 --> 00:13:33.170 from a number of knew.

NOTE Confidence: 0.83868283

00:13:33.170 --> 00:13:35.606 Sources of data that are collected digitally.

NOTE Confidence: 0.83868283

00:13:35.610 --> 00:13:36.612 So, for example,

NOTE Confidence: 0.83868283

00:13:36.612 --> 00:13:38.282 sleep patterns that can be

NOTE Confidence: 0.83868283

00:13:38.282 --> 00:13:39.780 measured with a smartphone.

NOTE Confidence: 0.83868283

00:13:39.780 --> 00:13:40.824 Social media posts,

NOTE Confidence: 0.83868283

00:13:40.824 --> 00:13:41.868 your Twitter interactions,

NOTE Confidence: 0.83868283

00:13:41.870 --> 00:13:42.911 your Facebook posts,

NOTE Confidence: 0.83868283

00:13:42.911 --> 00:13:44.646 sort of speech and voice.

NOTE Confidence: 0.83868283

00:13:44.650 --> 00:13:47.539 Even like how you type on your phone or

NOTE Confidence: 0.83868283

00:13:47.539 --> 00:13:50.564 this has been shown in research you know,

NOTE Confidence: 0.83868283

00:13:50.570 --> 00:13:52.305 to different extents and with

NOTE Confidence: 0.83868283

00:13:52.305 --> 00:13:53.693 very variable predicted values.

NOTE Confidence: 0.83868283

00:13:53.700 --> 00:13:57.102 But you know still linked to mental

NOTE Confidence: 0.83868283

00:13:57.102 --> 00:13:59.469 health outcomes in some way.

NOTE Confidence: 0.83868283

00:13:59.470 --> 00:14:01.480 So and in particular for depression,

NOTE Confidence: 0.83868283

00:14:01.480 --> 00:14:04.432 there's been quite a lot of

NOTE Confidence: 0.83868283

00:14:04.432 --> 00:14:05.908 research suggesting that.

NOTE Confidence: 0.83868283

00:14:05.910 --> 00:14:07.670 Sort of that, for instance,

NOTE Confidence: 0.83868283

00:14:07.670 --> 00:14:08.723 your Twitter data,

NOTE Confidence: 0.83868283

00:14:08.723 --> 00:14:09.776 your Instagram photographs,

NOTE Confidence: 0.83868283

00:14:09.780 --> 00:14:10.484 Facebook language,

NOTE Confidence: 0.83868283

00:14:10.484 --> 00:14:12.948 or that could be predictors of depression.

NOTE Confidence: 0.83868283

00:14:12.950 --> 00:14:14.918 So these are studies for you

NOTE Confidence: 0.83868283

00:14:14.918 --> 00:14:16.820 know that are actually predict,

NOTE Confidence: 0.83868283

00:14:16.820 --> 00:14:18.926 so they're looking to compare with,

NOTE Confidence: 0.8135482

00:14:18.930 --> 00:14:20.690 for instance, posts from people

NOTE Confidence: 0.8135482

00:14:20.690 --> 00:14:22.098 before they got diagnosed.

NOTE Confidence: 0.8135482

00:14:22.100 --> 00:14:24.416 So it's actually like sort of

NOTE Confidence: 0.8135482

00:14:24.416 --> 00:14:25.960 predicting something that is

NOTE Confidence: 0.8135482

00:14:26.027 --> 00:14:28.085 going to happen a bit later on.

NOTE Confidence: 0.8135482

00:14:28.090 --> 00:14:30.818 It's not just diagnostic.

NOTE Confidence: 0.8135482

00:14:30.820 --> 00:14:33.556 And that of course brings a lot of

NOTE Confidence: 0.8135482

00:14:33.556 --> 00:14:35.499 enthusiasm and several services,

NOTE Confidence: 0.8135482

00:14:35.500 --> 00:14:37.060 even though the research

NOTE Confidence: 0.8135482

00:14:37.060 --> 00:14:39.010 is still in its infancy,

NOTE Confidence: 0.8135482

00:14:39.010 --> 00:14:41.320 several services already offered this types

NOTE Confidence: 0.8135482

00:14:41.320 --> 00:14:43.689 of digital phenotyping for mental health.

NOTE Confidence: 0.8135482

00:14:43.690 --> 00:14:44.866 So, for instance,

NOTE Confidence: 0.8135482

00:14:44.866 --> 00:14:46.826 a company called Cube Intelligence

NOTE Confidence: 0.8135482

00:14:46.826 --> 00:14:49.536 seems to offer you's well being index.

NOTE Confidence: 0.8135482

00:14:49.540 --> 00:14:52.284 Steer education is again like an educational

NOTE Confidence: 0.8135482

00:14:52.284 --> 00:14:54.610 company that enables schools to detect,

NOTE Confidence: 0.8135482

00:14:54.610 --> 00:14:55.774 track and response,

NOTE Confidence: 0.8135482

00:14:55.774 --> 00:14:57.714 respond to risk by collecting

NOTE Confidence: 0.8135482

00:14:57.714 --> 00:14:59.678 digital data from young people.

NOTE Confidence: 0.8135482

00:14:59.680 --> 00:15:02.459 So it seems like this is already

NOTE Confidence: 0.8135482

00:15:02.459 --> 00:15:03.650 incorporated in practice.

NOTE Confidence: 0.8135482

00:15:03.650 --> 00:15:06.408 Even though there isn't still like it,

NOTE Confidence: 0.8135482

00:15:06.410 --> 00:15:08.950 perhaps enough thinking about the

NOTE Confidence: 0.8135482

00:15:08.950 --> 00:15:10.982 ethics around digital phenotyping.

NOTE Confidence: 0.8135482

00:15:10.990 --> 00:15:13.303 Now, there are several concerns, right?

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NOTE Confidence: 0.8135482

00:15:13.303 --> 00:15:15.774 So there is some concern around the

NOTE Confidence: 0.8135482

00:15:15.774 --> 00:15:18.049 accuracy of this predictive models.

NOTE Confidence: 0.8135482

00:15:18.050 --> 00:15:20.402 There is a concern around previously

NOTE Confidence: 0.8135482

00:15:20.402 --> 00:15:21.970 regarding data result sharing,

NOTE Confidence: 0.8135482

00:15:21.970 --> 00:15:24.707 in particular when we are dealing with

NOTE Confidence: 0.8135482

00:15:24.707 --> 00:15:26.708 young people, minors, digital data.

NOTE Confidence: 0.8135482

00:15:26.708 --> 00:15:29.870 And there is of course a risk of,

NOTE Confidence: 0.8135482

00:15:29.870 --> 00:15:30.684 you know,

NOTE Confidence: 0.8135482

00:15:30.684 --> 00:15:32.719 stigma and discrimination of in

NOTE Confidence: 0.8135482

00:15:32.719 --> 00:15:35.335 depending on who gets access to this

NOTE Confidence: 0.8135482

00:15:35.335 --> 00:15:38.229 data and who gets access to the results.

NOTE Confidence: 0.8135482

00:15:38.230 --> 00:15:41.452 And we argue that the voices of young people,

NOTE Confidence: 0.8135482

00:15:41.460 --> 00:15:43.524 even though this is an intervention

NOTE Confidence: 0.8135482

00:15:43.524 --> 00:15:45.336 technology that is going to

NOTE Confidence: 0.8135482

00:15:45.336 --> 00:15:46.848 affect their lives profoundly,

NOTE Confidence: 0.8135482

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00:15:46.850 --> 00:15:49.682 is something that is not like

NOTE Confidence: 0.8135482

00:15:49.682 --> 00:15:51.570 discussed with them enough.

NOTE Confidence: 0.8135482

00:15:51.570 --> 00:15:53.790 So instead of to bring their

NOTE Confidence: 0.8135482

00:15:53.790 --> 00:15:55.270 voices into this debate,

NOTE Confidence: 0.8135482

00:15:55.270 --> 00:15:57.120 we we conducted this project

NOTE Confidence: 0.8135482

00:15:57.120 --> 00:15:58.970 that is called becoming good.

NOTE Confidence: 0.8135482

00:15:58.970 --> 00:16:00.450 Early intervention and more

NOTE Confidence: 0.8135482

00:16:00.450 --> 00:16:01.930 development in child psychiatry.

NOTE Confidence: 0.8135482

00:16:01.930 --> 00:16:03.780 And there was ilena saying,

NOTE Confidence: 0.8135482

00:16:03.780 --> 00:16:06.370 who is my PR here in Oxford?

NOTE Confidence: 0.8135482

00:16:06.370 --> 00:16:08.722 This leads the sort of larger

NOTE Confidence: 0.8135482

00:16:08.722 --> 00:16:11.785 project and I leave the work with

NOTE Confidence: 0.8135482

00:16:11.785 --> 00:16:14.135 young people together with David.

NOTE Confidence: 0.8135482

00:16:14.140 --> 00:16:16.180 And the goal of this study is to

NOTE Confidence: 0.8135482

00:16:16.180 --> 00:16:18.028 investigate young people's moral attitudes,

NOTE Confidence: 0.8135482

00:16:18.030 --> 00:16:18.328 preferences,

00:16:18.328 --> 00:16:19.520 and judgments around predictive

00:16:19.520 --> 00:16:20.414 technology in psychiatry,

00:16:20.420 --> 00:16:22.471 and then to build tools to improve

00:16:22.471 --> 00:16:24.310 research and engagement with young people.

00:16:24.310 --> 00:16:26.766 So we wanted them to be able to

00:16:26.766 --> 00:16:27.889 participate effectively in this,

00:16:27.890 --> 00:16:29.946 and we knew it was a very complex

00:16:29.946 --> 00:16:31.557 thing for for children for

00:16:31.557 --> 00:16:33.277 their lessons to think about.

00:16:33.280 --> 00:16:36.060 So we needed to find a way to make it

00:16:36.141 --> 00:16:38.878 relevant for them interesting and fun for

00:16:38.878 --> 00:16:42.237 them to be able to express their views.

00:16:42.240 --> 00:16:44.851 And recently we've argued for sort of

00:16:44.851 --> 00:16:46.560 methodological innovation within bioethics,

00:16:46.560 --> 00:16:49.360 so that we can in fact involve young

00:16:49.360 --> 00:16:51.867 people in ways that are engaging

NOTE Confidence: 0.8135482

00:16:51.867 --> 00:16:54.022 that are meaningful to them,

NOTE Confidence: 0.8135482

00:16:54.030 --> 00:16:55.960 and we need new methodology's

NOTE Confidence: 0.8135482

00:16:55.960 --> 00:16:58.350 to be able to achieve that,

NOTE Confidence: 0.8135482

00:16:58.350 --> 00:17:00.320 and in particular, digital games.

NOTE Confidence: 0.8135482

00:17:00.320 --> 00:17:02.280 As we argue, integrate context,

NOTE Confidence: 0.8135482

00:17:02.280 --> 00:17:03.034 integrate narrative,

NOTE Confidence: 0.8135482

00:17:03.034 --> 00:17:03.788 integrate embodyment.

NOTE Confidence: 0.8135482

00:17:03.788 --> 00:17:06.050 So that makes for a quite

NOTE Confidence: 0.8135482

00:17:06.113 --> 00:17:07.388 powerful research tool,

NOTE Confidence: 0.8135482

00:17:07.390 --> 00:17:09.460 because you're sort of capturing

NOTE Confidence: 0.8135482

00:17:09.460 --> 00:17:11.530 young people's decision making as

NOTE Confidence: 0.8135482

00:17:11.594 --> 00:17:13.790 they are embedded within a context.

NOTE Confidence: 0.8135482

00:17:13.790 --> 00:17:15.540 Which is something that a

NOTE Confidence: 0.8135482

00:17:15.540 --> 00:17:16.590 questionnaire rarely does,

NOTE Confidence: 0.8135482

00:17:16.590 --> 00:17:16.891 right,

NOTE Confidence: 0.8135482

00:17:16.891 --> 00:17:18.998 so I think this sort of motivated

NOTE Confidence: 0.8135482

00:17:18.998 --> 00:17:21.038 us to work in the development

NOTE Confidence: 0.8135482

00:17:21.038 --> 00:17:23.084 of games and we've worked in

NOTE Confidence: 0.8135482

00:17:23.152 --> 00:17:24.724 partnership with young people

NOTE Confidence: 0.8135482

00:17:24.724 --> 00:17:27.082 at every stage of the process.

NOTE Confidence: 0.8135482

00:17:27.090 --> 00:17:28.765 So we invited young people

NOTE Confidence: 0.8135482

00:17:28.765 --> 00:17:30.440 in even before the project

NOTE Confidence: 0.8551859

00:17:30.510 --> 00:17:32.300 started and work with them

NOTE Confidence: 0.8551859

00:17:32.300 --> 00:17:33.732 to coproduce all phases.

NOTE Confidence: 0.8551859

00:17:33.740 --> 00:17:36.730 And this is just a a sort of diagram of

NOTE Confidence: 0.8551859

00:17:36.813 --> 00:17:40.037 you know what's involved in making a game,

NOTE Confidence: 0.8551859

00:17:40.040 --> 00:17:41.790 which is something that is.

NOTE Confidence: 0.8551859

00:17:41.790 --> 00:17:43.824 There was completely new to me

NOTE Confidence: 0.8551859

00:17:43.824 --> 00:17:45.770 before I started this project.

NOTE Confidence: 0.8551859

00:17:45.770 --> 00:17:47.682 And it turned out to be a lot

NOTE Confidence: 0.8551859

34

00:17:47.682 --> 00:17:49.028 more elaborate than I thought.

NOTE Confidence: 0.8551859

00:17:49.030 --> 00:17:50.857 But yeah, just for you to see you know

NOTE Confidence: 0.8551859

00:17:50.857 --> 00:17:52.509 how much consultation there is with

NOTE Confidence: 0.8551859

00:17:52.509 --> 00:17:54.300 young people who've done a survey,

NOTE Confidence: 0.8551859

00:17:54.300 --> 00:17:55.806 created the first situation we tested

NOTE Confidence: 0.8551859

00:17:55.806 --> 00:17:57.564 with young people, created the final one,

NOTE Confidence: 0.8551859

00:17:57.564 --> 00:17:58.562 tested again, you know.

NOTE Confidence: 0.8551859

00:17:58.562 --> 00:18:01.079 Talk to them all the way they chose the name,

NOTE Confidence: 0.8551859

00:18:01.080 --> 00:18:01.508 you know.

NOTE Confidence: 0.8551859

00:18:01.508 --> 00:18:03.220 So there is a lot of back and

NOTE Confidence: 0.8551859

00:18:03.280 --> 00:18:04.600 forth with young people,

NOTE Confidence: 0.8551859

00:18:04.600 --> 00:18:07.120 and so we get to the sort of

NOTE Confidence: 0.8551859

00:18:07.120 --> 00:18:08.450 dissemination of the game.

NOTE Confidence: 0.8551859

00:18:08.450 --> 00:18:11.614 I'm in the game is called tracing

NOTE Confidence: 0.8551859

00:18:11.614 --> 00:18:14.793 tomorrow and it was released just

NOTE Confidence: 0.8551859

00:18:14.793 --> 00:18:17.673 before covid actually last year.

NOTE Confidence: 0.8551859

00:18:17.680 --> 00:18:19.738 And basically the story of the game

NOTE Confidence: 0.8551859

00:18:19.738 --> 00:18:22.117 is that you receive a letter from

NOTE Confidence: 0.8551859

00:18:22.117 --> 00:18:24.259 your GP or General practitioner and

NOTE Confidence: 0.8551859

00:18:24.324 --> 00:18:26.652 the letter says that health services

NOTE Confidence: 0.8551859

00:18:26.652 --> 00:18:28.912 have been monitoring your sort of

NOTE Confidence: 0.8551859

00:18:28.912 --> 00:18:30.316 digital activity and identified.

NOTE Confidence: 0.8551859

00:18:30.320 --> 00:18:32.770 You were at risk of developing depression,

NOTE Confidence: 0.8551859

00:18:32.770 --> 00:18:34.876 so it starts off with this,

NOTE Confidence: 0.8551859

00:18:34.880 --> 00:18:38.128 like to make it really concrete for

NOTE Confidence: 0.8551859

00:18:38.128 --> 00:18:41.586 young people about you know what it means.

NOTE Confidence: 0.8551859

00:18:41.590 --> 00:18:43.990 And we wanted to investigate using

NOTE Confidence: 0.8551859

00:18:43.990 --> 00:18:46.578 this game weather like first of all,

NOTE Confidence: 0.8551859

00:18:46.580 --> 00:18:49.254 who do young people in trust with

NOTE Confidence: 0.8551859

00:18:49.254 --> 00:18:50.810 information about their risk,

NOTE Confidence: 0.8551859

00:18:50.810 --> 00:18:52.234 thus risk information affect

NOTE Confidence: 0.8551859

00:18:52.234 --> 00:18:54.014 their self understanding and what

NOTE Confidence: 0.8551859

00:18:54.014 --> 00:18:55.660 are their normative dispositions

NOTE Confidence: 0.8551859

00:18:55.660 --> 00:18:57.715 towards these types of services?

