

A NETFLIX LIMITED SERIES

Stephen  
Graham

Ashley  
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Introducing  
Owen  
Cooper

A child accused.  
Everyone left to answer.

ADOLESCENCE

ONLY ON **NETFLIX** | MARCH 13

# Young people and the digital world

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Parent meeting on the issues raised by the Netflix series *Adolescence*

A man with a serious expression, wearing a dark jacket, is the central focus. To his left, another person is partially visible, looking towards him. The background is a plain wall with a teal and white geometric pattern.

# Synopsis

- Armed Police enter a house by force in the early hours of the morning
- 13-year-old Jamie is arrested for the murder of a girl from school
- He is frightened and alone
- Strip searched, interviewed and charged with murder
- He defiantly claims his innocence
- Parents are shocked and completely unaware of the aggressive nature of his social media comments about women
- Jamie would often be awake past 1.00am on his computer in his bedroom



- Police visit the school to investigate the murder and find a motive and are initially completely in the dark regarding the nature of the social media posts and the messages and emojis that follow
- A female psychologist assesses Jamie – who shows erratic mood swings and becomes aggressive, attempting to physically intimidate her
- The interaction shows that Jamie has very low self-esteem, but also holds some very disturbing views on women
- Jamie admits his role in the death of the girl – but not his responsibility
- Jamie’s family struggle with the implications of the murder and what impact this will have on the family

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ADOLESCENCE

# Main issues

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- Unfettered access to the internet at all times
- Access to social media unlimited and never supervised
- Changes in views, beliefs and values not discussed, questioned or evaluated
- Parents, school and Police not up-to-speed in the way social media is used by young people – and the impact it is having on their lives
- Unhealthy influences and influencers

# Access

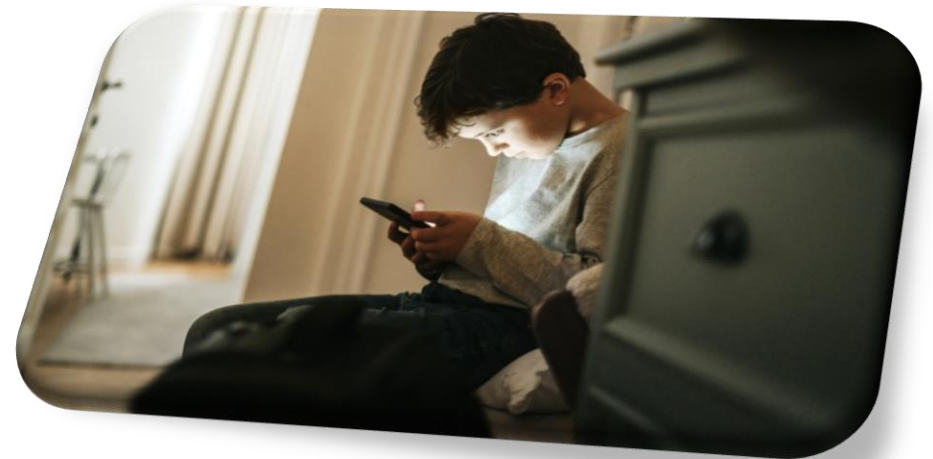
- 24-7
  - Unfiltered
  - Impact on family interaction
  - Impact on sleep
  - Impact on performance at school
- *Eat together*
  - *Tech home agreement or code*
  - *No devices in bedrooms*
  - *Router settings*
  - *Router switch off*



# Social media

- Fun, exciting and informative
- Algorithms
- Close, private contact
- Unsupervised
- Lack of responsibility / culpability
- Bullying
- Self-esteem

- *Be “friends”*
- *Device check for all*
- *Keep communication with how it is being used open*



# Values, beliefs and opinions

- Values are shaped by a combination of family, peers, religion, news, culture, personal experiences and social interaction (including online)
- Over time, social media has become a bigger factor
- Much of what is seen on social media is interpreted as “fact”
- *Spend time as a family*
- *Discuss issues that are important (to young people)*
- *Encourage debate and challenge extreme views and information sources in a safe way*



# Adult knowledge

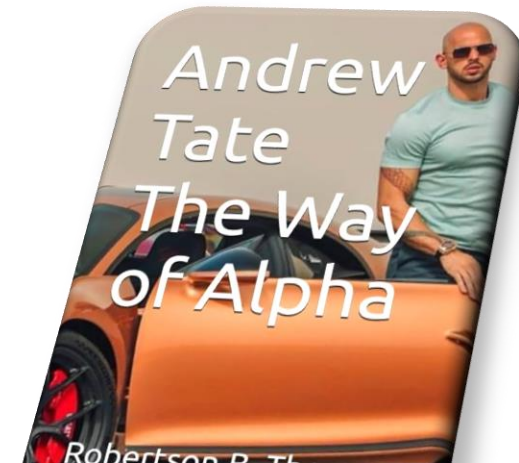
- Social media accounts
- *#hashtags*
- slang
- emojis

