



MODULE 4

PROMOTING RESPONSIBLE ONLINE BEHAVIOR AND SOCIO- EMOTIONAL LEARNING



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**Co-funded by
the European Union**



Lesson 4.3

Developing Emotional Regulation Skills



ERASMEDIAH

Educational Reinforcement Against
the Social Media Hyperconnectivity



**Co-funded by
the European Union**

Lesson 4.3

Duration: 40 minutes

Objectives:

- To help young people recognize and manage their emotions effectively in challenging situations.
- To promote self-awareness and understanding of emotional triggers.
- To teach practical strategies for self-regulation and stress management.
- To foster empathy and respect for the emotions of others in interpersonal relationships.

Key Message(s):

- Emotions are a natural and valuable part of human experience, but how we respond to them shapes our actions and relationships.
- Recognizing and labeling emotions is the first step toward managing them effectively.
- Developing mindfulness, deep breathing, and positive self-talk can improve emotional regulation.
- Empathy for others' emotions strengthens social bonds and reduces conflict.
- By practicing emotional regulation, individuals can create more positive and constructive interactions in both personal and digital spaces.



TYPE OF LESSON



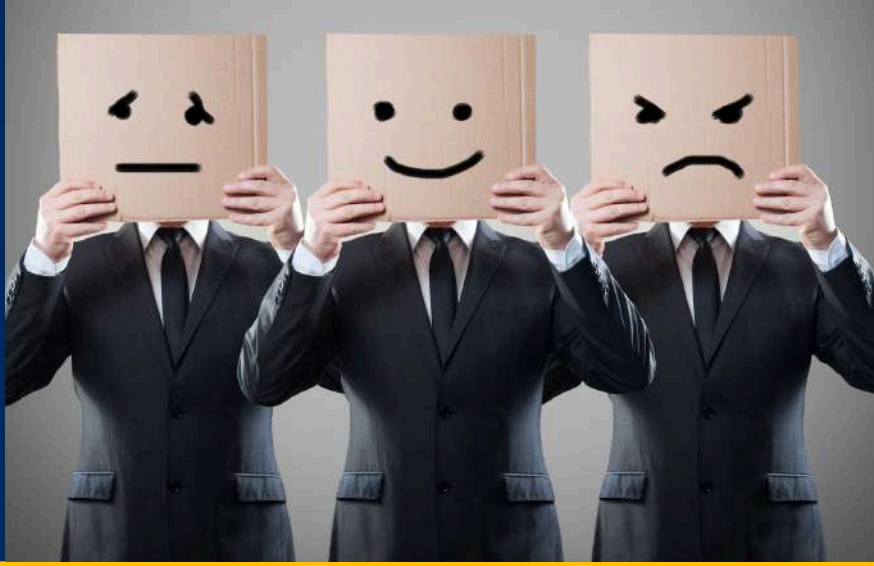


Lesson Overview

In this lesson, we will explore the concept of emotional regulation within the context of online behavior. Together, we will examine how emotions influence our interactions in digital spaces and the consequences of unregulated emotions, such as online conflicts or impulsive reactions. The session will provide strategies to foster empathy, self-control, and positive communication in online environments.

The workshop is organized into four steps:

- 1:** Introduction to Emotional Regulation (5 Min)
- 2:** Exploring Emotional Triggers and Responses (15 Min)
- 3:** Group Activity: Practicing Emotional Regulation Strategies (15 Min)
- 4:** Reflection and Key Takeaways (5 Min)



Step 1

Introduction to Emotional Regulation (5 Min)

Managing and regulating emotions is a crucial skill for navigating life's challenges and fostering personal growth. For adults, emotional regulation plays a significant role in coping with stress, building meaningful relationships, and enhancing performance in academic or intellectual pursuits. Research indicates that effective emotional regulation strategies are closely linked to positive mental health and adaptive behaviors (Silvers et al., 2012). Practices such as yoga have been shown to improve emotional regulation abilities, offering benefits beyond physical activity (Daly et al., 2015). Furthermore, emotional regulation skills enhance cognitive performance and resilience when facing challenging situations (Wills et al., 2016). Developing these skills is key to achieving greater success and well-being in both personal and professional contexts.