NOTE Confidence: 0.8551859

00:18:57.720 --> 00:18:59.640 So investigate this all these

NOTE Confidence: 0.8551859

00:18:59.640 --> 00:19:01.560 questions through the game environment.

NOTE Confidence: 0.8551859

00:19:01.560 --> 00:19:04.632 So we had 1000 / 8500 UK participants.

NOTE Confidence: 0.8551859

00:19:04.632 --> 00:19:06.168 It played the game,

NOTE Confidence: 0.8551859

00:19:06.170 --> 00:19:08.468 it was over 20,000 in total.

NOTE Confidence: 0.8551859

00:19:08.470 --> 00:19:09.643 But there were.

NOTE Confidence: 0.8551859

00:19:09.643 --> 00:19:12.380 This was the number of UK participants.

NOTE Confidence: 0.8551859

00:19:12.380 --> 00:19:15.180 Within the age range we're interested in,

NOTE Confidence: 0.8551859

00:19:15.180 --> 00:19:16.388 mostly female,

NOTE Confidence: 0.8551859

00:19:16.388 --> 00:19:18.200 mostly from England.

NOTE Confidence: 0.8551859

00:19:18.200 --> 00:19:20.720 And here are so just give a taste

NOTE Confidence: 0.8551859

00:19:20.720 --> 00:19:22.590 of some of the results,

NOTE Confidence: 0.8551859

00:19:22.590 --> 00:19:24.270 but some of the results we

NOTE Confidence: 0.8551859

00:19:24.270 --> 00:19:26.366 found was that they most of them

NOTE Confidence: 0.8551859

00:19:26.366 --> 00:19:28.190 would tell someone when they got

NOTE Confidence: 0.8551859

00:19:28.190 --> 00:19:30.265 that letter and their preferred

NOTE Confidence: 0.8551859

00:19:30.265 --> 00:19:32.395 disclosure target was their parents.

NOTE Confidence: 0.8551859

00:19:32.400 --> 00:19:34.392 I think this surprises some people

NOTE Confidence: 0.8551859

00:19:34.392 --> 00:19:36.797 who may think in all the lessons

NOTE Confidence: 0.8551859

00:19:36.797 --> 00:19:38.137 go to friends first.

NOTE Confidence: 0.8551859

00:19:38.140 --> 00:19:39.830 It was actually their parents,

NOTE Confidence: 0.8551859

00:19:39.830 --> 00:19:41.486 followed by a friend.

NOTE Confidence: 0.8551859

00:19:41.486 --> 00:19:44.468 Very few of them would snap chat

NOTE Confidence: 0.8551859

00:19:44.468 --> 00:19:47.310 and still you know about a fifth

NOTE Confidence: 0.8551859

00:19:47.310 --> 00:19:49.139 would keep it private.

NOTE Confidence: 0.8551859

00:19:49.140 --> 00:19:50.748 We also found out that young

NOTE Confidence: 0.8551859

00:19:50.748 --> 00:19:52.869 people there is a later scene of

NOTE Confidence: 0.8551859

00:19:52.869 --> 00:19:54.831 the game where they actually are

NOTE Confidence: 0.8551859

00:19:54.831 --> 00:19:56.740 studying and preparing for an exam,

NOTE Confidence: 0.8551859

00:19:56.740 --> 00:19:58.847 and they are asked whether sort of

NOTE Confidence: 0.8551859

00:19:58.847 --> 00:20:00.815 this mental health service In this

NOTE Confidence: 0.8551859

00:20:00.815 --> 00:20:02.490 letter and everything would change

NOTE Confidence: 0.8551859

00:20:02.490 --> 00:20:04.698 who they are and their performance.

NOTE Confidence: 0.8551859

00:20:04.700 --> 00:20:06.786 And this is something that really surprised.

NOTE Confidence: 0.8551859

00:20:06.790 --> 00:20:07.079 Doesn't?

NOTE Confidence: 0.8551859

00:20:07.079 --> 00:20:09.102 That's why I'm sort of added here

NOTE Confidence: 0.8551859

00:20:09.102 --> 00:20:11.190 and want to point out that 36.7

NOTE Confidence: 0.8551859

00:20:11.190 --> 00:20:13.040 selected this option that it would.

NOTE Confidence: 0.8551859

00:20:13.040 --> 00:20:14.530 They would actually fail the

NOTE Confidence: 0.8551859

00:20:14.530 --> 00:20:15.722 exams because of this.

NOTE Confidence: 0.8551859

00:20:15.730 --> 00:20:17.150 Getting this information and and

NOTE Confidence: 0.8551859

00:20:17.150 --> 00:20:19.243 I mean most of them thought that

NOTE Confidence: 0.8551859

00:20:19.243 --> 00:20:21.085 it would have a negative impact.

NOTE Confidence: 0.8551859

00:20:21.090 --> 00:20:22.878 Some thought it would have no

NOTE Confidence: 0.8551859

00:20:22.878 --> 00:20:24.070 impact in a minority,

NOTE Confidence: 0.8492037

00:20:24.070 --> 00:20:26.156 so he could have a positive impact.

NOTE Confidence: 0.8492037

00:20:26.160 --> 00:20:28.520 So I think this is really sort of

NOTE Confidence: 0.8492037

00:20:28.520 --> 00:20:30.327 alarming for us to think about.

NOTE Confidence: 0.8492037

00:20:30.330 --> 00:20:31.998 If we're giving that type of

NOTE Confidence: 0.8492037

00:20:31.998 --> 00:20:33.110 information to young people

NOTE Confidence: 0.8492037

00:20:33.161 --> 00:20:34.896 without further support and advice.

NOTE Confidence: 0.8492037

00:20:34.900 --> 00:20:37.882 And that it could have actually negative

NOTE Confidence: 0.8492037

00:20:37.882 --> 00:20:40.560 effects for their sense of identity.

NOTE Confidence: 0.8492037

00:20:40.560 --> 00:20:42.080 And then we found mixed

NOTE Confidence: 0.8492037

00:20:42.080 --> 00:20:43.296 attitudes towards the service.

NOTE Confidence: 0.8492037

00:20:43.300 --> 00:20:45.100 So sort of at some point in the

NOTE Confidence: 0.8492037

00:20:45.100 --> 00:20:46.678 game they get another notification

NOTE Confidence: 0.8492037

00:20:46.678 --> 00:20:48.820 by Instagram that says that their

NOTE Confidence: 0.8492037

00:20:48.820 --> 00:20:50.505 online activity also suggests they

NOTE Confidence: 0.8492037

00:20:50.505 --> 00:20:52.710 are at risk for depression and then

NOTE Confidence: 0.8492037

00:20:52.710 --> 00:20:54.740 they have the chance within the game

NOTE Confidence: 0.8492037

00:20:54.740 --> 00:20:56.611 whether they want to sort of give

NOTE Confidence: 0.8492037

00:20:56.611 --> 00:20:58.305 more data to Instagram to actually

NOTE Confidence: 0.8492037

00:20:58.305 --> 00:21:00.320 improve their systems and algorithm,

NOTE Confidence: 0.8492037

00:21:00.320 --> 00:21:02.744 or whether they want to stop the service,

NOTE Confidence: 0.8492037

00:21:02.750 --> 00:21:04.270 delete their history and get

NOTE Confidence: 0.8492037

00:21:04.270 --> 00:21:05.486 out of the platform.

NOTE Confidence: 0.8492037

00:21:05.490 --> 00:21:07.605 So it was basically a way for us to

NOTE Confidence: 0.8492037

00:21:07.605 --> 00:21:09.440 measure their normative disposition,

NOTE Confidence: 0.8492037

00:21:09.440 --> 00:21:12.104 like are they ever happy and sort of.

NOTE Confidence: 0.8492037

00:21:12.110 --> 00:21:14.336 Positive about the platform and once

NOTE Confidence: 0.8492037

00:21:14.336 --> 00:21:16.835 you give everything away or do they

NOTE Confidence: 0.8492037

00:21:16.835 --> 00:21:18.731 actually feel sort of protective of

NOTE Confidence: 0.8492037

00:21:18.731 --> 00:21:20.868 their data and they want to either

NOTE Confidence: 0.8492037

00:21:20.868 --> 00:21:23.033 stop the service or sort of delete

NOTE Confidence: 0.8492037

00:21:23.033 --> 00:21:25.019 everything that Instagram owns about you.

NOTE Confidence: 0.8492037

00:21:25.020 --> 00:21:27.324 And here we found that almost like a

NOTE Confidence: 0.8492037

00:21:27.324 --> 00:21:29.462 5050 split which I mean reviews to

NOTE Confidence: 0.8492037

00:21:29.462 --> 00:21:31.419 us that young people have concerns

NOTE Confidence: 0.8492037

00:21:31.419 --> 00:21:33.379 around social media platforms using

NOTE Confidence: 0.8492037

00:21:33.379 --> 00:21:35.940 their data for this type of purpose.

NOTE Confidence: 0.8688007

00:21:38.200 --> 00:21:40.517 And then we found out something else

NOTE Confidence: 0.8688007

00:21:40.517 --> 00:21:43.237 that was that sort of surprise as well,

NOTE Confidence: 0.8688007

00:21:43.240 --> 00:21:45.585 which was that later in the game,

NOTE Confidence: 0.8688007

00:21:45.590 --> 00:21:48.278 they have the chance to seek support for,

NOTE Confidence: 0.8688007

00:21:48.280 --> 00:21:50.296 you know, having received this letter,

NOTE Confidence: 0.8688007

00:21:50.300 --> 00:21:51.980 and maybe it affected them,

NOTE Confidence: 0.8688007

00:21:51.980 --> 00:21:54.700 and they get a chance to receive support

NOTE Confidence: 0.8688007

00:21:54.700 --> 00:21:57.782 from the school and we ask them what type

NOTE Confidence: 0.8688007

00:21:57.782 --> 00:22:00.378 of support they wanted to get an here.

NOTE Confidence: 0.8688007

00:22:00.380 --> 00:22:02.354 I mean spite what many people might

00:22:02.354 --> 00:22:04.472 think about the enthusiasm of young

00:22:04.472 --> 00:22:06.084 people about digital platforms.

00:22:06.090 --> 00:22:09.034 Mental health apps was selected by just 10%.

00:22:09.040 --> 00:22:11.140 And almost half young people wanted

00:22:11.140 --> 00:22:14.018 individual one to one support which was yeah.

00:22:14.020 --> 00:22:16.760 Which was, I think for us that that it was

00:22:16.829 --> 00:22:19.259 such a massive difference with something

00:22:19.259 --> 00:22:21.859 that surprised us and group support,

00:22:21.860 --> 00:22:24.520 which is something that is offered in

00:22:24.520 --> 00:22:27.358 many schools across the UK is actually an

00:22:27.358 --> 00:22:29.831 option that just about four 2.4% chose.

00:22:29.831 --> 00:22:32.837 And many would get no support.

00:22:32.840 --> 00:22:34.736 So, so those are just data,

00:22:34.740 --> 00:22:36.702 some a little taste of what

00:22:36.702 --> 00:22:38.550 you can collect using a game.

NOTE Confidence: 0.8688007

00:22:38.550 --> 00:22:39.156 But yeah,

NOTE Confidence: 0.8688007

00:22:39.156 --> 00:22:41.277 just in terms of the sort of

NOTE Confidence: 0.8688007

00:22:41.277 --> 00:22:43.296 summary of what I reported there,

NOTE Confidence: 0.8688007

00:22:43.300 --> 00:22:45.330 we found that most young people are

NOTE Confidence: 0.8688007

00:22:45.330 --> 00:22:47.419 willing to disclose information which can,

NOTE Confidence: 0.8688007

00:22:47.420 --> 00:22:49.010 you know, facilitate help seeking.

NOTE Confidence: 0.8688007

00:22:49.010 --> 00:22:51.186 We know that when young people don't tell

NOTE Confidence: 0.8688007

00:22:51.186 --> 00:22:52.852 anybody about difficulties that normally

NOTE Confidence: 0.8688007

00:22:52.852 --> 00:22:55.344 they don't actually reach any formal support.

NOTE Confidence: 0.8688007

00:22:55.350 --> 00:22:57.246 So I think this is important.

NOTE Confidence: 0.8688007

00:22:57.250 --> 00:22:59.618 The fact that they tell a friend a

NOTE Confidence: 0.8688007

00:22:59.618 --> 00:23:01.915 third tells a friend first means that

NOTE Confidence: 0.8688007

00:23:01.915 --> 00:23:04.330 you know the lessons must be trained.

NOTE Confidence: 0.8688007

00:23:04.330 --> 00:23:07.543 To be able to refer them to

NOTE Confidence: 0.8688007

00:23:07.543 --> 00:23:08.920 appropriate support sources.

NOTE Confidence: 0.8688007

00:23:08.920 --> 00:23:09.835 Which doesn't necessarily

NOTE Confidence: 0.8688007

00:23:09.835 --> 00:23:11.055 happen all the time.

NOTE Confidence: 0.8688007

00:23:11.060 --> 00:23:12.728 This sort of impact on self

NOTE Confidence: 0.8688007

00:23:12.728 --> 00:23:13.840 understanding is consistent with

NOTE Confidence: 0.8688007

00:23:13.888 --> 00:23:15.648 previous research around genetic risk,

NOTE Confidence: 0.8688007

00:23:15.650 --> 00:23:17.802 but it really indicates to us that we

NOTE Confidence: 0.8688007

00:23:17.802 --> 00:23:19.599 cannot give this type of information

NOTE Confidence: 0.8688007

00:23:19.599 --> 00:23:21.825 to young people in the absence of

NOTE Confidence: 0.8688007

00:23:21.825 --> 00:23:23.605 any sort of educational information,

NOTE Confidence: 0.8688007

00:23:23.610 --> 00:23:25.140 we need to say, OK,

NOTE Confidence: 0.8688007

00:23:25.140 --> 00:23:27.275 this is what it means for you.

NOTE Confidence: 0.8688007

00:23:27.280 --> 00:23:29.116 This is how malleable this is.

NOTE Confidence: 0.8688007

00:23:29.120 --> 00:23:31.560 This is how low the predictive model is.

NOTE Confidence: 0.8688007

00:23:31.560 --> 00:23:32.116 You know,

NOTE Confidence: 0.8688007

00:23:32.116 --> 00:23:34.738 we need to indicate to them that it doesn't

NOTE Confidence: 0.8688007

00:23:34.738 --> 00:23:37.378 mean that they're going to fail an exam.

NOTE Confidence: 0.8688007

00:23:37.380 --> 00:23:39.948 It doesn't even mean that they're going to.

NOTE Confidence: 0.8688007

00:23:39.950 --> 00:23:41.446 Develop depression necessarily right?

NOTE Confidence: 0.8688007

00:23:41.446 --> 00:23:44.172 So I think this is really important

NOTE Confidence: 0.8688007

00:23:44.172 --> 00:23:46.252 that whatever information is given

NOTE Confidence: 0.8688007

00:23:46.252 --> 00:23:48.671 is provided together with a lot

NOTE Confidence: 0.8688007

00:23:48.671 --> 00:23:50.055 of clarification and support.

NOTE Confidence: 0.8688007

00:23:50.060 --> 00:23:52.916 So and then we found again mixed

NOTE Confidence: 0.8688007

00:23:52.916 --> 00:23:55.381 attitudes towards this types of services

NOTE Confidence: 0.8688007

00:23:55.381 --> 00:23:58.083 from young people so that you know

NOTE Confidence: 0.8688007

00:23:58.162 --> 00:24:01.010 we feel it means that this this to

NOTE Confidence: 0.8688007

00:24:01.010 --> 00:24:02.510 mental health technologies companies

NOTE Confidence: 0.8688007

00:24:02.510 --> 00:24:04.460 that are offering these services.

NOTE Confidence: 0.8688007

00:24:04.460 --> 00:24:07.564 They really need to talk to young people,

NOTE Confidence: 0.8688007

00:24:07.570 --> 00:24:09.298 more considerate weather concerns

NOTE Confidence: 0.8688007

00:24:09.298 --> 00:24:11.026 are weather preferences are.

NOTE Confidence: 0.8688007

00:24:11.030 --> 00:24:13.142 Either their preference for face to

NOTE Confidence: 0.8688007

00:24:13.142 --> 00:24:14.970 face support also consider their

NOTE Confidence: 0.8688007

00:24:14.970 --> 00:24:16.760 privacy concerns around their data

NOTE Confidence: 0.8688007

00:24:16.760 --> 00:24:18.977 and design the service based on

NOTE Confidence: 0.8688007

00:24:18.977 --> 00:24:20.792 this concerns and this preferences

NOTE Confidence: 0.8688007

00:24:20.792 --> 00:24:22.973 rather than offering a service before

NOTE Confidence: 0.8688007

00:24:22.973 --> 00:24:24.417 any sort of consultation.

