

ON-OFF4YOUNGSTERS

Embracing a balanced approach between Online engagement and OFFline alternatives

Second infographic



Material produced

High-quality material has been produced, to inform and educate concerned parties about issues related to excessive internet use. Slide presentations were created for each of the 4 modules described below, as well as lesson plans for educators to use in class.

1.Reasons behind constant online use

- Insights on teenagers' internet use.
- Addictive structural characteristics of online activities.
- Symptoms of excessive internet use in students,
- Personality traits that may predict a greater risk of internet addictive behaviour.



2.Types of online engagement

- Passive consumption (monitoring social media, watching videos, playing repetitive games and binge-watching shows).
- Active consumption (playing, communicating, creating content etc).

3.Impact of excessive internet use

- Effects of excessive internet use on children's physical, cognitive, social and emotional development.
- Obesity due to sedentary life and poor dietary habits.
- Self-injurious behaviour.
- Anxiety.



4.Strategies towards gaining a balanced life

- Awareness of media and self
- Selective single-tasking
- Carving out times and places to disconnect
- Nurturing relationships and face-to-face conversation
- Cognitive restructuring techniques

The consortium

The partnership comprises:



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KNOWLEDGE