Step 1

Introduction to Emotional Regulation (5 Min)

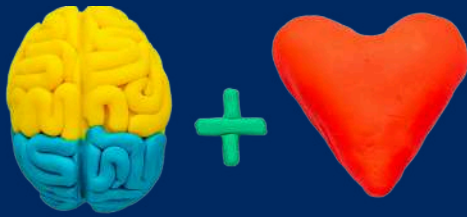
Let's watch the video:

Cooling Down Your Emotions

"Now, let's watch a video that delves into strategies for cooling down intense emotions and regaining emotional balance.

As you watch, notice the examples of situations that trigger strong emotional reactions and how people manage them. Did anything in the video resonate with your own experiences? Have you faced moments where it was challenging to control your emotions?

Think about this question: How can learning to calm our emotions improve our relationships and overall well-being? Once the video ends, I'd love to hear your thoughts—what stood out to you, and how can we apply these strategies in our daily lives to respond more positively and constructively?



Step 1

Introduction to Emotional Regulation (5 Min)

Did you know that the way we manage our emotions influences not only our well-being but also the quality of our relationships?

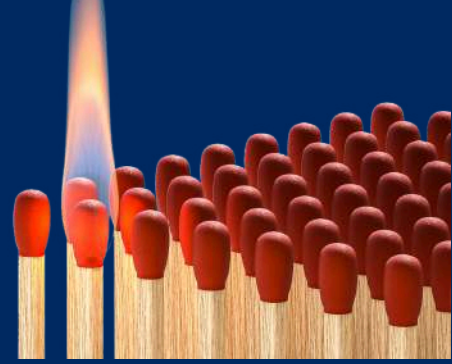
Research shows that difficulty in regulating emotions can lead to heightened conflicts, stress, and even long-term relational strain (Gross, 2015).

When faced with challenges, such as criticism or disagreement, emotions often intensify due to cognitive biases or immediate reactions, making it harder to communicate effectively (Linehan, 1993). This can result in misunderstandings, frustration, or even feelings of isolation.

However, developing emotional regulation skills—such as pausing before reacting, identifying triggers, and using calming techniques—can transform how we handle such situations (Koole, 2009). By learning to respond rather than react, we can foster trust, strengthen bonds, and create an environment where mutual respect and understanding thrive.

Let's reflect together:

- Have you ever experienced a moment where emotions got the better of you?
- How did it affect the situation, and what strategies could help you approach similar moments with greater calm and clarity?



Step 2

Exploring Emotional Triggers and Responses (15 Min)

Did you know that impulsive online behaviors, such as reactive comments or unresolved conflicts, can significantly impact emotional well-being?

Research indicates that individuals who frequently experience negative online interactions are more likely to report increased stress, anxiety, and feelings of alienation (Sampasa-Kanyinga & Hamilton, 2015).

For instance, when someone encounters cyberbullying or aggressive language in online discussions, it can trigger emotional responses like frustration, sadness, or even anger. The public nature of online platforms can amplify these emotions, as individuals feel judged not just by one person but by an entire audience.

Additionally, studies show that the perceived anonymity of digital platforms often leads to disinhibition, where people express emotions more openly-and sometimes more aggressively-than they would in face-to-face settings (Suler, 2004). This can escalate minor disagreements into significant conflicts, harming not only those directly involved but also the overall sense of community within online spaces.



Step 2

Exploring Emotional Triggers and Responses (15 Min)

However, emotional regulation in online environments can help mitigate these outcomes. Techniques such as taking a moment to pause before responding, reframing negative comments constructively, or even stepping away from the conversation temporarily have been proven effective (Chen et al., 2016). Developing digital empathy—acknowledging and respecting others' emotions—is another powerful tool to foster understanding and reduce conflict (Blomfield Neira et al., 2018).

Let's think about this:

- Can you recall a time when a heated online interaction escalated quickly?
- What emotional triggers were involved, and how did people respond?
- What strategies could have helped de-escalate the situation or turn it into a more positive interaction?
- By recognizing our emotional triggers and learning to respond thoughtfully, we can create a more supportive and respectful digital community. Let's explore these ideas together!





