Follow-up activities Training course "CyberKind"

Greece

On 11ᵗʰ of June 2024, 2 participants from the TC hosted an engaging online workshop regarding cyberviolence by targeting **young people aged 18-30**. With the aim of overcoming geographical barriers, they reached a diverse group of **10 participants** eager to delve into the critical topic of cyberviolence.

The workshop began with an insightful introduction to the "CyberKind" training course that had taken place in Tenerife. This was followed by an engaging ice-breaking activity that fostered a relaxed and trusting atmosphere among participants. Next, attendees participated in an eye-opening ego-surfing exercise, where they explored the content of their social media homepages, leading to meaningful discussions about online behavior and awareness. The group then analyzed a case study regarding public profiles and their impacts, which culminated in a powerful video highlighting AI's role in cyber violence. The session concluded with practical advice on responsible online behavior, along with a sharing circle for participants to reflect on their insights and learnings.

On the 11ᵗʰ of June another participant from Greece, organized in a local library of Athens a workshop for parents, with **30 people attended with ages between 30 and 50 and 5 teenagers**. The activity lasted a little more than 3 hours, respecting the structure planned during the TC in Tenerife. The workshop began by dividing parents into groups to discuss their perceptions of what constitutes cyber violence. The presenter then outlined the different types of cyber violence, facilitating a discussion that included examples and clarifications. The conversation also touched upon recent advancements in AI, as well as notable frauds and cybercrimes that have occurred in Greece over the past five years.

After a brief break, the focus shifted to available support resources and the legal frameworks that exist to protect online behavior. Parents brainstormed solutions such as implementing parental controls on social media and websites, establishing internet-free evenings, and spending time together with their children to browse the internet or play video games. The presenter thoroughly detailed the options and steps for reporting inappropriate posts, providing live examples to enhance understanding.

Teenagers also participated in the workshop and expressed their willingness to discuss personal incidents they had encountered online. The presenter encouraged them to anonymously share the meanest things they had observed online and discussed actionable solutions to empower them to intervene rather than remain bystanders. By the end, participants expressed excitement about the various resources and steps available to help them stay safe online.

On June 17th and 18th, 2024, **18 youth participants aged 13-17** gathered at the Thetis Youth Center in Thessaloniki for a two-day event aimed at promoting awareness on online behaviour, organized by one of the TC's participant.

The activities included icebreaker games, team-building exercises, and a discussion about violence, as well as an ego surfing activity.

The event was a resounding success, providing a unique opportunity for the participants to increase their awareness and develop critical thinking skills regarding online behavior.

Serbia

On the 13th of June, the TC's participant organized an activity with the goal to share with **3 of her fellow colleagues** what was done in the project, topics covered, and the knowledge gained throughout the process. The activity consisted of introducing them to the project via presentation and a brief discussion, then opening a discussion on cyberviolence during which different examples of cyberviolence were provided, together with practical exercises like the one with 10 Instagram posts, discussed the findings and the ways on how to protect ourselves from cyberviolence.
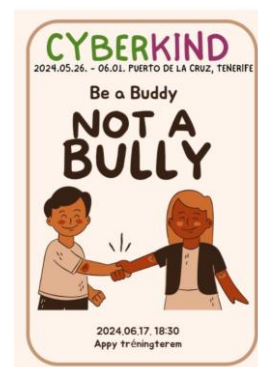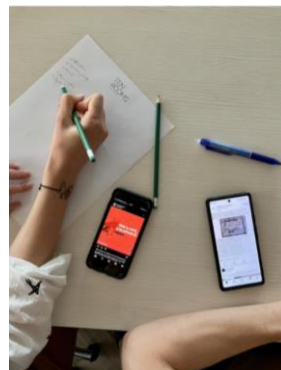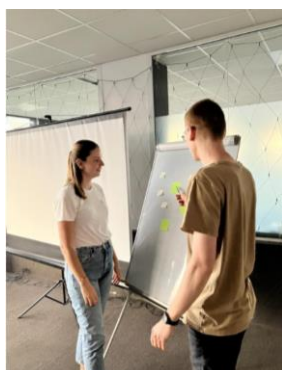
Romania

On June 17th, 2024, **19 participants aged 14-15** at the "Tudor Vladimirescu" Vocational School engaged in a workshop focused on cyber violence. The session covered what cyber violence is, explored its various types, and included a discussion of different case examples. The young attendees were very receptive and demonstrated a keen interest in the topic.

Hungary

On June 17th, 2024, a two-hour workshop was held at the Appy offices in Budapest by the TC's participant for **16 volunteer** colleagues aged 18 to **25**. The workshop included theoretical discussions on violence as well as case studies and real-life examples of how data is collected on social media, focusing on the concept of digital footprints.

Bulgaria

On <u>July 1, 2024</u>, two participants from Bulgaria organized an online workshop attended by **10 individuals** from diverse professional backgrounds, including representatives from NGOs, human resources, information technology, psychology, and education. Targeting participants **aged 20 to 35**, the decision to hold the workshop online allowed for greater accessibility, especially for those not based in Sofia.

