

Healthy Social Media

Helping make young people's experience of using social media a healthy, positive and life affirming one



Why Healthy for Social Media?

Social media is here to stay. It offers a fantastic way to connect and communicate with others. However, social media is a double-edged sword and our young people are increasingly exposed to online behaviours that: erode their confidence, damage interpersonal relations, encourage the search for aesthetic perfection & over-sharing of personal information, and increase the possibility of radicalization. These all pose serious risks to the development of positive, confident, active young citizens.

Our Healthy Social Media project will directly address these potential negative impacts by working with young people to improve their ability to assess and engage with the digital and social media they are consuming and creating. Our consortium has extensive experience of youth work and working with young people, and together we can achieve our objective "to help make young people's experience of using social media a healthy, positive and life affirming one."

Visit our new website:
www.healthysocialmedia.eu

With your help by
2018,



Undertake in-depth
research on the
digital lives of
young people



Train and develop
Youth Worker and
educators to teach
digital citizenship



Empower Young
People through
developing their
critical thinking
skills

Seven out of ten Spanish children have a mobile phone

According to “[The Interactive Generation in Spain. Children and teenagers before the screens](#)” study carried out by the professors of the Communication’s Faculty (University of Navarra): 71% of teenagers use social networks with a slight predominance of girls. By age, from the age of 14 the use of social networks exceeds 80%, reaching up to 85% use at 17 years’ old. Almost 40% of internet minors have their own website or have generated some web content.

Likewise, the study “[Young people and communication. The footprint of virtual](#)” points out that young people admit to “feeling isolated and incomplete and don’t know how to fill routines integrate or socialize”. They value very positively the use of social networks and its advantages. Though they are aware that they can lose some of their privacy, but they assume is something normal. They have difficulties ignoring or rejecting friendships or communications requests. For a few years, a series of educational, social and health initiatives have been developed in Spain aimed to identify the problems that the excessive of Social media can generate in young generations and how we can tackle them.



Kick-off meeting in Belfast

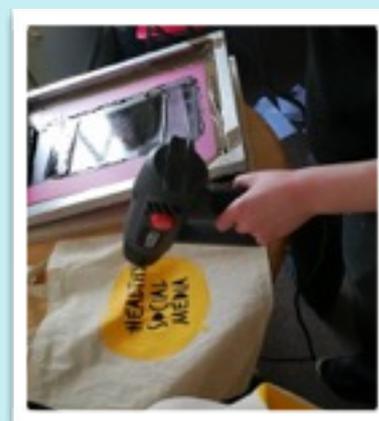
Healthy Social Media first meeting took place in June 2017. It was hosted by the project coordinator ‘New Lodge Duncairn Community Health Partnership’ in Belfast. A first review of the literature for the project was done the first day.

The second meeting day was focused on a revision of the partners’ roles and responsibilities, going through the Needs Analysis Study (IO1), the Dissemination and Sustainability plan, building capacity for change and improved teaching of critical assessment as transverse skills set (IO2) and finally partners agreed on the development of the website and Healthy Social Media app.

Next meeting will take place in Leitrim (Ireland), October 2017.

Printing workshop and focus group

On Friday 15 of September, Momentum Consulting carried out a live screen printing workshop followed by a focus group with young people in their community (based in Ireland). Participants were asked to look at their role in the active citizenships.



Slovenian youth spent 2,37 hours using the Internet

According to CEPYUS-FES Slovenian 2013 Youth Study, in 2010, Slovenian youth spent 2,37 hours using the Internet, while in 2013 they spend 3,94 hours using the Internet, which is a substantial increase of 1,75 hours a day. 2013 survey data also indicate that 44,5% of Slovenian youth are »heavy« internet users.

EU Kids Online results in Slovenia (2010, first Slovenian survey dedicated to the subject) place the country in the "Unprotected networkers" cluster, meaning that children are more adventurous and explore more but are also less protected. Slovenian children go online at an earlier age than their European counterparts, with an average age of eight. Around three quarters of children go online every day and engage in a number of activities higher than the European average. A half of Slovenian children use internet in their rooms, and a third on mobile phones and tablets. Almost two thirds of Slovenian children is using social networking sites which puts them above European average. Forty-one percent of parents do not mediate their children's activities. This suggests that in the future more should be done to involve parents in their children's online use and to educate youth and their parents to safer and healthier use of social networks.

Increased use of social networks among youth in Slovenia and some negative consequences of use was also detected by Society SPES in the framework of two focus groups, which were carried out on July 28th and August 7th. Both groups included 16 young people who shared their views on a common topic in groups.



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