Step 2

Exploring Emotional Triggers and Responses (15 Min)

LIST of EMOTIONAL TRIGGER ITEMS FOR THE ACTIVITY

1. Friend Shares a Passive-Aggressive Comment About You in a Group Chat
2. Receiving Harsh Criticism on a Personal Opinion Posted Online
3. Being Left Out of an Important Email Thread by a Colleague
4. Teammate Misses a Deadline, Increasing Your Workload
5. Witnessing Friends Sharing an Inside Joke While You Feel Excluded
6. Accidentally Sending a Message to the Wrong Group Chat, Causing Embarrassment
7. Getting Interrupted or Dismissed During an Online Meeting or Discussion





Step 2

Exploring Emotional Triggers and Responses (15 Min)

Understanding Emotional Triggers in Online Interactions

What happens when someone reacts emotionally in an online conversation?

Have you ever noticed how quickly a disagreement or misunderstanding online can escalate? Often, a single impulsive or reactive comment can lead to heightened emotions and even conflict. These interactions might seem trivial, but they can leave a lasting impact on both individuals and the broader digital community.

When emotions are left unchecked, online behaviors like harsh criticism or passive-aggressive responses can create feelings of frustration, sadness, or anger. These emotional triggers can affect not just the person involved but also the tone of the conversation and the trust within the community.



Step 2

Exploring Emotional Triggers and Responses (15 Min)

Understanding Emotional Triggers in Online Interactions

Let's reflect on this as a group:

- Why do you think online interactions often lead to misunderstandings or escalated emotions?
- How might these emotional triggers influence someone's behavior or relationships online?
- What strategies can we use to pause and respond thoughtfully instead of reacting impulsively?

Group Activity:

In small groups, participants will analyze a hypothetical scenario of an emotional trigger in an online space. Each group will identify:

- 1.The emotions likely to be triggered.
- 2.The potential short- and long-term effects of these emotions on the individual and the group.
- 3.A strategy to address or de-escalate the situation in a constructive way.

Examples of scenarios:

- Receiving a harsh reply to a constructive comment in a public forum.
- Being left out of a group chat conversation where important decisions were made.
- Witnessing a heated argument between two people in a digital community you belong to.



Step 2

Exploring Emotional Triggers and Responses (15 Min)

Understanding Emotional Triggers in Online Interactions

After discussing examples of emotionally triggering online behavior in your groups, you will each share your thoughts. For instance, you might say: “We noticed this behavior was emotionally triggering because it used overly critical language, lacked empathy, and escalated the conflict instead of resolving it.”

Let’s identify some common “red flags” of emotionally triggering online behavior, such as:

- Comments that personally attack someone instead of addressing their actions or ideas.
- Overly negative or emotional language designed to provoke or hurt someone.
- Posts or messages that amplify conflict instead of promoting resolution.
- Responses that show a lack of empathy or understanding toward others’ perspectives or feelings.



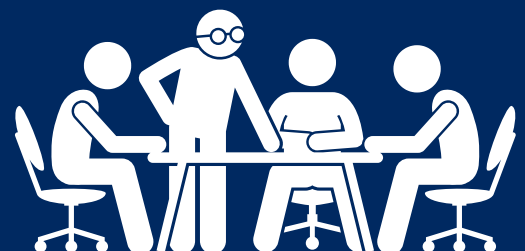
Step 3

Group Activity Practicing Emotional Regulation Strategies (15 Min)

Now that we've explored the emotional triggers and responses in online interactions, let's focus on specific techniques to regulate emotions and approach conflicts in a constructive way. These strategies will help you manage your reactions and promote healthier communication in digital spaces.

We will revisit some of the scenarios we discussed earlier—where emotionally triggering situations or conflicts occurred—and apply these strategies:

- **Understanding the Situation:** Reflect on the emotions and perspectives of everyone involved. Why might someone feel upset or defensive?
- **Identifying Escalating Factors:** What words or actions contributed to the escalation of the conflict? Could they have been avoided?
- **Choosing Positive Responses:** Think about how calm, respectful communication could replace emotional or impulsive reactions. What could you say or do to de-escalate the situation?



Step 3

Group Activity Practicing Emotional Regulation Strategies (15 Min)

When emotionally triggering situations or conflicts arise online - such as harsh criticism, misunderstandings, or escalating arguments - learning how to regulate your emotions and respond constructively is essential. Just like we approach problem-solving with logical steps, we can use specific techniques to manage emotional responses effectively and foster a positive atmosphere.