The session began with introductions and an overview of the objectives, highlighting that it was a follow-up to a previous training course on various forms of violence, with a specific focus on online violence. The presentation covered the basics of cybersecurity, emphasizing its key components and importance, as well as ways to protect oneself online. To bridge theory with practice, participants completed a short test via QR code on their phones.
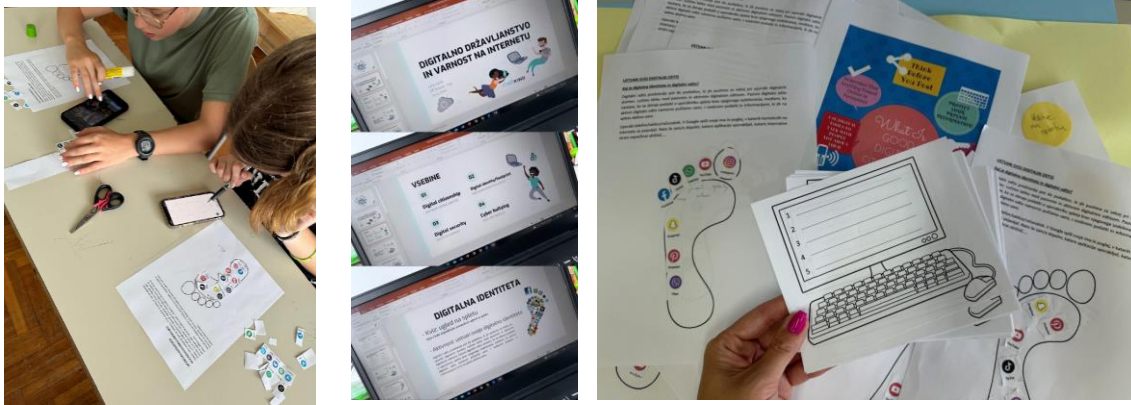
The discussion of the test results revealed that even those in the IT field recognized gaps in their cybersecurity knowledge, prompting reflections on steps they could take to improve their online security. The workshop then addressed different forms of online violence, including scenarios where individuals might witness bullying yet remain bystanders. This led to an engaging conversation about strategies to tackle such situations, with participants sharing personal experiences and advice.

The workshop concluded with a reflective session where participants discussed which aspects they would implement in their work and share with colleagues. Overall, feedback was overwhelmingly positive, with participants appreciating the blend of theory and practice, especially the test that highlighted their cybersecurity knowledge gaps. Many expressed satisfaction with the experience and indicated a willingness to participate in future workshops on the same topic.
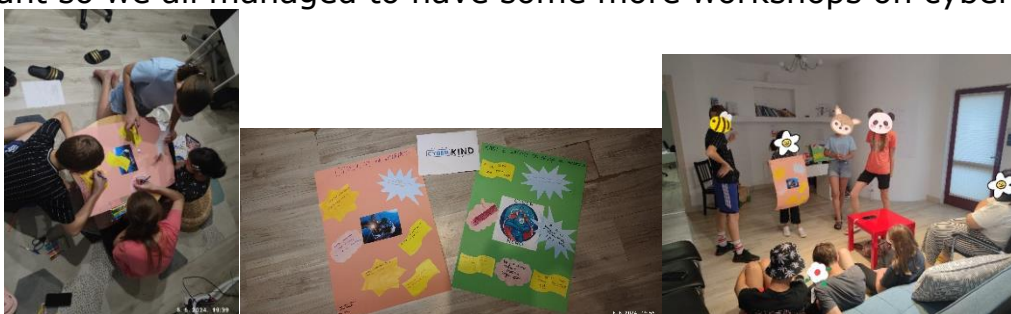
Slovenia

Between the 10th and the 13th of June the TC participant organized 2 sessions of 1,5h in one classroom of the PRIMARY SCHOOL ŠMARJE – SAP with **17 students, from age 13 – 15**. She made a PPT presentation about 4 topics that are interested for teenagers. Each topic had a dynamic activity where students had to participate. First topic was about digital citizenship so a quick brainstorming was made. Second topic was about digital footprint, so they had to google themselves and each of them had to create his own digital footprint. Third topic was about safety and how to stay safe on internet. They wrote 5 things how to prevent and stay safe in digital world. The fourth one was about cyber violence. We firstly talked about four types of violence. Through concrete examples, they had to decide which one is it. Then they were introduced more into the Cyber violence topic. They really enjoyed it and were surprised by certain facts.

Croatia

On the 8th of June during 3 hours, the Croatian TC participant held an activity with 9 children and young people, age 10 – 17 on the premises of the Association New future. The Workshop was organised with children and young people who have some sort of developmental issues, so the topic and activities were adapted to their possibilities. They all have mobile phone and use some of social media apps and games. Trough workshop they could easily connect contents with their everyday life and experiences (their own or from people they know), it was very interesting to them and they were active and cooperative. Many topics pop up as relevant so we all managed to have some more workshops on cyberviolence.

