



# The Nurture Network 2018-2019

## Our First Year in Review

## Message from the Director and Leadership Team



Prof Gordon Harold

What a fantastic year of activities and impacts for eNurture! Made possible by our amazing members, partners and key contributors who have facilitated the development of the Nurture Network and its innovative and ambitious objectives since the Network's launch in November 2018.

This end-of-year review is to celebrate the activities of eNurture during this first year and to set the scene as we embark on the next phase of this exciting and innovative multidisciplinary network aimed at promoting positive mental health for young people in a digital world.

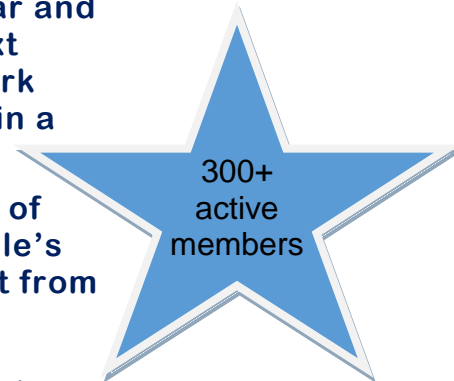
What does the digital revolution mean for our understanding of traditional family, school and peer influences on young people's mental health? How do we harness opportunities and protect from risks that permeate and surround young people's social environments as a result of the digital world that they now occupy? How do we empower parents, teachers, professionals, practitioners, policy makers and young people themselves to access evidence-based knowledge and information that supports positive mental health, development and future life chances? These remain our key objectives.

To each of our advisors, members, partners, youth panel contributors, cross-network collaborators, and of course funders and investors – YOU are our network! Thank you for all your help and support in 2019. We look forward to working with you in 2020 and beyond and to building new and exciting partnerships as we progress and enhance our partnership journey!

### The eNurture Leadership Team



5  
projects  
funded



300+  
active  
members



4  
national  
events



3  
school  
workshops



13  
publications



Youth panel  
established

## eNurture Funded Projects

We awarded grants to five exciting projects in our first funding round.

*Exploring understandings of digital resilience to inform the development of a Digital Resilience Scale (DRS) for 'pre-teens' (9-12 year olds)*

**Dr Simon Hammond**

**University of East Anglia**

**£24,853.25**

“As an early career researcher having the support, both financially and collegially, accessible via the eNurture network has been vital in the preparation and ongoing delivery of the Digital Resilience Scale feasibility study. Given the feasibility stage of the programme, the latter will be increasingly important as the feasibility element draws to a close and follow-on funding application is prepared.”

**Dr Simon Hammond**

“So far we have been able to engage with seven care leavers through arts based workshops and individual interviews. This is a very hard to reach group living in precarious situations. The funding has allowed us to provide travel, refreshments and some financial support to enable young people's participation. Their insights into the role social media plays in their lives have been really interesting and we are beginning to better understand the particular challenges care leavers face in using social media.”

**Dr Autumn Roesch-Marsh**

*Care leaver relationships, mental health and social media*

**Dr Autumn Roesch-Marsh**

**University of Edinburgh**

**£44,999**

*Prototyping TangToys (Tangible Toys to Improve Mental Health): Explorative work for designing digital technology for and with Children with Intellectual Disability*

**Dr Eiman Kanjo**

**Nottingham Trent University**

**£23,889**



“The eNurture network stands for new innovative and impactful research to promote young people’s mental health in a digital world. Their research grant has opened new doors for me as a researcher (and for the team involved) to examine risky online experiences among vulnerable children/adolescents and to explore related mental health difficulties. eNurture has encouraged and supported my research ideas and most importantly (through regular meetings) created unique opportunities to engage with non-academic audiences. The eNurture team is enthusiastic, supportive and very engaging. My sincere thanks and appreciation to all those involved.”