Here are three strategies you can use to regulate emotions and resolve conflicts constructively:

1. Pause and Assess:

Before responding, take a moment to pause and assess the situation. Reflect on:

- What emotions am I feeling right now?
- What is the tone of the message I received?
- How can I respond in a way that de-escalates the situation rather than escalating it?



Step 3

Group Activity Practicing Emotional Regulation Strategies (15 Min)

2. Acknowledge Perspectives:

Just as we try to understand different viewpoints during discussions, take a moment to consider the other person's emotions or perspective. Empathy plays a key role in reducing tension. For example:

- I can see that this topic is important to you. Let's work through this calmly.
- I think we might be misunderstanding each other—can we clarify what we mean?

3. Choose Respectful Communication:

Replace impulsive, emotional reactions with respectful and constructive language. Examples include:

- Instead of retaliating with criticism: I appreciate your feedback. Let's discuss this in a productive way.
- Offering solutions rather than focusing on blame: I see where things went wrong. How can we move forward from here?

Practice in Groups:

In your groups, revisit the scenarios we discussed earlier. For each scenario, identify:

- The emotional triggers present in the situation.
- How these techniques could help de-escalate the conflict.
- A constructive response that incorporates empathy, respect, and problem-solving

Step 3

Group Activity Practicing Emotional Regulation Strategies (15 Min)



ACTIVITY INSTRUCTIONS

In your groups, analyze the online conflict scenarios provided earlier and prepare a brief presentation addressing the following points:

1.The Techniques You Used:

- Did you focus on understanding the perspectives of everyone involved?
- How did you replace negative or judgmental language with calm, respectful communication?
- What steps did you take to de-escalate the situation and foster understanding?

2.The Red Flags You Identified:

- What elements made the conflict escalate? (e.g., harsh words, emotional responses, lack of empathy)
- Why was this behavior harmful, and what emotional impact might it have on those involved?

3.Your Resolution and Its Impact:

- What resolution did your group propose, and how does it address the root cause of the conflict?
- How would this solution contribute to a kinder and more empathetic online environment?

Reflection Questions:

- How can applying these strategies in real life help build healthier communication habits?
- What did you learn about the role of emotional regulation in resolving conflicts effectively?



Step 4

Reflection and Key Takeaways

To conclude today's session, let's take a moment to reflect on the skills and strategies we've learned about emotional regulation and constructive responses.

Here's a question for everyone:

"Can you recall a time when you experienced or witnessed an emotionally charged situation online? How did it make you feel, and how could the strategies we explored today help you respond more effectively in the future?"

- For those comfortable sharing, please feel free to raise your hand and reflect on these points:
- What's one strategy or insight you learned today that you plan to apply in your daily interactions?
- How can practicing empathy, calm communication, or understanding perspectives help foster more positive online environments?



Key Takeaway Summary

Let's summarize the key strategies we've learned today about developing emotional regulation skills and addressing online conflicts:

- **Pause Before Reacting:** Take a moment to identify your emotions and reflect on the situation before responding. A calm and thoughtful reaction can prevent unnecessary escalation.
- **Practice Empathy:** Try to see the situation from the other person's perspective. Understanding their emotions and intentions can help de-escalate conflicts and foster a supportive environment.
- **Choose Respectful Communication:** Avoid using judgmental or negative language. Replace reactive words with positive, constructive responses to encourage meaningful dialogue.
- **Identify Emotional Triggers:** Be mindful of situations or words that might provoke emotional reactions. Recognizing these triggers can help you manage your response effectively.
- **Encourage Positive Interactions:** Lead by example. Promote kindness and understanding in your digital interactions, and support others when you witness emotionally harmful behavior online.



Instructions for youth workers, educators, and teachers

Objective:

This lesson is designed to help youth workers, educators, and teachers guide participants in understanding the basics of emotional regulation and its importance in daily life. The focus is on recognizing emotional triggers, developing self-awareness, and fostering constructive responses to challenging situations. Through interactive discussions and simple activities, participants will learn practical strategies to manage their emotions effectively.