NOTE Confidence: 0.8688007

00:24:24.420 --> 00:24:26.870 So so those are our main conclusions

NOTE Confidence: 0.8688007

00:24:26.870 --> 00:24:29.558 an obviously I want to offer also

NOTE Confidence: 0.8688007

00:24:29.558 --> 00:24:31.904 submitted a logical reflection here so

NOTE Confidence: 0.832530739999999

00:24:31.981 --> 00:24:34.613 you know by using a digital game we

NOTE Confidence: 0.832530739999999

00:24:34.613 --> 00:24:37.090 could engage use at scale with something

NOTE Confidence: 0.832530739999999

00:24:37.090 --> 00:24:39.687 that is quite complex even for adults

NOTE Confidence: 0.832530739999999

00:24:39.687 --> 00:24:41.847 to think about and young people.

NOTE Confidence: 0.832530739999999

00:24:41.850 --> 00:24:44.170 You know they were. They love the game.

NOTE Confidence: 0.832530739999999

00:24:44.170 --> 00:24:45.874 They played like I think 4000

00:24:45.874 --> 00:24:47.360 played within like 3 days.

00:24:47.360 --> 00:24:49.790 They really loved it and and it was very

00:24:49.790 --> 00:24:51.816 easy for them to think about ethics

00:24:51.816 --> 00:24:54.028 in this more fun and engaging way.

00:24:54.030 --> 00:24:55.703 And you know I'm I'm an ethicist

00:24:55.703 --> 00:24:57.831 and I've been like trying to engage

00:24:57.831 --> 00:24:59.521 young people with complex ethical

00:24:59.521 --> 00:25:00.698 questions and it doesn't.

00:25:00.700 --> 00:25:02.095 You know, sometimes it's it's

00:25:02.095 --> 00:25:03.890 fun and easy to talk about.

00:25:03.890 --> 00:25:05.285 Sometimes it's very complex for

00:25:05.285 --> 00:25:07.080 them to wrap their heads around,

00:25:07.080 --> 00:25:09.558 so I think having these types of

00:25:09.558 --> 00:25:11.869 methods really allows a lot like we can.

00:25:11.870 --> 00:25:13.767 We can be a lot more inclusive

00:25:13.767 --> 00:25:15.710 in our research work and produce

NOTE Confidence: 0.832530739999999

00:25:15.710 --> 00:25:17.834 something that is much more scalable.

NOTE Confidence: 0.832530739999999

00:25:17.840 --> 00:25:18.456 Of course,

NOTE Confidence: 0.832530739999999

00:25:18.456 --> 00:25:20.612 the authenticity of the game choices you

NOTE Confidence: 0.832530739999999

00:25:20.612 --> 00:25:22.856 have less control of losing the sample,

NOTE Confidence: 0.832530739999999

00:25:22.860 --> 00:25:24.738 whether they're giving the right answers,

NOTE Confidence: 0.832530739999999

00:25:24.740 --> 00:25:26.630 whether they're being themselves or not.

NOTE Confidence: 0.832530739999999

00:25:26.630 --> 00:25:28.195 So that's something we're investigating

NOTE Confidence: 0.832530739999999

00:25:28.195 --> 00:25:29.447 in some further research,

NOTE Confidence: 0.832530739999999

00:25:29.450 --> 00:25:32.264 but so it looks like it could

NOTE Confidence: 0.832530739999999

00:25:32.264 --> 00:25:34.020 be a promising tool.

NOTE Confidence: 0.832530739999999

00:25:34.020 --> 00:25:36.827 So this was the peer support the

NOTE Confidence: 0.832530739999999

00:25:36.827 --> 00:25:38.968 digital phenotyping work and now move

NOTE Confidence: 0.832530739999999

00:25:38.968 --> 00:25:41.795 on to the second case that a which is

NOTE Confidence: 0.832530739999999

00:25:41.795 --> 00:25:44.364 quite different from the first to end.

NOTE Confidence: 0.832530739999999

00:25:44.370 --> 00:25:46.512 But I think also illustrates other

NOTE Confidence: 0.832530739999999

00:25:46.512 --> 00:25:47.940 aspects of youth participation,

NOTE Confidence: 0.832530739999999

00:25:47.940 --> 00:25:50.271 so this was a project around peer

NOTE Confidence: 0.832530739999999

00:25:50.271 --> 00:25:52.229 to peer support during covid,

NOTE Confidence: 0.832530739999999

00:25:52.230 --> 00:25:54.078 so this differs in the sense that

NOTE Confidence: 0.832530739999999

00:25:54.078 --> 00:25:55.806 young people are actually being

NOTE Confidence: 0.832530739999999

00:25:55.806 --> 00:25:57.562 sort of developing interventions

NOTE Confidence: 0.832530739999999

00:25:57.562 --> 00:25:59.318 and delivering interventions rather

NOTE Confidence: 0.832530739999999

00:25:59.372 --> 00:26:00.800 than thinking about ethics.

NOTE Confidence: 0.832530739999999

00:26:00.800 --> 00:26:03.608 So there in a way much more direct

NOTE Confidence: 0.832530739999999

00:26:03.608 --> 00:26:05.832 contribution to to sort of promoting

NOTE Confidence: 0.832530739999999

00:26:05.832 --> 00:26:09.290 the well being. Of young people.

NOTE Confidence: 0.832530739999999

00:26:09.290 --> 00:26:12.041 So so the project called peer support

NOTE Confidence: 0.832530739999999

00:26:12.041 --> 00:26:14.432 for the lessons during COVID-19 and

NOTE Confidence: 0.832530739999999

00:26:14.432 --> 00:26:17.380 this is the team that worked on it,

NOTE Confidence: 0.832530739999999

00:26:17.380 --> 00:26:19.300 so involved some third sector

NOTE Confidence: 0.832530739999999

00:26:19.300 --> 00:26:20.068 partners involved.

NOTE Confidence: 0.832530739999999

00:26:20.070 --> 00:26:22.482 A young People's Advisory group that

NOTE Confidence: 0.832530739999999

00:26:22.482 --> 00:26:25.458 worked with us from the start as well.

NOTE Confidence: 0.844263

00:26:27.730 --> 00:26:30.341 And what motivated us to conduct this

NOTE Confidence: 0.844263

00:26:30.341 --> 00:26:32.726 research was the even though young

NOTE Confidence: 0.844263

00:26:32.726 --> 00:26:35.120 people are less affected by kovid,

NOTE Confidence: 0.844263

00:26:35.120 --> 00:26:38.224 you know the sort of illness they are,

NOTE Confidence: 0.844263

00:26:38.230 --> 00:26:39.790 they were hugely affected

NOTE Confidence: 0.844263

00:26:39.790 --> 00:26:41.740 by the pandemic and lockdown

NOTE Confidence: 0.844263

00:26:41.740 --> 00:26:43.678 measures and school closures etc.

NOTE Confidence: 0.844263

00:26:43.680 --> 00:26:46.008 So in the UK, for example,

NOTE Confidence: 0.844263

00:26:46.010 --> 00:26:48.350 3/5 of the youth who work,

NOTE Confidence: 0.844263

00:26:48.350 --> 00:26:50.290 they're working shut down sector.

NOTE Confidence: 0.844263

00:26:50.290 --> 00:26:52.396 So obviously that affected their income

NOTE Confidence: 0.844263

00:26:52.396 --> 00:26:54.570 and affected their lives tremendously.

NOTE Confidence: 0.844263

00:26:54.570 --> 00:26:56.250 School closures obviously affected

NOTE Confidence: 0.844263

00:26:56.250 --> 00:26:58.350 them increased anxiety there was.

NOTE Confidence: 0.844263

00:26:58.350 --> 00:27:00.414 Reports of lack of control and

NOTE Confidence: 0.844263

00:27:00.414 --> 00:27:01.790 certainty around their futures,

NOTE Confidence: 0.844263

00:27:01.790 --> 00:27:04.294 so this sort of motivated us to do

NOTE Confidence: 0.844263

00:27:04.294 --> 00:27:06.023 something for young people during

NOTE Confidence: 0.844263

00:27:06.023 --> 00:27:08.438 that time and and even though the

NOTE Confidence: 0.844263

00:27:08.511 --> 00:27:10.725 pandemic affects them quite a lot,

NOTE Confidence: 0.844263

00:27:10.730 --> 00:27:13.166 they haven't been actually asked to join

NOTE Confidence: 0.844263

00:27:13.166 --> 00:27:15.618 and to contribute to the response or

NOTE Confidence: 0.844263

00:27:15.618 --> 00:27:17.634 even to contribute to decision making

NOTE Confidence: 0.844263

00:27:17.698 --> 00:27:19.678 that was relevant to their lives,

NOTE Confidence: 0.844263

00:27:19.680 --> 00:27:21.588 such as whether you know the

NOTE Confidence: 0.844263

00:27:21.588 --> 00:27:23.810 exams are going to be counseled,

NOTE Confidence: 0.844263

00:27:23.810 --> 00:27:25.868 how their grades are going to

NOTE Confidence: 0.844263

00:27:25.868 --> 00:27:26.897 be a calculated,

NOTE Confidence: 0.844263

00:27:26.900 --> 00:27:28.690 what type of support they

NOTE Confidence: 0.844263

00:27:28.690 --> 00:27:30.122 were going to receive.

NOTE Confidence: 0.844263

00:27:30.130 --> 00:27:31.250 What type of schooling

NOTE Confidence: 0.844263

00:27:31.250 --> 00:27:32.370 they're going to receive?

NOTE Confidence: 0.844263

00:27:32.370 --> 00:27:33.770 So all this you know,

NOTE Confidence: 0.844263

00:27:33.770 --> 00:27:35.625 those are decisions that affected

NOTE Confidence: 0.844263

00:27:35.625 --> 00:27:38.608 their lives a lot and and they were

NOTE Confidence: 0.844263

00:27:38.608 --> 00:27:41.065 very little consulted on any of those.

NOTE Confidence: 0.844263

00:27:41.070 --> 00:27:42.261 And we are.

NOTE Confidence: 0.844263

00:27:42.261 --> 00:27:44.246 Wanted to to basically offer

NOTE Confidence: 0.844263

00:27:44.246 --> 00:27:46.291 opportunities for them to support

NOTE Confidence: 0.844263

00:27:46.291 --> 00:27:48.246 their agency in the pandemic

NOTE Confidence: 0.844263

00:27:48.246 --> 00:27:50.037 response and promote capabilities

NOTE Confidence: 0.844263

00:27:50.037 --> 00:27:52.387 for agency in the outbreak.

NOTE Confidence: 0.844263

00:27:52.390 --> 00:27:54.749 So we started off by consulting a

NOTE Confidence: 0.844263

00:27:54.749 --> 00:27:57.099 small group of young people from

NOTE Confidence: 0.844263

00:27:57.099 --> 00:27:59.204 different networks that we worked

NOTE Confidence: 0.844263

00:27:59.204 --> 00:28:02.105 with and we asked them like OK if

NOTE Confidence: 0.844263

00:28:02.105 --> 00:28:04.534 you were to contribute to the well

NOTE Confidence: 0.844263

00:28:04.534 --> 00:28:07.110 being of young people during this time,

NOTE Confidence: 0.844263

00:28:07.110 --> 00:28:08.950 what would you do like?

NOTE Confidence: 0.844263

00:28:08.950 --> 00:28:11.589 How would you contribute and and what

NOTE Confidence: 0.844263

00:28:11.589 --> 00:28:14.609 they told us was that they wanted to.

NOTE Confidence: 0.844263

00:28:14.610 --> 00:28:16.375 Support their friends and support

NOTE Confidence: 0.844263

00:28:16.375 --> 00:28:18.526 their peers and they saw that

NOTE Confidence: 0.844263

00:28:18.526 --> 00:28:20.146 there was great need there.

NOTE Confidence: 0.844263

00:28:20.150 --> 00:28:21.795 But at the same time they felt

NOTE Confidence: 0.844263

00:28:21.795 --> 00:28:23.368 they lacked the skills to do so,

NOTE Confidence: 0.844263

00:28:23.370 --> 00:28:24.980 so so they were sort of OK.

NOTE Confidence: 0.844263

00:28:24.980 --> 00:28:26.130 We want to support them.

NOTE Confidence: 0.844263

00:28:26.130 --> 00:28:27.803 We see our friends are really struggling

NOTE Confidence: 0.844263

00:28:27.803 --> 00:28:29.810 and we want to be able to do something,

NOTE Confidence: 0.844263

00:28:29.810 --> 00:28:31.698 but I don't know that I'm prepared to

NOTE Confidence: 0.844263

00:28:31.698 --> 00:28:34.210 do this as it feels like too much.

NOTE Confidence: 0.844263

00:28:34.210 --> 00:28:34.557 Uhm?

NOTE Confidence: 0.844263

00:28:34.557 --> 00:28:36.986 So so because of that we decided

NOTE Confidence: 0.844263

00:28:36.986 --> 00:28:38.970 to focus on peer support.

NOTE Confidence: 0.844263

00:28:38.970 --> 00:28:41.186 So that was that is an example of,

NOTE Confidence: 0.844263

00:28:41.190 --> 00:28:41.742 you know,

NOTE Confidence: 0.844263

00:28:41.742 --> 00:28:43.122 young people really driving the

NOTE Confidence: 0.844263

00:28:43.122 --> 00:28:44.798 sort of agenda of the research.

NOTE Confidence: 0.844263

00:28:44.800 --> 00:28:46.360 I had never studied peer support

NOTE Confidence: 0.844263

00:28:46.360 --> 00:28:48.140 in my life before this project,

NOTE Confidence: 0.844263

00:28:48.140 --> 00:28:50.268 so it was something that was like

NOTE Confidence: 0.844263

00:28:50.268 --> 00:28:52.635 really driven by the other lessons and

NOTE Confidence: 0.844263

00:28:52.635 --> 00:28:54.717 the consultations we had with them.

NOTE Confidence: 0.844263

00:28:54.720 --> 00:28:55.135 Anne.

NOTE Confidence: 0.844263

00:28:55.135 --> 00:28:58.040 So we realized that we didn't have

NOTE Confidence: 0.844263

00:28:58.040 --> 00:29:00.768 the sort of expertise in team

NOTE Confidence: 0.844263

00:29:00.768 --> 00:29:03.028 to to do this intervention.

NOTE Confidence: 0.844263

00:29:03.030 --> 00:29:05.704 So we partnered up with a company

NOTE Confidence: 0.844263

00:29:05.704 --> 00:29:06.850 known sector organization,

NOTE Confidence: 0.844263

00:29:06.850 --> 00:29:08.386 also third sector organization

NOTE Confidence: 0.844263

00:29:08.386 --> 00:29:10.690 called you Sarah and they focus

NOTE Confidence: 0.844263

00:29:10.754 --> 00:29:12.609 on empowerment of young people

NOTE Confidence: 0.844263

00:29:12.609 --> 00:29:14.093 and together with them,

NOTE Confidence: 0.844263

00:29:14.100 --> 00:29:16.010 and together with an advisory

NOTE Confidence: 0.844263

00:29:16.010 --> 00:29:17.538 group of young people,

NOTE Confidence: 0.844263

00:29:17.540 --> 00:29:19.450 we developed an online peer

NOTE Confidence: 0.844263

00:29:19.450 --> 00:29:20.596 support training course.

NOTE Confidence: 0.844263

00:29:20.600 --> 00:29:22.760 So the purpose of this training

NOTE Confidence: 0.844263

00:29:22.760 --> 00:29:24.200 course was to basically

NOTE Confidence: 0.84796935

00:29:24.274 --> 00:29:27.158 prepare young people to support their peers.

NOTE Confidence: 0.84796935

00:29:27.160 --> 00:29:29.296 And your community during the pandemic,

NOTE Confidence: 0.84796935

00:29:29.300 --> 00:29:31.932 so it included things like how to

NOTE Confidence: 0.84796935

00:29:31.932 --> 00:29:33.940 establish rapport with with a peer,

NOTE Confidence: 0.84796935

00:29:33.940 --> 00:29:36.046 or that you don't know or

NOTE Confidence: 0.84796935

00:29:36.046 --> 00:29:38.230 know how to support a friend.

NOTE Confidence: 0.84796935

00:29:38.230 --> 00:29:39.658 Where to get help.