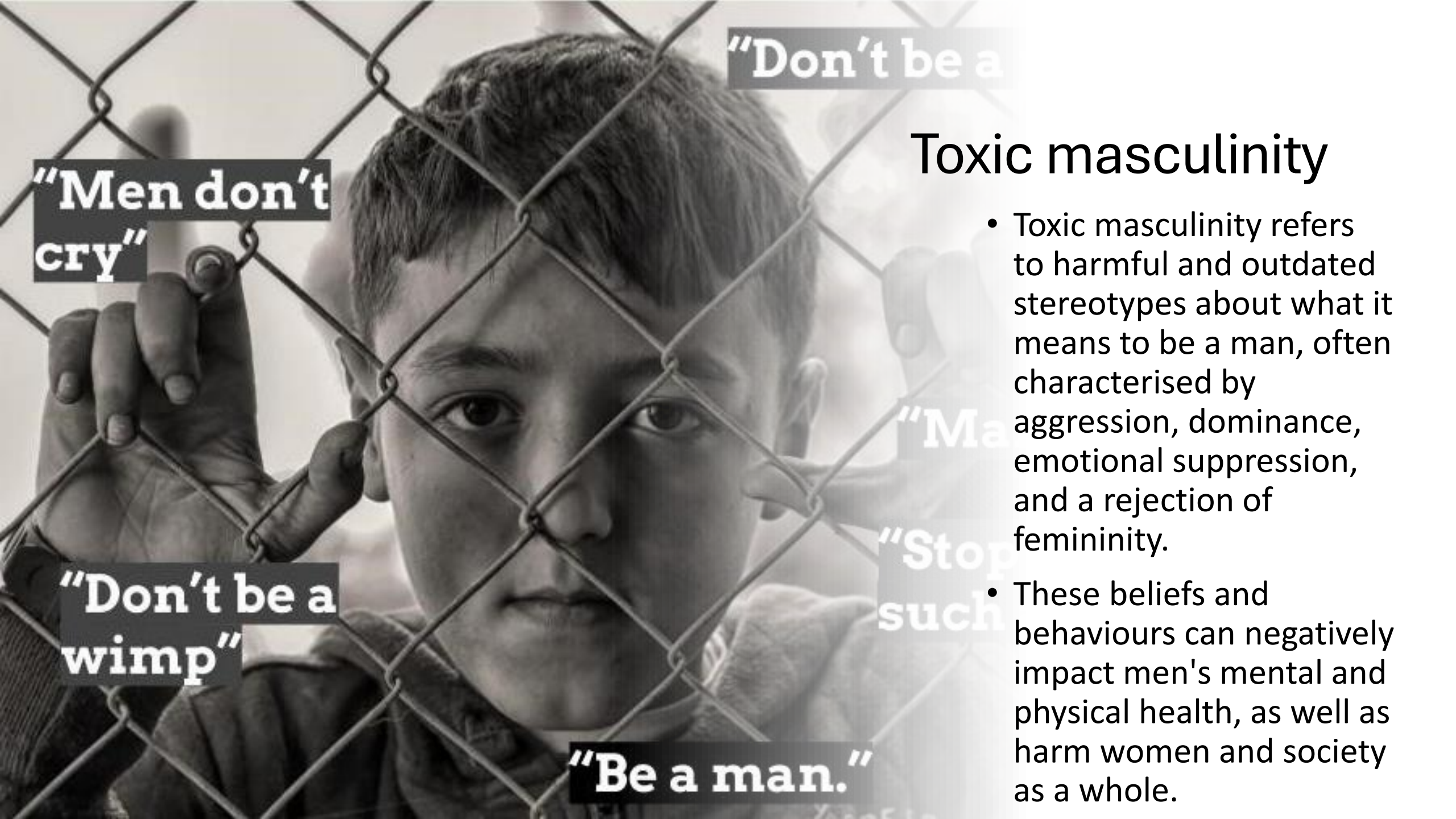


- *Talk to young people*
- *Learn what is trending and important*
- *Be there – and be honest about what you do and do not know*

# Influences and influencers

- Social media will feed young people more and more of what they are searching for
- Some influencers will exploit this creating a cult of personality for their own means – whilst encouraging misogynistic, racist, homophobic beliefs and promoting their way as a better way
- *Talk to young people*
- *Discuss what and who they follow and why*
- *Challenge the views and beliefs of individuals you feel may be unhealthy – but don't shut the conversation down*





**"Don't be a**

**"Men don't  
cry"**

**"Don't be a  
wimp"**

**"Be a man."**

## Toxic masculinity

- Toxic masculinity refers to harmful and outdated stereotypes about what it means to be a man, often characterised by aggression, dominance, emotional suppression, and a rejection of femininity.
- These beliefs and behaviours can negatively impact men's mental and physical health, as well as harm women and society as a whole.

# The boys are not to blame...

- Boys are more likely than girls to be exposed to harmful online content.
- This exposure can include various types of violence, such as physical fights, weapons, gang activity, and sexually violent content as well as material promoting misogynistic and toxically masculine values
- Additionally, boys are also more likely to share violent material online with peers to fit in, and recommender algorithms and group messaging can exacerbate this exposure.
- ***Boys need role models and guidance – if they do not find it at home or at school – they'll look for it online!***
- [The Richard Dimbleby Lecture - Sir Gareth Southgate - BBC iPlayer](#)



# Challenges but winnable!

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- Not all online sources of information are negative
- Not all online communities are negative
- Keep talking
- Be honest
- See their point-of-view



# Further sources of support and information

- [Social Media & Mental Health | Guide For Parents | YoungMinds](#)
- [UKCIS Social media guide for parents and carers - Internet Matters](#)
- [Parents and Carers - UK Safer Internet Centre](#)
- [How to talk to children about Andrew Tate and other toxic views online | BPS](#)
- [Toxic Masculinity In Childhood | The Children's Society](#)
- [mumsnet-emoji-guide-for-parents.png \(2480×3508\)](#)
- [430+ Teen Slang, Emojis, & Hashtags Parents Need to Know](#)

# Questions

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- ***How do I change router settings?***
- Contact your ISP (internet service provider). You may be able to adjust settings online or via an app.
- ***What questions to ask young people? How to get the conversation started?***
- Be open – and let them talk. The conversation will flow – and more difficult and challenging questions can be tackled (both ways!)
- ***Should I watch Adolescence with my child?***
- I would suggest you watch it first – and make your own decision. I do not agree that every high school age pupil should see it.

**Thank you for coming!**