Materials Needed:

- Projector and screen
- Speakers
- Handouts with emotional regulation techniques
- Reflection cards with scenarios (for group discussions)
- Notebooks or paper
- Pens or pencils
- Markers or stickers (for identifying emotional triggers and responses)





Step 1: Introduction to Emotional Regulation (5 Min)

Welcome and Introduction

Warmly welcome the participants and create a supportive environment. Introduce the session objective: to understand the basics of emotional regulation and how managing our emotions can positively influence our interactions in both digital and real-life settings. Briefly outline the session steps and introduce a video resource to initiate the discussion.

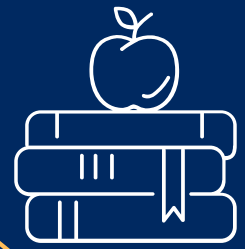
Video Screening

Suggested Video: [“Cooling Down Your Emotions With DBT Emotion Regulation Skills”](#) (Available on platforms such as YouTube or educational resources)

Alternative Language Resources (available in 6 languages):

- Italian: Visit the [Media Education Foundation](#) for materials on emotional awareness and regulation strategies.
- Greek: Explore resources by the [Greek Safer Internet Center](#) focusing on managing emotions in social interactions.
- Hungarian: Refer to the [Hungarian Safer Internet Programme](#) for tools on emotional intelligence and self-regulation.
- Polish: Access educational content from [NASK](#) on building emotional resilience and positive communication.
- Turkish: Use materials from [BTK’s Safer Internet Resources](#) to understand emotional regulation and conflict resolution.
- Spanish: Consider [PantallasAmigas](#) videos on promoting empathy and emotional awareness in digital spaces.





Step 1: Introduction to Emotional Regulation (5 Min)

Explain the Video's Purpose

Introduce the video by explaining how it highlights the importance of recognizing and managing emotions to maintain positive interactions. Encourage participants to reflect on how small actions, like taking a moment to pause or expressing understanding, can defuse conflicts and promote healthier relationships.

Key Discussion Points:

- How do unregulated emotions, like anger or frustration, influence our behavior and communication in challenging situations?
- What impact can emotional outbursts have on relationships and group dynamics?
- How can emotional regulation strategies, such as empathy and calm communication, improve interactions and build trust?





Step 2: Exploring Emotional Triggers and Responses (15 min)

Activity: Analyzing Emotional Trigger Scenarios Participants will explore real-world scenarios that involve emotional triggers in online and workplace interactions. Through group discussions, they will analyze how these scenarios affect individuals and communities, and propose constructive strategies for managing such situations.

Instructions:

Scenario Distribution:

Distribute the Emotional Trigger Items to small groups. Each group will be assigned one scenario, such as:

- "Friend Shares a Passive-Aggressive Comment About You in a Group Chat"
- "Accidentally Sending a Message to the Wrong Group Chat, Causing Embarrassment"

Group Discussion:

Guide groups to analyze their assigned scenario by discussing:

- **Trigger Identification:** What emotions might this situation provoke? (e.g., frustration, embarrassment, anger)
- **Impact on Individuals:** How could this behavior affect mental health or emotional well-being?
- **Wider Social Impact:** What are the potential consequences for relationships and group dynamics?
- **Constructive Strategies:** What steps could individuals or groups take to address and resolve the situation positively?





Step 2: Exploring Emotional Triggers and Responses (15 min)

Share and Discuss:

- Each group presents their analysis, focusing on the emotional triggers, impacts, and proposed strategies.
- Facilitate a wrap-up discussion on:
 1. Why understanding emotional triggers is crucial for conflict resolution.
 2. How such behaviors can escalate if not addressed thoughtfully.
 3. The importance of empathy and calm communication in resolving emotionally charged situations.

Reflection Questions:

- How can identifying emotional triggers help us regulate our reactions in challenging situations?
- What practical steps can we take to build stronger and more positive relationships in online and offline spaces?





Step 2: Exploring Emotional Triggers and Responses (15 min)

Activity: Emotional Trigger Analysis:

Participants will analyze specific scenarios involving emotional triggers and evaluate their impact on individuals and groups. The goal is to develop an understanding of emotional triggers and explore strategies for responding constructively.

