Social Resilience & Security
Yearbook 2021-2022
Social resilience and security has never been more important than now. Over the last two years, the COVID-19 pandemic has created a considerable disturbance to our personal and social lives. As a result, the general population reports more stress, loneliness and decreased quality of life. At the same time, there has been a sharp increase in suicidality and violence. Researching the processes of social resilience and security from a societal point of view as well as on an individual level will build up the knowledge and tools needed to create a resilient generation in a secure environment.

However, research into behaviours such as adolescent resilience, uncertainty factors and violence in society transect disciplinary boundaries. Multi- and interdisciplinary approaches are needed to fully understand their etiology, underlying mechanisms and societal impact. Hence, we believe that lateral thinking and borrowing and exchanging tools from a variety of disciplines will lay the foundations for impactful research. To make this happen, researchers in our programme work together in teams from across the Social Sciences (FSW), Governance and Global Affairs (FGGA), Law, Archaeology, and Humanities.

Taken together, with the Social Resilience & Security (SRS) research programme, we aim to make society more resilient and secure for all. In this yearbook, you will read more about the organisational structure of the programme Social Resilience & Security. Also, we give you an overview of our research projects, developments in our interdisciplinary approach and collaborations with our societal partners.

Anne-Laura van Harmelen and Marieke Liem

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Social Resilience & Security

The programme seeks to improve social resilience and security through a focus on the following interdisciplinary research streams:

- Resilience
- Uncertainty
- Violence

To bring researchers from in- and outside of the programme together on the cross-disciplinary topics, the programme organises seminars and symposia. Also, the five faculties team up to make interdisciplinary education possible, with FGGA and FSW taking a lead. In specific, the programme brought out the new minor “Violence Studies” for third year bachelor students and the masters track “Governance of Violence”, both focusing on interpersonal violence.

The programme not only contributes to a better understanding of sources and underlying dynamics of social, behavioural and societal processes, we also aim to build bridges between research and society. We have set up our own outreach and engagement platform: BrainTrain. Read more about our collaborations with societal stakeholders in the form of youth panels, podcasts and the development of a workshop for high-school students on how our certain stimuli can trick our brains into believing false information.

If you are interested in joining our programme, you can do so as an affiliated researcher. All researchers across all disciplines are invited to lead or join our research projects, get involved in our outreach initiatives and you will receive invitations to all our events. To become an affiliated member or discuss what the possibilities are, please get in contact with our team via the button below.

More information
Programme overview
Over the last 20 years, the world had to face serious threats to society such as the COVID-19 pandemic, climate change and war. Such traumatic or distressing experiences can have a negative impact on individuals in countless ways, especially for those who are growing up. In fact, one out of two children and young people has experienced some form of adversity whilst growing up. Childhood adversity (CA) is one of the strongest predictors of problems in later life, including (mental) health problems, lower educational attainment, behavioural problems, crime and suicide. These problems often first arise in adolescence. To create a healthy and secure society, the strengthening of resilience among adolescents with childhood adversity should be a priority of public health.

Our group aims to better understand how resilience can be achieved in young people with a history of CA. We study the mechanisms of risk and resilience by integrating cultural, social, cognitive and neurobiological factors and their interactions. Current projects focus on examining what resilient stress responses look like (RAISE & THRIVE projects). Specifically, we study how key biological systems (HPA-axis, immune system) interact with the brain and social environment in order to facilitate resilient functioning after CA. In the REACT study, we examine how adolescents with CA responded to the pandemic. Lastly, we investigate mechanisms of suicidality in adolescence (HOPES study).

Towards health and resilience in response to violent experiences
Not all adolescents with early life trauma develop mental health problems later in life. Instead, some show resilience, which can be quantified as better mental health and wellbeing than others with similar early adverse experiences.

The THRIVE project examines what it is that sets these individuals apart, by examining important mechanisms related to resilience, including emotional memory, stress responses and self-esteem. To do so, THRIVE will build a bridge between the lab and the real-world, and include a large number of adolescents with early life experiences. Furthermore, the project will specifically focus on social functioning and its protective role; given that social support in early life is thought to aid health and wellbeing in adolescence. The THRIVE study has obtained METC approval and will start participant recruitment in October 2022.