**Dr Aiman El Asam**

***Vulnerability, Online Lives and Mental Health: Towards a New Practice Model***

**Dr. Aiman El Asam**

**Kingston University London**

**£44,381**



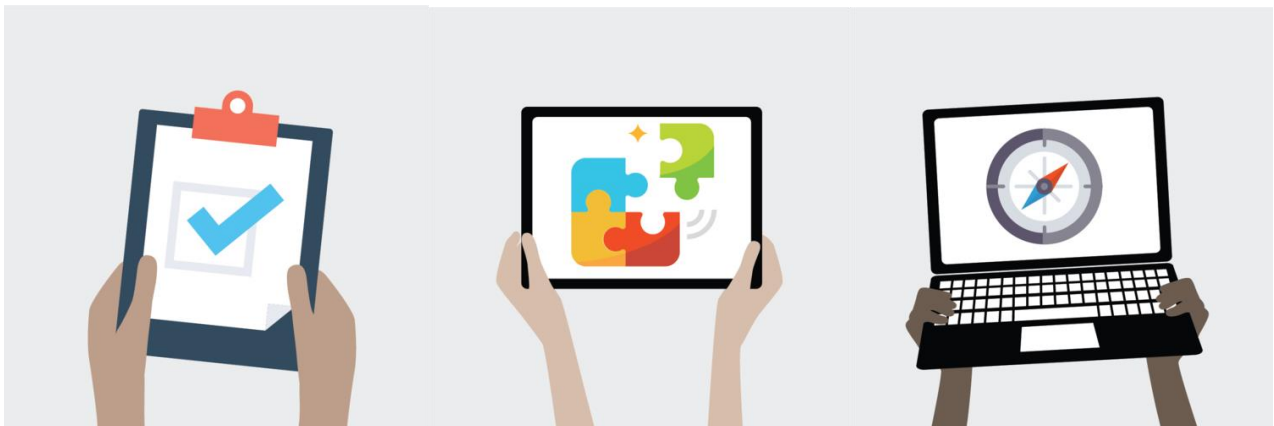
***Live Streaming Youth and Mental Health: The Twitch Platform Symposium [TwitchSym]***

**Dr Matthew Hart**

**University of Leicester**

**£7037.28**

All five projects started in October/November 2019. Visit the eNurture website for further information on each project <https://www.enurture.org.uk/funding>



## School and Youth Engagement

A key part of our activities has been the engagement of our Youth Panel. This consists of a group of Youth Panel representatives (arranged by Sarah Doherty and coordinated on behalf of eNurture by Dr Elvira Perez-Vallejos and Dr Ruth Sellers) and a community of primary and secondary school aged young people (age 5-18 years, representing the focus age group in terms of core eNurture objectives). A group of young people from the Commonweal Secondary School in Swindon was actively involved in the review of the applications to our first funding call and provided a presentation to the participants at our Research Workshop in July on the strengths and possible areas for improvement which they themselves had identified from the applications they reviewed. The contributions of this group were exceptional and their impressive input was a particular highlight of the workshop.



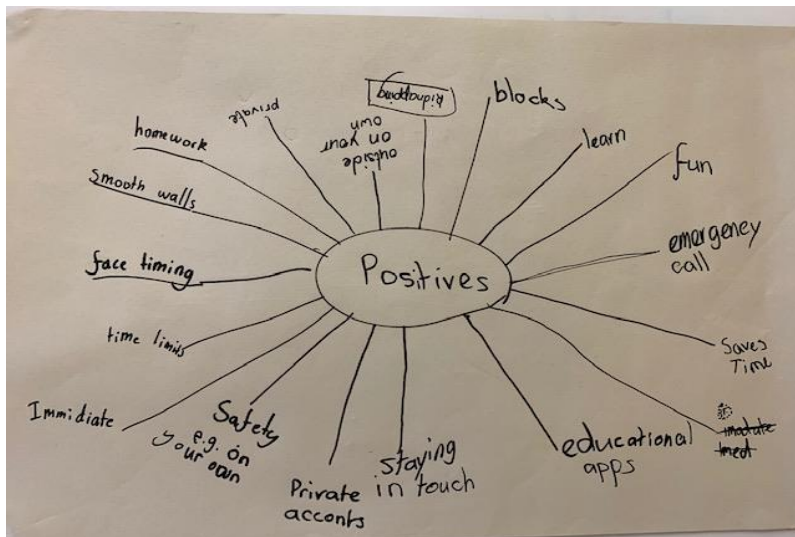
In July we ran a Youth Engagement workshop in London attended by a number of Youth Panel representatives. “The aim of the day was to generate ideas that would then be converted into a guidance document detailing how to engage with young people to meet eNurture objectives. The young people involved on the day were full of great ideas and as a result we have a great document to reference going forward” (Sarah Doherty, Youth Lead). Young people and staff from

the schools that we have engaged (see below) have been involved in reviewing the youth engagement guidelines and providing feedback to ensure that it is relevant to a wide audience. The guidance will be published on our website and presented at future eNurture events. It is a ‘living document’ informed by the voices of young people and will continue to evolve as the Network grows and develops.

