

Together, let's shape a future where children can confidently navigate the digital world with the guidance and support they need.

Internet safety, also known as online safety, cyber safety and electronic safety (e-safety), refers to the policies, practices and processes that reduce the harms to people that are enabled by the (mis)use of information technology.



- As the number of internet users continues to grow worldwide, internet, governments, and organizations have expressed concerns about the safety of children and teenagers and the elderly using the Internet.

- Over 45% have announced they have endured some sort of cyber-harassment.

This leaflet has been produced by the European Parents' Association (EPA) which is a member of the consortium. For more information contact office@europarents.eu



Objectives

Cultivate the required Digital Competences of educators, parents/guardians and related professionals to be able to promote and support **Digital Readiness**, focusing on the thematic areas of Safety from **Internet Addiction** and **Cyberbullying**

Provide training and counselling support for educators, parents/guardians and related professionals on issues related to the above 2 areas, with focus on the implementation of **empathetic active listening techniques** that will help them build a **relationship of trust, interest and respect** with the children.



e-safety-network.eu



The ERASMUS + project entitled "e-safety - e Creativity Networks for Teachers, Parents & Guardians" brings together a consortium of esteemed partners dedicated to advancing adult education and fostering collaboration on an international scale.



The project is addressed to adults involved with the upbringing, education, and support of children and aims to educate them on the challenges that children face in the digital world and to empower them to be responsible digital citizens, positively influencing the digital readiness and safety of the younger generation"



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Bullying:

72.09% of tweens and 85.00% of teens experienced bullying as a bully, victim, or witness.

Anxiety:

19.69% of tweens and 42.05% of teens used language or were exposed to language about anxiety.

Bark statistics 2021

Social media sees some teens spending more than seven hours each day logged in.

(Common Sense Media)

Symptoms of depression are twice as likely to appear in teens who spend more than 5 hours a day on their smartphones.

(NPR)

Social Media statistics confirm that 90% of people aged 18-29 use social media in any form available.

(Statista)



The challenges posed by the increased digital exposure of children nowadays are major and to effectively address them, a closed collaboration among the people involved in their upbringing and education is important.

For all stakeholders involved in the 'support system' of children to be able to address those challenges, they need to be fully digitally competent themselves. This will not only allow them to effectively guide children in their journey in the digital world but, more importantly, to become role models for the children when it comes to responsible digital engagement.

The project aims to create a digital-capable and well-informed support system, by cultivating digital competencies among educators, parents/guardians, and related professionals to promote and support digital readiness, with a specific emphasis on cyberbullying and digital addiction, through the availability of high-quality learning opportunities and e-consultancy.

Furthermore, the project aims to establish a holistic network of learning and cooperation in the model of a social network, that allows the exchange of ideas, knowhow and expertise among parents/guardians, educators, and related professionals.

Last but not least, the project aims to arm parents/guardians, educators and related professionals with creative educational tools that will allow them to address the challenges of cyberbullying and digital addiction with children as well as pedagogical techniques that will develop communication skills among parents/guardians, educators, and professionals, fostering a relationship of trust with children.



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