Scenarios and Analysis Tips:

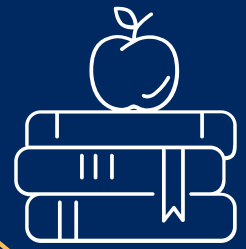
1."Friend Shares a Passive-Aggressive Comment About You in a Group Chat"

- **Evaluation Tips:** Identify the tone and intent of the comment. Is it meant to provoke or cause harm?
- **Impact Analysis:** Discuss how passive-aggressive behavior affects trust and group dynamics in online settings.

2."Receiving Harsh Criticism on a Personal Opinion Posted Online"

- **Evaluation Tips:** Consider whether the criticism is constructive or purely negative. How could the tone be improved?
- **Impact Analysis:** Examine how harsh criticism might affect someone's confidence and willingness to share ideas online.





Step 2: Exploring Emotional Triggers and Responses (15 min)

3. "Being Left Out of an Important Email Thread by a Colleague"

- **Evaluation Tips:** Evaluate whether the exclusion was intentional or accidental. How can clarity be improved in team communication?
- **Impact Analysis:** Analyze the emotional impact of feeling excluded and its effect on workplace morale.

4. Teammate Misses a Deadline, Increasing Your Workload"

- **Evaluation Tips:** Assess the reasons for the missed deadline. How could accountability and communication be improved?
- **Impact Analysis:** Discuss the stress and frustration caused by unbalanced workloads and the importance of shared responsibility.

5. Witnessing Friends Sharing an Inside Joke While You Feel Excluded"

- **Evaluation Tips:** Reflect on how such actions might be perceived by others in the group. Is the exclusion intentional?
- **Impact Analysis:** Explore how social exclusion impacts self-esteem and relationships.





Step 2: Exploring Emotional Triggers and Responses (15 min)

6. "Accidentally Sending a Message to the Wrong Group Chat, Causing Embarrassment"

- **Evaluation Tips:** Analyze how immediate responses (apologizing or clarifying) can mitigate embarrassment.
- **Impact Analysis:** Consider how such moments can lead to feelings of vulnerability but also opportunities for humor or understanding.

7. "Getting Interrupted or Dismissed During an Online Meeting or Discussion"

- **Evaluation Tips:** Reflect on the reasons for the interruption. How could the situation be addressed constructively?
- **Impact Analysis:** Discuss how interruptions can undermine confidence and hinder productive dialogue.

Activity Instructions:

1. Divide participants into small groups and assign one scenario to each group.
2. Groups will analyze their scenario using the Evaluation Tips and Impact Analysis sections.
3. Each group will present their findings, focusing on:
 - The emotional triggers involved.
 - The immediate and long-term impact on individuals and group dynamics.
 - Strategies for managing the situation constructively.



Step 3. Group Activity – Practicing Emotional Regulation Strategies (15 min)

Instructions for the Activity

- Divide participants into small groups and assign each group one scenario.
- Each group discusses their scenario using the provided discussion points.
- Groups will present their insights, focusing on emotional triggers, escalation factors, and constructive strategies for resolution.

Objective: This activity helps participants practice emotional regulation skills by identifying triggers, understanding perspectives, and fostering respectful communication in challenging situations.

Scenario 1: Passive-Aggressive Comment in a Group Chat

A team is collaborating on a project. In the group chat, one member writes, “It’s great how some people just disappear when there’s work to do!” Another member replies defensively, “Excuse me? I’ve been working nonstop. Maybe check before making accusations.” The exchange becomes tense, and others in the group stay silent.

Discussion Points:

- What emotions might have been triggered by the first comment?
- How did the tone and choice of words escalate the situation?
- How could both participants respond constructively to avoid further conflict?





Step 3. Group Activity – Practicing Emotional Regulation Strategies (15 min)

Scenario 2: Criticism of a Creative Idea

During an online brainstorming session, a participant shares an idea for a project. Another person immediately comments, “That’s not realistic at all. It won’t work.” The original poster responds, “Well, maybe you’d like to do it all yourself then!” The discussion stalls, and the group struggles to move forward.

Discussion Points:

- How could the feedback have been phrased more constructively?
- What emotional triggers might the original poster have experienced?
- What strategies can the group use to foster a more supportive environment for sharing ideas?

Scenario 3: Disagreement During an Online Meeting

In a virtual meeting, two colleagues disagree on the next steps for a project. One says, “We’re wasting time. Let’s just do it my way—it’s obviously better.” The other replies, “You’re so arrogant. We’re not just going to follow your orders.” The disagreement disrupts the meeting, and progress halts.