### Engaging with Schools

In January, we were invited to Preston School in Taunton to explore how to support youth mental health in a digital world. This involved talking with a range of staff and pupils (age 11-16 years) from across the whole school about how to support young people in a school context. eNurture has been invited back to follow up on these initial discussions.

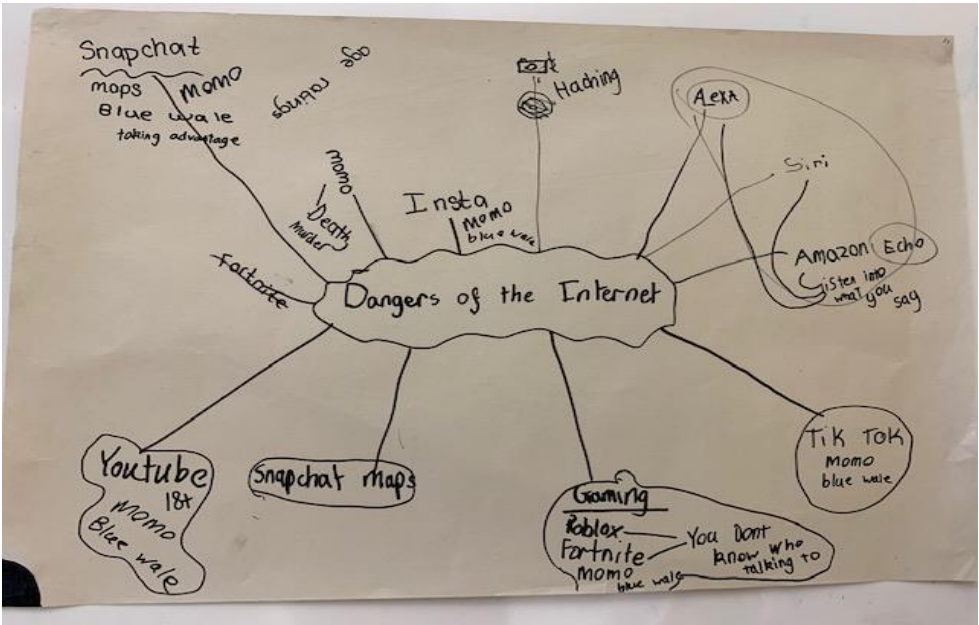
In November we were invited by Commonwealth School to run a workshop as part of the ESRC Festival of Social Science to ascertain young people's views on research priorities relative to eNurture objectives. Over 30 adolescents (age 16-17 years) from three sixth-form colleges took part in a discussion. These young people focussed their discussion on social media, their most used digital platform. As well as discussing positive and negative aspects of a digital environment, they outlined their ideas of what they felt were the next 'big questions' that would allow a better understanding of the impacts of the digital world on youth mental health. As mentioned earlier, adolescents from Commonwealth School also provided really useful and informative feedback on eNurture grant awards in the first funding call.



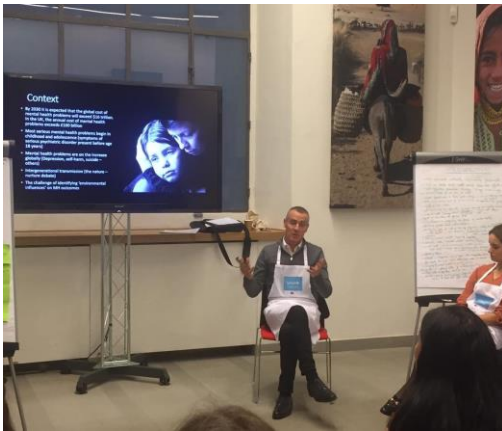
In December we facilitated a School Council Seminar on the Impact of the Digital World on the Mental Health of Children and Young People at Ysgol Gynradd Rhiwbeina, Cardiff.