How to help, overcome and predict the emergence of suicide
With more young people dying by suicide than from any other disease or cause, adolescent suicide is a serious public health concern. By studying existing brain scans and data collected form over 4,000 14-25 year olds, the project team is able to identify specific changes in the brain that make young people vulnerable to suicidal thoughts and behaviours. This way, the HOPES project aims to lay the foundations for a better understanding of the biopsychosocial mechanisms underlying suicidal thoughts and behaviours (STBs) and their interactions.

Specifically, our first preliminary findings suggest that individuals with a history of suicide attempt showed lower prefrontal surface area, which may form critical developmental risk markers in young people. Furthermore, our initial findings indicate that such risk markers together with poor cognitive functioning and adverse parenting experiences increase liability to suicidality in these young people. As such, the HOPES project is already providing the first crucial insights towards the early identification of biopsychosocial risk factors and prevention targets for adolescent STBs.
More publications


Blogs and more

- **Blog (in Dutch)** - *For better or for worse* - Anne-laura van Harmelen about growing up in war, published in Dutch magazine De Psycholoog

- **Blog** - *How can we support young people in building resilience* - Maxmilian Scheuplein and Anne-Laura van Harmelen

- **Podcast** - *Resilience – a complexity science approach* - Anne-Laura van Harmelen, produced by the Association of Child and Adolescent Mental Health

- **Podcast (in Dutch)** - *Heeft de lockdown een blijvende impact op jongeren?* - Anne-laura van Harmelen, released on Enkelte Wetenschap

- **Blog (in Dutch)** - *Oorlogsbeelden in de media* - Daisy Smeets and Lenneke Alink

- **Blog (in Dutch)** - *Je stond erbij en je keek ernaar* - Anne-Laura van Harmelen, published in Dutch magazine De Psycholoog

- **Blog** - *We can fight the adolescent mental health crisis by teaching resilience skills* - Anne-Laura van Harmelen and Tamsin Ford

- **News article (in Dutch): Vriendschap is de sleutel tot een veerkrachtige samenleving, zegt deze hoogleraar* - Anne-Laura van Harmelen explains the importance of friendships in Dutch opinion magazine Vrij Nederland

Seminars and events

- **Conference** - *Several keynotes to build the bridge between Social sciences, Education & Child studies and Criminology: Resilience meets Criminology* (organised by the SRS programme) - April 2022

- **Inaugural lecture (in Dutch)** - *Anne-laura van Harmelen explains the facts and myths about resilience after childhood adversity: Resilience does not exist* (held at Leiden University) - June 2022

- **Congress keynote (in Dutch)** - *Anne-Laura van Harmelen gives keynote about resilience after childhood trauma at GGZ congress* - March 2022

- **Congress keynote (in Dutch)** - *Anne-Laura van Harmelen talks about adverse childhood experiences and resilience at the annual ACE congress* - November 2021

- **Keynote** - *Anne-Laura van Harmelen gives keynote about resilience in children and adolescents: Early investments, lasting gains* (organised by Leibniz Institute for Resilience Research) - June 2021

- **Lab meetings** - *Open meetings about research addressing mental health risk and resilience in young people* (organised by CIRCLE, Centre for the Integration of Resilience Complexity Leiden) - Bi-weekly

- **Journal club** - *Organised to bring together young researchers interested in resilience: Resilient Minds* - Spring 2022 and forthcoming

- **Research day** - *Research Day on the topic of resilience to which many of the researchers from the SRS programme contributed* (organised by the Resilience research stream) - May 2022
Uncertainty

Not knowing what to expect may make us insecure, anxious, and even feel threatened. However, uncertainty is also one of the few certainties we have. Embracing uncertainty, rather than fearing or avoiding it, may sometimes be the optimal strategy and bring us important new insights. How do individuals deal with unpredictability and how much uncertainty do they tolerate? How may these factors affect resilience, mental health and well-being from a clinical, neurocognitive, and developmental perspective? Through the Uncertainty research stream, we aim to study the processes related to uncertainty from the perspective of psychology, law, as well as from a philosophical perspective and a governance and global affairs perspective.