Step 3. Group Activity – Practicing Emotional Regulation Strategies (15 min)

Discussion Points:

- How could both parties have expressed their opinions more respectfully?
- What strategies could the group leader or participants use to mediate and refocus the discussion?
- How might empathy and calm communication help resolve similar conflicts?

Scenario 4: Miscommunication in an Email Exchange

Two colleagues are working on a tight deadline for a project. One sends an email saying, “Can you please make sure you don’t mess up the formatting this time?” The other replies, “Seriously? I’ve been fixing your mistakes for weeks. Maybe check your own work first!” Both feel frustrated, and communication breaks down.

Discussion Points:

- How did the wording in the initial email set a negative tone?
- What emotional triggers might each person be experiencing?
- How could both individuals reframe their messages to encourage collaboration and avoid further conflict?





Step 4: Reflection and Key Takeaways (5 minutes)

Group Sharing

Invite each group to briefly present their analysis of the emotional trigger scenarios discussed earlier. Ask them to reflect on what they learned about emotional regulation and how it can be applied to improve interactions in both online and offline settings.

Reflection Questions

- What was the most challenging part of identifying and managing emotional triggers?
- How has this activity changed your perspective on handling emotionally charged situations?
- What strategies can you use to regulate your emotions and communicate more effectively in the future?

Key Takeaways

- Summarize the main points by emphasizing the importance of:
- Recognizing emotional triggers and their impact on our behavior.
- Pausing to reflect before responding in emotionally charged situations.
- Using empathy, active listening, and calm communication to foster understanding and resolution.

Thank participants for their active participation and thoughtful contributions. Remind them that practicing emotional regulation not only enhances personal relationships but also contributes to building more understanding and supportive communities.





Follow-Up and Self-Reflection Activities

Reflection on Emotional Responses:

- Encourage participants to reflect on their emotional triggers throughout the week. Ask them to note moments when they successfully identified and regulated their emotions. Have them consider how they applied strategies like pausing before reacting or reframing their perspective.

Discuss with a Trusted Person:

- Invite participants to share what they've learned about emotional regulation with a family member, friend, or mentor. Encourage them to discuss how managing emotions can improve communication and relationships in daily interactions.

Tips for Teachers:

- **Time Management:** Keep the reflection and discussions focused, ensuring the activities fit within the allotted time.
- **Encourage Participation:** Create a safe space where all participants feel comfortable sharing their experiences or challenges.
- **Adaptability:** Use both digital and analog methods for reflection (e.g., apps for journaling or physical notebooks) to suit participants' preferences.
- **Model Emotional Regulation:** Demonstrate calm, empathetic communication and emotional self-awareness as an example throughout the session.





Tools

UNICEF



UNICEF implements various programs aimed at ensuring children's online safety and supporting their socio-emotional learning. In this context, UNICEF develops coordinated national responses to protect children from online exploitation and abuse, and ensures that such cases are investigated and prosecuted.

[LINK](#)

OECD



The OECD policy perspective examines how schools collaborate with external actors and community resources to address students' cognitive, emotional, social and digital challenges. Based on 2022 education policy data, it analyses the structure and effectiveness of sectoral collaborations on physical health, emotional well-being and digital technology use. It presents policy recommendations that support student well-being, with examples of initiatives from OECD countries.

[LINK](#)



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QUIZ

1. Why is emotional regulation important in online environments?

- A) It helps people respond more quickly.
- B) It positively affects personal relationships and community interactions.
- C) It makes it easier to stay anonymous online.
- D) It encourages people to suppress their emotions.

2. Which of the following is NOT an emotional regulation strategy?

- A) Practicing deep breathing techniques.
- B) Reacting immediately to negative comments.
- C) Engaging in positive self-talk.
- D) Developing empathy to understand others' emotions.

3. How should we approach emotional triggers in online environments?

- A) Evaluate the situation before reacting.
- B) Respond without considering the other person's feelings.
- C) Engage emotionally in online arguments.
- D) Suppress emotions and avoid any reaction.



QUIZ

4. Why is empathy important in social media and digital spaces?

- A) To gain more followers on digital platforms.
- B) To escalate online arguments.
- C) To reduce conflicts between people and build healthy relationships.
- D) To impose our own opinions on others.