Twenty-five pupils (age 8-10 years) took part in the seminar during which they were asked to consider the risks and opportunities connected to the digital world, and advice for adults concerning the digital world.

As a result of the lively seminar the school is going to co-produce with eNurture a leaflet for parents, teachers and pupils outlining the key points and recommendations from their perspective.



## eNurture Leadership Team stimulating national and international interest



In September eNurture Director Prof Gordon Harold was invited to speak at the inaugural Leading Minds conference in Florence, Italy. The conference, organised by UNICEF and the World Health Organisation, is in response to the present and future impacts of mental health problems across the lifespan and across generations. Exploring the theme of 'Healthy Minds, Healthy Futures' the world's leading academics, researchers, philanthropists, influencers and government advisers explored new evidence and challenges that influence the mental health of young people in the 21st century.



On 27 October Prof Harold took part in the 40<sup>th</sup> anniversary of the Dublin Marathon (we have a top athlete on the team...he ran his first marathon at the age of 12!!!). The event kick-started a year of mental health awareness raising in Ireland and the UK, including the Brighton Marathon in April 2020, where eNurture will highlight young people's mental health in a digital world, and the benefits of exercise for mental health and wellbeing.

### Prof Gordon Harold, other selected activities:

- 'How Research Informs our understanding of Young People's Mental Health: Converting evidence into new knowledge'. ESRC Festival of Science, Swindon, November 2018
- Keynote presentation 'Revisiting the Nature of Nurture: Promoting children's positive mental health in a digital world'. Association for Child and Adolescent Mental Health conference' London, March 2019
- Keynote presentation 'Adverse Childhood Experiences and Young People's Mental Health: More of the same or opportunity for real change?' Barnados's Cymru Family Support conference, Cardiff, March 2019





**Prof Sonia Livingstone – selected activities:**

- ‘The thriving child online: a contradiction in terms?’ Keynote to the Royal Opera House Bridge conference, The Thriving Child, London (+live-streamed to 5 UK cities), June 2019
- ‘What should be on your child’s screens?’ Keynote to the parenting for a digital age seminar, Media Literacy Council, Singapore, August 2019
- ‘Children online: risks and opportunities.’ Keynote to UNICEF’s Child Friendly Cities Summit, Cologne, October 2019



**Dr Elvira Perez Vallejos – selected activities:**

- MRC scientific meeting on The Digital Space and Young People’s Mental Health, Leeds, March 2019
- Faculty of Child and Adolescent Psychiatry Annual Scientific Conference, Belfast, September 2019
- Brought together eNurture and Human Data Interaction Networks on ‘World Mental Health Day’. Both networks joined forces to promote multidisciplinary collaborations at the workshop ‘Digital Future of Mental Health’, Institute of Mental Health, Nottingham, October 2019



**Prof Susan McVie – selected activities:**

- Meeting with Police Scotland on youth mental health and the digital world, August 2019
- Event on sharing policing data around incidents involving young people, digital and mental health. Participants included representatives from Police Scotland, Scottish Police Authority, HMICS, Thames Valley Police, October 2019



**Prof Tamsin Ford – selected activities:**

- Invited keynote on the 2017 Child Mental Health Survey at the Royal College of Psychiatrists Child and Adolescent Faculty annual residential meeting, September 2019
- Invited keynote on school influences on child mental health at the CAMHS conference, Stirling University, September 2019



The eNurture team knows how to have fun during our events ...

Elvira and Network Coordinator, Dr Sui-Mee Chan, led the dancing during the Digital Future of Mental Health conference in Nottingham, which resulted in the following Tweet from a participant:

Ever danced at a conference? I did today at #digitalfuturemh to celebrate #WorldMentalHealthDay2019 with @Elvira\_PV leading the way! Continuing in food-pun style it was to Billy Eilish's 'bellyache', selected as bellyache is often how young people talk about mental health.