In our experiments we measure, for example, how people manage stress responses in various settings: in the laboratory, in real online environments such as Twitter, and in response to the global pandemic. This way of doing research eventually helps to promote individual well-being and societal resilience. Also, the wide-ranging approach allows us to develop a state-of-the-art comprehensive view of how uncertainty shapes individuals and societies throughout history.

Dealing with online uncertainty

To measure how people manage stress responses on social media, the uncertainty stream conducts so-called sentiment analyses. Millions of tweets are tracked with help from the ALICE supercomputer and in cooperation with researchers from the Centre for Science and Technology Studies (CWTS) and the Leiden University Centre for Digital Humanities (LUCDH). The first results show that stress is measurable in tweet-behaviour. Notably, the effect is less strong with Twitterers who are inclined to post positive tweets in the first place. These and other studies show that positive emotions are an important buffer in the digital world for stress and act as an important contributing factor to resilience.

How positive affect buffers stress responses

In a large review study, researchers from the uncertainty stream collaborated with researchers from the Leiden Institute for Brain and Cognition (LIBC) to examine the effects of positive emotions on stress. By using experts from different disciplines and coming together to discuss each other’s work, insights were gathered to come to a large contribution towards positive affect research. Given its large scope and variety of scholars and methods, the review can serve as a future guide for students and scholars interested in this area and inspire new research.

Click on the button below to read an interview about the project with Henk van Steenbergen (in Dutch) or to find out about the results and implications published in the scientific journal.

Read more
More publications

- **Scientific paper** - *Bend, Not Break: Flexible adaptation of behavior under uncertainty* - Topel, S., van Steenbergen, H., van Duijvenvoorde, A. C., de Bruijn, E. R., Ma, I. (2022) (pre-registration)

Blogs and more

- **Leiden University press article (in Dutch)** - *Waarom positieve emoties zo belangrijk zijn* - Henk van Steenbergen explains the importance of positive emotions
- **Blog** - *Stress, anxiety and adapting to uncertainty in everyday life* - Selin Topel, explaining how people with anxiety experience the uncertainties of everyday life
- **Radio interview (in Dutch)** - *Waarom nemen jongeren meer risico’s dan ouderen?* - Interview with Anna van Duijvenvoorde released on newsradio programme BNR Wetenschap Vandaag

Seminars and events

- **Professional development day (in Dutch)** - Anna van Duijvenvoorde and Anne-Laura van Harmelen gave keynotes and workshops for teachers in primary and secondary education at the event *Kiplekker*, a professional development day focusing on the topic ‘Well-being among students in a turbulent time’ (organised by Onderwijsnetwerk Zuid-Holland and ICLON) - June 2022
Violence

The Violence pillar of the interdisciplinary programme focuses on interpersonal conflict and violence. Interpersonal violence is commonly studied with an exclusive focus on the perspective of crime and criminal justice. Here we attempt to take the study of violence out of the realm of crime and criminal justice alone, and situate it more broadly among other social phenomena, including for instance adverse health outcomes. We believe this broader approach to violence will generate a deeper understanding of the nature of interpersonal violence.

We seek to provide a broad and deep understanding of transgressive behaviours, the effects of interventions, and resilience against such behaviours. This could include determinants of, for example, violent behaviour and resulting prevention initiatives. But it also concerns the effects of social (individual) interventions, the aims and objectives of legal interventions and the effects of policy interventions. More specifically, in our current research project: ‘On the nature of violence’, we carried out a conceptual analysis of our shared conception of what violence is. What we found? As “traditional” forms of violence, such as homicide and assault, become less frequent, our shared perception of what constitutes “violence” expands to include behaviours that were not previously considered to be violent.

Homicide research

Homicide is commonly studied from the perspective of crime and criminal justice – seeing homicide as the most extreme form of “general crime”. However, our recent work has shown that the empirical overlap between homicide and other crimes is limited. Homicide is not a strong indicator of the occurrence of “other crime” in general, but rather, should be viewed as an indicator of violent crime.