NOTE Confidence: 0.84796935

00:29:39.658 --> 00:29:42.866 If you need, how to respond to a crisis,

NOTE Confidence: 0.84796935

00:29:42.870 --> 00:29:45.369 how can you help your community effectively,

NOTE Confidence: 0.84796935

00:29:45.370 --> 00:29:48.506 etc etc. So everything sort of preparing

NOTE Confidence: 0.84796935

00:29:48.506 --> 00:29:51.370 them to provide support to others.

NOTE Confidence: 0.84796935

00:29:51.370 --> 00:29:54.208 And everything was targeted to COVID-19

NOTE Confidence: 0.84796935

00:29:54.208 --> 00:29:57.389 and we then ran a pilot trial.

NOTE Confidence: 0.84796935

00:29:57.390 --> 00:30:00.246 Those are small trials I mean.

NOTE Confidence: 0.84796935

00:30:00.250 --> 00:30:02.532 My point here is really to illustrate

NOTE Confidence: 0.84796935

00:30:02.532 --> 00:30:03.510 the youth involvement.

NOTE Confidence: 0.84796935

00:30:03.510 --> 00:30:06.118 I mean, we're hoping to run bigger tries,

NOTE Confidence: 0.84796935

00:30:06.120 --> 00:30:07.745 but we can actually be

NOTE Confidence: 0.84796935

00:30:07.745 --> 00:30:09.045 sure about the results,

NOTE Confidence: 0.84796935

00:30:09.050 --> 00:30:11.052 but but those I think illustrate the

NOTE Confidence: 0.84796935

00:30:11.052 --> 00:30:12.959 point nicely of their involvement.

NOTE Confidence: 0.84796935

00:30:12.960 --> 00:30:14.590 So we rent this pilot,

NOTE Confidence: 0.84796935

00:30:14.590 --> 00:30:16.865 try to investigate the impact of receiving

NOTE Confidence: 0.84796935

00:30:16.865 --> 00:30:18.829 this training course on young people's.

NOTE Confidence: 0.84796935

00:30:18.830 --> 00:30:21.105 You know what they're supposed to learn,

NOTE Confidence: 0.84796935

00:30:21.110 --> 00:30:23.399 which is their ability to support others,

NOTE Confidence: 0.84796935

00:30:23.400 --> 00:30:25.675 but then also their civic engagement ability,

NOTE Confidence: 0.84796935

00:30:25.680 --> 00:30:28.662 their well being, and we also assessed

NOTE Confidence: 0.84796935

00:30:28.662 --> 00:30:30.850 their perceived impact of training.

NOTE Confidence: 0.84796935

00:30:30.850 --> 00:30:33.520 So we recruited 100 UK participants

NOTE Confidence: 0.84796935

00:30:33.520 --> 00:30:35.300 age 16 to 18,

NOTE Confidence: 0.84796935

00:30:35.300 --> 00:30:36.260 mostly female,

NOTE Confidence: 0.84796935

00:30:36.260 --> 00:30:38.660 and they were randomly assigned

NOTE Confidence: 0.84796935

00:30:38.660 --> 00:30:41.105 to either receive training or

NOTE Confidence: 0.84796935

00:30:41.105 --> 00:30:43.895 wait list control and we measured

NOTE Confidence: 0.84796935

00:30:43.895 --> 00:30:46.025 outcomes shortly after the course

NOTE Confidence: 0.84796935

00:30:46.025 --> 00:30:48.650 and we followed those who had who

NOTE Confidence: 0.84796935

00:30:48.650 --> 00:30:51.590 were in the trading arm for another

NOTE Confidence: 0.84796935

00:30:51.590 --> 00:30:54.328 extra three weeks to see whether

NOTE Confidence: 0.84796935

00:30:54.328 --> 00:30:56.653 the effects would be maintained.

NOTE Confidence: 0.88648266

00:30:59.370 --> 00:31:01.075 And we recruited young people

NOTE Confidence: 0.88648266

00:31:01.075 --> 00:31:03.190 all across the UK as well.

NOTE Confidence: 0.88648266

00:31:03.190 --> 00:31:05.238 So we found that the those who were

NOTE Confidence: 0.88648266

00:31:05.238 --> 00:31:07.174 in the training Group reported

NOTE Confidence: 0.88648266

00:31:07.174 --> 00:31:09.429 greater ability to provide support,

NOTE Confidence: 0.88648266

00:31:09.430 --> 00:31:11.968 so they felt more confident in

NOTE Confidence: 0.88648266

00:31:11.968 --> 00:31:14.370 their skills to provide support.

NOTE Confidence: 0.88648266

00:31:14.370 --> 00:31:16.236 They also reported more frequent support,

NOTE Confidence: 0.88648266

00:31:16.240 --> 00:31:17.424 giving to their peers,

NOTE Confidence: 0.88648266

00:31:17.424 --> 00:31:19.970 so they were more likely to help others,

NOTE Confidence: 0.88648266

00:31:19.970 --> 00:31:22.756 at least from a self reported perspective.

NOTE Confidence: 0.88648266

00:31:22.760 --> 00:31:25.532 Anne. We did not find any effect

NOTE Confidence: 0.88648266

00:31:25.532 --> 00:31:28.099 on motivation to provide support,

NOTE Confidence: 0.88648266

00:31:28.100 --> 00:31:30.266 presumably because the control group was

NOTE Confidence: 0.88648266

00:31:30.266 --> 00:31:32.395 also highly motivated to provide support

NOTE Confidence: 0.88648266

00:31:32.395 --> 00:31:34.593 where they were there for a reason.

NOTE Confidence: 0.88648266

00:31:34.600 --> 00:31:35.626 So so yeah,

NOTE Confidence: 0.88648266

00:31:35.626 --> 00:31:37.336 we didn't find anything here,

NOTE Confidence: 0.88648266

00:31:37.340 --> 00:31:39.447 and we found that the effects were

NOTE Confidence: 0.88648266

00:31:39.447 --> 00:31:41.199 maintained on like both frequency

NOTE Confidence: 0.88648266

00:31:41.199 --> 00:31:43.159 and perceived ability were maintained

NOTE Confidence: 0.88648266

00:31:43.159 --> 00:31:45.537 from baseline up to four weeks later.

NOTE Confidence: 0.85920364

00:31:47.700 --> 00:31:50.521 So then we also found effects on

NOTE Confidence: 0.85920364

00:31:50.521 --> 00:31:52.250 our secondary outcomes there.

NOTE Confidence: 0.85920364

00:31:52.250 --> 00:31:54.734 So we found that the training

NOTE Confidence: 0.85920364

00:31:54.734 --> 00:31:55.976 increased young people,

NOTE Confidence: 0.85920364

00:31:55.980 --> 00:31:58.905 civic engagement ability and also

NOTE Confidence: 0.85920364

00:31:58.905 --> 00:32:01.830 increased their own well being.

NOTE Confidence: 0.85920364

00:32:01.830 --> 00:32:04.518 And then we found sort of resonant themes

NOTE Confidence: 0.85920364

00:32:04.518 --> 00:32:07.417 from the qualitative responses they gave.

NOTE Confidence: 0.85920364

00:32:07.420 --> 00:32:09.748 So we found that many nation

NOTE Confidence: 0.85920364

00:32:09.748 --> 00:32:11.300 helping skills feeling more

NOTE Confidence: 0.85920364

00:32:11.373 --> 00:32:13.797 prepared to help friends and peers.

NOTE Confidence: 0.85920364

00:32:13.800 --> 00:32:16.188 Many mentioned a feeling of connectedness,

NOTE Confidence: 0.85920364

00:32:16.190 --> 00:32:17.258 sort of.

NOTE Confidence: 0.85920364

00:32:17.258 --> 00:32:19.928 The course having helped them

NOTE Confidence: 0.85920364

00:32:19.928 --> 00:32:22.465 build relationships during a time

NOTE Confidence: 0.85920364

00:32:22.465 --> 00:32:24.580 that they were very isolated.

NOTE Confidence: 0.85920364

00:32:24.580 --> 00:32:26.246 We also found that effect and that

NOTE Confidence: 0.85920364

00:32:26.246 --> 00:32:27.716 was something we hadn't measured

NOTE Confidence: 0.85920364

00:32:27.716 --> 00:32:29.120 in the quantitative outcomes,

NOTE Confidence: 0.85920364

00:32:29.120 --> 00:32:30.947 but we found that effect on self

NOTE Confidence: 0.85920364

00:32:30.947 --> 00:32:32.818 care and self awareness as well.

NOTE Confidence: 0.85920364

00:32:32.820 --> 00:32:34.518 So they used what they learned,

NOTE Confidence: 0.85920364

00:32:34.520 --> 00:32:36.218 not only to help other people,

NOTE Confidence: 0.85920364

00:32:36.220 --> 00:32:38.218 but also to support their themselves

NOTE Confidence: 0.85920364

00:32:38.218 --> 00:32:39.960 and to understand themselves better.

NOTE Confidence: 0.85920364

00:32:39.960 --> 00:32:42.024 And then I think I mean my favorite

NOTE Confidence: 0.85920364

00:32:42.024 --> 00:32:43.615 finding here because I'm interested

NOTE Confidence: 0.85920364

00:32:43.615 --> 00:32:45.655 in youth participation is that it.

NOTE Confidence: 0.85920364

00:32:45.660 --> 00:32:46.772 Also they mention empowerment.

NOTE Confidence: 0.85920364

00:32:46.772 --> 00:32:48.960 So they say with those words sometimes,

NOTE Confidence: 0.85920364

00:32:48.960 --> 00:32:51.248 like it made me feel and powerful and

NOTE Confidence: 0.85920364

00:32:51.248 --> 00:32:54.056 make me feel like I can make a difference.

NOTE Confidence: 0.85920364

00:32:54.060 --> 00:32:54.660 I can.

NOTE Confidence: 0.85920364

00:32:54.660 --> 00:32:56.460 I can do whatever I want,

NOTE Confidence: 0.85920364

00:32:56.460 --> 00:32:58.260 you know they were like they

NOTE Confidence: 0.85920364

00:32:58.260 --> 00:32:59.160 were really like.

NOTE Confidence: 0.85920364

00:32:59.160 --> 00:33:01.295 Make them feel really confident about their

NOTE Confidence: 0.85920364

00:33:01.295 --> 00:33:03.059 ability to contribute to the community.

NOTE Confidence: 0.85920364

00:33:03.060 --> 00:33:04.560 And because we followed the

NOTE Confidence: 0.85920364

00:33:04.560 --> 00:33:06.060 training arm for three weeks,

NOTE Confidence: 0.85920364

00:33:06.060 --> 00:33:07.726 we were able to see that some

NOTE Confidence: 0.85920364

00:33:07.726 --> 00:33:09.259 of those young people actually

NOTE Confidence: 0.85920364

00:33:09.259 --> 00:33:11.154 putting the motivation in action.

NOTE Confidence: 0.85920364

00:33:11.160 --> 00:33:13.053 So that was, for me, really.

NOTE Confidence: 0.85920364

00:33:13.053 --> 00:33:14.232 Interesting to see.

NOTE Confidence: 0.85920364

00:33:14.232 --> 00:33:15.018 Of course,

NOTE Confidence: 0.85920364

00:33:15.020 --> 00:33:17.252 I mean there was no incentive for them

NOTE Confidence: 0.85920364

00:33:17.252 --> 00:33:19.179 like following the trial we didn't like.

NOTE Confidence: 0.85920364

00:33:19.180 --> 00:33:21.188 Follow up with them and ask that I

NOTE Confidence: 0.85920364

00:33:21.188 --> 00:33:22.796 know that we didn't like encourage

NOTE Confidence: 0.85920364

00:33:22.796 --> 00:33:25.000 them to go out in the community.

NOTE Confidence: 0.85920364

00:33:25.000 --> 00:33:27.718 So anything that comes up here

NOTE Confidence: 0.85920364

00:33:27.718 --> 00:33:29.077 are completely spontaneous.

NOTE Confidence: 0.85920364

00:33:29.080 --> 00:33:30.700 So we found, for instance,

NOTE Confidence: 0.85920364

00:33:30.700 --> 00:33:32.968 young people who said they were gonna.

NOTE Confidence: 0.85920364

00:33:32.970 --> 00:33:34.585 They started the project about

NOTE Confidence: 0.85920364

00:33:34.585 --> 00:33:35.877 peer support with friends.

NOTE Confidence: 0.85920364

00:33:35.880 --> 00:33:37.330 Some young people we started

NOTE Confidence: 0.85920364

00:33:37.330 --> 00:33:38.780 an Instagram account to give

NOTE Confidence: 0.85920364

00:33:38.839 --> 00:33:40.419 information about peer support.

NOTE Confidence: 0.85920364

00:33:40.420 --> 00:33:42.770 That was also like completely

NOTE Confidence: 0.85920364

00:33:42.770 --> 00:33:44.650 unplanned from our end.

NOTE Confidence: 0.85920364

64

00:33:44.650 --> 00:33:47.114 Medi CEO, I had planned this an assembly.

NOTE Confidence: 0.85920364

00:33:47.120 --> 00:33:48.968 A few of them gave assemblies

NOTE Confidence: 0.85920364

00:33:48.968 --> 00:33:49.892 in their schools.

NOTE Confidence: 0.85920364

00:33:49.900 --> 00:33:52.035 Just you know sharing what they had

NOTE Confidence: 0.85920364

00:33:52.035 --> 00:33:53.666 learned from the course talking

NOTE Confidence: 0.85920364

00:33:53.666 --> 00:33:55.634 about boundaries and and this was

NOTE Confidence: 0.85920364

00:33:55.634 --> 00:33:57.759 like we have many examples of those

NOTE Confidence: 0.85920364

00:33:57.759 --> 00:33:59.932 and we kept in touch with some of

NOTE Confidence: 0.85920364

00:33:59.932 --> 00:34:01.456 those participants and we know that

NOTE Confidence: 0.85920364

00:34:01.456 --> 00:34:03.143 they actually follow through and

NOTE Confidence: 0.85920364

00:34:03.143 --> 00:34:04.868 gave those assemblies and sometimes

NOTE Confidence: 0.85920364

00:34:04.868 --> 00:34:06.898 retained in those 354 hundred participants.

NOTE Confidence: 0.85920364

00:34:06.900 --> 00:34:11.004 But it wasn't always students in the school.

NOTE Confidence: 0.85920364

00:34:11.010 --> 00:34:11.949 So, so yeah,

NOTE Confidence: 0.85920364

00:34:11.949 --> 00:34:12.888 so this was,

NOTE Confidence: 0.85920364

00:34:12.890 --> 00:34:14.170 I think for me,

NOTE Confidence: 0.85920364

00:34:14.170 --> 00:34:15.770 what really mattered from this

NOTE Confidence: 0.85920364

00:34:15.770 --> 00:34:17.357 study and something that I

NOTE Confidence: 0.85920364

00:34:17.357 --> 00:34:19.163 really want to follow up on,

NOTE Confidence: 0.85920364

00:34:19.170 --> 00:34:21.214 because it feels like we talk a

NOTE Confidence: 0.85920364

00:34:21.214 --> 00:34:23.260 lot about the benefits of yeah,

NOTE Confidence: 0.85920364

00:34:23.260 --> 00:34:25.138 of empowerment for young people themselves.

NOTE Confidence: 0.85920364

00:34:25.140 --> 00:34:26.835 But actually this this statement

NOTE Confidence: 0.85920364

00:34:26.835 --> 00:34:28.849 suggests that there is also an

NOTE Confidence: 0.85920364

00:34:28.849 --> 00:34:30.119 impact to the community that

NOTE Confidence: 0.85920364

00:34:30.119 --> 00:34:32.050 we need to be measuring here.

NOTE Confidence: 0.8537277

00:34:34.150 --> 00:34:36.208 And yeah, in terms of conclusions,

NOTE Confidence: 0.8537277

00:34:36.210 --> 00:34:38.328 we found that training young people

NOTE Confidence: 0.8537277

00:34:38.328 --> 00:34:41.105 to support their peers may lead to a

NOTE Confidence: 0.8537277

00:34:41.105 --> 00:34:42.730 range of positive outcomes across,

NOTE Confidence: 0.8537277

00:34:42.730 --> 00:34:44.054 you know mixed measures.

NOTE Confidence: 0.8537277

66

00:34:44.054 --> 00:34:46.804 We found this suggesting that it could be

NOTE Confidence: 0.8537277

00:34:46.804 --> 00:34:48.898 a source of resilience for adolescents,

NOTE Confidence: 0.8537277

00:34:48.900 --> 00:34:51.245 and we found this that you know

NOTE Confidence: 0.8537277

00:34:51.245 --> 00:34:52.662 promoting this agency capabilities

NOTE Confidence: 0.8537277

00:34:52.662 --> 00:34:55.414 even in the absence of any you know,

NOTE Confidence: 0.8537277

00:34:55.420 --> 00:34:57.070 sort of structured program for

NOTE Confidence: 0.8537277

00:34:57.070 --> 00:34:59.190 them to provide support to others,

NOTE Confidence: 0.8537277

00:34:59.190 --> 00:35:01.225 inspire them to improve community

NOTE Confidence: 0.8537277

00:35:01.225 --> 00:35:03.325 well being various ways. So.

