

Screen Addiction Training Activities

A series of training activities related to Internet Addictive Behaviour (IAB) will take place in the context of the inSCREENMODE project (inscreenmode.eu) in Edinburgh (UK), Athens (Greece), Nicosia (Cyprus), Kaunas (Lithuania), Bucharest (Romania) and Lodz (Poland).



inSCREENMODE promotes:

- the smart and responsible use of Internet by young people (16-25 years old) by proposing actions for reducing their screen time
- the interactive and interpersonal offline and online entertainment and e-communication, instead of passive Internet use.

The training activities will take place in June and July

During the training activities, participants will learn how to use the project tools:

- **Internet Addiction Genie:** An interactive tool which, based upon situational and behavioral data in relation to Internet use of each specific user, suggests personalised & customisable moderation plans and actions
- **Learning Motivational Environment:** An online training environment, facilitated by Social Learning functionalities, delivering interactive media learning content regarding each specific learner's Internet behavior

For more information with respect to the training activities, detailed schedule, requirements for participation and expression of interest, please refer to the project website.