



SOCIAL MEDIA EXPECTATIONS AND DIGITAL HYPERCONNECTION. EUROPEAN STUDENTS' POINTS OF VIEWS AIM

The project idea comes from the observation of students' lives so intrisecally linked to the web and in particular to social media. Their hyperconnection so common to all the European students affects their lives in a relevant way. The time and energy they devote to them absorbs their minds and can create feelings of frustration , anxiety and depression. Some of the students suffer from Internet addiction, they are unaware but, away from the Internet, they soon show impatience, irascibility and other symptoms of discomfort. Finally some try unsuccessfully to pass less time on internet. Moreover they loose concentration in each other activity, neglect any physical activity or social real contacts. Actually they have reduced the time spent on outgoing activities expecially during the pandemic period.

Participating countries:

AUSTRIA, school -Bundeshandelsschule und Bundeshandelsakademie Linz

TURKEY, school - Cemile Yeşil Anadolu Lisesi,

ITALY, school I.O. Salvatorelli Moneta

SPAIN school - IES AXATI

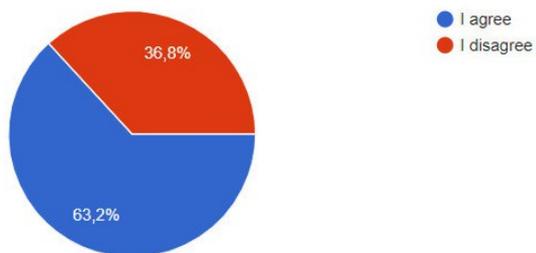
Webinar digital detox

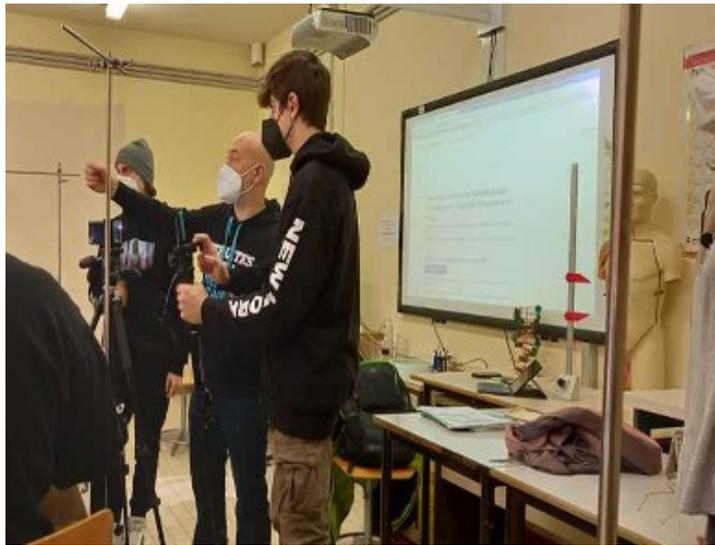


From the surveys

Socials are intrinsically linked to mental health.

106 risposte





ON LIFE

versations with people when we're both distracted by our phones. Distr

es someone online will say something rude or hurtful

Feelings of inadequacy from

read that other people have more interesting lives than me.

Just like always feeling bad about my body because I see pe

am close to lives if I am not there, but they post.

Comparing myself to others, feeling lik

appear "perfect" in all aspects of my life. I forget that things like filters, camera

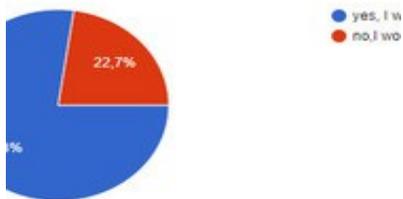
ten people post to social media.

part on mental health and body image and I know I feel I need some kind of

social media to feel good about myself?

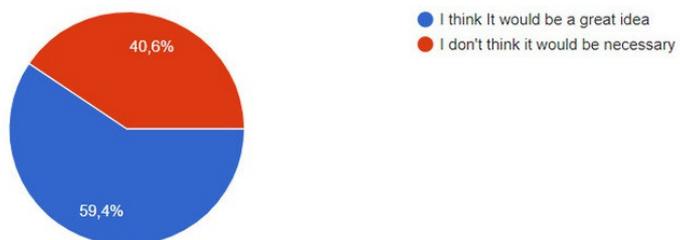
edia is toxic and gives unrealistic representations of reality but it's

1 to learn about this topic at school?



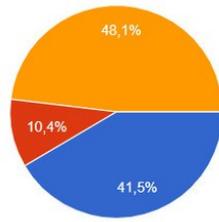
What do you think about studying social media at school?

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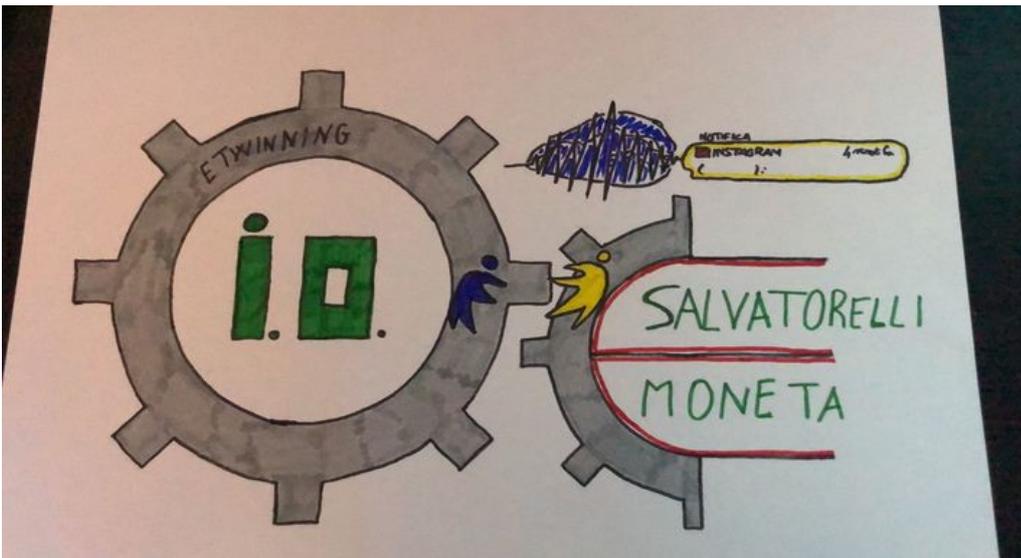
Media literacy is:

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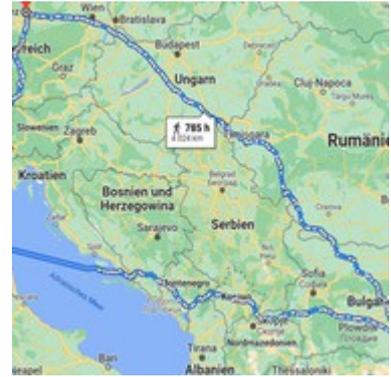


- The ability to access, evaluate, analyze, create, and act using all forms of media and communication.
- Literary writings about media
- I have never heard this expression

The Italian winning logo



Our schools



The spanish school at the digital detox webinar