NOTE Confidence: 0.8537277

00:35:03.325 --> 00:35:06.115 Of course, there are many limitations.

NOTE Confidence: 0.8537277

00:35:06.120 --> 00:35:08.280 As I said, this was a pilot trial,

NOTE Confidence: 0.8537277

00:35:08.280 --> 00:35:10.424 so we had just very short term outcomes.

NOTE Confidence: 0.8537277

00:35:10.430 --> 00:35:12.574 We didn't have a sort of active comparison.

NOTE Confidence: 0.8537277

00:35:12.580 --> 00:35:13.930 We had highly motivated participants,

NOTE Confidence: 0.8537277

00:35:13.930 --> 00:35:16.026 so all this I mean our limitations that

NOTE Confidence: 0.8537277

00:35:16.026 --> 00:35:18.225 we want to address in a larger trial,

67

NOTE Confidence: 0.8537277

00:35:18.230 --> 00:35:19.754 but something that really sort of

NOTE Confidence: 0.8537277

00:35:19.754 --> 00:35:21.858 bothered us at the time was that we

NOTE Confidence: 0.8537277

00:35:21.858 --> 00:35:23.412 didn't know whether the support they

NOTE Confidence: 0.8537277

00:35:23.463 --> 00:35:25.161 were giving the Community was effective

NOTE Confidence: 0.8537277

00:35:25.161 --> 00:35:26.796 from those who are receiving it.

NOTE Confidence: 0.8537277

00:35:26.796 --> 00:35:28.780 We just knew that they were giving more

NOTE Confidence: 0.8537277

00:35:28.834 --> 00:35:30.766 support and there are more confident in

NOTE Confidence: 0.8537277

00:35:30.766 --> 00:35:32.737 their ability where like does that mean

NOTE Confidence: 0.8537277

00:35:32.737 --> 00:35:34.720 that it's it's actually better support or?

NOTE Confidence: 0.8537277

00:35:34.720 --> 00:35:37.170 That young people are benefiting it anyway,

NOTE Confidence: 0.8537277

00:35:37.170 --> 00:35:39.378 so because of that we decided to run

NOTE Confidence: 0.8537277

00:35:39.378 --> 00:35:41.592 a second trial just to check whether

NOTE Confidence: 0.8537277

00:35:41.592 --> 00:35:44.075 a sort of peer delivered program that

NOTE Confidence: 0.8537277

00:35:44.075 --> 00:35:46.541 would improve young people's well being

NOTE Confidence: 0.8537277

00:35:46.541 --> 00:35:49.635 could actually have an effect in the

NOTE Confidence: 0.8537277

00:35:49.635 --> 00:35:52.938 well being of young people in the UK.

NOTE Confidence: 0.8537277

00:35:52.940 --> 00:35:54.810 And this contributes to the

NOTE Confidence: 0.8537277

00:35:54.810 --> 00:35:56.306 literature around peer interventions,

NOTE Confidence: 0.8537277

00:35:56.310 --> 00:35:57.802 which is quite limited.

NOTE Confidence: 0.8537277

00:35:57.802 --> 00:35:58.548 I mean,

NOTE Confidence: 0.8537277

00:35:58.550 --> 00:36:00.788 there are studies around peer support,

NOTE Confidence: 0.8537277

00:36:00.790 --> 00:36:03.064 but they're not necessarily very controlled

NOTE Confidence: 0.8537277

00:36:03.064 --> 00:36:04.910 or not very systematically done,

NOTE Confidence: 0.8537277

00:36:04.910 --> 00:36:07.066 and you know every person who has

NOTE Confidence: 0.8537277

00:36:07.066 --> 00:36:09.727 tried to do any sort of systematic

NOTE Confidence: 0.8537277

00:36:09.727 --> 00:36:12.229 review of the literature has concluded

NOTE Confidence: 0.8537277

00:36:12.303 --> 00:36:14.625 that there is not enough evidence,

NOTE Confidence: 0.8537277

00:36:14.630 --> 00:36:17.003 and you know it's not strong enough

NOTE Confidence: 0.8537277

00:36:17.003 --> 00:36:19.837 or we we need more studies, etc.

NOTE Confidence: 0.8537277

00:36:19.837 --> 00:36:22.613 So we wanted to also contribute to to

NOTE Confidence: 0.8537277

00:36:22.613 --> 00:36:24.809 building the evidence bases around.

NOTE Confidence: 0.8537277

00:36:24.810 --> 00:36:27.904 These interventions and also we wanted to,

NOTE Confidence: 0.8537277

00:36:27.910 --> 00:36:28.498 I mean,

NOTE Confidence: 0.8537277

00:36:28.498 --> 00:36:30.850 this is a quote from from a recent

NOTE Confidence: 0.8537277

00:36:30.920 --> 00:36:31.898 paper as well.

NOTE Confidence: 0.8537277

00:36:31.900 --> 00:36:33.900 Just say you know we we know so

NOTE Confidence: 0.8537277

00:36:33.900 --> 00:36:35.793 little like the the mixed effect

NOTE Confidence: 0.8537277

00:36:35.793 --> 00:36:37.785 about the mixed evidence around peer

NOTE Confidence: 0.8537277

00:36:37.846 --> 00:36:39.476 support really means that perhaps

NOTE Confidence: 0.8537277

00:36:39.476 --> 00:36:41.417 before we can focus on outcomes,

NOTE Confidence: 0.8537277

00:36:41.417 --> 00:36:42.952 we first need to understand

NOTE Confidence: 0.8537277

00:36:42.952 --> 00:36:44.180 what are the mechanisms,

NOTE Confidence: 0.8537277

00:36:44.180 --> 00:36:45.710 how this peer support programs

NOTE Confidence: 0.8537277

00:36:45.710 --> 00:36:46.628 are being delivered,

NOTE Confidence: 0.8537277

00:36:46.630 --> 00:36:48.165 how this peer support relationships

NOTE Confidence: 0.8537277

00:36:48.165 --> 00:36:49.393 are being established, etc.

NOTE Confidence: 0.8537277

00:36:49.393 --> 00:36:51.817 So that was also a goal of this

NOTE Confidence: 0.8537277

00:36:51.817 --> 00:36:54.389 second study to try and understand

NOTE Confidence: 0.8537277

00:36:54.389 --> 00:36:56.579 how their relationships are built.

NOTE Confidence: 0.8537277

00:36:56.580 --> 00:36:56.818 Yeah,

NOTE Confidence: 0.8537277

00:36:56.818 --> 00:36:57.532 it's it's a.

NOTE Confidence: 0.8537277

00:36:57.532 --> 00:36:59.373 I mean it's a different type of

NOTE Confidence: 0.8537277

00:36:59.373 --> 00:37:00.793 relationship from a therapeutic

NOTE Confidence: 0.8537277

00:37:00.793 --> 00:37:02.568 relationship because it's much more

NOTE Confidence: 0.8537277

00:37:02.625 --> 00:37:04.359 based on on friendship and companionship

NOTE Confidence: 0.8537277

00:37:04.359 --> 00:37:06.411 and we wanted to know whether young

NOTE Confidence: 0.8537277

00:37:06.411 --> 00:37:07.896 people are actually seeing this.

NOTE Confidence: 0.8537277

00:37:07.900 --> 00:37:09.315 Peer supporters is therapists or

NOTE Confidence: 0.8537277

00:37:09.315 --> 00:37:11.098 were they seeing them as friends

NOTE Confidence: 0.8537277

00:37:11.098 --> 00:37:12.366 or something in between?

NOTE Confidence: 0.8537277

00:37:12.370 --> 00:37:14.755 So that was something important

NOTE Confidence: 0.8537277

00:37:14.755 --> 00:37:17.140 for us to figure out.

NOTE Confidence: 0.8537277

00:37:17.140 --> 00:37:19.800 So the way we did this and this is also

NOTE Confidence: 0.8537277

00:37:19.877 --> 00:37:22.334 like nice to illustrate sort of way.

NOTE Confidence: 0.8579229

00:37:22.340 --> 00:37:23.870 You can involve young people.

NOTE Confidence: 0.8579229

00:37:23.870 --> 00:37:26.542 We invited back those who are participants in

NOTE Confidence: 0.8579229

00:37:26.542 --> 00:37:29.268 the study where they got trained so we had

NOTE Confidence: 0.8579229

00:37:29.268 --> 00:37:31.827 trained 100 of them and they were like OK,

NOTE Confidence: 0.8579229

00:37:31.830 --> 00:37:34.278 let's select the stars of the first course.

NOTE Confidence: 0.8579229

00:37:34.280 --> 00:37:36.520 Those who had like amazing performers invite

NOTE Confidence: 0.8579229

00:37:36.520 --> 00:37:38.778 them back to actually deliver this program

NOTE Confidence: 0.8579229

00:37:38.778 --> 00:37:41.309 so so they were very keen to do that.

NOTE Confidence: 0.8579229

00:37:41.310 --> 00:37:42.840 It involves a lot of

NOTE Confidence: 0.8579229

00:37:42.840 --> 00:37:44.064 commitment from their end.

NOTE Confidence: 0.8579229

00:37:44.070 --> 00:37:46.230 At the end of last year.

NOTE Confidence: 0.8579229

00:37:46.230 --> 00:37:48.822 But they were, they were very keen to

NOTE Confidence: 0.8579229

00:37:48.822 --> 00:37:51.087 contribute and to help out during Covid.

NOTE Confidence: 0.8579229

72

00:37:51.090 --> 00:37:53.358 So they they accepted working with us.

NOTE Confidence: 0.8579229

00:37:53.360 --> 00:37:55.889 And then we set up a team that include

NOTE Confidence: 0.8579229

00:37:55.889 --> 00:37:57.662 researchers included the third sector

NOTE Confidence: 0.8579229

00:37:57.662 --> 00:38:00.160 organization and it also included this team.

NOTE Confidence: 0.8579229

00:38:00.160 --> 00:38:02.104 We call them the uplifters which

NOTE Confidence: 0.8579229

00:38:02.104 --> 00:38:03.400 are the peer supporters.

NOTE Confidence: 0.8579229

00:38:03.400 --> 00:38:05.790 Basically, this 20 young people.

NOTE Confidence: 0.8579229

00:38:05.790 --> 00:38:07.968 And then together with this group,

NOTE Confidence: 0.8579229

00:38:07.970 --> 00:38:10.160 we could design A peer delivered

NOTE Confidence: 0.8579229

00:38:10.160 --> 00:38:10.890 educational intervention,

NOTE Confidence: 0.8579229

00:38:10.890 --> 00:38:13.081 so that was again a zoom course

NOTE Confidence: 0.8579229

00:38:13.081 --> 00:38:15.767 and this time it was focused on

NOTE Confidence: 0.8579229

00:38:15.767 --> 00:38:17.439 actually helping young people,

NOTE Confidence: 0.8579229

00:38:17.440 --> 00:38:19.618 so teaching them emotional coping skills,

NOTE Confidence: 0.8579229

00:38:19.620 --> 00:38:21.072 self compassion and finding

NOTE Confidence: 0.8579229

00:38:21.072 --> 00:38:23.180 a sense of purpose, etc.

00:38:23.180 --> 00:38:26.430 And then targeted at COVID-19.

00:38:26.430 --> 00:38:28.478 And then we wanted the course to be

00:38:28.478 --> 00:38:30.587 delivered by the other lessons themselves.

00:38:30.590 --> 00:38:32.070 Obviously that was the point,

00:38:32.070 --> 00:38:33.314 so so we had.

00:38:33.314 --> 00:38:35.180 Basically each of the 20 adolescents

00:38:35.247 --> 00:38:36.891 sort of deliver the course to

00:38:36.891 --> 00:38:38.609 a group of six or seven.

00:38:38.610 --> 00:38:40.386 So it was a program delivered

00:38:40.386 --> 00:38:41.274 throughout the course.

00:38:41.280 --> 00:38:42.770 The course of five days,

00:38:42.770 --> 00:38:44.250 so they're all together in

00:38:44.250 --> 00:38:45.434 some like joint sessions.

00:38:45.440 --> 00:38:47.652 But then they would split into small

00:38:47.652 --> 00:38:50.212 groups and they will be guided by this

00:38:50.212 --> 00:38:52.310 young person trained in peer support.

NOTE Confidence: 0.8579229

00:38:52.310 --> 00:38:53.598 So alright so then,

NOTE Confidence: 0.8579229

00:38:53.598 --> 00:38:55.978 yeah this is just like a taste

NOTE Confidence: 0.8579229

00:38:55.978 --> 00:38:58.174 of how the course looks like.

NOTE Confidence: 0.8579229

00:38:58.180 --> 00:39:00.945 Those are staff members from from the

NOTE Confidence: 0.8579229

00:39:00.945 --> 00:39:03.733 from you Sarah and it was all again

NOTE Confidence: 0.8579229

00:39:03.733 --> 00:39:06.291 on zoom and but you know they tried

NOTE Confidence: 0.8579229

00:39:06.291 --> 00:39:09.220 to make it feel a bit like field 3D

NOTE Confidence: 0.8579229

00:39:09.220 --> 00:39:11.290 even though they're all just unzoom.

NOTE Confidence: 0.8579229

00:39:11.290 --> 00:39:13.663 So they tried to set up incorporate

NOTE Confidence: 0.8579229

00:39:13.663 --> 00:39:15.429 elements of in a dancing,

NOTE Confidence: 0.8579229

00:39:15.430 --> 00:39:17.524 music and lighting so that you

NOTE Confidence: 0.8579229

00:39:17.524 --> 00:39:20.419 would feel like you were in a real

NOTE Confidence: 0.8579229

00:39:20.419 --> 00:39:22.555 environment together in time and so.

NOTE Confidence: 0.8579229

00:39:22.560 --> 00:39:23.198 So right?

NOTE Confidence: 0.8579229

00:39:23.198 --> 00:39:25.750 So then we ran a second pilot trial,

NOTE Confidence: 0.8579229

00:39:25.750 --> 00:39:28.193 which was to see whether this beer

NOTE Confidence: 0.8579229

00:39:28.193 --> 00:39:29.989 delivered coping during covid course

NOTE Confidence: 0.8579229

00:39:29.989 --> 00:39:32.047 would have any impact for those

NOTE Confidence: 0.8579229

00:39:32.047 --> 00:39:33.999 who actually received the course.

NOTE Confidence: 0.8579229

00:39:34.000 --> 00:39:36.160 So we recruited 100 young people.

NOTE Confidence: 0.8579229

00:39:36.160 --> 00:39:38.446 We advertise the study only in

NOTE Confidence: 0.8579229

00:39:38.446 --> 00:39:40.422 areas that were highly affected

NOTE Confidence: 0.8579229

00:39:40.422 --> 00:39:43.040 by covid here in the UK they're

NOTE Confidence: 0.8579229

00:39:43.040 --> 00:39:45.159 called like Tier 2 and Tier 3.

NOTE Confidence: 0.8579229

00:39:45.160 --> 00:39:48.400 Those word I had the largest number of cases,

NOTE Confidence: 0.8579229

00:39:48.400 --> 00:39:50.920 so we sort of targeted those areas.

NOTE Confidence: 0.8579229

00:39:50.920 --> 00:39:54.190 So it was quite the first

NOTE Confidence: 0.8579229

00:39:54.190 --> 00:39:56.370 sample of young people.

NOTE Confidence: 0.8579229

00:39:56.370 --> 00:39:58.800 And we had mostly females.

NOTE Confidence: 0.8579229

00:39:58.800 --> 00:39:59.883 And again we.

NOTE Confidence: 0.8579229

00:39:59.883 --> 00:40:02.049 Assign them to either receive this

NOTE Confidence: 0.8579229

00:40:02.049 --> 00:40:03.395 educational coping during covid

NOTE Confidence: 0.8579229

00:40:03.395 --> 00:40:05.544 course or wait list and then we

NOTE Confidence: 0.8579229

00:40:05.606 --> 00:40:07.772 measured well being in coping and

NOTE Confidence: 0.8579229

00:40:07.772 --> 00:40:09.550 we measured perceptions of their

NOTE Confidence: 0.8579229

00:40:09.550 --> 00:40:11.200 relationship with the peer support.

NOTE Confidence: 0.8579229

00:40:11.200 --> 00:40:14.490 As I said, that was sort of Bringle for us,

NOTE Confidence: 0.8367034

00:40:14.490 --> 00:40:17.780 so I don't have all the results for this one.

NOTE Confidence: 0.8367034

00:40:17.780 --> 00:40:19.420 'cause obviously it's quite recent.

