

Best Practice guide

Digital Intelligence growth via Emotional Quality of Youth



Collected by
DIGEQ consortium

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Introduction

Aims of the DIGEQ (Digital Intelligence growth via Emotional Quality of Youth) project are to support digital knowledge of youth, the growth of digital intelligence and the so-called teaching of emotional skills for young people.

It is a way of preventing bullying and cyberbullying through the exchange of experiences, best practices, training of young trainers through participation and development of curricula for informal education of young people in the field of digital resilience. Project priorities are digital transformation and the growth of digital intelligence using the emotional qualities of young people.

Project partners feel responsible for an appropriate provision of digital knowledge and online education of young people within the EU Member States.

Project DIGEQ is a joint youth concept that supports the safety of children and young people in the online environment, because of the digital transformation of our current era.

In March 2020, children and youth suddenly found themselves in an unexpected situation that forced everyone to use professional digital knowledge. If young people, children and their surroundings do not react in time to raise awareness then problems such as online bullying and harassment, fake news and digital illiteracy will continue to grow their presence on the internet.



Although the phenomenon of cyberbullying is becoming a growing problem among youth and children, yet parents, teachers, youth workers often do not have the knowledge or the necessary tools and methods to deal with it. This is the reason why the DIGEQ consortium collected best practices to help parents, teachers, educators and youth workers to handle the situation.

The document provides list of educational blogs and applications, toolkits, interactive games, articles, videos, quizzes dedicated to safe use of Internet (social media, cyberbullying prevention), digital active citizenship.

The content of the guide is based on the experience and expertise of project partners from the Czech Republic (GLAFKA s.r.o.), Hungary (FAZEKAS) and Slovakia (FutuReg) who collected best practices.

Some of best practices are international and are available in more languages so it can reach wider target group.

This guide can also serve as a comparison of online safety, cyberbullying prevention and digital citizenship tools, applications and methods available in countries participating in the DIGEQ project.



Safely on the Net

Mission & Vision

Safely on the Net will teach users to recognize the basic risks of the digital world, provide practical advice on how to protect yourself from them and bring current news from the world of digital technologies.

Methods

Educational blog

Main activities

The goal of the initiative is to raise awareness of the threats for children on the Internet but also to show opportunities and positives that modern technologies can offer to children. This program brings together information and collects expert advice for parents, children and their teachers and gives them techniques on how to prevent threats together even before someone enters the endless world of the Internet. Cultural anthropologist studies were involved in the program development too.

Target group

Children and their parents.

Competences gained

Cyber security, internet safety, digital responsibility, cyber terminology.

Location

Online

Stakeholders

Contact Info/Website

<https://bezpecnenanete.eset.com/sk/rodicia-a-deti/>

Internet Highway

Mission & Vision

Teach pupils the principles of internet safety in a fun and attractive way.

Methods

Interactive educational game

Main activities

In the game environment, children learn about the key topics of Internet security through virtual guides, overcome obstacles and reveal the hidden secrets of the game environment.

The knowledge and skills that students acquire on their way are needed to enter other game zones. There are also a number of hidden objects and activities with which pupils will certainly enjoy fun and learning.

Target group

Elementary school students /pupils

Competences gained

Rules of safe online behaviour

Location

Online, Czech Republic

Stakeholders

Ministry of education, youth and sport, E-bezpečí

Contact Info/Website

<http://www.internethighway.cz/>



Be Internet Awesome

Mission & Vision

The programme brings a comprehensive methodology for educators. Its aim is to teach children how to deal with hackers, harassment, cyberbullying or careless sharing on social networks. It also emphasizes the development of social skills, such as kindness and the ability to stand up for others.

Methods

Interactive educational game

Main activities

Activities can be used with no prior professional development, minimal class prep and no special equipment or resources needed to teach them. Activities are reinforced through gameplay with Interland,

Basic topics of Internet “awesomeness” principles:

- Think Before You Share (Be Internet Sharp)
- Check It's For Real (Be Internet Alert)
- Protect Your Stuff (Be Internet Secure)
- Respect Each Other (Be Internet Kind)
- When In Doubt, Discuss (Be Internet Brave)

Target group

primary school teachers, school prevention methodologists, other workers in children's education

Competences gained

digital citizenship and safety on the Internet

Location

On-line, Czech Republic and other countries

Stakeholders

Google in collaboration with internet safety experts (KeepSafe, Online Family Safety Institute)

Contact Info/Website

<http://www.internethighway.cz/>

02 Chytrá škola

Mission & Vision

A project aims to teach children, parents and teachers how to use technology correctly and at the same time be safe on the Internet.