Poland

On the 11th of June in the local scouts building from Warsaw with the attendance of **15 people, scout leaders, 16-30 years old**, the polish participant from the TC made a workshop about was about cyber risks that every scout leader should be aware of, starting from taking care of organisation's data, going through digital citizenship and using open source photos for their activities. Their "homework" was to check their digital footprint (with instructions). Furthermore, they were introduced into cybercrime and cyber bullying, with the purpose to raise awareness that behaviours that we are so used to in the internet might become a felony. Scout leaders were engaged in the presentation, they had many questions and follow-up activities were suggested after the summer break with more personal examples and focusing more on solutions.

Spain

On the 10th of June, in Malaga **15 students, ages between 17 and 20 years old, and two teachers** attended a 2h workshop, accordingly to the design established during the TC from Tenerife. The activity started with an introduction, asking students' ideas and definitions on the topic, from which a structured presentation was made; following with the right-left activity, which was a real success, discussing cases and having some interesting debates. Afterwards the workshop continue with 2 exercises (the analysis of the 10 posts and the problems/solutions scheme), before concluding the workshop with final overall reflections.
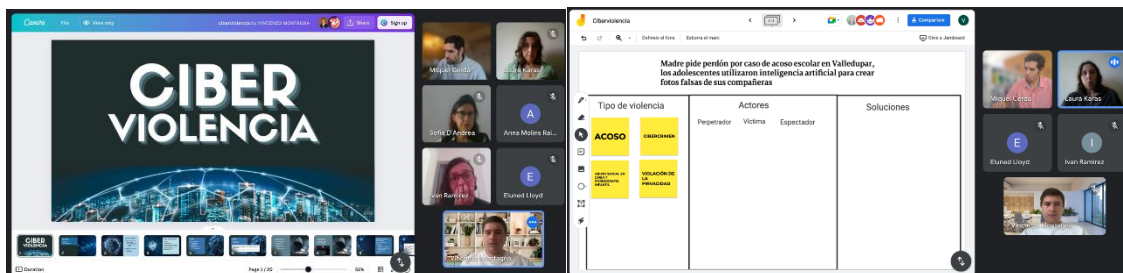
Between the 14th and the 21st of June, the Spanish participant held two online workshops with **6 professionals in the field of educations, ages between 24 and 55 years old.**

In the first session, the group explored various types of cyber violence, providing examples for each and discussing cases encountered in the media or experienced personally. The goal of this initial session was to establish a theoretical understanding of cyber violence and clarify fundamental concepts. Participants found it easy to relate to many of the cases, particularly the issue of phishing, which has become increasingly common in Spain.

During the second session, the group analyzed three different cases, identifying the type of cyber violence involved and recognizing the roles of the actors (perpetrator, victim, and bystander) in each scenario. They also brainstormed and discussed potential solutions for each type of cyber violence, utilizing a Jamboard as an online flipchart for collaborative engagement.
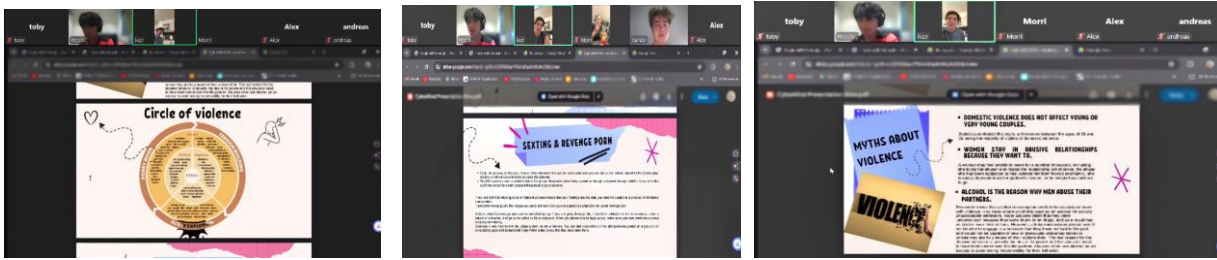
Reviewing this content proved beneficial for the participants, particularly given their frequent interactions with young people who are more vulnerable to cyber violence. The sessions equipped them with the tools needed to identify instances of cyber violence and effectively address the issue.

Norway

The 2 participants from the TC held on the 29th of June an online workshop with the attendance of **10 people with ages between 16 and 19 years old.**

Throughout the presentation, we went through the different types of violence briefly before diving into the main topic being cyberviolence. We went through the types of different types of cyberviolence, the one which gather the most reactions was sharenting and sexting and revenge porn. They were shocked how some parents are willingly supplying resources, being their children, for pedophiles. The one with the most impact however, was sexting and revenge porn. There was an individual which was a victim of threats for revenge porn, with sexting being a major role in it.

Latvia

On the 4th of June 2024 **16 students, age between 16 and 18 years old**, from Ventspils Vocational Technical School (Ventspils tehnikums) attended a Cybersecurity workshop. The youngsters were introduced to the Cyberkind project, and a presentation was given on forms of violence, in particular cyber-violence and cyber-security. The students worked in groups and developed materials on preventive actions for safety in virtual environments.