



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
- ◆ etc

PROCEDURE

The project were focused on 2 main action plans and strategies: Cope with time management and Cope with negative urges

The Genie was developed as an online tool aimed at those aged 16 - 25 and it can be used to gain an understanding of what is a healthy amount of time to spend online.

CONSORTIUM

Coordinator



Partners








The InscreenMode Genie

The participants will provide:

- ◆ Demographic information such as age, occupational status, country of residence
- ◆ Devices used during online activities
- ◆ Information regarding the time they spend on specific high risk online activities per day
- ◆ Information regarding the time they spend on specific low risk online activities per day
- ◆ Identify the behaviours and the feelings experienced due to internet use

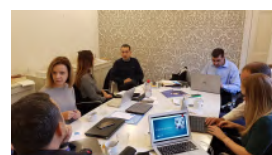
The Genie will provide:

- ◆ A report that explains the participants current state of Internet use
- ◆ Recommendations such as strategies and actions to manage time spent online and/or cope with prior negative feelings
- ◆ An evaluation for their progress and identify actions that helped them to reach their desired moderation goal.

TRANSNATIONAL MEETINGS

◆ Kick-off Meeting:

3rd November 2017
Edinburgh, UK



◆ 2nd meeting:

16th April 2018
Kaunas, Lithuania



◆ 3rd meeting:

13th November 2018
Bucharest, Romania



◆ 4th Meeting:

8th April 2019
Nicosia, Cyprus



ACTIVITIES

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

MULTIPLIER EVENTS

- ◆ CCS (Athens, Greece)
March 2019
- ◆ Emphasys Centre (Nicosia, Cyprus)
April 2019

- ◆ AD (Bucharest, Romania)
- ◆ CIVIC (Edinburgh, UK)
- ◆ GCA (Kaunas, Lithuania)
- ◆ INT (Łódź, Poland)

CONTACT US

CIVIC

12 South Charlotte Street, Edinburgh, EH2 4AX

T: 0131 624 9830

E: info@civicuk.com



www.inscreenmode.eu



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Coordinator
CIVIC

Partners
Emphasys
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