

inSCREEN MODE - MODERation strategies of SCREEN abuse for Generation Y(outh)

BACKGROUND

The project aims at empowering young people (16-25 years old) to deal effectively with situations concerning excessive preoccupation with Internet or screen abuse.

PROJECT AIMS

The project aims to develop an online course that will help young people (aged 16 - 25) moderate their time spent online and deal with negative urges that may be responsible for their frequent or excessive Internet use.

TARGET GROUPS

- ◆ **Direct Target Group:**
Young People (16-25 years old)
- ◆ **Indirect Target Group:**
Youth practitioners and educators, youth training centers and associations

PROCEDURE

The project is almost half way through and our research has lead us to focus on 2 main action plans and strategies:

- How to cope with time management
- How to cope with negative urges

CONSORTIUM

Coordinator



Partners



INTELLECTUAL OUTPUTS 1 & 2

IO1

⇒ Develop the Internet Addiction Genie.
Genie will associate different characteristics to Internet user categories. A report will provide some steps that the user can follow in order to moderate the time spent on Internet and deal with causalities related to Internet use.

IO2

⇒ Develop specific actions for:

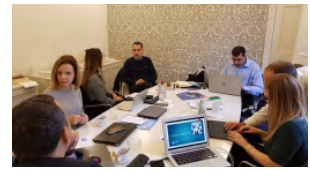
- ◆ Time management : Adopt Alternative off-line activities, Recognise Internet use routines and set moderation goals, Use external constraints to regulate online use
- ◆ Negative urges: Build self confidence, Cope with aggression, Cope with anxiety/stress, Cope with boredom, Cope with loneliness, Cope with sadness

These actions will be localised into the partnership languages: Greek, Lithuanian, Polish and Romanian

TRANSNATIONAL MEETINGS

◆ Kick-off Meeting:

3rd November 2017
Edinburgh, UK



◆ 2nd meeting:

16th April 2018
Kaunas, Lithuania



◆ 3rd meeting:

13th November 2018
Bucharest, Romania

ACTIVITIES

- ◆ **C1** - Short term joint staff training Greece

PARTICIPATION IN EVENTS

- ◆ Get into Games (GiG) → ignite (CIVIC)
- ◆ Conference about cyberviolence (INT)
- ◆ The International Conference on Behavioural Addictions (NTU)
- ◆ Study fair "Studies 2018"(GCA)
- ◆ EAN 5th International conference " From bullying to antibullying: moving forward" (CCS)
- ◆ Conference 'Eyes on cyberbullying' (AD)
- ◆ Cyprus Educational Fair 2018 (EMPHASYS)

CONTACT US

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