At the same time, we see that homicide shares features with phenomena outside the realm of crime and criminal justice. Homicide clusters together with teenage pregnancies, and drug and alcohol abuse. Similarly, using time-series analysis, we find that homicide rates fluctuate over time. These findings suggest that homicide rates respond to the same social influences as rates other adverse phenomena in the social and health domains.

Over the next few years, we hope to establish Violence Studies as an independent and interdisciplinary research field, which can draw not only on the field of Law and Criminal Justice, but also on insights from Public Health, and the Developmental Sciences. We believe that this approach will contribute to a deeper understanding of the nature of interpersonal violence.
More publications

- **Scientific paper** - *Examining women’s intentions to express anger in response to gender-based inequality* - van Breen, J. A., & Barreto, M. (2022)
- **Systematic literature study (in Dutch)** - *Reviewing the intergenerational transmission of extremism and other potentially harmful ideologies within a family context* - Van Wieringen, L. Weggemans, D., Krüsselmann, K., Liem, M. (2021)

Blogs and more

- **Blog** - *The chronic abuser and the hopeless offender: Two sides of the same coin of intimate partner homicide* - Marieke Liem and Pauline Aarten
- **Blog** - *Homicide and Immigration: Trends and Developments* - Marieke Liem and Jolien van Breen
- **Blog** - *Beyond ‘Indoctrination’ and ‘Brainwashing’: Understanding the Transmission of Extreme Beliefs* - Layla van Wieringen, Marieke Liem and Daan Weggemans
- **Podcast (in Dutch)** - *Hotel met tralies* - Marieke Liem, released on Dutch national broadcaster NPO Radio 1
- **Magazine article (in Dutch)** - *De ‘verwarde’ moordenaar* - Marieke Liem discusses the term ‘troubled person’ in Dutch magazine Elsevier
- **Leiden University press article** - *Homicide rate drops, but not in criminal milieu* - Press article discussing research of Pauline Aarten and Marieke Liem
- **Radio interview** - *Is there evidence for an increase in teenage homicides?* - Interview with Marieke Liem on Dutch national broadcaster NPO Radio 1

Seminars and events

- **Inaugural lecture** - *Marieke Liem presents her research on violent encounters: The person behind the murderer* (held at Leiden University) - May 2022
- **Workshop** - *Workshop informing students at Leiden University about drug use* (organised by the Police) - May 2022
- **Lecture** - *3 October lecture by Marieke Liem about drug-related violence for Leiden University* - October 2021
- **Police conference** - *Police conference on 3D printed firearms in collaboration with Marieke Liem, Maikel Kuijpers, and Katharina Krüsselmann* - May 2022
- **Research day** - *Research day on the topic of violence to which many of the researchers from the interdisciplinary programme contributed* (organised by the Violence research stream) - January 2022
In the academic year 2022-2023 the Social Resilience & Security interdisciplinary programme offers a new minor for third year bachelor students who are interested in studying interpersonal violence. To make interdisciplinary teaching possible, all five faculties are involved in the development of courses and lectures, with FGGA and FSW taking a lead. The announcement went down well with students: the available spots were filled within one day. As a continuation of the minor, a new Master Track “Violence” for the Crisis and Security Master (FGGA) is to be launched in September 2023.

Minor

This English-taught minor focuses on interpersonal violence (i.e. violence taking place between individuals), the most common types including physical violence and sexual violence. In this minor programme we study the origins, correlates, mechanisms, social contexts, and resilience after experiencing violence. We delve deeper into the ways in which we can both prevent as well as respond to acts of violence.

What will students learn?

The programme addresses specific forms of violence, ranging from collective violence (riots, organised crime), to domestic violence (child abuse and neglect, intimate partner violence), lethal violence (drug-related homicide and firearm-related homicide), and the impact of violence on individuals, communities, and society at large. Using criminological, victimological, sociological, historical, and psychological perspectives, these courses provide an in-depth understanding on this multifaceted phenomenon.

The four courses (30 EC) are part of the interdisciplinary programme Social Resilience & Security, involving five Leiden University faculties, and are taught by leading experts in the field. In addition, the courses include guest lecturers from government, public health and criminal justice organisations, who put theoretical notions into practical perspective.

