

YOUTH MINDIED



Leading organisation

SEAL CYPRUS- CYPRUS ORGANISATION FOR SUSTAINABLE EDUCATION & ACTIVE LEARNING

Partner organisations

EVROPSKE CENTRUM MLADEZE BRECLAV/EUROPEAN YOUTH CENTREBRECLAV Z.S., Czech Republic

FUNDACJA "RA I DO" MIĘDZYNARODOWE CENTRUM WSPARCIA MŁODZIEŻY DOROSŁYC, Poland

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ASSOCIACAO JUVENIL DA ILHA TERCEIRA, Portugal || LUUPUSE SELTS, Estonia

ASOCIACIJA APKABINK EUROPA, Lithuania || YOUTH MOBILITY CENTER, Greece

ASOCIACIÓN DIAGONAL ESPAÑA, Spain || ENNEA cultura territorio società, Italy

Main theme of the project: (Social) Media & the Mental Health of the Youth

Profile of the participants: Youth workers, youth leaders, volunteers (there is no age limit).

Number & profile of participants: each organization will participate with 2 people. The training is going to bring together 23 participants from 10 countries-Cyprus, Greece, Czech Republic, Estonia, Italy, Lithuania, Slovakia, Spain, Portugal and Poland.

Project type: Erasmus+ Key Action 1. Mobility of Youth Workers.

Youth Workers' Training & Networking.

Place: Larnaca, Cyprus

Dates: 18-26 March 2017 (18 & 26 are travel dates)

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WHO WE ARE

SEAL CYPRUS is a non-profit organisation based in Nicosia, Cyprus. SEAL CYPRUS aims in promoting dialogue and cooperation in the fields of education and training, youth, life-long learning, global education, career guidance, vocational training, environment, sustainable development, culture, sports, employment, entrepreneurship and social affairs.

SEAL CYPRUS encourages Cypriots to participate in a variety of national, European and International projects, and also to consolidate the learning they gain and disseminate it at the local and the European level. The main experience of the organization comes from the EU Commission's Programme Erasmus+ / Youth in Action".

In 2014, the organisation implemented the training course "[Biodiversity and Active Learning](#)". In 2015, SEAL CYPRUS implemented 2 training courses: "[Make an Impact!](#)" regarding the Dissemination and Exploitation of the results of youth work (DEOR).

"[Know the Way- Go the Way- Show the Way](#)" about Leadership. In 2016 we implemented 2 projects on Entrepreneurship:

"[Making Ideas Happen](#)" and "[ARTrepreneurship](#)"

SEAL CYPRUS is coordinating the Strategic Partnership project "[ARTSQUAD](#)" (2017- 2019).



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CONTEXT & BACKGROUND

The idea for the project "Youth Minded" was developed after a focus group on "Mental Health for the Youth" that our organisation hosted in November 2015. The theme of the project reflect topics of current European interests as it focuses on mental health, a concern shared by most European countries. Mental health and well-being of children and adolescents and the way in which we support them through adolescence into adulthood will affect the prosperity as well as social and economic stability of European countries over the coming decades. Investing for the mental health promotion of young people is an investment in the present and the future. The European Youth Strategy aims to support the health and well-being of young people with a focus on different issues one of which is the promotion of mental health. Advocating the health and well-being of young people, including mental health, is one of the six priorities of the EU Work Plan for Youth (2016-2018) adopted by the Council of the Ministers of Youth and Education for EU Member States in November 2015.

MAIN AIM

The overall aim is to promote the mental health of the young people by means of equipping the participants with improved competences linked to their professional (youth training/ youth work) and volunteering profile in order to:

- Support the development of healthy youth identity through youth work, youth training and volunteering
- Prevent potential mental health issues among their target group and to ask for support from other specialists.

SPECIFIC OBJECTIVES

1. To learn more about young person's identity building.
2. To learn about the benefits of (social) media on adolescent development and how to use them when designing youth projects.
3. To explore the challenges that the traditional media and the social media represent for the mental health of the young people.
4. To develop the quality of youth work, youth training and volunteering in favor of the young people.
5. To support the Youth Workers and their organisations to improve youth work methods and practices to involve young people and to address disadvantaged groups such as people with mental health issues.
6. To increase mental health awareness within the community.
7. To promote Erasmus+ and the Youthpass certificate.
8. To increase the capacity of the partners to operate at international level

ACTIVITIES & METHODS

The project includes the 7-day training course which will be supported by preparation and dissemination events. The non- formal education participatory methods that will be used during the training include simulation games, role play, plenary debates, interactive lectures, audio-visual presentations, brainstorming, small and large group discussions, self- assessment and more. All working activities will aim at fostering intercultural learning and exchange between participants from diverse backgrounds and young people with fewer opportunities. All working activities will aim at fostering intercultural learning and exchange between participants from diverse backgrounds.

The promotion of Mental Health of the Youth is an investment in the present and the future.

TOPICS OF INTEREST

There have been significant links between the media and mental health, in research studies around the world. More specifically:

Identity Development: Media messages often contain simplistic stereotypical portrayals of socio-demographic factors such as sex, race/ethnicity, sexual orientation, and occupation. Because adolescence is an important time of self-definition, exposure to such simplistic portrayals can interfere with normal identity development. Special attention will be given to the representation of refugees and asylum seekers in the media and its impact on the identity development of young refugees and asylum seekers.

Self-esteem: Through Facebook posts, tweets, and Instagram photos, sometimes we find ourselves judging our own lives with these updates, tweets, and photos. The comparisons can cause feelings of inferiority that may lead to low self-esteem.

Depression: A correlation between social media use and depression is supported by many researchers.⁹

Body Image: Increased exposure to the media may lead to body image insecurity.

Eating Disorders: Increased exposure to the Media has been associated with higher rates of disordered eating.

Risky Behavior: Media commonly used by adolescents contain multiple references to risky behavior including substance use or abuse, violence, and unsafe sex.

Sexualisation of Girls: A report of the American Psychological Association (APA) released in 2007, found evidence that the proliferation of sexualised images of girls and young women in advertising, merchandising, and media is harmful to girls' self-image and healthy development.

RESULTS AND IMPACT

The participants are going to improve their skills and competences certified with Youthpass. The project is expected to create high-quality learning outcomes. With their participation in this training, the participants will be able to support their organisations, to multiply the impact of youth work, to raise the visibility of their work. During the project a publication will be created summarizing the activities and the results. Apart from the benefits for individuals, good mental health is increasingly important for economic growth and social development in Europe. Mental health and well-being of the youth will affect the prosperity as well as social and economic stability of European countries over the coming decades. Investing for the mental health promotion of young people is an investment in the present and the future. Partner organisations are expected to extend the international dimension of their work, to learn about non-formal methods of entrepreneurial education, to strengthen their relationships with their stakeholders. The training will provide an opportunity to establish sustainable partnerships for further cooperation and projects.

On the long run the project will bring benefits to communities, which participants are coming from, as well as an international community, since after the training, the participants are going to implement transnational initiatives based on the network of the partner organisations.

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Join the discussion on Twitter. The hashtag of the project is **#YouthMindedEU**

Official website of the project: <http://www.sealcyprus.org/projects/youth-minded>