

Assessing a Young Person's Digital Life

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Mechanisms of Change

- There is an urgent need to engage young people in exploring their **experience** of using digital technologies, and any resulting benefits or risks consequent to their use.
- Assessing a young person's digital life (their use of devices, social media, video games) depends upon their engagement with that task.
- When engaged, they will share their experiences generously, and allow us to establish hypotheses as to how technology enhances their life or causes them stress and other harms.
- The resulting hypotheses can then be used as research questions and tested.

Research by Digital Media Organisations

Recent insights from young Londoners on mental health.

Young people are taking responsibility for their wellbeing online.

WORLD SEEMS SO OUT
OF YOUR CONTROL - IF
YOU STEP BACK, YOU HAVE
CONTROL - YOU ARE IN
CHARGE OF WHAT YOU'RE
SEEING AND USING

Continuous, private, smaller groups online.

- By the age of 11 years, many had experienced hurtful comments online, trolling or other negative experiences. They're not wowed by it anymore, they're tired of it.
- But instead of opting out of social media altogether, many young Londoners have simply put up more boundaries online through small hacks like 'SPAM' accounts.
- "Everyone has their main Instagram. I have about 800 followers, and then you have your spam which is your close friends."
- Spam accounts have 2-10 close friends.

Taking a break

- Young Londoners are also self imposing breaks from their phones or deleting social media to protect their mental and emotional wellbeing.
- For some teens this means leaving their phone at home while they hang out with their friends or 'taking a break' over exam period.
- For others this could mean deleting a social media app that is making them feel bad about themselves.

What is happening online?

- Multiple Factors influencing online behaviour:
 - Distressing content.
 - Trolling/bullying
- Increased cognitive load (800 followers; false information; learning how to use a device/camera, a new platform – technostress)
- Emotional exhaustion/Burn-out
 - Is this different from anxiety/depression?
 - Possible neurological changes (<https://www.ncbi.nlm.nih.gov/pubmed/29326619>)
 - Impact on development

Clinical Settings

Case Example

Adam, 17 years

Injures his knee and cannot play sport.

Viral illness.

Becomes depressed, and starts to experience suicidal thoughts.

Explores online to understand his experience.

Discovers Wikipedia page with picture of 'helium bag' method of suicide, portrayed by mannequin.

Intensified suicidal thoughts and PTSD symptoms.

Image became 'ingrained' or 'etched' into the mind.

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Suicide - Wikipedia, the free encyclopedia

en.wikipedia.org/wiki/Suicide ▾

Suicide (Latin suicidium, from sui caedere, "to kill oneself") is the act of intentionally causing one's own death. **Suicide** is often carried out as a result of despair, ...

[Suicide methods](#) - [List of suicides](#) - [Suicide \(disambiguation\)](#) - [Animal suicide](#)

Suicide - NHS Choices

www.nhs.uk/Conditions/Suicide/Pages/Introduction.aspx ▾

by NHS Choices - 2011

Suicide is the act of intentionally ending your life. If you are reading this because you have, or have had, thoughts about taking your own life, it's important you ...

News for suicide



Jane Fonda Opens Up About Mother's Suicide

[Sky News](#) - 6 hours ago

Frances Ford Seymour, who was married to the actor Henry Fonda from 1936 to 1950, committed suicide when her daughter was 12.

[Jane Fonda opens up about her mother's suicide and ...](#)

[Daily Mail](#) - 14 hours ago

More news for suicide

Suicide: Read This First - Metanoia

www.metanoia.org/suicide/ ▾

Short page dealing with **suicide**, geared towards people considering killing themselves.

Suicidal feelings | Mind, the mental health charity - help for ...

www.mind.org.uk > ... > [Types of mental health problems](#) ▾

If you feel powerless and that you can't change your situation and what is distressing you, the idea of **suicide** may give you a sense of being in control again.

Myths about suicide | Samaritans

Ads ⓘ

Want To Kill Yourself?

www.getconnected.org.uk/Suicide ▾

0808 808 4994

Under 25 & Thinking Of Suicide?

Get Free Confidential Help Now.

Suicide is NOT a solution

www.findangel.org/ ▾

Don't try to predict your future

Live in it

Contemplating Suicide?

www.maytree.org.uk/ ▾

Talk, rest, reflect & restore hope.

Free and safe London sanctuary.

Talking about suicide

www.samaritans.org/ ▾

Find out why talking about feelings can help

Mind - Suicidal Feelings

www.mind.org.uk/ ▾

What are **Suicidal** Feelings? What

Can You Do About It? Read Our Info.

