



## What We Offer

- Research:** Carried out research on youth hyperconnectivity across 6 countries with 198 participants, providing valuable insights into risks and effective strategies.
- Training Course:** 7 digital modules and 37 practical lessons to equip educators, youth workers, and parents with tools to promote safe and 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.

The training combines theoretical knowledge with hands-on activities, covering topics such as digital literacy, online safety, hyperconnectivity management, social media detox, and responsible online behavior.

## About Us

ERASMEDIAH partnership unites a diverse and committed group of European organizations, all working toward a common goal: promoting digital well-being among young people. **Lélekben Otthon (Hungary)** brings deep experience in mental health and social support. **Archivio della Memoria (Italy)** contributes its expertise in cultural education, qualitative research, and community engagement. **CWEP (Poland)** enhances the consortium with its focus on entrepreneurship, lifelong learning, and innovative educational models. **EDU Yayincilik Ltd. Sti (Turkey)** supports knowledge dissemination through publications, training, and research. **AKNOW (Greece)** adds strong technical and ICT skills, combining educational content with applied research. Asociación **Valencia Inno Hub (Spain)** fosters innovation and inclusion through training and mentoring. Finally, **LABC S.R.L. (Italy)** brings methodological rigor in training, well-being, and community building. Together, these partners provide a rich foundation for ERASMEDIAH's research, training, and educational reinforcement.

Learn more about the ERASMEDIAH project and access all resources at:  
[www.erasmediah.eu](http://www.erasmediah.eu)

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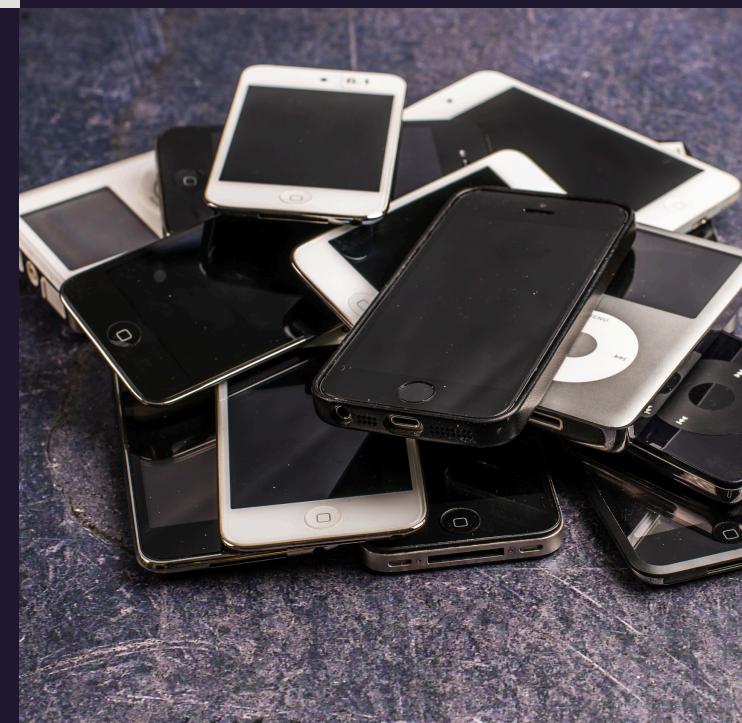


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## Why ERASMEDIAH?

Social media and online platforms are now a central part of young people's lives. While they offer many opportunities, they also bring risks to mental health, social development, and personal privacy. Interviews and observations across Europe have revealed common challenges, including sleep disruption, apathy, feelings of disconnection, signs of depression, cyberbullying, online grooming, and social media shaming. The ERASMEDIAH project was created to address these challenges by supporting young people and equipping youth workers, educators, and parents with the tools, knowledge, and strategies needed to promote safer and healthier digital habits.



## About ERASMEDIAH

We are proud to present the ERASMEDIAH project, funded by the Erasmus Plus Program, which supports the Youth Sector through research and the development of a highly interactive Training Course. The course focuses on educational reinforcement to address young people's social media hyperconnectivity. Designed for youth workers, facilitators, educators, and parents, it provides both theoretical knowledge and practical tools to help young people build healthier online habits and develop greater digital resilience.

## Our Mission

- 1 Provide youth workers with practical and theoretical training to strengthen their educational reinforcement in digital contexts.
- 2 Help young people understand the dangers of social media hyperconnectivity and equip them with tools to navigate the digital world safely.
- 3 Strengthen parents' skills to navigate difficult situations and protect their children from the risks of social media overexposure.