

## **Erasmus Programme: Ka 2 for young people and youth workers exchange of good practices**

Rif: EAC/A03/2018 – Erasmus+ Programme (GUCE/GUUE C 384/4 del 24/10/2018)

### **The project**

Title "The difficult relationships of adolescents in web and social use. Study trip in the experiences of some European realities ",

The project is aimed at transferring good practices, share and compare ideas, practices and methods, enhanced cooperation with partners in other countries, improve skills of youth workers of the partner and the team working in order to provide skills and knowledge on the prevention of adolescent distress, with particular reference to the use of the web and social networks.

The project aims to develop online security and digital well-being, and combat cyberbullying.

In particular, the project aims

- to support youth workers in developing and sharing effective methods to address the risks, opportunities and consequences of digitisation.
- improving critical thinking and media literacy among young people

Use of the internet is an essential tool for information and relationships in people between 13-18 years. A recent study by Federsed, the Italian federation of addiction service operators, reveals that in Italy, among the students of lower and upper secondary schools, 20% are at risk of internet problems, 30% abuse it and 5% has symptoms of addiction. About 10% of adolescents declare themselves dissatisfied with life, social relationships, including family relationships, and live emotional difficulties, with prevalence of depressive or anxious forms.

According to data provided by the World Health Organization (WHO) depression is the main cause of illness and disability between 10 and 19 years and suicide is in third place among the causes of death. For adolescents, in the web and on-line space, relationships become emotionally protected, not perceived by the body or controlled by it, to become unknown factors, with which it is difficult to enter into a relationship. The abuse of the Internet and the constant use of social media can therefore undermine the identity of young people, putting at risk their psychological growth and self-esteem. According to recent studies, adolescents' propensity to dependence is three times higher than that of adults. Hate-speech, cyberbullying, cyber sex, sexting, gaming, disorder, are phenomena linked to a state of unease, individual, family, social that produces loneliness and overcomes physical isolation.

The good practices, the ideas, the methods are on: how to monitor the phenomenon, on which languages and tools to use in the report to intercept adolescents and their needs on the topic through the use of platforms or spaces organized on the web, so that young people can have access to the consultation and disclosure of correct information should also allow to prepare guidelines to organize the service to be offered both in direct dialogue with adolescents and families, and with educational institutions. At the end of the study path, the business team consisting of managers and medical professionals, psychologists, professional educators and social workers, will purchase contextual information on the entity the spread of the problem use of social and difficult relationships in at least two European countries, acquired information on methodological tools necessary to photograph and bring out the existing

discomfort, to define a project document on a service aimed at adolescents and their families with relational disorders related to the use of the web and social networks, acquired knowledge on how to trigger awareness campaigns on 'proper use of the web and social networks towards adolescents, acquired information to initiate dialogues and observers with educational institutions and public institutions that deal with youth policies to oversee the phenomenon.

#### Activity

##### Management:

N 4 Transnational Project Meetings

##### Implementation

sharing of practices and methodologies on the subject of internet addiction

##### transnational training activities

- 1) N 4 Short-term joint staff training events to learn about the good practice of the Portuguese partner. Duration (days) 7 Total Duration Including Travel
- 2) Short-term joint staff training events in Italy to work on a protocol, for operators to prevent, operate in cases of internet addiction Duration (days) 7 Total Duration Including Travel

The ASL will participate with a total of 14 operators, 7 at each meeting

#### **Usl Toscana sud est organization**

USL Toscana Sud Est Tuscany organization operates in the provincial territory of Arezzo, Grosseto and Siena. It comprises 103 municipalities with a surface area of 11,560 sq. Km and offers services for approximately 838,150 inhabitants. The company is made up of 10,000 operators, 13 hospitals that provide hospital assistance, according to a certified accreditation system in accordance with national and regional legislation and in 8 district areas that provide territorial, health and social assistance. The Company identifies its mission in the promotion and protection of health, in improving the quality and lifestyles of local communities resulting in a reduction in social hardship. In the territorial realities there is a service for the management of the needs of young people. The USL Toscana Sud Est Company has identified a multi-professional structure in which, figures of social, health and management character promote, support and elaborate projects and company actions also aimed at the realization of youth policies. In the management of each company project, a project team consisting of an expert in administrative and accounting activities with coordination functions, and professionals competent in the project aspects is set up.

A number of projects underway for the financing of the European Social Fund to combat poverty and social inclusion have recently been implemented, aimed at young people in conditions of family hardship or economic and social disadvantage. More specifically, support for youth policies was provided through activities aimed at health education and correct lifestyles.

he actions were training, awareness and information. Training courses with schools about nutrition, contraception among young people and the fight against

addiction (SERD help desk). Specifically, the projects, carried out by the operators of the Local Health Authority of Southeast Italy, which aim to promote wellbeing and awareness among young people can be listed below: "Health education project for secondary school students ", In which business operators meet teachers and students with the aim of increasing students' skills on the concept of healthy eating; "Project to promote well-being in the school environment", which aims to promote relational and emotional skills to promote the well-being of teachers and students; "Project aimed at second grade secondary school students", so that they acquire information related to sexually transmitted diseases and provide general knowledge on contraception. Presentation and information about the Adolescent Consultation Centre and presentation of the "J Love Safe Sex" APP of the Tuscany Region; "Workplace Safety Regulations" project to educate students to pay attention to potential risks to change incorrect and potentially dangerous attitudes during practical laboratory exercises. Contribute to the training of future workers already prepared for the idea of risk prevention; Project "Blood donation, donation of organs and other tissues" with the aim of promoting among students the culture of "GIFT" as a gesture of social responsibility, sensitizing the new generations to the donation of blood, organs and other tissues; Moreover, the USL Toscana Sud Est Company, in order to better respond to youth problems, has structured the Consulting Information Centre in which professional psychologists and educators work, aimed at promoting and implementing integrated activities for well-being and educational success among young people. the development of health and well-being education with the aim of preventing discomfort and counteracting the spread of risky behaviour, favouring the relationship between school and territory in network work with social-health services, education and Adolescent Counselling. With the Adolescent Consultation Centre, the USL Toscana Sud Est Company devotes an ad hoc service to boys and girls aged 12 to 23 years

Teenagers is free, free and multi-professional. The young people who go to the counselling centre have the opportunity to meet the gynaecologist, the psychologist, the obstetrician and the dietician, operators present in the advisory service to give an immediate response to the needs of young people who need information, advice and support in areas related to health and well-being. The psychologist, in addition to the individual responsibility of the young user, also guides and organizes group activities as well as the nutritionist in the nutritional field. In order to reach and be reached more easily by young users, a "adolescent consultation" Facebook page was created, which, in addition to functioning as a normal social page, represents an always open contact between the youngsters and the operators who answer in real time, with private messages, to their questions. The counselling centre for adolescents and young people is also an element of continuity and support for health education projects, described above, that the company offers to local schools.

Applicants have to submit their grant application by the following date: 5 February 2019 at 12:00 (midday Brussels time)