Suicide methods Why?

www.d2lrevolution.com/no-suicide-zone/ ▾

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Suicide Info & Support

www.thecalmzone.net/suicide ▾

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Want to Commit Suicide? - Maytree.org.uk

Ad www.maytree.org.uk/ ▾

We can help you through this scary time. Free & safe London residence.



Need help? In the United Kingdom, call 08457 90 90 90
Samaritans

Suicide methods - Wikipedia, the free encyclopedia

en.wikipedia.org/wiki/Suicide_methods ▾

A **suicide method** is any means by which a person commits suicide, purposely taking his or her own life. **Suicide methods** can be classified according to two ...

Information on suicide methods | Lost All Hope: The web's ...

lostallhope.com/suicide-methods ▾

Lost All Hope has a library of information on **methods** to commit **suicide**, including dangers of individual **methods** and their reliability, and statistical information ...

Most lethal methods of suicide - Drug poisoning - Hanging - Carbon monoxide (CO)

Suicide Methods: Most Popular Methods to Commit Suicide?

www.suicidemethods.net/suicide-methods/ ▾

Suicide Methods – With so many methods of suicide, they are a real example of how ... When a the gun shot method is unsuccessful, there is the huge chance of ...

Ideas On Easiest & Most Reliably Successful Methods Of ...

www.experienceproject.com/question...Methods-Of-Suicide/671842 ▾

I'm not depressed, I just want to ...Find answers to the question, Ideas On Easiest & Most Reliably Successful **Methods** Of Suicide? from people who know at Ask ...

Top 10 Common Methods of Suicide

frater.com/suicidelist.html ▾

Top 10 Common **Methods** of **Suicide**. As originally posted at listverse.com. The unfortunate and depressing issue of **suicide** has become a staggering piece of ...

Easiest Suicide Methods for a Painless and Effective Suicide

ashishpaliwalunstoppable.blogspot.com/.../how-to-commit-suicide.html ▾

10 A 2012 Method of Suicide with 5 million hits. Effective and Painless. Collection of

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wow.com/Painless+Quick+Ways+To+Die ▾

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Quick Suicidal Ways

quick-suicidal.rapidfinder.co.uk/ ▾

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Get Results from Multiple Engines!

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www.finalexit.org/ergo-store ▾

How to Kit Document - Updated PDF.
By Final Exit author Derek Humphry

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Mind - Suicidal Feelings

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Can You Do About It? Read Our Info.

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www.d2lrevolution.com/no-suicide-zone/ ▾

Why you're seeking suicide methods?
Call us. We want to talk. Free.

Talking about suicide

www.samaritans.org/ ▾

Find out why talking about
feelings can help

Suicide Websites

www.allianceofhope.org/ ▾

Grief Support When a Loved One
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Bleeding

See also: [Self-injury](#)

Suicide by **exsanguination** involves reducing the volume and pressure of the blood to below critical levels by inducing massive **blood loss**. It is usually the result of damage inflicted on **arteries**. The **carotid**, **radial**, **ulnar** or **femoral blood volume** in the circulatory system becomes too low and results in the body shutting down.^[*citation needed*]

Persons considering a suicide attempt, or trying out the weapon to ascertain its effectiveness, may first make shallow cuts, referred to as *hesitation wounds* or *tentative wounds* in the literature. They are often non-lethal, multiple

Wrist cutting

Wrist cutting is sometimes practiced with the goal of **self-mutilation** and not suicide; however, if the bleeding is copious and/or allowed to continue unchecked, **cardiac arrhythmia**, followed by severe **hypovolemia**, **shock**, **circulatory order**.^[2]

In the case of a failed suicide attempt, the person may experience injury of the **tendons** of the extrinsic flexor muscles, or the **ulnar** and **median** nerves which control the muscles of the hand, both of which can result in temporary any class IV hemorrhage, aggressive resuscitation is required to prevent death of the patient; standard emergency bleeding control applies for pre-hospital treatment.