## Selected eNurture Publications

- Sellers R, Harold GT, Smith AF, Neiderhiser JM, Reiss D, Shaw D, Natsuaki MN, Thapar A, Leve LD (2019). Disentangling nature from nurture in examining the interplay between parent-child relationships, ADHD, and early academic attainment. *Psychological Medicine* 1-8. <https://doi.org/10.1017/S0033291719003593>
- Natsuaki, M.N., Neiderhiser, J.M., Harold, G.T., Shaw, D.S., Reiss, D., Leve, L.D. (2019) Siblings reared apart: a sibling comparison study on rearing environment differences. *Developmental Psychology*, 55 (6). pp. 1182-1190
- Leve, L.D., Griffin, A.M., Natsuaki, M.N., Harold, G.T., Neiderhiser, J.M., Ganiban, J.M, Shaw, D.S., Reiss, D. (2019) Longitudinal examination of pathways to peer problems in middle childhood: a siblings-reared-apart design. *Development and Psychopathology (in press)*
- Sellers, R., Smith, A.F., Leve, L.D., Nixon, E., Cane, T., Cassell, J.A., Harold, G.T. (2019) Utilising genetically-informed research designs to better understand family processes and child development: implications for adoption and foster-care focused interventions. *Adoption and Fostering*.
- Bellato A, Arora I, Hollis C, Groom MJ. Is autonomic nervous system function atypical in Attention Deficit Hyperactivity Disorder (ADHD)? A systematic review of the evidence. *Neurosci Biobehav Rev*. 2019 Nov 10. pii: S0149-7634(19)30418-X. doi: 10.1016/j.neubiorev.2019.11.001. [Epub ahead of print]. PMID: 31722229
- Khan K, Hall CL, Davies EB, Hollis C, Glazebrook C. The Effectiveness of Web-Based Interventions Delivered to Children and Young People With Neurodevelopmental Disorders: Systematic Review and Meta-Analysis. *J Med Internet Res*. 2019 Nov 1;21(11):e13478. doi: 10.2196/13478.
- Livingstone, S. and Stoilova, M. (2019) Using global evidence to benefit children's online opportunities and minimise risks. Contemporary Social Science: *Journal of the Academy of Social Sciences*. ISSN 2158-2041
- Pérez, E (2019) Use of Digital Media for Self-Expression in Children and Adolescents. In: *Child and Adolescent Psychiatry and the Media* 17. Elsevier. 187-194
- Dowthwaite L, E, et al (2019) A Comparison of Presentation Methods for Conducting Youth Juries, *PLoS ONE* 14(6). doi: 10.1371/journal.pone.0218770
- Creswick H, Dowthwaite L, Koene A, Pérez E, et al (2019) "...they don't really listen to people". Young people's concerns and recommendations for improving online experiences. *Journal of Information, Communication and Ethics in Society*. doi.org/10.1108/JICES-11-2018-0090
- Shen J, Ma MD, Xiang R, Lu Q, Pérez E, Xu G, Huang CR, Long Y (in press). Dual memory network model for sentiment analysis of review text. *Knowledge-Based Systems*. Doi:10.1016/j.knowsys.2019.105004
- Pérez, E. (2019). Use of Digital Media for Self-Expression in Children and Adolescents. In Beresin, E. & Olson C. (Eds). *Child and Adolescent Psychiatry and the Media*. Elsevier. San Carlos, CA, USA (pp187-194). doi.org/10.1016/B978-0-323-54854-0.00017-5
- Dowthwaite L, Pérez E, et al (2019) A Comparison of Presentation Methods for Conducting Youth Juries, *PLoS ONE* 14(6). doi: 10.1371/journal.pone.0218770

**3 February 2020**

**Launch of Second Funding Round**

**Deadline 31 May**

**Week commencing  
10 February 2020**

**Youth and School  
Engagement Event  
Cardiff**

**Week commencing  
2 March 2020**

**Non-academic partners  
and stakeholders  
networking event,  
Edinburgh**

**19 April 2020**

**Brighton Marathon:  
eNurture to participate in  
University of Sussex  
campaign to raise  
awareness of CYP mental  
health**

**Forthcoming  
Activities  
and Events**

**May-June-July**

**Cross-Network  
Early Career  
Researchers  
workshop**

**Week commencing  
20 April 2020**

**Second Funding Round:  
Webinar**

**Mid-September**

**eNurture National Conference,  
London**



Visit our website for further details  
<https://www.enurture.org.uk/events>

## Stay Involved

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Subscribe to our newsletter

<https://mailchi.mp/d8e9e1fea784/enurture-newsletter-october-2019>



@enurturenetwork

We also have regular blog posts on our website – let us know if you would like to contribute a blog post specific to the context of eNurture.

