

“Helping make young people’s experience of using social media a healthy, positive and life affirming one!”

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In February and March 2018, Healthy Social Media project team has trained more than 15 youth workers/informal educators from non-profit youth services and community development organizations. They have participated in the pilot test learning activity that has taught them how to deliver the Healthy Social Media for Digital Empowerment course and Open Educational Resources to the young people they work with



The youth workers/informal educators and our consortium has also carried out learning activity with a group of 15 young people in each country (more than 60 in total). Their comments and critiques will be used to further improve the resources.

Bullying has certainly changed over the years

Bullying isn’t something new, but it has certainly changed over the years. In the past, children were often bullied at school or in their neighborhood. Today, with the increased use of the Internet, children are now being bullied in all locations and at all times.

- MSN's research division has revealed that 51% of 20,000 14 to 19-year-olds surveyed across Europe now get unrestricted access to the web and that a worrying 29% of these teenagers had suffered cyber-bullying.
- A poll conducted and presented by BeatBullying shows that more than half (55%) of children in Europe who have been bullied said they became depressed as a result, with over a third saying they harmed themselves (35%) or thought about suicide (38%). The poll of more than 2,000 adults and children from across Europe found that worryingly, 34% of adults thought that bullying is regarded as a ‘normal part of growing up’, and one in six adults (16%) said it is regarded as ‘character building’ by most people in their country.
- Over 9.3 million visits in 2016 by people seeking help with bullying, cyberbullying and online safety (*source: Google Analytics*).

Our Healthy Social Media project will directly address potential negative impacts of online social networking, by working with young people to improve their ability to assess and engage with the digital and social media they are consuming and creating.

www.healthysocialmedia.eu

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More than 19 million Spaniards use social networks daily

86% of Spanish Internet users between the ages of 16 and 65 are hooked on social networks: 19.2 million people use them daily. This is reflected in the VIII Social Networks Study IAB Spain, an association that represents the Spanish advertising sector in digital media. Women and men, in equal proportion and with an average age of 38 years, use an average of four social networks every day.

Chatting (67%), consuming videos and music (59%) and gossiping the life of contacts (47%) are the favorite activities of Spaniards in the networks. Perhaps for this reason, Facebook is still the social network par excellence, with 91% of users, followed by WhatsApp (with 89%). It is precisely the instant messaging service that users spend most of their time: more than five hours a week, the equivalent of 45 minutes a day.

The networks used by of the adolescent change quickly. This public usually change towards new networks when they become mature. This is something that is happening to Snapchat, but it is something that also happened to Tuenti and a long list of social media (Habbo Hotel, Fotolog, Messenger ...). Younger people can be present on up to eight platforms, while Spaniards between 54 and 65 years old usually have a presence at 4.4.

In Spain there is a brutal growth in the use of social networks, daily use has grown between 10% and 15%," according to Connected Life report. Young people connect more (almost five hours) and use more mobile than older adults (3.4 hours).

"Yeah, and you can be really tired the next day, but it doesn't stop me doing it"

"Yeah, I can't get through the night without checking it at least once or twice"

"Some posts are posted on impulse and you then regret it later"

"You become very addicted. I check my phone 24/7"

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"More people are sexting than would want actually admit to it"

Read more about Healthy Social Media

- **How to stay happy and healthy on social media**, BBC – [Read more](#)
- **10 ways to have a healthy relationship with social media**, Bustle – [Read more](#)
- **Healthy relationships with social media**, RD – [Read more](#)