



Cornerstone VR Directory

November 2025

1. Important Information

We have indicated some of our more impactful VR experiences with a red asterisk (*). It is important that you consider the risks before showing these videos to yourself, colleagues or service users. Please see below some questions to consider when viewing/presenting these videos:

How can you support people prior to viewing the VR content?

We suggest you communicate with attendees to make them aware that you are going to be sharing emotive content that could trigger feelings about their own experiences.

This will grant them the opportunity to discuss any worries and allow them to better understand the material's themes.

Be sure to recognise any concerns regarding physical or mental wellbeing, clarifying that any health concerns should be discussed with a relevant practitioners (e.g. a GP).

If attendees are unable to use the VR headsets, 2D versions of the content can be provided.

Please see an excerpt below which is included in our joining instructions:

"Our VR experiences explore themes which some viewers may find upsetting. Please get in touch before the training if you'd like to discuss this in more detail. Furthermore if you have any concerns that your physical or mental wellbeing might be impacted by the use of a VR headset, please seek advice from a relevant medical practitioner (e.g. your GP), as we are unable to provide medical advice."

What to do if you are worried about triggering a viewer?

It is normal to feel nervous about using the content, but we strongly advise that you have a clear objective for using the VR films and remember that not every film is going to be appropriate for your audience(s).

Think about your session planning; e.g. how you can support/prepare your audience and be clear at the beginning of your session that if anyone wants to come out of the headsets, at any time, they can.

Viewers also don't have to wear the headband over their head and can just hold the headset to their face if this is more comfortable.

If someone is upset by the content, connect with them; if you can't do that immediately, offer them an opportunity during a break or at your earliest opportunity. If you're designating work in pairs, it can be useful to task one attendee with emotional/headset support duties.

Remember, if someone is upset by the content it is important we understand what has been difficult for them and provide them with the opportunity for discussion/support whether that's directly, via their line manager, their support network or external services.

Prior to delivering your session, think about what services you can signpost attendees towards; for example, is there a counselling service within your organisation.

2. Cornerstone Room

Room	Folder	Timings	Title	Overview	Languages Available
Cornerstone Room	Childhood (Being Me)	06:44	Fostering	A six-minute experience to be used in the recruitment of foster carers (can also be used with adopters).	English, Finnish, Norwegian, Swedish
		02:14	The Unborn Child's View*	A two-minute experience showing in-utero exposure to drugs, alcohol and domestic abuse.	English, Finnish, Norwegian, Swedish, Welsh
		04:22	Carnaby Street*	A four-minute direct view of trauma, neglect and shame from an infant's perspective.	English, Finnish, Norwegian, Swedish, Welsh
		00:47	Introduction: School Triggers	An observation of children's triggers at school and how different responses from teachers may impact the child.	English, Finnish, Norwegian, Swedish, Welsh
		00:59	Style A - School	An observation of children's triggers at school and how different responses from teachers may impact the child.	English, Finnish, Norwegian, Swedish, Welsh
		01:18	Style B - School	An observation of children's triggers at school and how different responses from teachers may impact the child.	English, Finnish, Norwegian, Swedish, Welsh
		01:41	Therapeutic Approach - at School	An observation of children's triggers at school and how different responses from teachers may impact the child.	English, Finnish, Norwegian, Swedish, Welsh
		02:46	Style A - Home	An observation of children's triggers at home and how different responses from carer givers impact the child.	English, Finnish, Norwegian, Swedish