5. Which of the following is a strategy for healthy communication in online spaces?

- A) Responding with a provocative or accusatory tone.
- B) Taking time to regulate emotions before replying.
- C) Focusing only on our own perspective.
- D) Engaging in arguments with quick and thoughtless responses.





ANSWERS

Question 1: B

Question 2: B

Question 3: A

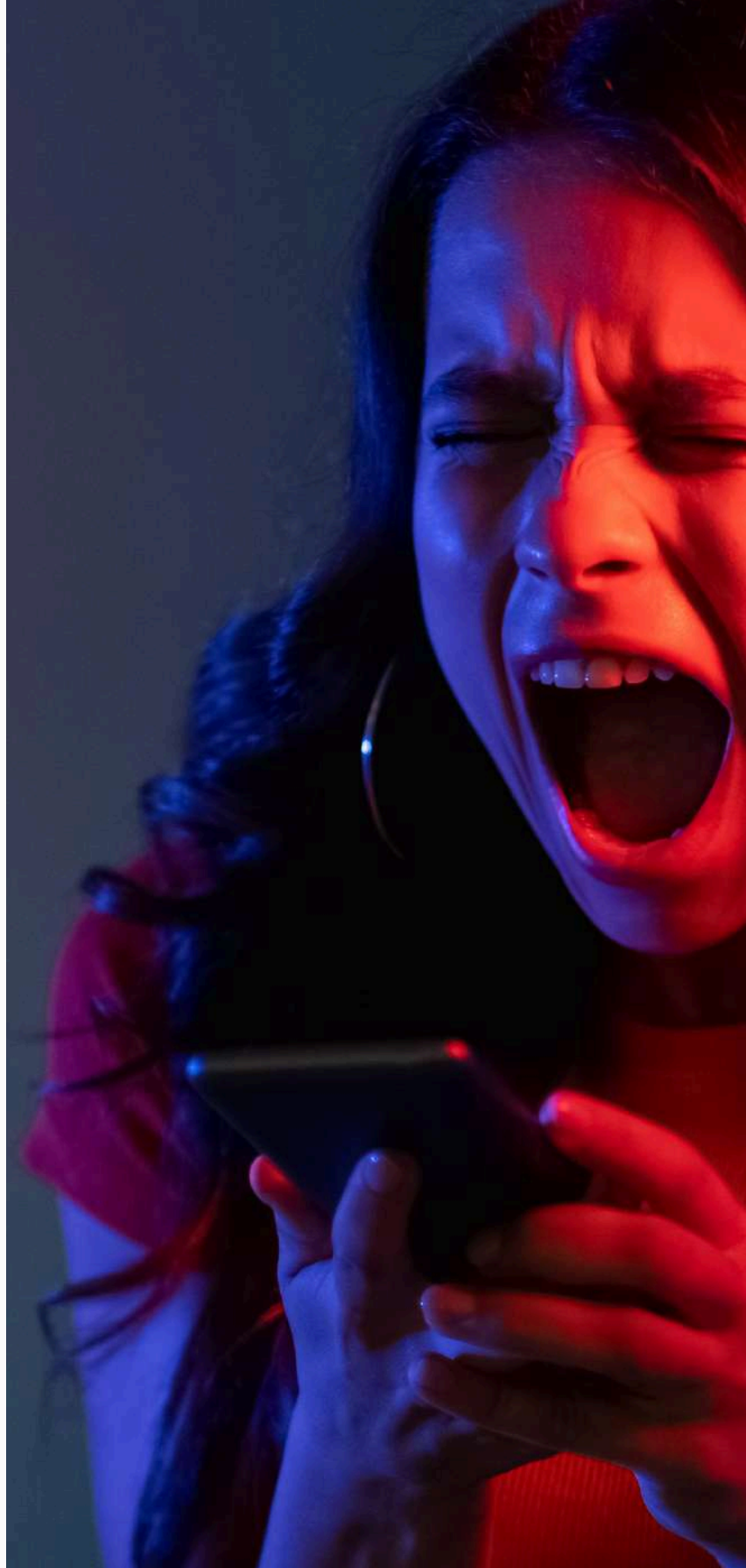
Question 4: C

Question 5: B





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