Courses

1. Victims and Offenders of Violence (10 EC) Students learn how we can explain violent victimisation and offending: who are these victims? And why did they become victimised? And: who are these offenders, how did they become offenders, and how can we best respond to violent offending? Teachers: Prof.dr. M.C.A. Liem Dr. P.G.M. Aarten, Dr. J.A. van Breen and K. Krüsselmann.

2. Resilience to Violence (5 EC) Students learn about the historical background of resilience, whilst discussing key studies and experiences (such as the COVID pandemic) and their effects on the effects on children and young people. The various definitions used to describe resilience are introduced, and how they have evolved over time in the past 50 years. Students learn why some children and young people who experience trauma or stress show resilience, whereas others do not. Teachers: Prof.dr. A. van Harmelen and Dr. M. Aghajani.

3. Collective Violence (10 EC) Students become acquainted with the most prominent theoretical frameworks on collective violence, derived from the psychological, sociological, and criminological literature. Students will reflect on the similarities and differences between collective violence and interpersonal violence. Students learn about the different approaches researchers have used to study collective violence, and what they discovered as a result. Teachers: Dr. M. Aghajani, Prof.dr. A. van Harmelen, Prof.dr. M.M. Kempes and Dr. P.A. Bos.

4. Violence and the Brain (5 EC) Students explore the complex neurobiology of violence, and take a whirlwind tour of the multifaceted factors and mechanisms that underlie interpersonal violence. Students discuss the role of the brain one second before a violent act is committed, and how this is shaped by neurobiological mechanisms that were formed in the preceding months and years. Teacher: Dr. J.A. van Breen.

For further detail on each of the courses, please check the Prospectus.
**Master Programme**

The new masters track Governance of Violence will focus on interpersonal violence: violence taking place between individuals. Students will study the most common types of interpersonal violence, including physical violence and sexual violence. In four in-depth courses students dive into the origins, correlates, mechanisms and social contexts of interpersonal violence, as well as resilience after experiencing violence. These courses will allow students to become familiar with the nature and scope of violence; resilience to violence; and knowledge of governance and strategies on how to respond to, and ultimately, prevent violence.

**What will students learn?**

The four courses (The anatomy of violence, Facilitators of violence, Violent societies, The proximity of violence) address specific forms of violence, ranging from domestic violence (child abuse and neglect, intimate partner violence), lethal violence (drug-related violence and firearm-related violence), and the impact of violence on resilience of individuals, communities and society at large. The strength of this track lies in the connection between the courses.

**Courses**

**1. The anatomy of violence.** In the fall semester, students start with a ‘general’ course on time, space and theoretical perspectives on violence. This course can be considered the basis for the following courses. This course provides students with specific literature review skills relating to searching, sorting, and prioritizing existing scholarship. **Teacher:** Prof.dr. M.C.A. Liem.

**2. Facilitators of violence.** In this course, the gained knowledge is applied and deepened to specific types of violence (drugs and firearms). What is the relationship between gun ownership and violence? To what extent does a relationship exist between drugs and violence? In this course, we will be covering some of the causes and facilitators of interpersonal violence. **Teacher:** K. Krüsselmann.

**3. Violent societies.** The course Violent societies provides students with a broad perspective of societal violence. We start from the idea that the violence a society experiences, tells us something about how that society functions, the values and norms it holds, and how it treats its people. Central in this course is the research skill of data collection. **Teacher:** Dr. J.A. van Breen.

**4. The proximity to violence.** In the last course, the focus lies on a specific societal group: family. Specifically, we will focus on the nature, extent and aftermath of domestic violence in national and global contexts as well as the implications and governance strategies for practice and policy. Central in this course will be the research skill of analysis. **Teacher:** Dr. P.G.M. Aarten.
Engagement

To foster engagement and stay connected with fellow researchers from in- and outside the programme, the programme has set up several seminar series and symposia. Through our events, topics related to mechanisms of social resilience and security are presented by experts from Leiden University and the LUMC, including but not limited to the Faculties of Archaeology, Governance and Global Affairs, Humanities, Law and Social and Behavioural Sciences.

