

1st Press release - Launching of the Erasmus+ project 'In Screen Mode'

Emphasys Centre is proud to announce the launch of the Erasmus+ Project 'In Screen Mode' that targets young people at risk for IAB. The project aim is to empower young people (16-25 years old) to deal effectively with situations concerning excessive preoccupation with Internet or screen abuse, equipping them with the skills and the methodological and engineering tools to modify maladaptive computer behaviour for healthy computer use. In order to achieve its goal In Screen Mode will create a personal eLearning environment integrating easily use tools (i.e. an Internet Addiction Genie) that will offer personalized Internet withdrawal or screen reduction plans for each specific user.

The consortium consists of seven organizations from six other European countries:



- CIVIC UK (Coordinator)
- INT POLAND
- TNTU UK
- CRYSTAL CLEAR SOFT GREECE
- VšĮ Pasaulio piliečių akademija LITHUANIA
- EMPHASYS CENTRE CYPRUS
- ASOCIATIA DIRECT, ROMANIA

The 'In Screen Mode' project was officially launched last November in Edinburgh where all partners met to discuss the first steps to monitor the in screen addiction.

The findings of research studies targeting adolescents having been conducted in 6 European countries about 1.2% of the total sample of the study present IAB, while 12.7% are at risk for IAB (i.e. 13.9% have Dysfunctional Internet Behaviour (DIB)). The proposed project has a twofold purpose: an awareness one, by promoting the smart and responsible use of Internet by young people, as well as an educational one, by proposing appropriate actions for reducing their screen time and advancing and promoting instead of passive, interactive and offline entertainment and interactive and interpersonal offline and e-communication, thus boosting their active political participation (Policy Recommendation Theme 5 of the Final report "Youth participation in democratic life" (EACEA 2010/30)).

More information can be accessed on our newly launched website www.inscreenmode.eu. If you want to keep up to date with the development of the project, please get in touch with us via the website or the social media



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#in_SCREEN_MODE