Methods

Useful tips, articles, quizzes, videos

Main activities

The online training programme cover 4 main areas: online security, media and computer literacy, technology in education. Aim of the training programme is gaining knowledge and skills of learners in:

- self-protection from possible threats on the Internet.
- creating, receiving and sharing content on the Internet intelligently and critically,
- using the computer and the Internet correctly,
- using technology in a modern way.

Target group

Children (students/pupils), teachers, public

Competences gained

On-line security, digital, computer and media literacy

Location

On-line, Czech Republic

Stakeholders

Nadace O2 (O2 Foundation), O2

Contact Info/Website

<https://o2chytraskola.cz>

Tablexia

Mission & Vision

A modern educational application aiming to support the development of cognitive abilities of children with dyslexia in secondary schools. It should find its use in schools to supplement the standard teaching.

Methods

Educational application

Main activities

A fun app for children with dyslexia
Tablexia consists of ten games, each of which focuses on the training of one cognitive ability. The games are interconnected by attractive mystery theme and the application environment evokes the atmosphere of the 1930s. The player plays the role of a young detective who under the supervision of his older colleagues practices the skills required for this demanding profession.

Target group

children with dyslexia at secondary school

Competences gained

Development of cognitive abilities

Location

On-line (available in Czech, German, English and Slovak).

Stakeholders

CZ.NIC, z. s. p. o.

Contact Info/Website

<https://www.tablexia.cz>



FACE

Mission & Vision

Develop a new methodology and pedagogy to prevent cyberbullying, based on innovative artistic practices.

Methods

Artistic methodologies: filmmaking, drama, visual & street arts.

Main activities

FACE (Fighting Cyberbullying and Exclusion) develop guidelines, materials, networks and innovative methodologies combining multidisciplinary artistic approaches to tackle increasing phenomenon of cyberbullying amongst teens and children.

Target group

Youths, Youth workers, Parents, Local authorities

Competences gained

Safety and security, cyberbullying prevention, active citizenship, self-confidence, critical thinking.

Location

available in Czech, Italian, French, English, Spanish, Danish, German, Moroccan)

Stakeholders

ERASMUS+, ALDA, Cittadini Digitali, MDIG, EMESSE, INFODEF, SOS Malta, Vejle Municipality, Kitev, GLAFKA

Contact Info/Website

<https://face.oonion.eu>
info@glafka.cz

ZODPOVEDNE.sk

Mission & Vision

Safely on the net will teach users to recognize the basic risks of the digital world, provide practical advice on how to protect themselves and bring together current news from the world of digital technologies.

Methods

Educational blog

Main activities

The goal is to involve as many pupils, parents and schools as possible in the nationwide project of prevention and regulation of excessive use of the Internet

Main activities of the project include non-formal education techniques, awareness raising via campaigns and exchange of dialogues with key players at national level.

Specific activities - traffic lights analogy:

GREEN - responsible use of the internet and technologies

ORANGE - the helping hand.

RED - stop sign for illegal content in the virtual space.

Target group

Children, youth, adults.

Competences gained

Positive online behavior, online communication, healthy habits, cybersecurity, online safety, digital skills.

Location

Online

Stakeholders

Contact Info/Website

www.zodpovedne.sk

Bezinternetu.sk

Mission & Vision

Aims to voluntarily limit, reduce or even give up ubiquitous displays for a period of time to increase positive behavioral change in childrens and their surrounding lives.

To implement certain principles that will permanently reduce the impact of digital technologies.

To teach to choose between healthy and unhealthy food.

Methods

Educational blog

Main activities

The project aims to implement principles that will permanently reduce the impact of digital technologies and the Internet. Activities target to find a healthy balance between the online and offline worlds. It consists in setting boundaries, priorities. They promote offline activities without using the online space, such as reading books, spending time with family members and friends, playing with toys, to practice sport, etc.

Target group

Kids, parents and teachers

Competences gained

Safer use of the Internet, healthy habits, healthy development

Location

Online

Stakeholders

Contact Info/Website

<https://bezpecnenanete.eset.com/sk/r/odicia-a-deti/>

Ovce.sk

Mission & Vision

The main goal is to create a series of cartoons for children and an international internet portal. It serves as a prevention tool for children, wittily shows teenagers a mirror of their improper behavior and gives adults an opportunity to learn.

Methods

Educational blog

Main activities

Cartoon series for children covering different online safety topics, such as grooming, cyberstalking, phishing, virtual friendships, social equality, etc. The internet portal was launched on 8 October 2009 in the Slovak version and in versions for minorities living in Slovakia (Hungarian, Roma). The portal is designed to be user-friendly for the visually impaired and its rules also accept other handicapped groups.

Target group

Children, parents and teachers

Competences gained

Online safety and critical thinking, fake news, media awareness, digital literacy.