NOTE Confidence: 0.8367034

00:40:19.420 --> 00:40:21.730 The course was just now in December,

NOTE Confidence: 0.8367034

00:40:21.730 --> 00:40:22.962 so we're still analyzing,

NOTE Confidence: 0.8367034

00:40:22.962 --> 00:40:26.014 but I can give you a taste of the

NOTE Confidence: 0.8367034

00:40:26.014 --> 00:40:27.518 perceptions of the relationship

NOTE Confidence: 0.8367034

00:40:27.518 --> 00:40:29.520 and what we found there.

NOTE Confidence: 0.8367034

00:40:29.520 --> 00:40:31.816 So so so far what we found is

NOTE Confidence: 0.8367034

00:40:31.816 --> 00:40:33.851 that there are three core themes

00:40:33.851 --> 00:40:36.430 that come up with the talk about,

00:40:36.430 --> 00:40:38.516 so we asked the young people to

00:40:38.516 --> 00:40:39.835 describe their interactions and

00:40:39.835 --> 00:40:41.685 relationships with their peer supporter,

00:40:41.690 --> 00:40:43.839 like to see whether how they would

00:40:43.839 --> 00:40:45.487 describe that type of relationship

00:40:45.487 --> 00:40:47.473 and what comes up very frequently

00:40:47.473 --> 00:40:49.873 is that they talk about the bonding

00:40:49.873 --> 00:40:51.553 and the shared experience they

00:40:51.560 --> 00:40:53.210 had with their group leaders,

00:40:53.210 --> 00:40:55.184 so they have they talk about

00:40:55.184 --> 00:40:56.500 having things in common.

00:40:56.500 --> 00:40:58.140 The bone that they shared.

00:40:58.140 --> 00:41:00.415 Some say this is a magical relationship

00:41:00.415 --> 00:41:03.048 that they want to last forever, so.

00:41:03.048 --> 00:41:06.188 They create really strong bones.

NOTE Confidence: 0.8367034

00:41:06.190 --> 00:41:08.528 Which I think is something that really

NOTE Confidence: 0.8367034

00:41:08.528 --> 00:41:10.375 sets peer support intervention set

NOTE Confidence: 0.8367034

00:41:10.375 --> 00:41:12.733 apart from it's very different from

NOTE Confidence: 0.8367034

00:41:12.733 --> 00:41:14.790 a therapeutic relationship, right?

NOTE Confidence: 0.8367034

00:41:14.790 --> 00:41:17.370 Like it is based on friendship

NOTE Confidence: 0.8367034

00:41:17.370 --> 00:41:20.906 and based on the sort of communion

NOTE Confidence: 0.8367034

00:41:20.906 --> 00:41:22.526 and companionship etc.

NOTE Confidence: 0.8367034

00:41:22.530 --> 00:41:24.978 And and then I think what was the most

NOTE Confidence: 0.8367034

00:41:24.978 --> 00:41:27.250 frequent theme was feeling hurt and

NOTE Confidence: 0.8367034

00:41:27.250 --> 00:41:29.190 feeling safe within those relationships.

NOTE Confidence: 0.8367034

00:41:29.190 --> 00:41:30.948 So many talked about being nervous

NOTE Confidence: 0.8367034

00:41:30.948 --> 00:41:33.160 but then sort of make sure that

NOTE Confidence: 0.8367034

00:41:33.160 --> 00:41:35.122 everyone like the young leader making

NOTE Confidence: 0.8367034

00:41:35.122 --> 00:41:37.177 sure everyone was getting comfort.

NOTE Confidence: 0.8367034

00:41:37.180 --> 00:41:38.560 Rible, creating a warm,

00:41:38.560 --> 00:41:39.940 loving environment for for

00:41:39.940 --> 00:41:41.179 young people to share.

00:41:41.180 --> 00:41:44.197 So this was really important to them.

00:41:44.200 --> 00:41:46.704 And then we also found that many mention

00:41:46.704 --> 00:41:48.926 the peer support as a role model,

00:41:48.930 --> 00:41:51.989 so being inspired by their peer supporter

00:41:51.989 --> 00:41:54.419 feeling that they were the best.

00:41:54.420 --> 00:41:56.900 And releasing them as role models for us.

00:41:56.900 --> 00:41:58.450 It was slightly surprising that

00:41:58.450 --> 00:42:00.000 you know much less frequently.

00:42:00.000 --> 00:42:01.944 They mention the skills and knowledge

00:42:01.944 --> 00:42:04.169 they learn from the course so you

00:42:04.169 --> 00:42:06.199 know rarely they would say I learned,

00:42:06.200 --> 00:42:08.181 you know this coping skill and you

00:42:08.181 --> 00:42:10.452 know the whole no course was coping

00:42:10.452 --> 00:42:12.319 during covid orders, so we're like,

NOTE Confidence: 0.8367034

00:42:12.319 --> 00:42:12.602 OK,

NOTE Confidence: 0.8367034

00:42:12.602 --> 00:42:14.643 I hope they learn something so we

NOTE Confidence: 0.8367034

00:42:14.643 --> 00:42:16.341 don't know yet because I haven't

NOTE Confidence: 0.8367034

00:42:16.341 --> 00:42:18.290 looked at the quantitative data,

NOTE Confidence: 0.8367034

00:42:18.290 --> 00:42:20.656 but it feels like you know something

NOTE Confidence: 0.8367034

00:42:20.656 --> 00:42:23.061 that what they really valued from this

NOTE Confidence: 0.8367034

00:42:23.061 --> 00:42:25.979 course was a space to feel heard in his.

NOTE Confidence: 0.8367034

00:42:25.980 --> 00:42:27.882 To feel safe during a time

NOTE Confidence: 0.8367034

00:42:27.882 --> 00:42:28.833 of great uncertainty.

NOTE Confidence: 0.8367034

00:42:28.840 --> 00:42:30.616 So I think this is important

NOTE Confidence: 0.8367034

00:42:30.616 --> 00:42:32.980 for us to also reflect on like,

NOTE Confidence: 0.8367034

00:42:32.980 --> 00:42:35.157 is this something that maybe yet young

NOTE Confidence: 0.8367034

00:42:35.157 --> 00:42:37.108 people were yarning for their missing.

NOTE Confidence: 0.8367034

00:42:37.110 --> 00:42:38.326 Perhaps during covid times.

NOTE Confidence: 0.8367034

00:42:38.326 --> 00:42:40.150 Do they have spaces within their

00:42:40.205 --> 00:42:41.880 daily lives within their schools,

00:42:41.880 --> 00:42:43.470 within their families to to

00:42:43.470 --> 00:42:45.060 feel hurt and feel safe?

00:42:45.060 --> 00:42:47.090 We found in the course in the

00:42:47.090 --> 00:42:49.026 media and people for the first

00:42:49.026 --> 00:42:51.030 time sort of disclosed things that

00:42:51.030 --> 00:42:52.689 were really dear to them,

00:42:52.690 --> 00:42:54.575 like disclose their gender identity

00:42:54.575 --> 00:42:56.460 for the first time disclosed.

00:42:56.460 --> 00:42:57.640 So traumatic experiences in

00:42:57.640 --> 00:42:59.115 childhood for the first time,

00:42:59.120 --> 00:43:01.766 so we feel like it's almost like for them.

00:43:01.770 --> 00:43:03.095 It was finally finding that

00:43:03.095 --> 00:43:04.420 place where they could be

00:43:04.470 --> 00:43:07.043 themselves. They could be real and they could

00:43:07.043 --> 00:43:09.150 share something that was important to them.

NOTE Confidence: 0.87342954

00:43:09.150 --> 00:43:10.942 So I think that really like made

NOTE Confidence: 0.87342954

00:43:10.942 --> 00:43:12.756 us reflect then together with young

NOTE Confidence: 0.87342954

00:43:12.756 --> 00:43:14.742 people have been reflecting on this.

NOTE Confidence: 0.87342954

00:43:14.750 --> 00:43:16.920 You know, how can we create spaces

NOTE Confidence: 0.87342954

00:43:16.920 --> 00:43:18.732 that are similar to this course

NOTE Confidence: 0.87342954

00:43:18.732 --> 00:43:20.643 but you know in in daily life,

NOTE Confidence: 0.87342954

00:43:20.650 --> 00:43:23.600 in in the spaces they are all the time right?

NOTE Confidence: 0.87342954

00:43:23.600 --> 00:43:26.930 Not only for five days.

NOTE Confidence: 0.87342954

00:43:26.930 --> 00:43:30.548 So I just wanted to offer a few reflections

NOTE Confidence: 0.87342954

00:43:30.548 --> 00:43:33.286 around what I've just talked about.

NOTE Confidence: 0.87342954

00:43:33.290 --> 00:43:36.542 So I think the first is just, you know,

NOTE Confidence: 0.87342954

00:43:36.542 --> 00:43:38.708 sort of summarizing what I've discussed.

NOTE Confidence: 0.87342954

00:43:38.710 --> 00:43:40.929 I think the first point is that

NOTE Confidence: 0.87342954

00:43:40.929 --> 00:43:43.170 by creating the right tools that

NOTE Confidence: 0.87342954

00:43:43.170 --> 00:43:45.195 speak directly to young people,

00:43:45.200 --> 00:43:47.366 so Agama sort of zoom program,

00:43:47.370 --> 00:43:49.230 you can engage young people were

00:43:49.230 --> 00:43:51.394 meaningfully and and and have scalable

00:43:51.394 --> 00:43:53.134 participation more inclusive participation

00:43:53.134 --> 00:43:55.309 from different parts of the UK.

00:43:55.310 --> 00:43:56.279 In our case.

00:43:56.279 --> 00:43:58.540 So those tools can be really powerful

00:43:58.610 --> 00:44:00.420 for participation and the second

00:44:00.420 --> 00:44:02.695 point is that the close involvement

00:44:02.695 --> 00:44:05.467 of young people across all stages so.

00:44:05.470 --> 00:44:07.115 Across both projects we involve

00:44:07.115 --> 00:44:09.050 them from the beginning to end.

00:44:09.050 --> 00:44:10.675 That really made our research

00:44:10.675 --> 00:44:11.650 and our intervention.

00:44:11.650 --> 00:44:13.813 In the case of the Covid project

00:44:13.813 --> 00:44:15.827 more relevant for them and targeted

NOTE Confidence: 0.87342954

00:44:15.827 --> 00:44:16.847 to their needs,

NOTE Confidence: 0.87342954

00:44:16.850 --> 00:44:18.798 which was something that

NOTE Confidence: 0.87342954

00:44:18.798 --> 00:44:21.233 was really important to us.

NOTE Confidence: 0.87342954

00:44:21.240 --> 00:44:21.588 Obviously,

NOTE Confidence: 0.87342954

00:44:21.588 --> 00:44:22.980 participation is not something

NOTE Confidence: 0.87342954

00:44:22.980 --> 00:44:24.720 that is easy to do.

NOTE Confidence: 0.87342954

00:44:24.720 --> 00:44:28.200 I can tell you that is not cheap in research.

NOTE Confidence: 0.87342954

00:44:28.200 --> 00:44:30.377 Of course you need to reimburse young

NOTE Confidence: 0.87342954

00:44:30.377 --> 00:44:32.304 people you don't like them providing

NOTE Confidence: 0.87342954

00:44:32.304 --> 00:44:34.481 discourses and you know sort of do

NOTE Confidence: 0.87342954

00:44:34.542 --> 00:44:36.622 research together with you without

NOTE Confidence: 0.87342954

00:44:36.622 --> 00:44:38.286 receiving the proper training.

NOTE Confidence: 0.87342954

00:44:38.290 --> 00:44:39.355 The proper reimbursement.

NOTE Confidence: 0.87342954

00:44:39.355 --> 00:44:42.240 So I think this is something to really

NOTE Confidence: 0.87342954

00:44:42.240 --> 00:44:44.550 think about as a researcher wanting to

NOTE Confidence: 0.87342954

00:44:44.550 --> 00:44:47.338 sort of undertake a journey of this type.

NOTE Confidence: 0.87342954

00:44:47.340 --> 00:44:49.392 Whether you're able to provide engagement

NOTE Confidence: 0.87342954

00:44:49.392 --> 00:44:51.520 that is resource that is impactful,

NOTE Confidence: 0.87342954

00:44:51.520 --> 00:44:53.260 that is genuine, that is,

NOTE Confidence: 0.87342954

00:44:53.260 --> 00:44:54.560 in a team friendly.

NOTE Confidence: 0.87342954

00:44:54.560 --> 00:44:55.860 Animal skills building etc

NOTE Confidence: 0.87342954

00:44:55.860 --> 00:44:57.059 and something in those.

NOTE Confidence: 0.87342954

00:44:57.060 --> 00:44:58.845 Those are aspects to consider when you

NOTE Confidence: 0.87342954

00:44:58.845 --> 00:45:00.889 work with young people directly like this.

NOTE Confidence: 0.87342954

00:45:00.890 --> 00:45:03.066 There there is a lot of admin involved,

NOTE Confidence: 0.87342954

00:45:03.070 --> 00:45:05.214 can tell you that as well so you

NOTE Confidence: 0.87342954

00:45:05.214 --> 00:45:06.616 know those are, you know,

NOTE Confidence: 0.87342954

00:45:06.616 --> 00:45:07.708 aspects to think about.

NOTE Confidence: 0.87342954

00:45:07.710 --> 00:45:09.705 Whether you know do I have capacity

NOTE Confidence: 0.87342954

00:45:09.705 --> 00:45:12.150 to do this at the moment and why do

NOTE Confidence: 0.87342954

00:45:12.150 --> 00:45:14.562 I need to budget in when I apply for

NOTE Confidence: 0.87342954

00:45:14.562 --> 00:45:16.444 a ground for example to allow for

NOTE Confidence: 0.87342954

00:45:16.444 --> 00:45:17.804 meaningful participation of young people?

NOTE Confidence: 0.87342954

00:45:17.810 --> 00:45:19.014 That's something you know,

NOTE Confidence: 0.87342954

00:45:19.014 --> 00:45:20.519 because traditionally it is not

NOTE Confidence: 0.87342954

00:45:20.519 --> 00:45:21.360 the way to go.

NOTE Confidence: 0.87342954

00:45:21.360 --> 00:45:23.064 It's not something that we think

NOTE Confidence: 0.87342954

00:45:23.064 --> 00:45:24.890 about from the outset necessarily.

NOTE Confidence: 0.87342954

00:45:24.890 --> 00:45:27.356 So, so those are important points

NOTE Confidence: 0.87342954

00:45:27.356 --> 00:45:29.719 that I just wanted to make.

NOTE Confidence: 0.87342954

00:45:29.720 --> 00:45:30.868 But more than that,

NOTE Confidence: 0.87342954

00:45:30.868 --> 00:45:33.929 I also wanted to make a more general point.

NOTE Confidence: 0.87342954

00:45:33.930 --> 00:45:34.580 I mean,

NOTE Confidence: 0.87342954

00:45:34.580 --> 00:45:36.205 obviously the types of participation

NOTE Confidence: 0.87342954

00:45:36.205 --> 00:45:37.500 that I described here.

NOTE Confidence: 0.87342954

00:45:37.500 --> 00:45:39.110 Those are very formal participation

NOTE Confidence: 0.87342954

00:45:39.110 --> 00:45:39.754 in research.

NOTE Confidence: 0.87342954

00:45:39.760 --> 00:45:41.710 We recruited young people for it.

NOTE Confidence: 0.87342954

00:45:41.710 --> 00:45:43.648 We we pay them for it,

NOTE Confidence: 0.87342954

00:45:43.650 --> 00:45:43.974 right?

NOTE Confidence: 0.87342954

00:45:43.974 --> 00:45:46.566 Like it was a sort of formalized structure.

NOTE Confidence: 0.87342954

00:45:46.570 --> 00:45:47.862 But young people's participation

NOTE Confidence: 0.87342954

00:45:47.862 --> 00:45:49.477 is happening all the time,

NOTE Confidence: 0.87342954

00:45:49.480 --> 00:45:49.794 right?

NOTE Confidence: 0.87342954

00:45:49.794 --> 00:45:52.620 So I wanted to just invite you to think

NOTE Confidence: 0.88208467

00:45:52.697 --> 00:45:54.337 about this for a moment.

NOTE Confidence: 0.88208467

00:45:54.340 --> 00:45:56.996 So we recently wrote a commentary where we

NOTE Confidence: 0.88208467

00:45:56.996 --> 00:45:59.728 argue that having a voice is not something.

NOTE Confidence: 0.88208467

00:45:59.730 --> 00:46:02.117 That is just in this formal settings,

NOTE Confidence: 0.88208467

00:46:02.120 --> 00:46:03.780 but defines every relationship having

NOTE Confidence: 0.88208467

00:46:03.780 --> 00:46:05.440 traction that the children and

NOTE Confidence: 0.88208467

00:46:05.491 --> 00:46:07.246 adolescents experience both at home,

NOTE Confidence: 0.88208467

00:46:07.250 --> 00:46:08.960 in school, work, leisure settings.