Seminars and events

To be able to exchange perspectives and experiences with our study population, we bring together scientists and adolescents in the Netherlands. For example, via youth panels. We also strive to inform and educate young people on how their brain and (social) behaviours develop. With our outreach and engagement platform BrainTrain, we created a series of podcasts, an Instagram page and workshops tailored at high-school students.
Seminars and events

Social Resilience & Security Seminar Series

The Social Resilience & Security Seminar Series is organised by researchers from the SRS programme, seeking to examine the mechanisms of social resilience and security. The seminars are monthly held in the Pieter de La Court building or can be followed online. The sessions are open for researchers from in- and outside the programme. View the programme of the last academic year below or join our upcoming seminars in the academic year 2022-2023.

Programme 2021 - 2022

- 08/06/21 - Violence - Marieke Liem (FGGA), Jeroen ten Voorde (FdR)
- 06/07/21 - Digital media, resilience and security - Susanna Lindberg (FGW)
- 05/10/21 - Resilience - Anne-Laura van Harmelen (FSW), Layla van Wieringen (FGGA)
- 02/11/21 - Using sentiment analysis on Twitter data - Henk van Steenbergen (FSW), Sara Perlstein (FGGA)
- 07/12/21 - Dynamic modelling of stress - Sophie Bögemann (Donders Institute for Brain and Cognition, Nijmegen)
- 21/06/21 - Conspiracy thinking - Jelle van Buren (FGGA), Ellen de Bruijn (FSW)

Upcoming seminars

- 13/09/22 - Deep history of violence and security - David Fontijn (FdA)
- 29/09/22 - Cortisol and the stressed brain - Onno Meijer (LUMC)
- 11/10/22 - FutureU project - Jean-Louis van Gelder (FSW)
- 15/11/22 - Neurobiology of aggression - Jochem Jansen (LAW)
ESOF 2022 Online mini-symposium: ‘The effect of the online world on adolescents’

How do digital technologies affect adolescent mental health and resilience? How do we foster a secure online environment? In the ESOF2022 mini-symposium, (inter)national experts with a background in psychology, philosophy, and law discussed how the online world is related to adolescent mental health issues, moral and emotional awareness and children’s rights. The 1-hour online session was part of the ESOF2022 conference.

Learn, discuss and cross the borders of scientific research

The three speakers (Amy Orben, Jan Sleutels and Ton Liefaard) were joined by experts from cognitive neuroscience and pedagogy (Eveline Crone and Anne-Laura van Harmelen) for a follow-up panel discussion with the audience. The panel zoomed in on both risks and protective factors for engaging in online transgressions as offender, and on the role of these factors in online victimization.

Stakeholders, colleagues, peers and students interested in the programme had the chance to follow the mini-symposium online via the premium virtual conference platform of ESOF2022.

In three short summaries we take you through three different perspectives on how the online world has fundamentally changed the way we live our lives.

Read the article
The BrainTrain platform strives to engage people with our research and inform the public about our insights into social resilience and security. We do so in a multitude of ways; organising youth panels, visiting schools with educative materials, developing podcasts, a brand new Instagram page and more.

Podcasts

The outreach team of the Social Resilience & Security programme develops podcast series (in Dutch) about topics relating to social resilience and security. The first series deals with the online life of today’s youth and the related social challenges that adolescents face. In the podcast, adolescents talk about their own experiences and we dive into the science behind the role of social media in adolescents’ developmental processes. We discuss with researchers from Leiden University as well as other universities (including Mitch van Geel, Associate Professor Bullying and Cyberbullying at Leiden University and Marijke Naezer, cultural anthropologist and Gender & Diversity Studies scientist at Radboud University).

For our new podcast series ‘AdoleScience’ (in Dutch) we collaborate with colleagues from the faculty of Social and Behavioural Sciences. In the podcast we explore the social contexts of adolescent development and how they become resilient individuals in a miniseries of 20 minute episodes. Is it possible to train your brain? What does science tell us about peer pressure and how do young people experience this themselves? And how does resilience work in the brain?