Location

Online

Stakeholders

Slovak Ministry of the Interior and the Slovak Committee for UNICEF

Contact Info/Website

www.ovce.sk

Kid on the net

Mission & Vision

The NMHH Internet Hotline is a collection of its internet information and assistance service for understanding the digital habits of young people. The site is operated and maintained by the National Media and Infocommunications Authority. (<https://gyerekaneten.hu>)

Main activities & Methods

The content of the site: dictionary, text reviews, quizzes. With his Collection of the Internet Hotline information and assistance service of the NMHH (National Media and Communications Authority) provides news, dictionary of digital issues, quizzes for different topics – for example: Anonymity, Influencers, Is it really all about sex?, Emojis, Influencers, On the dark side, “You can also be a good face online!”, The world of games and players also has its own vocabulary”, In the language of the net, there are many terms referring to technology, Net concepts that we should be aware of, Words from the digital vocabulary of relationships, Are you at home with your kids' digital stuff? etc.

Target group

Parents

Competences gained

Safety and security, active citizenship, critical thinking

Stakeholders

National Media and Communications Authority

Contact Info/Website

<https://gyerekaneten.hu/>

ProSuli

Mission & Vision

HiperSuli project, brings schools together and supports the work of teachers open to digital innovation, builds a teaching community and helps schools go digital with superfast mobile internet access.

the programme's focus also includes the conscious use of the Internet by parents and children.

Main activities & Methods

This is a self-study course based on educational quizzes. Visitors can answer questions and learn about a series of topics. For parents its screen time, digital presence, digital well-being, digital citizenship, media literacy, password, two-step verification, device protection, digital footprint, digital data sea, personal data, permissions, family account. For students its password, fake news, two-step verification, device protection, digital footprint, digital trash, personal data, privileges, screentime, phishing, digital presence, digital wellbeing, digital literacy category.

Target group

High school students, teachers and parents

Competences gained

Safety and security, active citizenship, self-confidence, critical thinking.

Stakeholders

Yettel ProSuli

Contact Info/Website

hipersuli@yettel.hu
<https://hipersuli.hu/tudatosnet/tananyag/roles>

Precobias

Mission & Vision

The PRECOBIAS project focuses on resistance and critical thinking in the digital world. It focuses on the mental processes and prejudices that arise when young people are confronted with extremist content online.

Main activities & Methods

It provides a rich toolkit for high school teachers with ready-to-use lesson plans. Key issues of the activities: How can we make students more resilient to extremist content online? Activities with strong focus on critical thinking and awareness of prejudice. The content leads to an online course with ready-to-use materials and adaptable versions. The material also discusses the problem of a conscious pedagogical approach to cognitive distortions and their role in radicalization. It focus on ten selected cognitive biases offering a wide range of activities with printable worksheets based on real-life examples from advertising, (social) media, the political and social spheres, and content developed by extremists.

Target group

High school students, teachers

Competences gained

Critical thinking, safety and security, active citizenship, self-confidence, media awareness, confidence.

Stakeholders

PMF Research

Contact Info/Website

<https://www.precobias.eu/hu/>

Médiatutor

Mission & Vision

With several educational programs and a rich collection of useful information and knowledge, the program helps visitors to navigate the world where the digital media environment, online communication and online publicity have become part of our everyday life.

Main activities & Methods

The site provides lesson plans, educational material (pdf-s, presentations etc.) for teachers that can be used in class, and can be a starting point for class discussions in order to clarify concepts and phenomena. After watching the short films, groups of young people are invited to discuss, tell their own stories, and play situations similar to them.

Target group

Students (several ages and grades).

Competences gained

Safety and security, online communication, active citizenship, critical thinking.

Stakeholders

MediaSmart Hungary Oktatási Közhasznú Nonprofit Szervezet

Contact Info/Website

<https://digitalisvilag.hu/digitalis-veszelyekrol-kisfilmek>

With children in the digital world

Mission & Vision

The Digital Child Protection Strategy (DCPS) of Hungary, which was prepared in close cooperation with professional and social organizations within the framework of the Digital Prosperity Program (DPP), aims to protect our children from the harmful content and methods and risks of the Internet and to prepare children, their parents and teachers for conscious and value-creating internet use through coordinated steps.

Main activities & Methods

This is an interactive e-learning curriculum for self-study (the curriculum includes videos and their text transcripts, reflective/practical exercises, and links for further orientation).

Target group

Parents

Competences gained

Safety and security, online communication, active citizenship, critical thinking.

Stakeholders

Digitális Jólét Program

Contact Info/Website

https://digitalisgyermekvedelem.hu/gyer_ekkelonline



PROJECT:

DIGEQ – Digital Intelligence growth via Emotional Quality of Youth
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