Drowning

Main article: [Drowning](#)

Suicide by **drowning** is the act of deliberately submerging oneself in water or other liquid to prevent **breathing** and **deprive the brain of oxygen**. Due to the body's natural tendency to come up for air, drowning attempts often invol victim's blood rises, the **central nervous system** sends the respiratory muscles an involuntary signal to contract, and the person breathes in water. Death usually occurs as the level of oxygen becomes too low to sustain the brain than 2% of all reported suicides in the United States.^[4]

Suffocation

See also: [Suicide bag](#)

Suicide by **suffocation** is the act of inhibiting one's ability to breathe or limiting oxygen uptake while breathing, causing **hypoxia** and eventually **asphyxia**. This may involve an **exit bag** (a plastic bag fixed over the head) or confiner make the user pass out due to the oxygen deprivation before the instinctive panic and the urge to escape due to the **hypercapnic alarm response**. It is impossible for someone to commit suicide by simply holding their breath, as and the person breathes in as the respiratory muscles contract. Even if one is able to overcome this response to the point of becoming unconscious, in this condition, it's no longer possible to control breathing, and a normal rhyt

Because of this, one is more likely to commit suicide through gas inhalation than attempting to prevent breathing all together. **Inert gases** such as **helium**, **nitrogen**, and **argon**, or toxic gases such as **carbon monoxide** are common unconscious, and may cause death within minutes.^[8]^[7]

Hypothermia

Main article: [Hypothermia](#)

Suicide by **hypothermia** or by cold, is a slow death that goes through several stages. Hypothermia begins with mild symptoms, gradually leading to moderate and severe penalties. This may involve **shivering**, **delirium**, **hallucinations** to function, though clinical **brain death** can be prolonged.^[*citation needed*]

Electrocution

Main article: [Electrocution](#)

Suicide by electrocution involves using a lethal **electric shock** to kill oneself. This causes arrhythmias of the heart, meaning that the heart does not contract in synchrony between the different chambers, essentially causing elimination of the **electric chair** as a method of execution, Justice **William M. Connolly** of the **Nebraska Supreme Court** stated that "electrocution inflicts intense pain and agonizing suffering" and inflicted "unnecessary pain, suffering and torture

Jumping from height

Main articles: [Jumper \(suicide\)](#) and [Self-defenestration](#)

Jumping from height is the act of **jumping** from high altitudes, for example, from a window (self-defenestration or auto-defenestration), balcony or roof of a **high rise building**, **cliff**, **dam** or **bridge**. This method, in most cases, results in

In the United States, jumping is among the least common methods of committing suicide (less than 2% of all reported suicides in the United States for 2005).^[4]

In **Hong Kong**, jumping is the most common method of committing suicide, accounting for 52.1% of all reported suicide cases in 2006 and similar rates for the years prior to that.^[9] The Centre for Suicide Research and Prevention in Hong Kong.^[10]

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Suicide bag - Wikipedia, the free encyclopedia

en.wikipedia.org/wiki/Suicide_bag ▾

A **suicide bag**, also known as an **exit bag**, is a device consisting of a large plastic bag with a drawcord used to commit suicide. It is usually used in conjunction ...

[History](#) - [Legal restrictions on sale](#) - [Medical literature](#) - [See also](#)

Why did the helium bag fail? HELP! | the suicide project ...

suicideproject.org/2013/03/why-did-the-helium-bag-fail-help/ ▾

11 Mar 2013 - I can't believe it! After months of research and planning I have attempted the helium **exit bag** method. I bought the large size balloon time ...

Suicide using plastic bag & gas | Lost All Hope: The web's ...

lostallhope.com › [Suicide methods](#) ▾

Information on committing suicide using a plastic **bag** and gas, including things to consider, dangers of failing, and links to other resources.

I Survived Helium Suicide | VICE United Kingdom

www.vice.com/en.../the-internet-is-telling-people-how-to-kill-themselves ▾

4 Sep 2012 - Suicide advice from the internet killed more people in the UK than ... The **suicide bag**, or "helium hood" method, consists of placing a large bag ...

Rational suicide (including helium) | The EXIT euthanasia blog

exiteuthanasia.wordpress.com/rational-suicide-helium-other-methods/ ▾

Distressing (or likely to be distressing) methods of suicide, such as hanging, shooting, ... I am 83 years old with several health issues, the **exit bag** seems the best ...

Exit R & D - Making the Exit Bag - Peaceful Pill

www.peacefulpillhandbook.com/page/MakingtheExitBag ▾

The **Exit Bag** is a kit provided by Exit International, which contains all the items needed for successful euthanasia and assisted suicide.

LiveLeak.com - The Exit Bag

www.liveleak.com/view?i=b7c_1359440522 ▾

29 Jan 2013 - The **Exit Bag**. A dear sweet old lady peddling death, showing how fun and easy it can be. Loading the player ... Embed CodeSwitch Player ...

