

ERASMEDIAH PROJECT

Educational Reinforcement Against
Social Media Hyperconnectivity



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the Social Media Hyperconnectivity



**Co-funded by
the European Union**

WHAT IS THE ERASMEDIAH PROJECT?

The ErasmEDIAH Project tackles the growing hyperconnectivity of young people to social media. Research across partner countries revealed serious consequences: sleep loss, stress, anxiety, cyberbullying, and digital addiction. ErasmEDIAH supports youth workers, educators, and parents with the tools and knowledge to help teenagers (11–18) use social media safely and responsibly.

Why It Matters

- Promotes digital well-being and mental health
- Reduces risks of social media overuse
- Strengthens school, family, and community support
- Provides adaptable, evidence-based educational programs

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KEY RESULTS



Research

Studied youth hyperconnectivity in 6 countries with 198 participants, providing insights on risks and effective strategies.



Training Course

7 modules and 37 practical lessons to equip educators, youth workers, and parents with tools to promote balanced social media use.



Teacher's Manual

A guide and training program to strengthen adults' skills in supporting teenagers toward digital well-being and responsible online habits

Learn more: erasmediah.eu