NOTE Confidence: 0.88208467

00:46:08.960 --> 00:46:10.870 You know, in in psychiatric

NOTE Confidence: 0.88208467

00:46:10.870 --> 00:46:12.016 interventions every relationship

NOTE Confidence: 0.88208467

00:46:12.016 --> 00:46:14.090 that they have in their lives is,

NOTE Confidence: 0.88208467

00:46:14.090 --> 00:46:16.826 you know, this is an aspect of it,

NOTE Confidence: 0.88208467

00:46:16.830 --> 00:46:19.566 whether they were given enough space to talk,

NOTE Confidence: 0.88208467

00:46:19.570 --> 00:46:21.280 they were given a voice.

NOTE Confidence: 0.88208467

00:46:21.280 --> 00:46:24.349 So so I wanted to just close the talk,

NOTE Confidence: 0.88208467

00:46:24.350 --> 00:46:26.414 invite you to think about, you,

NOTE Confidence: 0.88208467

00:46:26.414 --> 00:46:28.892 know a few questions in your own

NOTE Confidence: 0.88208467

00:46:28.892 --> 00:46:31.340 work in your own life if you.

NOTE Confidence: 0.88208467

00:46:31.340 --> 00:46:32.920 Work with other lessons directly,

NOTE Confidence: 0.88208467

00:46:32.920 --> 00:46:35.400 or if you have other lesson children or

NOTE Confidence: 0.88208467

00:46:35.400 --> 00:46:37.637 relatives to Justin to reflect on this.

NOTE Confidence: 0.88208467

00:46:37.640 --> 00:46:39.684 Whether you've provided them with a safe

NOTE Confidence: 0.88208467

00:46:39.684 --> 00:46:42.050 space to express their thoughts and feelings,

NOTE Confidence: 0.88208467

00:46:42.050 --> 00:46:44.255 you know if you were a clinician.

NOTE Confidence: 0.88208467

00:46:44.260 --> 00:46:45.520 For example, you know,

NOTE Confidence: 0.88208467

00:46:45.520 --> 00:46:46.780 have it so often.

NOTE Confidence: 0.88208467

00:46:46.780 --> 00:46:48.346 We see clinicians talking to the

NOTE Confidence: 0.88208467

00:46:48.346 --> 00:46:50.449 parents with the other lesson city there

NOTE Confidence: 0.88208467

00:46:50.449 --> 00:46:52.134 instead of watching the interaction

NOTE Confidence: 0.88208467

00:46:52.134 --> 00:46:53.710 happening without any participation.

NOTE Confidence: 0.88208467

00:46:53.710 --> 00:46:55.630 You know this is really important

NOTE Confidence: 0.88208467

00:46:55.630 --> 00:46:57.170 for us to reflect on.

NOTE Confidence: 0.88208467

00:46:57.170 --> 00:46:58.745 Can you ask them directly

NOTE Confidence: 0.88208467

00:46:58.745 --> 00:47:00.320 instead of asking the parent?

NOTE Confidence: 0.88208467

00:47:00.320 --> 00:47:03.024 Or you know, how do you manage this?

NOTE Confidence: 0.88208467

00:47:03.030 --> 00:47:04.580 Relationship there are there things

NOTE Confidence: 0.88208467

00:47:04.580 --> 00:47:06.826 that the other lesson may not share if

NOTE Confidence: 0.88208467

00:47:06.826 --> 00:47:08.855 the parent is in the room and then can

NOTE Confidence: 0.88208467

00:47:08.855 --> 00:47:10.767 you give them the space to talk first?

NOTE Confidence: 0.88208467

00:47:10.770 --> 00:47:12.522 You know those are aspects that

NOTE Confidence: 0.88208467

00:47:12.522 --> 00:47:14.615 you can think about in your old

NOTE Confidence: 0.88208467

00:47:14.615 --> 00:47:16.050 work and whether it applies.

NOTE Confidence: 0.88208467

00:47:16.050 --> 00:47:17.736 And then the second one is,

NOTE Confidence: 0.88208467

00:47:17.740 --> 00:47:19.432 can they be involved in this

NOTE Confidence: 0.88208467

00:47:19.432 --> 00:47:20.278 in this decision,

NOTE Confidence: 0.88208467

00:47:20.280 --> 00:47:22.247 like what medication you're going to take?

NOTE Confidence: 0.88208467

00:47:22.250 --> 00:47:23.895 Can they be involved in the decision

NOTE Confidence: 0.88208467

00:47:23.895 --> 00:47:25.361 of you know what intervention

NOTE Confidence: 0.88208467

00:47:25.361 --> 00:47:26.769 they're going to receive?

NOTE Confidence: 0.88208467

00:47:26.770 --> 00:47:28.737 How this treatment is going to work?

NOTE Confidence: 0.88208467

00:47:28.740 --> 00:47:31.278 Or you know in more in daily life decisions,

NOTE Confidence: 0.88208467

00:47:31.280 --> 00:47:31.554 right?

NOTE Confidence: 0.88208467

00:47:31.554 --> 00:47:31.828 Like,

NOTE Confidence: 0.88208467

00:47:31.828 --> 00:47:32.102 well,

NOTE Confidence: 0.88208467

00:47:32.102 --> 00:47:33.746 I don't know what we're going

NOTE Confidence: 0.88208467

00:47:33.746 --> 00:47:34.940 to have for dinner,

NOTE Confidence: 0.88208467

00:47:34.940 --> 00:47:36.690 or whether they want to go to

NOTE Confidence: 0.88208467

00:47:36.690 --> 00:47:38.434 they want to do online schooling

NOTE Confidence: 0.88208467

00:47:38.434 --> 00:47:40.300 in this way or another way.

NOTE Confidence: 0.88208467

00:47:40.300 --> 00:47:41.896 So so those are also questions

NOTE Confidence: 0.88208467

00:47:41.896 --> 00:47:43.689 to think about an and finally,

NOTE Confidence: 0.88208467

00:47:43.690 --> 00:47:46.070 for those creating outputs for young people.

NOTE Confidence: 0.88208467

00:47:46.070 --> 00:47:47.771 I think we need to always come

NOTE Confidence: 0.88208467

00:47:47.771 --> 00:47:50.025 back to this question like does my

NOTE Confidence: 0.88208467

00:47:50.025 --> 00:47:51.860 attempt at representing their world

NOTE Confidence: 0.88208467

00:47:51.860 --> 00:47:53.699 capture what's important to them?

NOTE Confidence: 0.88208467

00:47:53.700 --> 00:47:55.506 And obviously the more we have

NOTE Confidence: 0.88208467

00:47:55.506 --> 00:47:57.102 young people involved in the

NOTE Confidence: 0.88208467

00:47:57.102 --> 00:47:58.787 process of creating this outputs,

NOTE Confidence: 0.88208467

00:47:58.790 --> 00:48:01.174 the more we're going to be able to

NOTE Confidence: 0.88208467

00:48:01.174 --> 00:48:03.556 represent their world and be their advocates,

NOTE Confidence: 0.88208467

00:48:03.560 --> 00:48:03.872 so.

NOTE Confidence: 0.88208467

00:48:03.872 --> 00:48:06.680 So this is I guess all I had and

NOTE Confidence: 0.88208467

00:48:06.774 --> 00:48:09.322 I wanted to just close with a

NOTE Confidence: 0.88208467

00:48:09.322 --> 00:48:11.899 quote that I found recently in

NOTE Confidence: 0.88208467

00:48:11.899 --> 00:48:14.677 a report from a colleague and.

NOTE Confidence: 0.88208467

00:48:14.680 --> 00:48:16.899 Which is from a young person who's

NOTE Confidence: 0.88208467

00:48:16.899 --> 00:48:19.326 17 and she says we can do more.

NOTE Confidence: 0.88208467

00:48:19.330 --> 00:48:21.190 We know we can do more.

NOTE Confidence: 0.88208467

00:48:21.190 --> 00:48:22.430 Just listen to us.

NOTE Confidence: 0.88208467

00:48:22.430 --> 00:48:23.670 Children can influence change,

NOTE Confidence: 0.88208467

00:48:23.670 --> 00:48:25.707 which I think sort of sums up

NOTE Confidence: 0.88208467

00:48:25.707 --> 00:48:28.010 nicely when I try to express here.

NOTE Confidence: 0.88208467

00:48:28.010 --> 00:48:30.180 Ann and I believe we have some

NOTE Confidence: 0.88208467

00:48:30.180 --> 00:48:31.110 time for questions,

NOTE Confidence: 0.83780056

00:48:31.110 --> 00:48:33.286 but just before that I wanted to just

NOTE Confidence: 0.83780056

00:48:33.286 --> 00:48:35.239 think oh partners and collaboration

NOTE Confidence: 0.83780056

00:48:35.239 --> 00:48:37.035 collaborators from this different

NOTE Confidence: 0.83780056

00:48:37.035 --> 00:48:39.220 projects that I talked about.

NOTE Confidence: 0.83780056

00:48:39.220 --> 00:48:41.218 And then yes, and again, thanks for

NOTE Confidence: 0.83780056

00:48:41.218 --> 00:48:43.206 the opportunity to talk to us today.

NOTE Confidence: 0.83780056

00:48:43.210 --> 00:48:45.451 Talk to you today and I would be really

NOTE Confidence: 0.83780056

00:48:45.451 --> 00:48:47.177 happy to answer questions over email

NOTE Confidence: 0.83780056

00:48:47.177 --> 00:48:49.480 or talk about any of those projects.

NOTE Confidence: 0.83780056

00:48:49.480 --> 00:48:51.412 Yeah, I'm also on social media if

NOTE Confidence: 0.83780056

00:48:51.412 --> 00:48:53.758 that's a good way to connect, you know,

NOTE Confidence: 0.83780056

00:48:53.758 --> 00:48:55.746 as someone who works without the lesson,

NOTE Confidence: 0.83780056

00:48:55.750 --> 00:48:57.466 I'm like all over social media

NOTE Confidence: 0.83780056

00:48:57.466 --> 00:48:59.740 so you can find me there as well.

NOTE Confidence: 0.83780056

00:48:59.740 --> 00:49:02.310 And yes, I'll be very glad to to discuss

NOTE Confidence: 0.8694093

00:49:02.310 --> 00:49:04.590 now, Gabby, thank you. Thank you so much.

NOTE Confidence: 0.8694093

00:49:04.590 --> 00:49:06.210 It was just fantastic and Angie

NOTE Confidence: 0.8694093

00:49:06.210 --> 00:49:08.823 and I are going to try to feel the

NOTE Confidence: 0.8694093

00:49:08.823 --> 00:49:10.960 comments and the questions, but I'm so.

NOTE Confidence: 0.8694093

00:49:10.960 --> 00:49:12.560 Excited by the content that

NOTE Confidence: 0.8694093

00:49:12.560 --> 00:49:14.376 you shared with us. Thank you.

NOTE Confidence: 0.8694093

00:49:14.376 --> 00:49:15.270 Thank you Angie.

NOTE Confidence: 0.8694093

00:49:15.270 --> 00:49:17.934 Take it away and if you have any questions,

NOTE Confidence: 0.8694093

00:49:17.940 --> 00:49:19.716 raise your electronic hand or or

NOTE Confidence: 0.8694093

00:49:19.716 --> 00:49:21.210 make a assign. But Angie.

NOTE Confidence: 0.82682014

00:49:23.670 --> 00:49:25.636 Yes, thank you so much, Kathy.

NOTE Confidence: 0.82682014

00:49:25.636 --> 00:49:28.284 This was truly fascinating and I think I'm

NOTE Confidence: 0.82682014

00:49:28.284 --> 00:49:30.510 looking at the chat box because there's

NOTE Confidence: 0.82682014

00:49:30.510 --> 00:49:32.988 a lot of already sort of reflections

NOTE Confidence: 0.82682014

00:49:32.988 --> 00:49:35.060 about things that you have shared.

NOTE Confidence: 0.82682014

00:49:35.060 --> 00:49:37.405 I think Larry sorry I called you

NOTE Confidence: 0.82682014

00:49:37.405 --> 00:49:40.343 here because I think this is a very

NOTE Confidence: 0.82682014

00:49:40.343 --> 00:49:42.076 important question that I think

NOTE Confidence: 0.82682014

00:49:42.076 --> 00:49:44.106 had some follow up later on it.

NOTE Confidence: 0.82682014

00:49:44.110 --> 00:49:45.780 The question Gabby here is,

NOTE Confidence: 0.82682014

00:49:45.780 --> 00:49:48.125 do you think peer support training builds,

NOTE Confidence: 0.82682014

00:49:48.130 --> 00:49:49.800 resilience, resilience because you were

NOTE Confidence: 0.82682014

00:49:49.800 --> 00:49:51.810 making that connection and Larry's posing,

NOTE Confidence: 0.82682014

00:49:51.810 --> 00:49:54.820 does it feel because it feels good to help?

NOTE Confidence: 0.82682014

00:49:54.820 --> 00:49:56.738 And will self esteem, or because,

NOTE Confidence: 0.82682014

00:49:56.738 --> 00:49:57.934 because teens learn things

NOTE Confidence: 0.82682014

00:49:57.934 --> 00:49:59.130 that help themselves too.

NOTE Confidence: 0.82682014

00:49:59.130 --> 00:50:00.978 So could you maybe hypothesize a little

NOTE Confidence: 0.82682014

00:50:00.978 --> 00:50:03.147 bit about that sort of linkage between

NOTE Confidence: 0.82682014

00:50:03.147 --> 00:50:04.802 peer support and building resiliency?

NOTE Confidence: 0.82682014

00:50:04.810 --> 00:50:06.300 What the mechanisms might be,

NOTE Confidence: 0.82682014

00:50:06.300 --> 00:50:08.400 I think that's a lot of interest,

NOTE Confidence: 0.82682014

00:50:08.400 --> 00:50:10.784 and thank you Larry for posing that question.

NOTE Confidence: 0.82682014

00:50:10.790 --> 00:50:13.180 Yeah, I just think it was so interesting

NOTE Confidence: 0.82682014

00:50:13.180 --> 00:50:15.274 and so important that issue of you

NOTE Confidence: 0.82682014

00:50:15.274 --> 00:50:16.767 know that we're always struggling

NOTE Confidence: 0.82682014

00:50:16.767 --> 00:50:18.561 with resiliency and just what a

NOTE Confidence: 0.82682014

00:50:18.561 --> 00:50:20.652 great you know in road to this.

NOTE Confidence: 0.82682014

00:50:20.652 --> 00:50:23.230 And I'm sorry my videos disable them assigned

NOTE Confidence: 0.82682014

00:50:23.230 --> 00:50:25.750 to some special thing in this conference.

NOTE Confidence: 0.82682014

00:50:25.750 --> 00:50:27.094 Thank you great talk.

NOTE Confidence: 0.82682014

00:50:27.094 --> 00:50:28.438 Thank you so much.

NOTE Confidence: 0.8251019

00:50:28.440 --> 00:50:29.463 Thank you Larry.

NOTE Confidence: 0.8251019

00:50:29.463 --> 00:50:32.470 I think I thanks for the comments as well.

NOTE Confidence: 0.8251019

00:50:32.470 --> 00:50:35.158 Just be reading and I love that quote.

NOTE Confidence: 0.8251019

00:50:35.160 --> 00:50:36.138 From Maya Angelou.

NOTE Confidence: 0.8251019

00:50:36.138 --> 00:50:37.442 Really lovely and really

NOTE Confidence: 0.8251019

00:50:37.442 --> 00:50:38.850 expresses our qualitative results.

NOTE Confidence: 0.8251019

00:50:38.850 --> 00:50:40.902 I'm going to think about that

NOTE Confidence: 0.8251019

00:50:40.902 --> 00:50:42.550 next time I present it.

NOTE Confidence: 0.8251019

00:50:42.550 --> 00:50:44.230 Quote her in, but yeah,

NOTE Confidence: 0.8251019

00:50:44.230 --> 00:50:45.890 this question is really important

NOTE Confidence: 0.8251019

00:50:45.890 --> 00:50:47.918 about about where the effect comes

NOTE Confidence: 0.8251019

00:50:47.918 --> 00:50:50.060 from and what is the actual active

NOTE Confidence: 0.8251019

00:50:50.060 --> 00:50:51.958 ingredient there in building resilience.

NOTE Confidence: 0.8251019

00:50:51.960 --> 00:50:54.525 And sorry to sort of bring this into a

NOTE Confidence: 0.8251019

00:50:54.525 --> 00:50:56.998 sort of much higher level discussion,

NOTE Confidence: 0.8251019

00:50:57.000 --> 00:50:57.891 but I think.

