



Surviving Digital
(Survivre)

“Study: Identification of innovative practices to support the fight against screen addiction”

SURVIVRE

By IASIS NGO, Greece



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Needs and Aims of the Study

In recent years, scientific studies have shown the harmful effects of overexposure to screens of small children. Currently, no practice has been developed which effectively helps adult educators combatting this trend.

Thus, this study conducted from the project partners aimed to:

- Identify some of the potential obstacles adults might face when trying to minimize screen usage in child rearing.
- Identify practices that can assist the development of new learning materials, which can be appropriated by healthcare professionals who wish to set up their own processes of capacitation against the overexposure to screens.
- Support the acquisition of skills by people with fewer opportunities, based on their knowledge, so that they can become "ambassadors" and accompany the reflection and training of their peers.

Methodology applied

Aiming to achieve all the above, the project partners coming from France, Spain, Ireland, Greece and Denmark and Italy conducted a study based on 30 case studies constructed from technical elements and practical, lived experiences and 10 interviews with professionals focusing on:

- challenges of adult learning in the fight against screen addictions in general
- levels of competence expected in public or private, small or medium social organizations working in the field of education and health
- conditions for successful contribution and positive outcomes: social, environmental, cultural, professional, and economic outcomes
- definition of the results of the contributory approaches with local communities and the impact of these initiatives in terms of public policy



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Presentation of the Study’s 10 Main Key Findings

From the case studies and the interviews conducted by each partner, there were identified the 10 main key findings of the involvement of the target publics (citizens & public/patient communities) in the care models (the prevention and care systems related to addictions).

Main Key Findings Objectives

The main key findings aimed to validate the common training needs allocated by the target group.

Common eligibility criteria

Through these allocated needs the main key findings were finalized in terms of the following common eligibility criteria:

- Common needs by all partner countries.
- Common training gaps addressed by the different target groups.
- Research data that proves the emerged need for the creation of training interventions.
- Recognition of the need for finding alternative training ways of empowering and strengthening the
- competencies of the target groups.



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Presentation of the 10 Main Key Findings

KEY FINDING 1. Parenting Experiential Training

in terms of:

- good use, balanced and healthy use of digital media and screen technology,
- the risks, dangers of screen use and dependence.

Target Group: Parents

Parents should be trained and educated on what good and healthy use of digital media and screen technology means and what is the difference between healthy, problematic use and addiction. They should also be educated on the risks and dangers of screen use and dependence.

Common points detected by the project's consortium:

- education, training of parents,
- training about good use and dependence
- education on balanced and healthy use of digital media and screen technology
- lack of knowledge of the impact
- fear of judgment in the side of parents
- sometimes parents consider screens a positive thing
- parents sometimes underestimate the extent of a child's computer use
- difference between casual use, experimental use, systematic use

KEY FINDING 2. Professionals' Experiential Training: Theoretical and clinical training

in terms of empowering children on the following:

- good use, balanced and healthy use of digital media and screen technology,
- the risks, dangers of screen use and dependence.

Target Group: professionals, teachers, health professionals, mental health professionals.

Professionals working with children (teachers, health professionals, mental health professionals etc.) should be theoretically and clinically trained in order to act as role models, empower and transfer their knowledge to children about the good, balanced and healthy use of digital media and screen technology, as well as the risks, dangers of screen use and dependence.

Common points detected by the project's consortium:

- training about good use and dependence
- be a role model for children
- education on balanced and healthy use of digital media and screen technology
- lack of knowledge of the impact
- empowerment from the side of professionals
- proper education of educators and teachers
- difference between casual use, experimental use, systematic use
- lack of theoretical and clinical training in the majority of mental health professionals
- reaching parents who might not seek of help due to social economic and social barriers

3 | Presentation of the 10 Main Key Findings

KEY FINDING 3. Children’s’ Experiential Training

in terms of:

- good use, balanced and healthy use of digital media and screen technology,
- the risks, dangers of screen use and dependence.

Target Group: Children

Children should be trained and educated both by their parents and their teachers on the good use, balanced and healthy use of digital media and screen technology, as well as the risks, dangers of screen use and dependence.

Common points detected by the project’s consortium:

- training about good use and dependence
- education on balanced and healthy use of digital media and screen technology
- train parents how to play with the child

KEY FINDING 4. Raising awareness campaigns and activities

in terms of:

- informing all the target groups (children, parents, professionals, wider public) on the good and healthy use of digital media and screen technology, the difference between healthy, problematic use and addiction, as
- well as the risks and dangers of screen use and dependence.
- organizing and implementing raising awareness activities within their organizations (step by step procedures on how to organize a raise awareness activity, etc.)
- lack of knowledge of the impact

Target Group: Organizations, relevant stakeholders, children, parents, professionals, wider public

Common points detected by the project’s consortium:

- raise awareness
- understand of the dangers of the internet, conscious
- raising awareness of the consequences
- awareness of balanced and healthy use of digital media and screen technology
- campaigns aiming to educate the broader public

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KEY FINDING 5. Alternative activities

In terms of:

- finding creative activities, in order to detach the child's attention from the screen, such as sports, art, outdoor activities etc.

Target Group: Professionals, children, parents

Common points detected by the project's consortium:

- outdoor activities
- art & play
- interact with people without screens

KEY FINDING 6. Individual or group support - guidance

in terms of:

- supporting children and families in the fight against screen addiction.

Target Group: Children, families that will be supported, professionals responsible for providing to children or families individual or group educational support

Common points detected by the project's consortium:

- active listening skills
- group support
- individual and group support, guidance



3 | Presentation of the 10 Main Key Findings

KEY FINDING 7. Prevention Programs for Screen Addiction

in terms of:

- preventing screen addiction.

Target Group: Professionals that will be the main staff of the prevention programs, children that will attend the prevention programs, parents that will be trained and supported in the framework of the prevention programs

Common points detected by the project’s consortium:

- Parental controls over Internet use play little to no preventive role
- Prevention program

KEY FINDING 8. Damage Reduction Programs for Screen Addiction

In terms of:

- reducing the consequences of screen addictive behaviors.

Target Group: Professionals that will be the main staff of the programs, children that will attend the programs, parents that will be trained and supported in the framework of the Damage Reduction programs

Common points detected by the project’s consortium:

- risk of relapse
- internet use is problematic
- reducing risks



3 | Presentation of the 10 Main Key Findings

KEY FINDING 9. Assessment tools & Methodologies

in terms of:

- detecting the phenomenon of screen-addiction.
- assessing the phenomenon of screen-addiction.

Target Group: Professionals

Common points detected by the project’s consortium:

- assessment tools
- the disorder is not officially recognized
- clinical experiments with questionable results that reduce the reliability of therapists
- minimal literature on their effectiveness
- treatment protocols
- avoiding instilling feelings of guilt or shame
- experience in animating a group network or collective

KEY FINDING 10. Media Education / Media Literacy

Through the conducting of the case studies’ research, it was detected the need of proper use of social media, and other relevant media resources utilized by the target group.

Target Group: professionals, parents

Common points detected by the project’s consortium:

- proper education on online security and safe browsing