		01:03	Style B - Home	An observation of children's triggers at home and how different responses from carer gives impact the child.	English, Finnish, Norwegian, Swedish
		01:45	Therapeutic Approach – at Home	An observation of children's triggers at home and how different responses from carer gives impact the child.	English, Finnish, Norwegian, Swedish
		00:42	Young Aisha at Home	Snippet from Adoption/Fostering film, allowing a closer look at some of the scenes/themes.	English
		00:12	Dan at Home	Snippet from Adoption/Fostering film, allowing a closer look at some of the scenes/themes.	English
		00:26	Dan Alone	Snippet from Adoption/Fostering film, allowing a closer look at some of the scenes/themes.	English
		00:14	Dan Making Friends	Snippet from Adoption/Fostering film, allowing a closer look at some of the scenes/themes.	English
		00:11	Dan Smoking	Snippet from Adoption/Fostering film, allowing a closer look at some of the scenes/themes.	English
		01:06	Dan Finding Escape	Snippet from Adoption/Fostering film, allowing a closer look at some of the scenes/themes.	English
		02:14	FASD: The Unborn Child's View*	A two-minute experience exploring the potential causes and effects of Foetal Alcohol Spectrum Disorder (FASD) from the unborn child's perspective.	English
		01:09	Colmore Road*	A one-minute direct view of trauma, neglect and shame from the infant's perspective.	English

Adolescence (Between Us)	02:36	Surrounded by Wild Elephants	Introductory VR video showing elephants walking in the wild. Great for debrief and/or testing participants' first response to VR environment.	N/A
	01:56	Joe Introduction	An introduction to how early life trauma, issues of identity and school life can impact upon behaviour in home settings.	English, Welsh
	01:55	Joe A at Home	An observation of how early life trauma, issues of identity and school can impact upon behaviour in home settings. Style A helps to illustrate how adult communication styles can escalate adolescents struggling with these issues.	English, Welsh
	02:03	Joe B at Home	An alternative observation of how early life trauma, issues of identity and school can impact upon behaviour in home settings. Style B illustrates how adult communication styles can support adolescents struggling with these issues.	English, Welsh
	01:15	Joe with Friends	An experience examining extra-familial risk and the context(s) in which this can occur. There is also a censored version for younger audiences.	English, Welsh
	02:39	Aisha Introduction	An introductory look at how early life trauma can make young people more vulnerable to exploitation (e.g. sexual and grooming for drug trafficking).	English
	01:32	Aisha A	Style A looks at how early life trauma can make young people more vulnerable to exploitation (e.g. sexual and grooming for drug trafficking) and shows the complexities of the issues that face young people. Viewers will see how an adult response can present further challenges to young people.	English
	01:17	Aisha B	Style B similarly looks at how early life trauma can make young people more vulnerable to exploitation (e.g. sexual and grooming for drug trafficking), however viewers will see an adult response that is designed to open dialogue and support young people.	English
	02:41	Aisha Disclosure	This experience examines young people vulnerable to exploitation and the process of disclosure. The viewer will witness disclosure from an adolescent and response from an adult.	English
	00:48	Rayleigh Introduction	Introductory observation of an adolescent at school and how her early life trauma is triggered.	English

		01:21	Rayleigh A at School	Observation of an adolescent at school with early life trauma. Style A examines how meetings involving adolescents can be ineffective and how responses from adults may negatively impact young people's outcomes.	English
		01:25	Rayleigh B at School	Observation of adolescence at school with early life trauma and how responses from adults can support young people's learning outcomes	English
		02:30	At the Park	An observation of when and where children are susceptible to contextual dangers.	English
		00:47	Joe - Drug Gang Exploitation*	From the perspective of an adolescent, this experience explores themes of county lines/contextual safeguarding/cuckooing and adolescents who are groomed and coerced into buying/selling drugs by their peers.	English, Welsh
		01:29	Aisha - Child Sexual Exploitation*	From the perspective of an adolescent in a bedroom, this experience explores sexual exploitation.	English
		02:16	Joe - Gangs/Drugs in Traphouse*	This experience examines the pressure adolescents are under when they are criminally exploited - county lines, and the duty to buy/sell drugs for their peers. This experience also explores vulnerable adults – thinking about duties to safeguard them.	English, Welsh
		04:31	Introduction to the Digital World	An exploration of social media and online interaction from the perspective of an adolescent going about their normal day-to-day activities including school. Introduces a range of topics through the online lens including grooming, bullying, knife crime, 'revenge porn', body image, depression, targeted advertising and more. There is also a censored version for younger audiences.	English, Welsh
		04:04	Deception or Opportunity	A deeper look into how social media can be used by groomers in seemingly unconventional ways.	English, Welsh
		02:13	Gaming	An exploration of online gaming and how groomers may utilise games and new features such as digital gifting to groom adolescents from their own home.	English, Welsh