Shop for **suicide bag** on Google

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The **Suicide Kit** By David L. Hayles.

£3.08 - [eBay](#)

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The **Suicide Kit**, David L. Hayles, Used; Good

£2.89 - [eBay](#)

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www.finalexit.org/ergo-store ▾

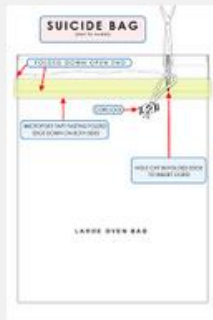
How to **Kit** Document - Updated PDF.
By Final **Exit** author Derek Humphry

Exit Bag on eBay

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What are the processes?

- Content had traumatic impact; was the result Post-Traumatic Stress Disorder.
- Guilt and shame may be obstacles to recovery.
- Therapist knowledge of online images aided progress.
- Normalisation of suicide attempt in images may lower threshold for acting upon self-harm thoughts.
- Unprocessed 'ingrained' images may increase influence of the processes of persuasion or contagion?

The Oriental Daily News: a departure in the coverage of suicide.

●愛狗如命的女子以炭爐燒炭自殺，死於房中。(記者黃紹鴻攝)

●警方在現場的廁所發現燒烤用炭爐及剩餘的炭。

【本報訊】一名愛狗如命女子，疑因較早前身體檢查時發現隱疾，加上近日業主不許其在天台養狗，於前晚將愛犬交託寵物店後，昨日凌晨將家中門窗緊閉，然後在屋內燒炭，疑利用釋出的氧化炭毒氣自殺，其朋友於晚上到訪破門入屋發現報警，但已死去多時。警方在其手袋內尋獲英文遺書。

任職保險公司

死者蔡玉珍，三十五歲，於聯利保險公司任職助理經理。與一黃姓年紀相若女友同居住上水圍園內村十一巷一間天台屋約兩年，該屋面積十多平方公尺，套房形式。據悉，由於其黃姓友人在內地工作，故此甚少在家，平日只見蔡一人出入。街坊稱蔡十分愛狗，連入時已養有兩頭細狗牧羊狗，置於屋外天台空位，平日甚為疼錫。她出入亦喜逗鄰居的狗隻玩耍。數日前，其租用的天台屋業主擬進行裝修，將一些油漆用品搬上天台，期間發現蔡佔用屋外空位有所微言，指蔡不應佔用公用地方養狗。蔡之同事向警察表示，蔡不近日常進行例行身體檢查後，似有心事，懷疑她發現身體有頑疾。

蔡於前晚六時許，將一對愛犬帶往寵物店寄養，疑因不捨愛犬，泣不成聲，其後街坊見她八時許返家。至昨午蔡之同事伍×標(三十歲)見她未有上班，致電家中亦沒人接聽，遂往其家查看，但拍門沒反應，於是致電其同居友人。黃於四時返抵家中後，發現大門反鎖，二人商議後撞門入屋。發現蔡身穿黑色睡裙，躺於地上床褥，已無氣息，死狀安詳，身旁則放有一個直徑約四十五公分的輕便燒烤爐，爐內滿是炭灰燼。屋內門窗緊閉，門縫更以封箱膠紙密封。二人馬上報警，警方到場後發現蔡已死去，身上有屍斑，疑於凌晨自殺。

疑體檢發現隱疾 密封門窗燃燒炭 女狗癡製新式毒室自殺亡

資料庫

燒炭釋一氧化碳

燃燒中的炭會令空氣內充斥過量一氧化碳。一氧化碳無色無臭，一般空氣中的一氧化碳含量約為百分之零點一，對人體影響小，但一氧化碳粒子進入人體後，會較氧氣粒子「跑」快二百倍點附在紅血球的血紅蛋白上，因而導致紅血球不能攜帶氧氣粒子往腦部，漸漸使腦缺氧而死亡。健康的成年人如血液內的一氧化碳含量達百分之六十便足以致命，以往曾有市民以燒炭取暖，卻未注意保持室內空氣流通，結果出事。

Jane Parry BMJ 2010;341:bmj.c5067

How do we engage young people?

- Try questions that relate to contemporary issues:
- “How old should you be to become a YouTuber?”
- “Do you know any creators or influencers that are making money?”
- “In ‘Red Dead 2’ was it okay that you could beat a Suffragette to death?”
- “Why do e-gamers or creators burn-out?”

Contacts and further information

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