NOTE Confidence: 0.8251019

00:50:57.891 --> 00:50:59.970 I think what we've been arguing for

NOTE Confidence: 0.8251019

00:51:00.041 --> 00:51:02.554 is that we need to think differently

NOTE Confidence: 0.8251019

00:51:02.554 --> 00:51:04.260 about flourishing and hapiness,

NOTE Confidence: 0.8251019

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00:51:04.260 --> 00:51:05.890 and specially for children adolescents.

NOTE Confidence: 0.8251019

00:51:05.890 --> 00:51:08.228 So we tend to think of flourishing

NOTE Confidence: 0.8251019

00:51:08.228 --> 00:51:10.110 us or happiness as you know,

NOTE Confidence: 0.8251019

00:51:10.110 --> 00:51:11.350 having positive emotions right?

NOTE Confidence: 0.8251019

00:51:11.350 --> 00:51:13.690 Or it's like achieving things for yourself.

NOTE Confidence: 0.8251019

00:51:13.690 --> 00:51:15.965 And when we talk to other lessons

NOTE Confidence: 0.8251019

00:51:15.965 --> 00:51:18.146 to young people I mean they care

NOTE Confidence: 0.8251019

00:51:18.146 --> 00:51:20.276 about that but they care a lot

NOTE Confidence: 0.8251019

00:51:20.276 --> 00:51:22.733 about their role in SoC about their

NOTE Confidence: 0.8251019

00:51:22.733 --> 00:51:24.736 connection to the school about whether

NOTE Confidence: 0.8251019

00:51:24.736 --> 00:51:26.356 they're connected to their peers,

NOTE Confidence: 0.8251019

00:51:26.360 --> 00:51:28.310 whether they know people like them,

NOTE Confidence: 0.8251019

00:51:28.310 --> 00:51:29.630 whether they they're feeling

NOTE Confidence: 0.8251019

00:51:29.630 --> 00:51:30.950 included in the conversations,

NOTE Confidence: 0.8251019

00:51:30.950 --> 00:51:32.500 whether they're able to contribute

NOTE Confidence: 0.8251019

00:51:32.500 --> 00:51:33.867 to society, like all that,

NOTE Confidence: 0.8251019

00:51:33.867 --> 00:51:35.361 is part of what we understand

NOTE Confidence: 0.8251019

00:51:35.361 --> 00:51:37.150 is flourishing for adolescents.

NOTE Confidence: 0.8251019

00:51:37.150 --> 00:51:39.010 So I think I, I believe,

NOTE Confidence: 0.8251019

00:51:39.010 --> 00:51:40.870 part of the so nice, yeah,

NOTE Confidence: 0.8251019

00:51:40.870 --> 00:51:43.350 I believe part of the effect comes from,

NOTE Confidence: 0.8251019

00:51:43.350 --> 00:51:45.210 of course, learning self care strategies,

NOTE Confidence: 0.8251019

00:51:45.210 --> 00:51:47.690 and that we saw in the data set.

NOTE Confidence: 0.8251019

00:51:47.690 --> 00:51:48.930 So they say, OK,

NOTE Confidence: 0.8251019

00:51:48.930 --> 00:51:50.480 I use this meditation strategy,

NOTE Confidence: 0.8251019

00:51:50.480 --> 00:51:52.638 or I took a walk, you know,

NOTE Confidence: 0.8251019

00:51:52.638 --> 00:51:55.446 it was like I played video games when I

NOTE Confidence: 0.8251019

00:51:55.446 --> 00:51:57.920 was stressed out, and that can be tough.

NOTE Confidence: 0.8251019

00:51:57.920 --> 00:51:58.564 So anyways.

NOTE Confidence: 0.8251019

00:51:58.564 --> 00:51:59.530 So so that.

NOTE Confidence: 0.8251019

00:51:59.530 --> 00:52:00.226 Definitely happened,

NOTE Confidence: 0.8251019

00:52:00.226 --> 00:52:02.662 but I think great part of the

NOTE Confidence: 0.8251019

00:52:02.662 --> 00:52:04.717 effect on on resilience or or

NOTE Confidence: 0.8251019

00:52:04.717 --> 00:52:06.362 resilience for young people was

NOTE Confidence: 0.8251019

00:52:06.430 --> 00:52:08.482 coming from the fact that they

NOTE Confidence: 0.8251019

00:52:08.482 --> 00:52:10.536 could contribute and that was something.

NOTE Confidence: 0.8251019

00:52:10.536 --> 00:52:11.908 I mean we have.

NOTE Confidence: 0.8251019

00:52:11.910 --> 00:52:12.580 We don't.

NOTE Confidence: 0.8251019

00:52:12.580 --> 00:52:14.590 We haven't analyzed fully the results

NOTE Confidence: 0.8251019

00:52:14.590 --> 00:52:16.727 from from the peer supporters yet,

NOTE Confidence: 0.8251019

00:52:16.730 --> 00:52:19.330 but we do have data that speaks to

NOTE Confidence: 0.8251019

00:52:19.330 --> 00:52:21.717 that when they talk about you know

NOTE Confidence: 0.8251019

00:52:21.717 --> 00:52:24.639 how some of them say telling us that,

NOTE Confidence: 0.8251019

00:52:24.640 --> 00:52:25.212 like covid.

NOTE Confidence: 0.8251019

00:52:25.212 --> 00:52:26.928 Was the best year of their

NOTE Confidence: 0.8251019

00:52:26.928 --> 00:52:28.789 lives because they could be peer

NOTE Confidence: 0.8251019

00:52:28.789 --> 00:52:30.329 supporters for other young people

NOTE Confidence: 0.8251019

00:52:30.329 --> 00:52:32.070 and that really surprised us.

NOTE Confidence: 0.8251019

00:52:32.070 --> 00:52:33.610 'cause for nobody COVID-19 is

NOTE Confidence: 0.8251019

00:52:33.610 --> 00:52:35.716 the best year of their lives were

NOTE Confidence: 0.8251019

00:52:35.716 --> 00:52:37.459 like how can you say that so

NOTE Confidence: 0.8251019

00:52:37.459 --> 00:52:39.342 so that was something that was

NOTE Confidence: 0.8251019

00:52:39.342 --> 00:52:41.180 really powerful for us to learn.

NOTE Confidence: 0.8251019

00:52:41.180 --> 00:52:43.260 That was I think great part of of

NOTE Confidence: 0.8251019

00:52:43.260 --> 00:52:45.005 what made them stronger was was

NOTE Confidence: 0.8251019

00:52:45.005 --> 00:52:47.120 the fact that it could contribute.

NOTE Confidence: 0.8251019

00:52:47.120 --> 00:52:49.108 I mean obviously we need to test

NOTE Confidence: 0.8251019

00:52:49.108 --> 00:52:51.247 this in a in a larger trial,

NOTE Confidence: 0.8251019

00:52:51.250 --> 00:52:53.466 but I think that is where the results

NOTE Confidence: 0.8251019

00:52:53.466 --> 00:52:55.666 at the moment are leading us to.

NOTE Confidence: 0.76696324

00:52:56.590 --> 00:52:58.445 Alter Gilliam you have a long question

NOTE Confidence: 0.76696324

00:52:58.445 --> 00:53:00.799 said we want to hear you on mute yourself.

NOTE Confidence: 0.8866436

00:53:04.720 --> 00:53:06.492 Thank you so much and you know,

NOTE Confidence: 0.8866436

00:53:06.492 --> 00:53:08.194 let me start off by saying how,

NOTE Confidence: 0.8866436

00:53:08.194 --> 00:53:10.539 how wonderful it is to hear an ethicist here.

NOTE Confidence: 0.8866436

00:53:10.540 --> 00:53:12.058 You know giving a presentation about,

NOTE Confidence: 0.8866436

00:53:12.058 --> 00:53:14.326 you know how we think about the work that

NOTE Confidence: 0.8866436

00:53:14.330 --> 00:53:16.442 we do and maybe more importantly how we

NOTE Confidence: 0.8866436

00:53:16.442 --> 00:53:18.099 sometimes don't think about the work that

NOTE Confidence: 0.8866436

00:53:18.099 --> 00:53:20.153 we do and should be thinking about it.

NOTE Confidence: 0.8866436

00:53:20.153 --> 00:53:22.740 So my question basically is around how do we?

NOTE Confidence: 0.8866436

00:53:22.740 --> 00:53:25.230 How do we get more community based,

NOTE Confidence: 0.8866436

00:53:25.230 --> 00:53:26.850 participatory research ideas within the

NOTE Confidence: 0.8866436

00:53:26.850 --> 00:53:29.602 work that we do and try to curb this

NOTE Confidence: 0.8866436

00:53:29.602 --> 00:53:31.850 tendency that we might have to be cowboy

NOTE Confidence: 0.8866436

00:53:31.850 --> 00:53:33.656 ethnographers in the world of children?

NOTE Confidence: 0.8866436

00:53:33.660 --> 00:53:35.760 And is that mostly by training and

NOTE Confidence: 0.8866436

00:53:35.760 --> 00:53:37.224 retraining us in research methodology?

NOTE Confidence: 0.8866436

00:53:37.224 --> 00:53:39.338 Or is it more by putting pressure

NOTE Confidence: 0.8866436

00:53:39.338 --> 00:53:40.878 on funders to demand it?

NOTE Confidence: 0.8866436

00:53:40.880 --> 00:53:42.875 Or is it some kind of combination

NOTE Confidence: 0.8866436

00:53:42.875 --> 00:53:45.156 like how do you see how do you

NOTE Confidence: 0.8866436

00:53:45.156 --> 00:53:47.265 see moving us forward as a field

NOTE Confidence: 0.8866436

00:53:47.265 --> 00:53:49.305 along the ideas that you presented?

NOTE Confidence: 0.8718108

00:53:50.600 --> 00:53:51.443 Thank you, yeah,

NOTE Confidence: 0.8718108

00:53:51.443 --> 00:53:53.129 I think this is really important.

NOTE Confidence: 0.8718108

00:53:53.130 --> 00:53:55.378 Something we think about a lot as well.

NOTE Confidence: 0.8718108

00:53:55.380 --> 00:53:57.828 I think. I mean certainly we need the

NOTE Confidence: 0.8718108

00:53:57.828 --> 00:53:59.229 external agencies and the pressure

NOTE Confidence: 0.8718108

00:53:59.229 --> 00:54:01.280 right to be able to do that work.

NOTE Confidence: 0.8718108

00:54:01.280 --> 00:54:03.184 I mean, of course if we don't get

NOTE Confidence: 0.8718108

00:54:03.184 --> 00:54:04.655 funding for reimbursing young people

NOTE Confidence: 0.8718108

00:54:04.655 --> 00:54:06.839 if we don't get funding for public

NOTE Confidence: 0.8718108

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00:54:06.900 --> 00:54:08.867 engagement lead for a big project like

NOTE Confidence: 0.8718108

00:54:08.867 --> 00:54:10.481 we cannot even implement this work.

NOTE Confidence: 0.8718108

00:54:10.481 --> 00:54:13.151 So we I think this is a sort of basic

NOTE Confidence: 0.8718108

00:54:13.151 --> 00:54:15.704 requirement for us to be able to do this

NOTE Confidence: 0.8718108

00:54:15.704 --> 00:54:18.136 and also for people to start thinking about.

NOTE Confidence: 0.8718108

00:54:18.140 --> 00:54:20.107 But I can see this is changing.

NOTE Confidence: 0.8718108

00:54:20.110 --> 00:54:22.777 I mean, at least in the UK.

NOTE Confidence: 0.8718108

00:54:22.780 --> 00:54:24.904 This is a requirement for many

NOTE Confidence: 0.8718108

00:54:24.904 --> 00:54:27.676 grants right now that you need to

NOTE Confidence: 0.8718108

00:54:27.676 --> 00:54:29.388 describe your public engagement.

NOTE Confidence: 0.8718108

00:54:29.390 --> 00:54:32.189 Public involvement, work.

NOTE Confidence: 0.8718108

00:54:32.190 --> 00:54:34.332 Can you still hear me because you

NOTE Confidence: 0.8718108

00:54:34.332 --> 00:54:36.079 your screen throws a little bit,

NOTE Confidence: 0.8718108

00:54:36.080 --> 00:54:38.166 you can OK good if I disappear,

NOTE Confidence: 0.8718108

00:54:38.170 --> 00:54:41.180 just give it up and.

NOTE Confidence: 0.8718108

00:54:41.180 --> 00:54:41.748 Some papers,

NOTE Confidence: 0.8718108

00:54:41.748 --> 00:54:42.600 like some journals,

NOTE Confidence: 0.8718108

00:54:42.600 --> 00:54:44.010 also require that right now,

NOTE Confidence: 0.8718108

00:54:44.010 --> 00:54:45.708 which I think is really important,

NOTE Confidence: 0.8718108

00:54:45.710 --> 00:54:46.472 they say OK,

NOTE Confidence: 0.8718108

00:54:46.472 --> 00:54:47.996 you need to have this statement

NOTE Confidence: 0.8718108

00:54:47.996 --> 00:54:49.549 saying how many young people

NOTE Confidence: 0.8718108

00:54:49.549 --> 00:54:50.793 involved or others involved,

NOTE Confidence: 0.8718108

00:54:50.800 --> 00:54:52.550 as as in PPI and and this

NOTE Confidence: 0.8718108

00:54:52.550 --> 00:54:54.200 sort of gives the pressure.

NOTE Confidence: 0.8718108

00:54:54.200 --> 00:54:56.272 'cause if you need to always right

NOTE Confidence: 0.8718108

00:54:56.272 --> 00:54:58.551 nobody you know what I mean that that

NOTE Confidence: 0.8718108

00:54:58.551 --> 00:55:00.420 becomes a sort of thing that OK,

NOTE Confidence: 0.8718108

00:55:00.420 --> 00:55:01.835 you're forced you think about

NOTE Confidence: 0.8718108

00:55:01.835 --> 00:55:03.250 when you publish as well.

NOTE Confidence: 0.8718108

00:55:03.250 --> 00:55:05.026 So I think those changes are

NOTE Confidence: 0.8718108

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00:55:05.026 --> 00:55:06.812 hugely important and in one of

NOTE Confidence: 0.8718108

00:55:06.812 --> 00:55:08.420 our papers the papers that that

NOTE Confidence: 0.8718108

00:55:08.420 --> 00:55:10.327 that one that we do the mapping.

NOTE Confidence: 0.8718108

00:55:10.330 --> 00:55:11.422 We also provide some.

NOTE Confidence: 0.8718108

00:55:11.422 --> 00:55:13.807 Ideas on how you can report having worked

NOTE Confidence: 0.8718108

00:55:13.807 --> 00:55:15.859 with young people in your research?

NOTE Confidence: 0.8718108

00:55:15.860 --> 00:55:17.813 So I think this types of guidelines

NOTE Confidence: 0.8718108

00:55:17.813 --> 00:55:19.120 are very important as well.

NOTE Confidence: 0.8718108

00:55:19.120 --> 00:55:20.578 There's been a lot of material

NOTE Confidence: 0.8718108

00:55:20.578 --> 00:55:22.208 produced within the UK that gives

NOTE Confidence: 0.8718108

00:55:22.208 --> 00:55:23.718 you like researchers some guidance.

NOTE Confidence: 0.8718108

00:55:23.720 --> 00:55:24.176 And yeah,

NOTE Confidence: 0.8718108

00:55:24.176 --> 00:55:25.772 just some ideas on how to work

NOTE Confidence: 0.8718108

00:55:25.772 --> 00:55:27.519 with young people what's required.

NOTE Confidence: 0.8718108

00:55:27.520 --> 00:55:28.870 So I think this is.

NOTE Confidence: 0.8718108

00:55:28.870 --> 00:55:31.309 I mean, it's still we need to keep learning,

NOTE Confidence: 0.8718108

00:55:31.310 --> 00:55:33.749 I think, and sort of learning as we go.

NOTE Confidence: 0.8718108

00:55:33.750 --> 00:55:34.774 I would say, yeah,

NOTE Confidence: 0.8718108

00:55:34.774 --> 00:55:36.730 that has been the process with myself.

NOTE Confidence: 0.8718108

00:55:36.730 --> 00:55:38.834 So if you try to engage and it

NOTE Confidence: 0.8718108

00:55:38.834 --> 00:55:40.832 doesn't work and then I'm like, OK,

NOTE Confidence: 0.8718108

00:55:40.832 --> 00:55:42.804 let's try this now. And you sort of.

NOTE Confidence: 0.8718108

00:55:42.804 --> 00:55:44.429 You end up if you work collaboratively

NOTE Confidence: 0.8718108

00:55:44.429 --> 00:55:45.279 with them,

NOTE Confidence: 0.8718108

00:55:45.280 --> 00:55:47.604 you end up finding the answer there.