	03:37	Just Scrolling	This experience explores how the social media tracking algorithms can negatively impact adolescents and contribute to issues such as depression and anxiety.	English, Welsh
	01:58	Bus Stop – What You Got?	A tense encounter unfolds after school when a street robbery involving a knife occurs in plain view.	English
	02:20	Home – I Texted You	Following the street robbery, this film explores the role of social media in the aftermath.	English
	01:32	After School – Let’s Bounce	This story highlights the anxiety experienced by children and young people around police presence after stop-and-search incidents.	English
	02:50	House Party A – It’s Not Worth It	A house party takes a turn when uninvited guests arrive, but a friend steps in to defuse the situation.	English
	03:25	House Party B – Was It You?*	A house party takes a turn when uninvited guests arrive, resulting in a knife confrontation and serious consequences. There is also a censored version for younger audiences.	English
	04:41	Stop and Search	A video showing a possible stop and search situation.	English
	03:11	Custody Suite A	A scenario demonstrating being booked into custody.	English
	05:03	Custody Suite B	A scenario demonstrating being booked into custody.	English
	02:18	Welcome to the Teenage Brain	Introduction to parts of the teenage brain, such as the developing prefrontal cortex (PFC), which can impact decision-making during the teenage years.	English

		03:58	The Brain Explained	This film examines three core parts of the brain and situates them in the context of adolescence: the cerebrum, the cerebellum and the brain stem.	English
		03:21	The Connected Brain	Adolescent brains are exposed to new stimuli during the teenage years. This clip focuses on teenage issues, such as exposure to drugs and alcohol, and how adults around them can support them to make the right decisions.	English

3. Young People's Room

Room	Folder	Timings	Title	Overview	Languages Available
Young People's Room	Ric Flo	02:38	Reflections - Ric Flo	Ric Flo, rap artist and creative director of the hip-hop collective Jungle Brown, uses the art of rap to empower foster children through telling his story of being in foster care.	English
		04:21	Do You - Ric Flo	A music video using the art of rap to empower children in care.	English

4. Third Party Room

Room	Folder	Timings	Title	Overview	Languages Available
Third Party	Alzheimer's Research	04:52	Supermarket	Popping to the shops is no easy task. It requires planning, decision making, concentration, spatial navigation and calculation. All of these get harder when you have dementia.	English

		03:20	Street	Busy streets and noisy crowds can be overwhelming for someone with dementia, full of unfamiliar places and people.	English
		02:49	Kitchen	Home is familiar and comforting. Many people with dementia spend more time at home, where they feel safer. But even your own home can present challenges.	English
	National Autistic Society	01:20	Make It Stop	Through the story of a schoolgirl, Holly, this video wants people to understand that autistic people need extra time to process information.	English
		01:02	Diverted	Focuses on the impact that unexpected changes can have on autistic people.	English
		02:41	What Is Autism?	16% of autistic people and their families think the public understand autism in a meaningful way. This video seeks to raise awareness and create a society that works for autistic people.	English
		01:49	Could You Stand The Rejection?	Only 16% of autistic people are in full-time employment. As part of their employment campaign, the National Autistic Society talked to autistic people and found out they felt that employers don't see their ability, but rather their autism.	English
		01:24	Can You Make It To The End?	11-year-old Alex Marshall stars in the National Autistic Society's first film. In partnership with The Guardian, this video has seen over 400,000 visits and a 26% rise in autism awareness.	English
	Foster Talk	01:58	Driving/Arriving	First person perspective being taken to a new foster placement for the first time.	English
		03:19	Living Room 1	First person perspective meeting new foster parents for the first time as they discuss with the social worker.	English
		04:15	Living Room 2	First person perspective meeting new foster parents for the first time as they discuss with the social worker.	English

		00:46	Landing	First person perspective being introduced to other children in the foster family.	English
		02:07	Bedroom	First person perspective settling into the new bedroom in the foster home.	English