To answer these questions, our BrainTrain host goes in conversation with different scientists and young people. Listen to the podcast and dive into subjects such as (social) anxiety, the influence of ‘bad’ friends, why getting ‘likes’ on social media feels so good, the importance of the relationship with your parents, brain training and the attraction of gaming.

The first episodes of ‘AdoleScience’ will be launched in the next academic year.

Listen to episode 1 ‘Cyberbullying’

Listen to episode 2 ‘Sexting’
Youth panels

Together with adolescents from across the country we established several young people advisory panels. With a minimum of 3 and a maximum of 10 young people per session, we exchange perspectives and experiences on our research subjects and we review the research questions and questionnaires used in our experiments. Furthermore, the young panel members help us communicate our findings in understandable and engaging ways to specific groups of members of the public that may benefit from our findings; such as young people, educators and professionals.

In our previous projects we have successfully engaged with young people about how they experience resilience themselves, as well as how they think their peers experience this. Also, we discussed about the fundamentals of science, such as the difference between good and bad science and research ethics. Training young people in their scientific literacy is critical in order for them to better understand scientific studies, to be able to critically evaluate scientific studies but also for scientists to translate their research to these populations in engaging ways.

BrainTrain ON TOUR: high-school workshop

It is estimated that 97% of Dutch adolescents (aged between 12-24 years) frequently use at least one social media platform (e.g., WhatsApp, Instagram, YouTube, Facebook, or Snapchat). While social media allows adolescents to connect with peers it also exposes them to conspiracy theories and plain misinformation. Consuming false information, shared by people who may not even intend to
Follow us on Instagram!

With our BrainTrain Instagram, we strive to reach adolescents to give them tips and tricks about how their brains work, to explain the science behind resilience and more topics, to keep our followers updated on our outreach activities, and to find enthusiastic young minds to collaborate with our projects.

mislead others, can have harmful consequences to an adolescent’s health and well-being. However, there are steps that can be taken to encourage responsible use of social media through educating about how to debunk misinformation.

With the BrainTrain ON TOUR initiative we educate and train Dutch high-school students (HAVO or VWO level) in their media literacy skills so they can confidently fact-check information on their own. Specifically, workshops are tailored surrounding myths about the brain (neuromyths) building on the expertise of members of the Social Resilience & Security programme.

Are you a young person, school, youth organisation or other potential societal partner, and interested in our projects? Would you like to collaborate with our projects, do you have great ideas or just want to chat with the BrainTrain team?

Collaborate with us
Moving forward

In the following years, we will build on our knowledge on social resilience and security. We will continue to expand our focus and learn from inspiring colleagues from the five faculties involved. On the road ahead, we strive to deliver interdisciplinary output in the form of new research projects, seminars, public lectures, blogs, (school) workshops. Moving forward, we will include a new research stream: Suicide. Also, we encourage researchers to get affiliated with our projects by inviting young academics to apply for our seed funding.

New research stream: Suicide

The Social Resilience & Security programme broadens its scope by imbedding a new research stream on suicide. The stream addresses the development of E-learning in suicide prevention skills for mental health professionals. With the integration of the new stream, the programme aims to improve its research with key expertise from differential social research disciplines and key societal stakeholders.

Seed funding for early career researchers

Are you a young researcher and interested in approaching new research questions within our programme? We invite proposals up to €4.000 for interdisciplinary research. Our programme aims to combine knowledge and expertise from five different faculties to study transgressive behaviours and resilience, its dimensions, aetiology, and effects of interventions. The topic of the proposed project should address social resilience and security broadly. Proposals with broad research outputs, such as a workshop/conference, publications, joint grant applications (or proposals), are encouraged.

Lorentz workshop

To support our aim of developing Violence Studies as an independent and interdisciplinary research area, we organise a Lorentz workshop on the topic of Violence in June 2023. During this 5-day workshop, we establish Violence Studies as an independent and interdisciplinary research field, that draws not only on Legal/Criminological approaches but also includes Public Health, Child/Developmental Studies, Law and Archaeology.

Stay updated

Sign up for the Social Resilience & Security newsletter via the button below.
Colofon

For more information and general questions, get in contact with the team via veerkrachtenveiligheid@leidenuniv.nl or visit our website.

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